



# **BODYSTEP**

# **119**

## **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

**Hi Lo (Extended Mix)** (1:35)

Thomas Gold & Angger Dimas

© 2019 Revealed Music B.V.  
Written by: Knebel-Janssen, Riyanto
- 02

**Ring The Alarm** (3:30)

Beyond Effect

© 2011 Les Mills Music Licensing Ltd  
Written by: Knowles, Dean, Garrett
- 03

**Side Effects (Fedde Le Grand Remix)** (2:54)

The Chainsmokers feat. Emily Warren

© 2018 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment  
Written by: Taggart, Warren, Sivertsen, Sanders
- 04

**Born This Way** (6:15)

Blue Streak

© 2020 Les Mills Music Licensing Ltd.  
Written by: Garibay, Blair, Germanotta, Laursen
- 05

**The Spook Returns** (1:46)

KSHMR, B3NTE & Badjack

© 2016 Spinnin'Premium / SpinninRecords.com.  
Written by: Hollowell-Dhar, Benteby, Hellberg
- 06

**Get Loud For Me** (0:56)

Jelly Rose

© 2020 Les Mills Music Licensing Ltd.  
Written by: Proby, Sabath
- 07

**The Spook Returns** (1:20)

KSHMR, B3NTE & Badjack

© 2016 Spinnin'Premium / SpinninRecords.com  
Written by: Hollowell-Dhar, Benteby, Hellberg
- 08

**Get Loud For Me** (0:49)

Jelly Rose

© 2020 Les Mills Music Licensing Ltd.  
Written by: Proby, Sabath
- 09

**F.W.T.B** (4:42)

Paper Jets

© 2020 Les Mills Music Licensing Ltd.  
Written by: Mason, Crosby, Jarvis
- 10

**Would You Maybe** (4:10)

Platinum Doug

© 2019 No Definition, A Division of GNKP Goodnight Kiss Productions GmbH.  
Written by: Doug, Hirt, Vasilcov
- 11

**Hustle** (3:48)

Cloud Lust

© 2020 Les Mills Music Licensing Ltd.  
Written by: Odegard, Pink, Reynolds

- 01

**Accelerate** (1:02)

Rave On

©2016 Atlantic Recording Corporation.  
Written by: Pope, Bourelly, Juber, Epps, Dean, Griffin, Brown, Parks, Mays, Aguilera, West
- 02

**Got Your Number** (0:42)

Serena Ryder

© 2020 Les Mills Music Licensing Ltd.  
Written by: Clark, Fuhrmann, Ryder
- 03

**Boombayah** (1:01)

Blackpink

Courtesy of the Universal Music Group.  
Written by: Johnson, Park
- 04

**Warrior** (0:46)

Tom & Jame & bad nelson

© 2019 Tom & Jane  
Written by: Wijnenga, Linde, Mendes
- 05

**Got Your Number** (0:42)

Serena Ryder

© 2016 Atlantic Recording Corporation.  
Written by: Clark, Fuhrmann, Ryder
- 06

**Boombayah** (1:01)

Blackpink

Courtesy of the Universal Music Group.  
Written by: Johnson, Park
- 07

**Warrior** (0:46)

Tom & Jame & bad nelson

© 2019 Tom & Jane  
Written by: Wijnenga, Linde, Mendes
- 08

**Accelerate** (1:02)

Rave On

© 2020 Les Mills Music Licensing Ltd.  
Written by: Pope, Bourelly, Juber, Epps, Dean, Griffin, Brown, Parks, Mays, Aguilera, West
- 09

**Circus** (4:43)

Reign Ahead

© 2020 Les Mills Music Licensing Ltd.  
Written by: Kelly, Gottwald, Levin
- 10

**All This Time** (5:12)

Drax Project

Courtesy of the Universal Music Group.  
Written by: Beachen, O'Leary, Singh, Thomson
- 11

**Hey Look Ma, I Made It** (2:48)

Panic! At The Disco

© 2018 Fueled By Ramen LLC.  
Written by: Kibby, Sinclair, Francis, Hollander, Urie, Angelakos



L-R: Ziya Burke, Dee Rowell, Mark Nu'u-Steele, Patty Katts, Lisa Osborne, Nick Kraut, Wendy Elphinstone, Chris Hutton, Rebecca Parris

We kick off the workout with a dramatic opening, warming the legs with a lunge & squat pattern that we recycle in the Mixed Strength track. Then get ready to *Ring The Alarm* because we create some serious heat in the legs and glutes right from the start of the class!

The *Side Effects* are a super warm body as we move in to the first cardio peak in the class to the much requested song, *Born This Way*, where we celebrate your authentic you by giving everyone the freedom to move they way they want to move. High, low or somewhere in between, its all good.

We *Get Loud* with a spooky twist in the Mixed Strength track. This is another great track that you can bank for your fun Halloween themed classes.

Next we jump, swing & propel to bring out the cardio peak 2 boss with *FWTB*.

Check out the new Gorilla Squat with the Kettle Bell weight grip in Conditioning 1. You might have to shake your booty to momentarily take your mind off the insane leg and glute burn in this track.

The Party step is packed with sassy attitude to *Hustle*, and then the Athletic Circuit has us cross training with 3 different movement styles.

In Peak 3, we crack the whip to get us all reaching our final peak to *Circus*.

Then finally, we have circular movement patterns in Condition 2, and a salute to all the mothers out there, as we celebrate us making it to the end of this kick butt workout to *Hey Look Ma, I Made It*.

## 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.

**Chris Hutton** (Australia) is a BODYSTEP, BODYATTACK and BODYBALANCE/BODYFLOW Trainer/Presenter and a BODYPUMP and CXWORX Instructor. He is based in Sydney.

**Nick Kraut** (Australia) is a BODYSTEP and CXWORX Presenter and a BODYATTACK and BODYPUMP Instructor. He is based in Brisbane.

**Patty Katts** (Australia) is a BODYSTEP Presenter and a BODYBALANCE/BODYFLOW and BODYPUMP Instructor. She is based in Sydney.

**Rebecca Parris** (Australia) is a BODYSTEP, LES MILLS BARRE and SH'BAM Presenter/Instructor. She is based in Shepparton in the state of Victoria.

**Wendy Elphinstone** (Australia) is a BODYSTEP and BODYPUMP Trainer/Presenter, an RPM Presenter/Instructor, a BODYATTACK, BODYBALANCE/BODYFLOW, BODYCOMBAT and BODYJAM Instructor and a LES MILLS GRIT Coach. She is based in Melbourne.

**Ziya Burke** (Australia) is a BODYSTEP and BODYPUMP Presenter/Instructor and a BODYBALANCE/BODYFLOW, CXWORX and RPM Instructor. He is based in Melbourne.



# CREDITS

**Program Director** – Mark Nu’u-Steele  
**Chief Creative Officer** – Dr. Jackie Mills  
**Creative Director** – Lisa Osborne  
**Technical Consultants** – Bryce Hastings and Andrew Newmarch  
**Program Coach** – Giles Bryant  
**Production Coordinator** – Hannah Moselen  
**Special Thanks**  
Kaylah-Blayr Fitzsimons-Nu’u  
Mikhail Afus

# BODYSTEP 119

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 and action-packed BODYSTEP class.

Here’s whats different in BODYSTEP 115, 116, 117, 118 &119

- 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.
- There is 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.
- There is no Speed Step track. But... there will be a Speed Step section in the Athletic Circuit tracks in the future.
- There is no step height adjustments in the second half of the workout. 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 and emotional high that Peak 3 creates.

# EXPRESS FORMATS

## BODYSTEP 119

### 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 | 41:31          |

### 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 | 44:43            |

### 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 | 27:48          |

### 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 | 30:06            |

Please Note: This 30-minute options exceeds 30 minutes, please adjust Track 6 to suit your time table.

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





# MIXING RELEASES WITH BODYSTEP 119

When mixing older releases with BODYSTEP 119 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

|                                                                                     |                          |                                                                                     |                                              |
|-------------------------------------------------------------------------------------|--------------------------|-------------------------------------------------------------------------------------|----------------------------------------------|
| <b>ALT</b>                                                                          | Alternating              | <b>Intro</b>                                                                        | Introduction                                 |
| <b>PC</b>                                                                           | Pre-Chorus               | <b>V</b>                                                                            | Verse                                        |
| <b>ATT</b>                                                                          | Across the top           | <b>Med</b>                                                                          | Medium                                       |
| <b>QC</b>                                                                           | Quiet Chorus             | <b>ATW</b>                                                                          | Around The World                             |
| <b>Mins</b>                                                                         | Minutes                  | <b>L&amp;R</b>                                                                      | Left and Right                               |
| <b>B up</b>                                                                         | Build up (music)         | <b>O/H</b>                                                                          | Overhead                                     |
| <b>RA</b>                                                                           | Running Arms             | <b>Opp</b>                                                                          | Opposite                                     |
| <b>Ref</b>                                                                          | Refrain                  | <b>C</b>                                                                            | Chorus                                       |
| <b>Tempo</b>                                                                        | Normal pace of the music | <b>Rep</b>                                                                          | Reprise (part of the counts chorus repeated) |
| <b>OTT</b>                                                                          | Over The Top             | <b>Cont</b>                                                                         | Continue                                     |
| <b>F&amp;B</b>                                                                      | Forward and back         | <b>ROM</b>                                                                          | Range of motion                              |
| <b>HOH</b>                                                                          | Hands on hips            | <b>Outro</b>                                                                        | Last few bars of music                       |
| <b>Instr</b>                                                                        | Instrumental             |  | Preview                                      |
|  | Repeat                   |  | Light option                                 |
| <b>BA</b>                                                                           | 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 110 onwards.

| CLASSIC 55- MINUTES |                             | ATHLETIC 55-MINUTES |                              |
|---------------------|-----------------------------|---------------------|------------------------------|
| Track 01            | Warm-Up                     | Track 01            | Warm-Up                      |
| Track 02            | Step Warm-Up                | Track 03            | Step Orientation<br>ATHLETIC |
| Track 03            | Step Orientation<br>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/<br>Stretch         |
| Track 11            | Conditioning 1              |                     |                              |
| Track 12            | Cooldown/<br>Stretch        |                     |                              |

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

| 1. CLASSIC 45-MINUTES |                             | 2. 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<br>CLASSIC | Track 03              | Step Orientation<br>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<br>CLASSIC | Track 03               | Step Orientation<br>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<br>ATHLETIC | Track 02           | Step Warm-Up                |
| Track 04            | Peak 1                       | Track 03           | Step Orientation<br>CLASSIC |
| Track 05            | Mixed Strength               | Track 04           | Peak 1                      |
| AC                  | Athletic Circuit<br>ATHLETIC | Track 06           | Peak 2                      |

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

Tell us what you think of this release. Visit <http://www.lesmills.com/release-feedback>

01. WARM-UP

2x

TRACK FOCUS

Create a dramatic opening to the class, as we get familiar with the space on and around the step.

Coach a reduced R. O. M and the correct foot and knee position for the Lunges and Squats to safely and gradually warm the legs.

Teach Athletic

Come into this track

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

| MUSIC |                                |      | EXERCISE |                                                                                       | CTS    | REPS     |
|-------|--------------------------------|------|----------|---------------------------------------------------------------------------------------|--------|----------|
| 0:00  | Intro /                        | 4x8  |          | Behind the step, stretch and twist<br>Stand on top close to the R side of step        |        |          |
| 0:19  | Instr /                        | 12x8 | A        | 4x Lunge, Side Squat, Top Squat, Side Squat<br>Combo R then L                         | 64     | 1½x      |
| 1:04  | Instr / (Stronger)             | 8x8  | A¹       | 2x Lunge, Side Squat, Top Squat, Side Squat<br>Combo L then R                         | 32     | 2x       |
| 1:34  | Instr /                        | 2x8  | B        | Stomp March L. RA<br>👁️ Next move on last 4cts                                        | 2      | 8x       |
| 1:42  | Rep / Don't you ring the alarm | 4x8  | B¹       | Half Stomp March L. RA<br>👁️ Next move on last 4cts                                   | 4      | 8x       |
| 1:57  | V1 / Tell me how should I feel | 4x8  | C        | Squat Tap L. <i>Hand to top of thighs</i>                                             | 4      | 8x       |
| 2:11  | PC / __ You can't stay         | 4x8  | C¹       | 8x Squat Tap Abduction L. <i>Bent Raise F</i><br>Change sides on last 2cts            | 32     |          |
| 2:27  | C / She gon' be rockin'        | 8x8  | C²       | 4x Squat Tap Abduction R then L. <i>Bent Raise F</i><br>Change sides on the last 2cts | 32     | 2x       |
| 2:57  | Rep / Don't you ring the alarm | 2x8  | B        | 🔁 Stomp March R. RA<br>👁️ Next move on last 4cts                                      | 2      | 8x       |
|       |                                | 2x8  | B¹       | 🔁 Half Stomp March R. RA<br>👁️ Next move on last 4cts                                 | 4      | 4x       |
| 3:12  | V2 / Tell me how should I feel | 4x8  | C        | 🔁 Squat Tap R. <i>Hand to top of thighs</i>                                           | 4      | 8x       |
| 3:27  | PC / __ He's so arrogant       | 4x8  | C¹       | 🔁 8x Squat Tap Abduction R. <i>Bent Raise F</i><br>Change sides on last 2cts          | 32     |          |
| 3:42  | C / She gon' be rockin'        | 8x8  | C²       | 🔁 4x Squat Tap Abduction L then R. <i>Bent Raise F</i><br>Change sides on last 2cts   | 32     | 2x       |
| 4:12  | Rep / Don't you ring the alarm | 2x8  | B        | 🔁 Stomp March L. RA<br>👁️ Next move on last 4cts                                      | 2      | 8x       |
|       |                                | 2x8  | B¹       | 🔁 Half Stomp March L. RA<br>👁️ Next move on last 4cts                                 | 4      | 4x       |
| 4:26  | Ref / She gon take everything  | 8x8  | A²       | 4x Squat Pulse L side, top, R side L then R. <i>Hands to top of thighs</i>            | 32     | 2x       |
| 4:56  | Outro / _ Oooh                 | 2x8  | B        | 🔁 Stomp March L. RA<br>March L, R to the back of step. RA                             | 2<br>2 | 4x<br>4x |

# 01. HILO / RING THE ALARM 5:05mins

## TECHNIQUE AND COACHING

### BEHIND THE STEP, STRETCH AND TWIST

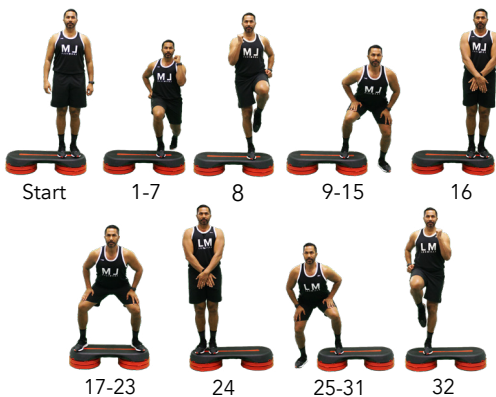
Begin by opening across the chest, rolling the shoulders, twisting through the thoracic spine 1-24  
Stand on top, close to the R side of step 25-32

CUE 'Take a light stretch across the chest, shoulders, and a twist for the lower back, whatever feels good for you'

### 4X LUNGE, SIDE SQUAT, TOP SQUAT, SIDE SQUAT COMBO

PHONETIC CUE 'Lunge 4, 3, 2, step to the side squat 4, 3, 2, squat on top, 4, 3, 2, squat other side, 4, 3, 2, lunge this side; squat side, squat on top, squat other side'  
4x Pulse Lunge R. RA 1-7  
Lift R knee. RA 8  
4x Squat Pulse R. Hands to top of thighs 9-15  
Step R on to the step. Low cross in front 16  
4x Squat Pulse on top of the step. Hands to top of thighs 17-23  
Step R foot in towards L foot. Low cross in front 24  
4x Squat Pulse L. Hands to top of thighs 25-31  
Lift L knee. RA 32  
Repeat to the other side 33-64

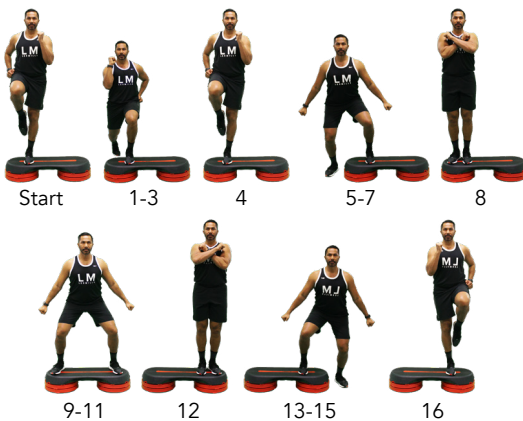
- Use a visual cue to show the direction to move
- Long step back in to the Lunge, **press the front knee outward**
- **Butt back and down in the Squats**
- Slight tip forward from the hips, **chest up**
- **Knees in line with toes**



### 2X LUNGE, SIDE SQUAT, TOP SQUAT, SIDE SQUAT COMBO

PHONETIC CUE 'Lunge, squat side, squat top, squat other side; back, side, top, other side'  
2x Pulse Lunge L. RA 1-3  
Lift L knee. Cross in front 4  
2x Squat Pulse L. Slam arms to Arrow Head 5-7  
Step L on to the step. Cross in front 8  
2x Squat Pulse on top of the step. Slam arms to Arrow Head 9-11  
Step L foot in towards R foot. Cross in front 12  
2x Squat Pulse R. Slam arms to Arrow Head 13-15  
Lift R knee. RA 16  
Repeat to the other side 17-32

- Cut it in half, sets of 2
- Use a visual cue to show the direction to move
- **Long step back in to the Lunge, press the front knee outward**
- **Butt back and down in the Squats**
- Slight tip forward from the hips, **chest up**
- **Knees in line with toes**



### STOMP MARCH

PHONETIC CUE 'March right left right left'  
March L to the side on the floor. RA 1  
March R on the step. RA 2  
• Use a visual cue to hold OTS  
• Create a natural walking rhythm





# 01. HILO / RING THE ALARM 5:05mins

## HALF STOMP MARCH

PHONETIC CUE 'March side, back; side, back'

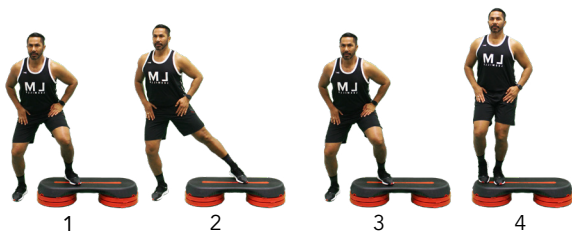
- March L to the side on the floor. RA 1
- March R on the step. RA 2
- March L to the back on the floor. RA 3
- March R on the step. RA 4
- Maintain a natural walking rhythm
  - Bend your knees and sit a little deeper as you step to the side



## SQUAT TAP

PHONETIC CUE 'Tap the step, step on top; tap the step, step on top'

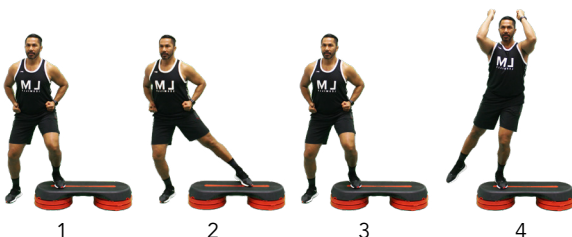
- Squat, R foot on the step, L foot on the floor. Hands to the top of thighs 1
- Extend R and tap step. Hands to the top of thighs 2
- Squat, R foot on the step, L foot on the floor. Hands to the top of thighs 3
- Tap R to top of the step. Hands to the top of thighs 4
- Get the rhythmic feeling of going side to side



## SQUAT TAP ABDUCTION

PHONETIC CUE 'Tap, lift your leg; tap, lift your leg'

- Squat, R foot on the step, L foot on the floor. Pull fists to hips 1
- Extend L and tap step. Pull fists to hips 2
- Squat, R foot on the step, L foot on the floor. Bent Raise F 3
- Leg Abduction R. Bent Raise F 4
- **Squeeze your glutes** to lift the leg
  - Count down the last 4 reps, then use a visual cue to show the direction to move



## 4X SQUAT TAP ABDUCTION

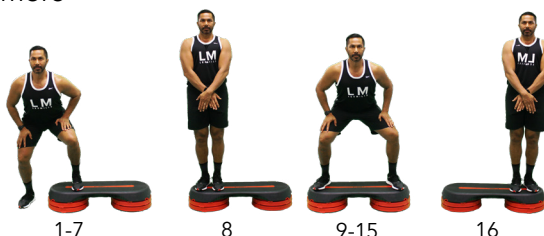
PHONETIC CUE '4, 3, 2, 1 change sides; 4, 3, 2, 1 change sides'

- 4x Squat Tap Abduction R. Fists to hips and Bent Raise F 1-14
- Step L then R Across The Top to the R side of the step. Fists to hips and Bent Raise F 15-16
- Repeat to the other side 17-32
- Use a visual cue to show the direction to move
  - **Squeeze your glutes** to lift the leg
  - Lift your elbows, and feel the stretch through your Lats

## 4X SQUAT PULSE

PHONETIC CUE 'Squat 4, 3, 2, squat on top, 4, 3, 2 other side; squat 4, 3, 2, squat on top, 4, 3, 2 other side'

- 4x Squat Pulse L. Hands to top of thighs 1-7
- Step L on to the step. Low cross in front 8
- 4x Squat Pulse on top of the step. Hands to top of thighs 9-15
- Step L foot in toward R foot. Low cross in front 16
- 4x Squat Pulse R. Hands to top of thighs 17-23
- Step R on to the step. Low cross in front 24
- 4x Squat Pulse on top of the step. Hands to top of thighs 25-31
- Step R foot in toward L foot. Low cross in front 32
- Use a visual cue to show the direction to move
  - Small ROM to set up the pattern, and then sit a little deeper to warm the legs and glutes more



## MARCH L, R TO THE BACK OF STEP

CUE 'March to the back of your step'

- Use a visual cue to show the direction to move (to the back)



## TRACK FOCUS

Coach length from the tip of your toes, up to the palm of your hands in the Freeze Taps, and depth in the Repeaters to get the body warmer.

## 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 / __ It's 4am             | 4x8 | A              | Up Tap L then R. RA<br>👁️ Next move on last 4cts                                             | 8       | 4x   |
| 0:14  | V1 / __ My feet are taking me   | 2x8 | A <sup>1</sup> | Up Tap Staple Step L then R. RA<br>👁️ Next move on last 4cts                                 | 8       | 2x   |
| 0:22  | PC / That, ooh, the side effect | 2x8 | A <sup>2</sup> | Tap Down L then R. RA                                                                        | 8       | 2x   |
| 0:30  | C / Ooh you're all that I want  | 4x8 | B              | Basic Step L. RA                                                                             | 4       | 8x   |
| 0:45  | Rep / Ooh ooh ooh               | 4x8 | C              | 14x Repeater Knee Lift L. RA / <i>Clasp &amp; Extend</i> March R, L, R, L on the floor. RA   | 28<br>4 |      |
| 1:00  | Instr /                         | 4x8 | D              | Tap Down & Basic Step Combo R then L<br>👁️ Next move on last 8cts                            | 16      | 2x   |
| 1:15  |                                 | 4x8 | D <sup>1</sup> | Freeze Tap Down & Basic Step Combo R then L                                                  | 16      | 2x   |
| 1:31  | Ooh you're all that I want      | 4x8 | A <sup>2</sup> | 🔁 Tap Down R then L. RA                                                                      | 8       | 4x   |
| 1:46  | Ooh I think about it            | 4x8 | B              | 🔁 Basic Step R. RA                                                                           | 4       | 8x   |
| 2:01  | Ooh ooh ooh                     | 4x8 | C              | 🔁 14x Repeater Knee Lift R. RA / <i>Clasp &amp; Extend</i> March L, R, L, R on the floor. RA | 28<br>4 |      |
| 2:16  | Instr /                         | 4x8 | D <sup>1</sup> | 🔁 Freeze Tap Down & Basic Step Combo L then R                                                | 16      | 4x   |
| 2:47  | Outro /                         | 1x8 |                |                                                                                              | 8       |      |





# 02. SIDE EFFECTS 2:54mins

## TECHNIQUE AND COACHING

### UP TAP

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

- To the center of the step
- Use a visual cue to show the alternating leading leg
- Set up the alternating leg pattern
- Let's continue to warm our stepping muscles

### UP TAP STAPLE STEP

PHONETIC CUE 'Up tap, staple across; up tap, staple across'

Step L to the R side of the step, then tap R to the step. RA (keeping body square to front) 1-2

Step R to the floor then step L wide to the floor. RA (keeping body square) 3-4

Repeat to the other side 5-8

- **Body square to the front**
- Take a wide step across the floor



### TAP DOWN

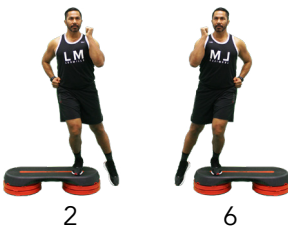
PHONETIC CUE 'Tap down, step across; tap down, step across'

Step L to the R side of the step, then tap R to the floor, R side. RA (keeping body square to front) 1-2

Step R to the floor then step L wide to the floor. RA (keeping body square to front) 3-4

Repeat to the other side 5-8

- **Bend your supporting knee to sit deeper**
- Point your toes and extend the tapping leg out to the side long



### BASIC STEP

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

- Natural walking rhythm
- **Whole foot on the step**
- Keep your Running Arms strong



### 14X REPEATER KNEE LIFT

PHONETIC CUE 'Repeater 14, 13, 12'

8x Repeater L. RA 1-16

6x Repeater L. Hold wrist & extend arms O/H 17-28

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

- Use a visual cue to hold the Repeater
- Count down the 2 reps before you march on the floor
- As you march, use another visual cue to show the direction of the upcoming Tap Down`





# 02. SIDE EFFECTS 2:54mins

## TECHNIQUE AND COACHING

### TAP DOWN & BASIC STEP COMBO

PHONETIC CUE *'One tap down, Basic Step; tap down, basic step'*

- Tap Down R. RA 1-4
- Basic Step L. RA 5-8
- Repeat to the other side 9-6

- Use visual cues to show the direction of the Tap down, and also to HOLD the Basic Step to the center



### FREEZE TAP DOWN & BASIC STEP COMBO

PHONETIC CUE *'Freeze, Basic Step; freeze, Basic Step'*

- Freeze Tap Down R. RA 1-4
- Basic Step L. RA 5-8
- Repeat to the other side 9-16
- Extend the arms long O/H

- Get length from the tip of your tapping toes, up to your palms of your hands



03. PEAK 1

2x

TRACK FOCUS

Ease in to Peak 1 by gradually adding light to medium propulsions to the workout. Encourage your class to choose their ideal level of intensity, and to do it ‘their way’.

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 / <b>You’re</b> black, white, beige | 1x8 |          | Prepare to move                                                          | 8   |      |
| 0:03  | Rep / You’re orient _                     | 4x8 | A        | Bounce L, R. <i>Relaxed Arms</i><br>👁️ Next move on last 8cts            | 2   | 16x  |
| 0:17  | C / I’m beautiful in my way               | 4x8 | B        | 2x Knee Lift L then R. <i>RA</i><br>👁️ Next move on last 8cts            | 16  | 2x   |
|       |                                           | 4x8 | B¹       | 2x Propulsive Knee Lift L then R. <i>Blade RA</i>                        | 16  | 2x   |
| 0:45  | Br / I was <b>born</b>                    | ½x8 | C        | Knee Lift L. <i>RA</i>                                                   | 4   |      |
| 0:47  | Rep / <b>Ooh</b> there ain’t no           | 4x8 | C¹       | Propulsive Knee Lift R then L. <i>Punch O/H</i>                          | 8   | 4x   |
| 1:01  | Ref / <b>Don’t</b> be a drag              | 2x8 | A        | Repeat Bounce R, L. <i>Relaxed Arms</i><br>👁️ Next move on last 8cts     | 2   | 4x   |
| 1:08  | V1 / _ My mama told me                    | 4x8 | D        | 4x Jog On Top R. <i>RA</i>                                               | 8   | 4x   |
|       |                                           | 4x8 | D¹       | Basic Jog R. <i>RA</i>                                                   | 4   | 8x   |
| 1:36  | Ref / I was born this way                 | 4x8 | E        | 2x Knee Lift & Basic Step Combo R then L<br>👁️ Next move on last 16cts   | 32  |      |
| 1:50  | C / I’m beautiful in my way               | 8x8 | E¹       | 2x Propulsive Knee Lift & Basic Jog Combo R then L                       | 32  | 2x   |
| 2:18  | Br / I was <b>born</b>                    | ½x8 | C        | 🔄 Knee Lift R. <i>RA</i>                                                 | 4   |      |
| 2:20  | Rep / Ooh there ain’t no                  | 4x8 | C¹       | 🔄 Propulsive Knee Lift L then R. <i>Punch O/H</i>                        | 8   | 4x   |
| 2:34  | Ref / <b>Don’t</b> be a drag              | 2x8 | A        | 🔄 Bounce L, R. <i>Relaxed Arms</i><br>👁️ Next move on last 8cts          | 2   | 4x   |
| 2:41  | V1 / _ Give yourself prudence             | 4x8 | D        | 🔄 4x Jog On Top L. <i>RA</i>                                             | 8   | 4x   |
|       |                                           | 4x8 | D¹       | 🔄 Basic Jog L. <i>RA</i>                                                 | 4   | 8x   |
| 3:08  | Ref / I was <b>born</b> this way          | 4x8 | E        | 🔄 2x Knee Lift & Basic Step Combo L then R<br>👁️ Next move on last 16cts | 32  |      |
| 3:22  | C / I’m beautiful in my way               | 8x8 | E¹       | 🔄 2x Propulsive Knee Lift & Basic Jog Combo L then R                     | 32  | 2x   |
| 3:51  | Br / I was <b>born</b>                    | ½x8 | C        | 🔄 Knee Lift L. <i>RA</i>                                                 | 4   |      |
| 3:53  | Rep / <b>Ooh</b> there ain’t no           | 4x8 | C¹       | 🔄 Propulsive Knee Lift R then L. <i>Punch O/H</i>                        | 8   | 4x   |



# 03. PEAK 1

| MUSIC |                              |     |                | EXERCISE                                                                                     | CTS | REPS |
|-------|------------------------------|-----|----------------|----------------------------------------------------------------------------------------------|-----|------|
| 4:07  | Ref / <b>Don't</b> be...     | 6x8 | F              | 3x Repeater Knee Lift R then L to center of the step. <i>RA</i><br>👁️ Next move on last 8cts | 16  | 3x   |
| 4:28  | Dub / <b>Don't</b> be a drag | 8x8 | G              | 3x Repeater Split Shuffle R then L to center of the step. <i>RA</i>                          | 16  | 4x   |
| 4:55  | C / I'm beautiful in my way  | 8x8 | E <sup>1</sup> | 🔄 2x Propulsive Knee Lift & Basic Jog Combo R then L                                         | 32  | 2x   |
| 5:24  | Br / I was born              | ½x8 | C              | 🔄 Knee Lift R. <i>RA</i>                                                                     | 4   |      |
| 5:26  | Rep / Ooh there ain't no     | 4x8 | C <sup>1</sup> | 🔄 Propulsive Knee Lift L then R. <i>Punch O/H</i>                                            | 8   | 4x   |
| 5:39  | Outro /                      | 4x8 |                | Adjust height of step and prepare for Mixed Strength                                         | 32  |      |



# 03. BORN THIS WAY 6:15mins

## TECHNIQUE AND COACHING

### BOUNCE

PHONETIC CUE 'Bounce left right, left right'

### 2X KNEE LIFT

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

- Knee up to hip level



### 2X PROPULSIVE KNEE LIFT

CUE 'Add a jump'

- Roll through the foot, and push off the toes
- **Soften knees on the landing to absorb the impact**

OPTION No propulsion

### KNEE LIFT

CUE 'Single knee'



### PROPULSIVE KNEE

PHONETIC CUE 'Jump knee, change sides; jump knee, change sides'

- Roll through the foot, and push off the toe
- **Soften knees on the landing to absorb the landing impact**

OPTION No propulsion



### 4X JOG ON TOP

PHONETIC CUE 'Jog 4, 3, 2, 1, walk on the floor; 4, 3, 2, 1, walk on the floor'

- **Whole foot on the step**
- Flick your heels towards your butt

OPTION 4x March On Top

### BASIC JOG

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

OPTION Basic Step

### 2X KNEE LIFT & BASIC STEP COMBO

PHONETIC CUE '2, 1, Basic Step, 2, 1, knee; 2, 1, Basic Step, 2, 1'

2x Knee Lift R (To L corner). RA 1-8

2x Basic step L (To the center). RA 9-16

Repeat to the other side 17-32

- Use Visual cues to show the direction to move, and to HOLD the Basic Step to the center



### 2X PROPULSIVE KNEE LIFT & BASIC JOG COMBO

PHONETIC CUE '2, 1, Basic Step, 2, 1, knee; 2, 1, Basic Step, 2, 1'

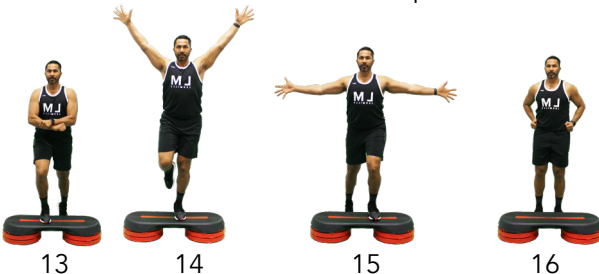
2x Propulsive Knee Lift R. Blade RA 1-8

Basic Jog L. RA 9-12

Basic Jog L. Circle arms outward O/H 13-16

Repeat to the other side 17-32

OPTION 2x Knee Lift & Basic Step Combo



# 03. BORN THIS WAY 6:15mins

## TECHNIQUE AND COACHING

### 3X REPEATER KNEE LIFT

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

- For more intensity, bend your supporting knee and sit deeper, and drive the moving knee upward



### 3X REPEATER SPLIT SHUFFLE

PHONETIC CUE 'Lift your knee, tap, split split knee, change sides; lift your knee, tap, split split knee, change sides'

- Slight tip forward from the hips to keep your body weight over the step (Avoid leaning backward, with body weight on the floor)
- Lightly tap toes to the floor. (If your whole foot is slamming to the floor, you may be leaning backward, instead of over your step)

OPTION 3x Repeater Knee Lift





Start by showing the standing option for who prefer not to do the Walking Crouch & Mountain Climber Combo. Then, later in the track, coach them how to increase the intensity by adding a push off the step.

## Come into this track

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

BODYSTEP 119



# 04. THE SPOOK RETURNS & GET LOUD FOR ME 4:51mins

## TECHNIQUE AND COACHING

### EXPLAIN STANDING AND PLANK OPTIONS

Let your class know that there are Mountain Climbers in this track. If they prefer to remain standing, there is also a standing option.

### CROUCH & PLANK COMBO

PHONETIC CUE ‘Crouch back, push forward; crouch back, push forward’

Start in Plank position, hands on the step  
Crouch back 1-4  
Push forward to Plank position 5-8

- **Bend knees and push your butt towards your heels.** (A common mistake is to keep the butt lifted)
- Push forward with abs braced to Plank position
- Shoulders over the top of wrists
- Eye gaze towards hands



### SLOW WALKING CROUCH & MOUNTAIN CLIMBER COMBO

PHONETIC CUE ‘Walk down, down, up, up, run 3, 2, 1, set your feet; down, down, up, up, run 3, 2, 1, set your feet’

Start in Plank position, hands on the step  
Crouch back and walk L hand to the floor 1-2  
Walk R hand to the floor 3-4  
Push forward to Plank and walk L hand to the step 5-6  
Walk R hand to the step 7-8  
Slow Mountain Climber L 9-10  
Slow Mountain Climber R 11-12  
Slow Mountain Climber L 13-14  
Step L foot to the floor, feet hip-width apart 15-16

- **Maintain a strong ab brace**
- **Bend knees and push your butt towards your heels**
- Push forward with abs braced to Plank position
- Shoulders over the top of wrists
- Eye gaze towards hands

OPTION Double Pulse Squat Jump & March Combo





# 04. THE SPOOK RETURNS & GET LOUD FOR ME 4:51mins

## TECHNIQUE AND COACHING

### WALKING CROUCH & MOUNTAIN CLIMBER COMBO

PHONETIC CUE 'Walk down, down, up, run 3, 2, 1, set; down, down, up, run 3, 2, 1, set'

- Start in Plank position, hands on the step
- Crouch back and walk L hand to the floor 1
- Walk R hand to the floor 2
- Push forward to Plank and walk L hand to the step 3
- Walk R hand to the step 4
- Mountain Climber L 5
- Mountain Climber R 6
- Mountain Climber L 7
- Step L foot to the floor, feet hip-width apart 8

- Maintain a strong ab brace
- Bend knees and push your butt towards your heels
- Push forward with abs braced to Plank position
- Shoulders over the top of wrists
- Eye gaze toward hands

OPTION Double Pulse Squat Jump & March Combo



### DOUBLE PULSE SQUAT JUMP & MARCH COMBO

PHONETIC CUE 'Squat, squat, walk on the floor; squat, squat, walk on the floor'

- Staggered Jump Squat onto the step. Hands to top of thighs 1
- Half Squat up. Hands to top of thighs 2
- Squat down & up. Hands to top of thighs 3-4
- Walk L, R, L, R on the floor. RA 5-8
- Stagger the Squat landing to soften the landing impact
- Bend knees to squat deeper and work harder



### DOUBLE PULSE SQUAT JUMP & MARCH COMBO WITH PROPULSION

PHONETIC CUE 'Down, up, down, walk on the floor; down, up, down, walk on the floor'

- Staggered Jump Squat onto the step. Fists to hips 1
- Plyo Jump up. Bent Raise F 2
- Squat down & up. Hands to top of thighs 3-4
- Walk L, R, L, R on the floor. RA 5-8

- Stagger the Squat landing to soften the landing impact
- Bend knees to squat deeper and work harder
- Push off the step to drive upward
- Bend knees on the landing to absorb the impact

OPTION Double Pulse Squat Jump & March Combo



### TRANSITION TO TOP L SIDE OF THE STEP

CUE 'Top of the step, move across to the right side'



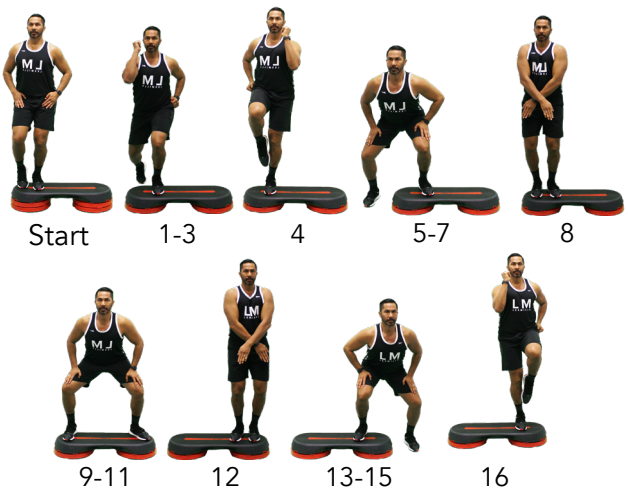


# 04. THE SPOOK RETURNS & GET LOUD FOR ME 4:51mins

## TECHNIQUE AND COACHING

### DOUBLE LUNGE, SIDE SQUAT, TOP SQUAT, SIDE SQUAT COMBO

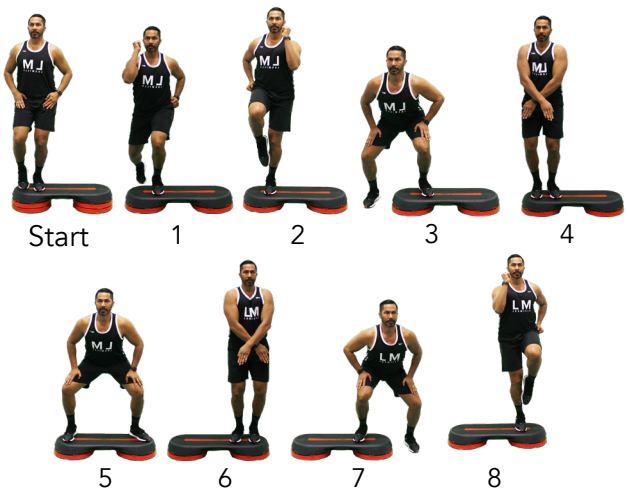
- PHONETIC CUE '2 back, 2 side, 2 top, 2 side; back, side, top, side'
- 2x Pulse Lunge L. RA 1-3
- Lift L knee. Cross in front 4
- 2x Squat Pulse L. Hands to top of thighs 5-7
- Step L onto the step. Low cross in front 8
- 2x Squat Pulse on top of the step. Hands to top of thighs 9-11
- Step L foot in towards R foot. Low cross in front 12
- 2x Squat Pulse R. Hands to top of thighs 13-15
- Lift R knee. RA 16
- Repeat to the other side 17-32
- Use visual cues to show direction to move
  - Long step back in to the Lunge, press the front knee outward
  - Butt back and down in the Squats
  - Slight tip forward from the hips, chest up
  - Knees in line with toes



### LOUD COMBO

- PHONETIC CUE 'Singles, back, side, top, side; back, side, top, side'
- Lunge L. RA 1
- Lift L knee. Cross in front 2
- Squat L. Hands to top of thighs 3
- Step L onto the step. Low cross in front 4
- Squat on top of the step. Hands to top of thighs 5
- Step L foot in towards R foot. Low cross in front 6
- Squat R. Hands to top of thighs 7
- Lift R knee. RA 8
- Repeat to the other side 9-16
- Use visual cues to show direction to move
  - Long step back in to the Lunge, press the front knee outward
  - Butt back and down in the Squats
  - Slight tip forward from the hips, chest up
  - Knees in line with toes

### OPTION Smaller ROM





# 05. PEAK 2

## TRACK FOCUS

Coach the 'six' rhythm in the 6x Marches, that evolve to the same rhythm for the Hip Extension T-Step. Coach the Glute squeeze to initiate the Hip Extension, then coach the push off the step to increase the intensity.

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 / _ Messing with the boss        | 1x8 |                | Prepare to move                                                           | 8   |      |
| 0:03  | Instr /                                | 4x8 | A              | 6x March Across The Step L then R. RA<br>👁️ Next move on last 8cts        | 16  | 2x   |
| 0:17  | Messing with the boss now _            | 4x8 | A <sup>1</sup> | 6x Pendulum Swing Across The Step L then R. RA                            | 16  | 2x   |
| 0:31  | Rep / <b>Hey</b> messing with the boss | 4x8 | B              | ATT & March Combo L then R<br>👁️ Next move on last 8cts                   | 16  | 2x   |
| 0:45  | C / <b>Hey</b> messing with the boss   | 4x8 | B <sup>1</sup> | Power ATT & Shuffle Combo L then R                                        | 16  | 2x   |
| 0:58  | Br / _ Messing with the boss now       | ½x8 | C              | ATT L. HOH                                                                | 4   |      |
| 1:00  | Rep / _ Click it back, bang bang       | 4x8 | C <sup>1</sup> | Propulsive ATT L then R. Reach Up & Down                                  | 8   | 4x   |
| 1:14  | Ref / _ Wooahh                         | 4x8 | A              | Repeat 6x March Across The Step R then L. RA<br>👁️ Next move on last 8cts | 16  | 2x   |
| 1:28  |                                        | 4x8 | D              | Hip Extension T-Step R then L. Bent Raise F                               | 16  | 2x   |
| 1:42  | V1 / _ Shut your mouth                 | 4x8 | E <sup>1</sup> | Hip Extension T-Step & 6x March Combo R                                   | 16  | 2x   |
| 1:56  | _ I know you know                      | 8x8 | E <sup>2</sup> | Propulsive Hip Extension T-Step & 6x Pendulum Swing Combo R               | 16  | 4x   |
| 2:24  | C / <b>Hey</b> messing with the boss   | 4x8 | B <sup>1</sup> | 🔁 Power ATT & Shuffle Combo R then L                                      | 16  | 2x   |
| 2:38  | Br / _ Messing with the boss now       | ½x8 | C              | 🔁 ATT R. HOH                                                              | 4   |      |
| 2:40  | Rep / _ Click it back, bang bang       | 4x8 | C <sup>1</sup> | 🔁 Propulsive ATT L then R. Reach Up & Down                                | 8   | 4x   |
| 2:53  | Ref / _ Wooahh                         | 4x8 | A              | 🔁 6x March Across The Step L then R. RA<br>👁️ Next move on last 8cts      | 16  | 2x   |
|       |                                        | 4x8 | D              | 🔁 Hip Extension T-Step L then R. Bent Raise F                             | 16  | 2x   |
| 3:21  | V2 / _ You like a fight                | 4x8 | D <sup>1</sup> | 🔁 Hip Extension T-Step & 6x March Combo L                                 | 16  | 2x   |
| 3:35  | _ I know you know                      | 8x8 | D <sup>2</sup> | 🔁 Propulsive Hip Extension T-Step & 6x Pendulum Swing Combo L             | 16  | 4x   |
| 4:03  | C / <b>Hey</b> messing with the boss   | 4x8 | B <sup>1</sup> | 🔁 Power ATT & Shuffle Combo L then R                                      | 16  | 2x   |
| 4:17  | Br / _ Messing with the boss now       | ½x8 | C              | 🔁 ATT L. HOH                                                              | 4   |      |
| 4:19  | Rep / _ Click it back, bang bang       | 4x8 | C <sup>1</sup> | 🔁 Propulsive ATT R then L. Reach Up & Down                                | 8   | 4x   |



# 05. F.W.T.B. 4:42mins

## TECHNIQUE AND COACHING

### 6X MARCH ACROSS THE STEP

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

March L, R, L, R, L, R across to the R side of the step. RA 1-6

Step L to the floor (R side) then tap R to the floor. RA 7-8

Repeat to the other side 9-16

- Use a Visual cue to show the direction to move



### 6X PENDULUM SWING ACROSS THE STEP

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

Pendulum Swing L, R, L, R, L, R across to the R side of the step. RA 1-6

Step L to the floor (R side) then tap R to the floor. RA 7-8

Repeat to the other side 9-16

- Use a visual cue to show the direction to move
- Soft knee landings to soften the impact
- Abs braced to lock the hips in place

OPTION 6x March Across The Step



### ATT & MARCH COMBO

PHONETIC CUE 'Across the top, hold and march; across the top, hold and march'

ATT L. HOH 1-4

March R, L, R, L. RA 5-8

Repeat to the other side 9-16

- Use a visual cue to show the direction to move and to HOLD OTS

### POWER ATT & SHUFFLE COMBO

PHONETIC CUE 'Power across, hold and shuffle; across, hold and shuffle'

Power ATT L. Bent Raise F 1-4

Shuffle R, L, R. RA 5-7

Feet together. Fists to hips 8

Repeat to the other side 9-16

- Use a visual cue to show the direction to move and to HOLD OTS
- Drive upward off the step to increase the intensity

OPTION ATT & March Combo



### ATT

CUE 'Across the top'

- Step to the middle to get half way across

### PROPULSIVE ATT

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

- Step to the middle to get half way across
- Step lightly off the step, and control the Knee Lift

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







# 05. F.W.T.B 4:42mins

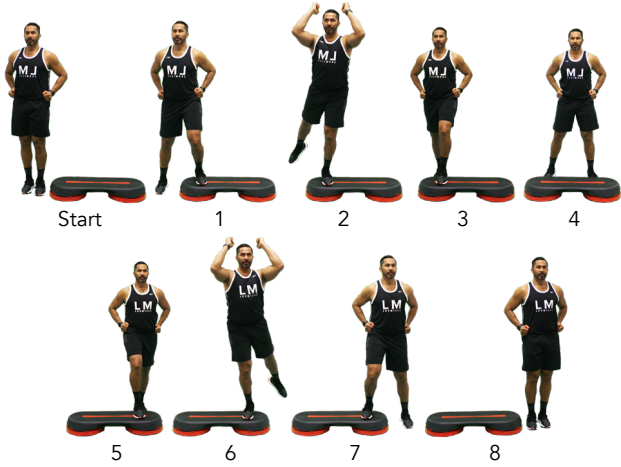
## TECHNIQUE AND COACHING

### HIP EXTENSION T-STEP

PHONETIC CUE 'Lift to the back, lift to the side; lift to the back, lift to the side'

- Step R to the step then lift L leg. Bent Raise F 1-2  
Step L, R to the back of the step. Fists to hips 3-4  
Step L to the step then lift R leg. Bent Raise F 5-6  
Step R to the left side of the step then tap L to the floor. Fists to hips 7-8  
Repeat to the other side 9-16

- Use visual cues to show the direction to move
- Squeeze the glutes to lift the leg

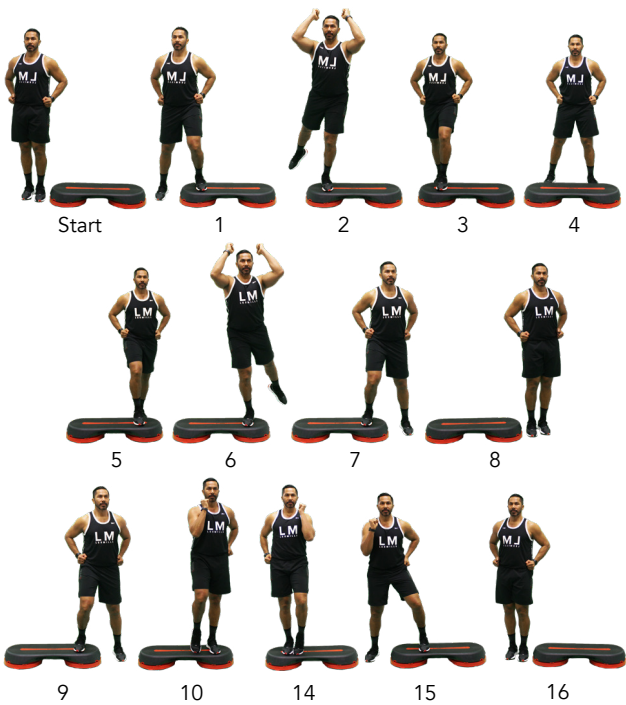


### HIP EXTENSION T-STEP & 6X MARCH COMBO

PHONETIC CUE 'Lift to the back, lift to the side march across, 6, 5, 4, 3, 2, 1, step down; lift to the back, lift to the side, march across, 6, 5, 4, 3, 2, 1, step down'

- Hip Extension T-Step R. Bent Raise F 1-8  
6x March Across The Step L. RA 9-16

- Use visual cues to show the direction to move



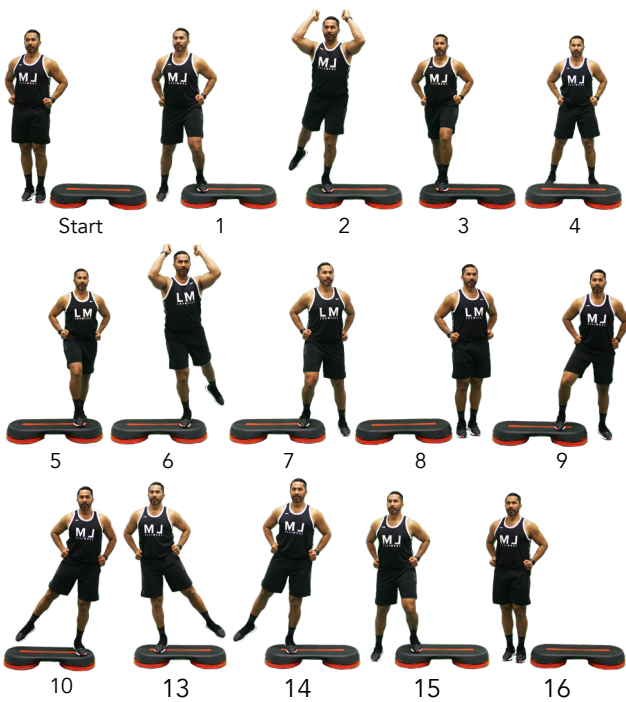
### PROPULSIVE HIP EXTENSION T-STEP & 6X PENDULUM SWING COMBO

PHONETIC CUE 'Jump to the back, jump to the side, swing 6, 5, 4, 3, 2, 1, step down; jump to the back, jump to the side, swing 6, 5, 4, 3, 2, 1, step down'

- Propulsive Hip Extension T-Step R. Bent Raise F 1-8  
6x Pendulum Swing across the step L. RA 9-16

- Squeeze the glutes to lift the leg, and push off the step to drive upward

OPTION Hip Extension T-Step & 6x March Combo





# 06. CONDITIONING 1

TRACK FOCUS

Coach the new ‘Kettle Bell’ grip, and the technique for the Gorilla Squat. Also coach a small rotation that moves from the rib cage in the Triple Pulse lunges.

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 /                        | 4x8 | A              | Set up Kettle Bell Grip and Gorilla Squat Stance                                                   | 32  |      |
| 0:15  | C / <b>Hey</b> can ya can ya   | 4x8 | B              | Gorilla Squat Pulse<br>👁️ Next move on last 4cts                                                   | 2   | 16x  |
| 0:30  |                                | 4x8 | B <sup>1</sup> | Gorilla Squat Pulse with Row                                                                       | 4   | 8x   |
| 0:46  | Ref /                          | 2x8 | C              | Transition towards L side of step. <i>Stack weights</i><br>👁️ Next move on last 8cts               | 16  |      |
| 0:54  | V1 / _ Baby, would you         | 4x8 | D              | Triple Pulse Lunge Sequence L. R leg B. <i>Weight held to chest</i><br>👁️ Next move on last 8cts   | 8   | 4x   |
| 1:10  |                                | 8x8 | D <sup>1</sup> | Triple Pulse Lunge Sequence with Rotation L                                                        | 8   | 8x   |
| 1:40  | Instr /                        | 2x8 | A              | 🔄 Set up Kettle Bell Grip and Gorilla Squat Stance                                                 | 16  |      |
| 1:48  | C / <b>Hey</b> can ya can ya   | 4x8 | B              | 🔄 Gorilla Squat Pulse<br>👁️ Next move on last 4cts                                                 | 2   | 16x  |
| 2:04  |                                | 4x8 | B <sup>1</sup> | 🔄 Gorilla Squat Pulse with Row                                                                     | 4   | 8x   |
| 2:20  | Ref / <b>Hey</b> can ya can ya | 4x8 | C              | 🔄 Transition towards R side of step. <i>Stack weights</i><br>👁️ Next move on last 8cts             | 32  |      |
| 2:35  | V1 / _ Baby, would you         | 4x8 | D              | 🔄 Triple Pulse Lunge Sequence R. L leg B. <i>Weight held to chest</i><br>👁️ Next move on last 8cts | 8   | 4x   |
| 2:51  |                                | 8x8 | D <sup>1</sup> | 🔄 Triple Pulse Lunge Sequence with Rotation R                                                      | 8   | 8x   |
| 3:23  | Instr /                        | 2x8 | A              | 🔄 Set up Kettle Bell Grip and Gorilla Squat Stance                                                 | 16  |      |
| 3:30  | C / <b>Hey</b> can ya can ya   | 4x8 | B              | 🔄 Gorilla Squat Pulse<br>👁️ Next move on last 4cts                                                 | 2   | 16x  |
| 3:45  |                                | 4x8 | B <sup>1</sup> | 🔄 Gorilla Squat Pulse with Row                                                                     | 4   | 8x   |
| 4:01  | Outro /                        | 1x8 |                | Slowly come up to standing                                                                         | 8   |      |



# 06. WOULD YOU MAYBE 4:10mins

## TECHNIQUE AND COACHING

### SET UP KETTLE BELL GRIP AND GORILLA SQUAT STANCE

CUE 'New weight grip for BODYSTEP, the Kettle Bell Grip. It's like you're holding 2 Kettle Bells, or the handles of 2 shopping bags'



- Feet wide on top of the step, toes turned out slightly
- Arms & weights to the inside of legs
- Keep the chest SUPER proud, eye gaze straight ahead



- Create a pinch between the shoulder blades and lock in the upper body



- Bend your knees, maintaining this upper body position, lowering the weights towards the center line of the step
- Squat deeply, and drive the knees over toes
- The butt can go deep, staying just above knee level. For less intensity, don't squat as low

### GORILLA SQUAT PULSE

PHONETIC CUE 'Squat down, down; down, down'

Gorilla Squat Pulse down. Low Kettle Bell Grip to inside of legs

1

Gorilla Squat Pulse up. Low Kettle Bell Grip to inside of legs

2

- Chest up, eye gaze straight ahead
- Bend knees, push the butt back and down
- **Keep the butt above knee level**
- Weights back towards mid-line of the step
- **Drive the knees over toes**

OPTIONS No weights / Smaller ROM



### GORILLA SQUAT PULSE WITH ROW

PHONETIC CUE 'Row, extend; row, extend'

Gorilla Squat Pulse down & up. Row

1-2

Gorilla Squat Pulse down & up. Extend arms, weights toward mid line of the step

3-4

- Elbows in close to ribs with the Row
- Squeeze shoulder blades together on the row
- Extend the weights towards mid-line of the step with the extension
- Keep the chest lifted

OPTIONS No weights / Smaller ROM



Start



1-2



3-4

# 06. WOULD YOU MAYBE 4:10mins

## TECHNIQUE AND COACHING

### TRANSITION TOWARDS SIDE OF STEP

CUE 'Move across to the side of your step, stack your weights in to chest'

Preview the Triple Pulse Lunge Sequence

### TRIPLE PULSE LUNGE SEQUENCE

PHONETIC CUE 'Lunge 3, 2, 1 tap to the side; 3, 2, 1 tap to the side'

Pulse Lunge down and up R x3. Hold weight plates in to chest 1-6

Tap R foot wide on top of the step. Hold weight plates in to chest 7-8

- Tap wide toward the right
- Point the toe and extend the leg long in the Tap
- Long step backward in to the lunge
- Press the front knee outward
- **Chest up**

OPTION No weight plate



### TRIPLE PULSE LUNGE SEQUENCE WITH ROTATION

PHONETIC CUE 'Press, rotate, center, in; press, rotate, center, in'

Pulse Lunge down and up R. Press weights forward 1-2

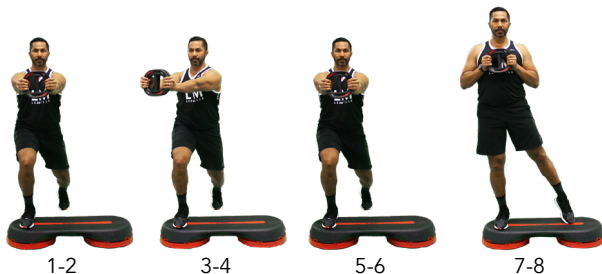
Pulse Lunge down and up R. Rotate R (Super small rotation) 3-4

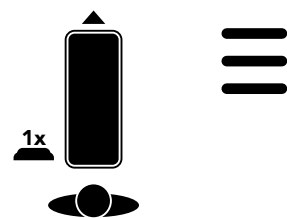
Pulse Lunge down and up R. Rotate to center 5-6

Tap R foot wide on top of the step. Pull weight plates in to chest 7-8

- The rotation is SUPER SMALL
- Rotate from the ribcage
- Brace the abs super tightly, and imagine that your core is the machinery that moves the ribcage and the arms together as one unit. Like a crane at a construction site

OPTION No weight plate





# 07. PARTY STEP

## TRACK FOCUS

A simple track where you can bring out a lot of sassy attitude. You walk around the step – ladies with an overhead ‘snap’ and men with a masculine ‘don't mess with me’ gesture.

Teach Flava

## Come into this track

Excited, re-energized and buzzing.

| MUSIC |                                       |     | EXERCISE       |                                                                            | CTS | REPS |
|-------|---------------------------------------|-----|----------------|----------------------------------------------------------------------------|-----|------|
| 0:01  | Intro / Don't try to hustle <b>me</b> | 1x8 |                | Prepare to move                                                            | 8   |      |
| 0:04  | Rep / Don't try to hustle <b>me</b>   | 2x8 | A              | Tap Down L then R. <i>RA</i><br>👁️ Next move on last 4cts                  | 8   | 2x   |
| 0:10  |                                       | 2x8 | A <sup>1</sup> | Tap Down L then R. <i>Single open to side</i><br>👁️ Next move on last 4cts | 8   | 2x   |
| 0:18  | C / Don't hustle <b>me</b>            | 4x8 | A <sup>2</sup> | Cha-Cha-Cha L then R. <i>Single open to side</i>                           | 8   | 4x   |
| 0:32  | Instr / (Riff)                        | 4x8 | B              | Propulsive Hamstring Curl L then R. <i>Scoop &amp; Clap</i>                | 8   | 4x   |
| 0:46  | Instr / (Quiet)                       | 2x8 | C              | Basic Step L. <i>RA</i>                                                    | 4   | 4x   |
| 0:54  | V1 / I <b>gave</b> you soft           | 6x8 | D              | Tap Down & 2x Basic Step Combo L<br>👁️ Next move on last 16cts             | 16  | 3x   |
| 1:14  | I <b>spend</b> my days                | 4x8 | D <sup>1</sup> | Tap Down & 360° March Combo L<br>👁️ Next move on last 16cts                | 16  | 2x   |
| 1:29  | C / Don't hustle <b>me</b>            | 8x8 | D <sup>2</sup> | Cha-Cha-Cha & 360° March Combo L                                           | 16  | 4x   |
| 1:58  | Br / Don't hustle <b>me</b>           | ½x8 | B <sup>1</sup> | Hamstring Curl L. <i>HOH</i>                                               | 4   |      |
| 2:00  | Instr / (Riff)                        | 4x8 | B              | 🔁 Propulsive Hamstring Curl R then L. <i>Scoop &amp; Clap</i>              | 8   | 4x   |
| 2:13  | Instr / (Quiet)                       | 2x8 | C              | 🔁 Basic Step R. <i>RA</i>                                                  | 4   | 4x   |
| 2:20  | V1 / I <b>gave</b> you soft           | 6x8 | D              | 🔁 Tap Down & 2x Basic Step Combo R<br>👁️ Next move on last 16cts           | 16  | 3x   |
| 2:42  | I <b>spend</b> my days                | 4x8 | D <sup>1</sup> | 🔁 Tap Down & 360° March Combo R<br>👁️ Next move on last 16cts              | 16  | 2x   |
| 2:56  | C / Don't hustle <b>me</b>            | 8x8 | D <sup>2</sup> | 🔁 Cha-Cha-Cha & 360° March Combo R                                         | 16  | 4x   |
| 3:25  | Br / Don't hustle <b>me</b>           | ½x8 | B <sup>1</sup> | 🔁 Hamstring Curl R. <i>HOH</i>                                             | 4   |      |
| 3:27  | Outro / (Riff)                        | 4x8 | B              | 🔁 Propulsive Hamstring Curl L then R. <i>Scoop &amp; Clap</i>              | 8   | 4x   |

# 07. HUSTLE 3:48mins

## TECHNIQUE AND COACHING

### TAP DOWN

PHONETIC CUE 'Tap down, change sides; tap down, change sides'

- Body square to the front
- Use a visual cue to show direction to move



### TAP DOWN WITH SINGLE OPEN TO SIDE

CUE 'Add the arms'

Step L onto the step. R flexed pointer finger to L shoulder

1

Tap R to R side. Open R arm and R flexed pointer finger to R side

2

Step R, L behind the step. Fists to hips

3-4

Repeat to the other side

5-8

- Bring out the 'attitude' finger

OPTION No arms



### CHA-CHA-CHA

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

Step L on to the step. R flexed pointer finger to L shoulder

1

Cha-cha-cha R to R side. Open R arm and R flexed pointer finger to R side

2

Step R, L behind the step. Fists to hips

3-4

Repeat to the other side

5-8

Soften knees, and let your feet move to the quick paced rhythm

OPTION: Tap Down

### HAMSTRING CURL

CUE 'Heel to butt'

- Use a visual cue to show the direction of the next Propulsive Hamstring Curl

### PROPULSIVE HAMSTRING CURL

PHONETIC CUE 'Lift your heel, lift your heel'

Roll through the foot and push off the step

- Pull your heel towards your butt to work the back of the legs

OPTION No propulsion



### BASIC STEP

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

- Natural walking rhythm



### TAP DOWN & 2X BASIC STEP COMBO

PHONETIC CUE 'Tap down, tap down, two basics hold, one more, again, Tap, tap, basic hold'

Tap down L then R. RA

1-8

2x Basic Step L. RA

9-16

- Use visual cues to show the direction to move, and to HOLD the Basic Steps OTS



# 07. HUSTLE 3:48mins

## TECHNIQUE AND COACHING

### TAP DOWN & 360 MARCH COMBO

PHONETIC CUE 'Tap down, tap down, walk around your step'

Tap down L then R. RA 1-8

Walk L, R counterclockwise around the step. RA 9-16

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



### CHA-CHA-CHA & 360° MARCH COMBO

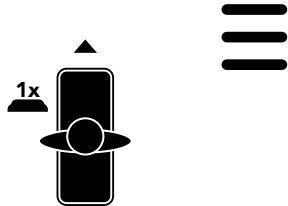
PHONETIC CUE 'Cha-cha-cha, cha-cha-cha, walk around'

Cha-cha-cha L then R. RA 1-8

Walk L, R counterclockwise around the step. RA 9-16

- Add your own flava to have some fun as you walk around the step





# 08. ATHLETIC CIRCUIT

## TRACK FOCUS

Teach with uplifting energy in *Accelerate*, light hearted fun in *Got Your Number*, technical mastery in *Bombayah*, and like a fighter in *Warrior*.

Teach Athletic

**Come into this track**  
Strong and authoritative.

| MUSIC |                                               | EXERCISE |                                                                                                                   | CTS | REPS |
|-------|-----------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------|-----|------|
| 0:01  | Intro / Pick up your speed _                  | 2x8      | Set up on top of the step                                                                                         | 16  |      |
| 0:08  |                                               | 2x8      | A Alt Straddle L then R. <i>RA</i><br>👁 Next move on last 4cts                                                    | 8   | 2x   |
| 0:15  | C / _ Accelerate, c'mon babe                  | 4x8      | A <sup>1</sup> Alt Propulsive Straddle L then R. <i>Blade RA</i><br>👁 Next move on last 4cts                      | 8   | 4x   |
| 0:28  | _ Accelerate, c'mon babe                      | 4x8      | A <sup>2</sup> Alt Propulsive Straddle L then R. <i>Punch O/H</i>                                                 | 8   | 4x   |
| 0:42  | Br / C'mon babe pick up your speed            | 1x8      | B Repeater Knee Lift L. <i>Small RA</i>                                                                           | 2   | 2x   |
| 0:44  | Rep / _ Accelerate, accelerate                | 4x8      | B <sup>1</sup> Repeater Knee Lift L. <i>RA</i>                                                                    | 2   | 16x  |
| 0:57  | Ref / <b>Got</b> your number, got your number | 4x8      | Transition to top of step<br>👁 Next move on last 8cts                                                             |     |      |
| 1:08  | C / <b>Got</b> your number, got your number   | 8x8      | C Speed Straddle & 6x Jog On Top Combo L<br>👁 Next move on last 4cts                                              | 8   | 8x   |
| 1:29  | There were <b>21</b> tears                    | 4x8      | D Speed Straddle L. <i>RA</i>                                                                                     | 4   | 8x   |
| 1:39  | PC / <b>Joha</b> i bunwigiga                  | 2x8      | Transition to back of the step                                                                                    | 16  |      |
| 1:47  |                                               | 5x8      | E Drop Squat Side then Top R then L<br>👁 Side Climber Combo on last 8cts                                          | 16  | 2½x  |
| 2:05  | C / Boombayah_                                | 8x8      | F Side Climber Combo L then R<br>OR<br>E Drop Squat Side then Top L then R                                        | 16  | 4x   |
| 2:35  | Br / _ (Blackpink) in your area               | 1½x8     | Transition to top of step                                                                                         |     |      |
| 2:41  | PC / I'm a <b>warrior</b> , warrior           | 2x8      | G Down Tap L then R. <i>Relaxed Arms by sides</i><br>👁 Next move on last 4cts                                     | 4   | 4x   |
|       |                                               | 2x8      | G <sup>1</sup> Down Tap L then Squat R<br>👁 Next move on last 4cts                                                | 4   | 4x   |
| 2:55  | C / (Instr)                                   | 8x8      | G <sup>2</sup> Jab & Squat Combo L                                                                                | 4   | 16x  |
| 3:24  | Br /                                          | ½x8      | Jab and Hold                                                                                                      |     |      |
| 3:26  | <b>Got</b> your number, got your number       | 4x8      | Transition to top of step<br>👁 Next move on last 8cts                                                             | 4   |      |
| 3:36  | C / <b>Got</b> your number, got your number   | 8x8      | C Repeat Speed Straddle & 6x Jog On Top Combo R<br>👁 Next move on last 4cts                                       | 8   | 8x   |
| 3:57  | There were <b>21</b> tears                    | 4x8      | D  Speed Straddle R. <i>RA</i> | 4   | 8x   |



08. ATHLETIC CIRCUIT

| MUSIC |                                    |      | EXERCISE                                                                                                                                                                                                                                               |  | CTS | REPS |
|-------|------------------------------------|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----|------|
| 4:08  | PC / Joha i bunwigiga              | 2x8  |  Transition to back of the step                                                                                                                                       |  | 16  |      |
|       |                                    | 5x8  | E  Drop Squat Side then Top R then L, L then R<br> Next move on last 8cts            |  | 16  | 2½x  |
| 4:33  | C / Boombaya _                     | 8x8  | F  Side Climber Combo L then R                                                                                                                                        |  | 16  | 4x   |
|       |                                    |      | OR<br>E  Drop Squat Side then Top L then R                                                                                                                            |  | 16  | 4x   |
| 5:04  | Br / _ Blackpink) in your area     | 1½x8 | Transition to top of step                                                                                                                                                                                                                              |  |     |      |
| 5:09  | PC / I'm a warrior, warrior        | 2x8  | G  Down Tap R then L. <i>Relaxed by sides</i><br> Next move on last 4cts             |  | 4   | 4x   |
|       |                                    | 2x8  | G¹  Down Tap R then Squat L<br> Next move on last 4cts                              |  | 4   | 4x   |
| 5:24  | C / (Instr)                        | 8x8  | G²  Jab & Squat Combo R                                                                                                                                             |  | 4   | 16x  |
| 5:53  | Br / C'mon babe pick up your speed | ½x8  | Jab and hold                                                                                                                                                                                                                                           |  | 4   |      |
| 5:55  | Instr / _ Hey hey hey              | 2x8  | Set up on top of the step                                                                                                                                                                                                                              |  | 16  |      |
| 6:01  |                                    | 2x8  | A  Alt Straddle R then L. <i>RA</i><br> Next move on last 4cts                   |  | 8   | 2x   |
| 6:08  | C / _ Accelerate, c'mon babe       | 4x8  | A¹  Alt Propulsive Straddle R then L. <i>Blade RA</i><br> Next move on last 4cts |  | 8   | 4x   |
| 6:22  | _ Accelerate, c'mon babe           | 4x8  | A²  Alt Propulsive Straddle R then L. <i>Punch O/H</i>                                                                                                              |  | 8   | 4x   |
| 6:36  | Br / C'mon babe pick up your speed | ½x8  | B  Repeater Knee Lift R. <i>Small RA</i>                                                                                                                            |  | 2   | 2x   |
| 6:38  | Rep / _ Accelerate, accelerate     | 4x8  | B¹  Repeater Knee Lift R. <i>RA</i>                                                                                                                                 |  | 2   | 16x  |





# 08. ACCELERATE / GOT YOUR NUMBER / BOOMBAYA / WARRIOR 7:02mins

## TECHNIQUE AND COACHING

### ALTERNATIVE STRADDLE

PHONETIC CUE 'Down down, lift your knee; down down, lift your knee'

- You can stay low for steady-state training

### ALTERNATIVE PROPULSIVE STRADDLE WITH BLADE RA

CUE 'Add a jump to the Knee Lift'

- Add a jump for more intensity

OPTION: No propulsion



### ALTERNATIVE PROPULSIVE STRADDLE WITH PUNCH O/H

CUE 'Add a punch over head'

- Taking the arm over head will get you working even harder

OPTION: No propulsion / No arms



### REPEATER KNEE LIFT WITH SMALL RA

CUE 'Repeater hold'

- Use a visual cue to hold, and set up the Repeater

### REPEATER KNEE LIFT WITH RA

CUE 'Sit low and drive the knee up'

- Bend the supporting leg to sit lower, and drive the moving knee up to increase the intensity
- Strong Running Arms



### STRADDLE & 6X JOG ON TOP COMBO

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

Speed Straddle down L, R. RA

1-2

Jog L, R, L, R, L, R on top of the step. RA

3-8

- Use visual cues to show the direction to step down and to hold the Jog on top
- Pick up your feet and lift your knees for more intensity
- Be light on your feet

OPTION Small ROM





# 08. ACCELERATE / GOT YOUR NUMBER / BOOMBAYA / WARRIOR 7:02mins

## TECHNIQUE AND COACHING

### SPEED STRADDLE

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

- Use a visual cue to show the direction of the leading leg

OPTION Small ROM



### DROP SQUAT SIDE THEN TOP

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

Drop Squat L on the step, R on the floor. Bent Raise F 1-2

Step R, L to the back of the step. Fists to hips 3-4

Narrow Jump Squat onto the step. Bent Raise F 5-6

Step down R, L behind the step. Fists to hips 7-8

Repeat to the other side 9-16

- Use a visual cue to show the direction to squat
- **Bend knees on all landings to soften the impact**
- Knees in line with toes
- Chest up



### SIDE CLIMBER COMBO

PHONETIC CUE 'Jump left, back, center, back; right, back, center back'

Start in Plank position, hands on the step

Jump to Side Climber L 1-2

Jump feet back to Plank position 3-4

Jump feet F to a Squat Straddle position 5-6

Jump feet B to Plank position 7-8

Repeat to the other side 9-16

- Maintain a strong ab brace
- **Eye gaze towards hands**
- Outside of the knee toward the outside of the elbow in the Side Climber
- Bend knees heaps in the Squat Straddle position (butt above knees)

OPTION Drop Squat Side then Top



### DOWN TAP WITH RELAXED ARMS

PHONETIC CUE 'Tap left, right; left right'

Get moving





# 08. ACCELERATE / GOT YOUR NUMBER / BOOMBAYA / WARRIOR 7:02mins

## TECHNIQUE AND COACHING

### DOWN TAP THEN SQUAT

PHONETIC CUE 'Tap, squat; tap, squat'

- Down Tap L. RA1
- Step L foot onto step. RA2
- Squat R. Hands to top of thighs3
- Step R foot onto step. RA4
- Stay tall in the Tap, then sit low in the Squat



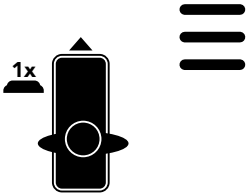
### JAB & SQUAT COMBO

PHONETIC CUE 'Jab, squat; jab, squat'

- Down Tap L. Jab L1
- Step L foot onto step. Guard up2
- Squat R. Hands to top of thighs3
- Step R foot onto step. Guard up4
- Strong sharp Jab forward
  - Snap the fist back
  - Guard position
  - Move like a fighter

OPTION No arms





# 09. PEAK 3

## TRACK FOCUS

Use previews and clear visual cues to help create success with your participants. Encourage your class to crack the whip, and charge toward the final cardio peak.

## Teach Athletic

### Come into this track

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

| MUSIC |                                              |       | EXERCISE       |                                                                                                                                             | CTS | REPS |
|-------|----------------------------------------------|-------|----------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----|------|
| 0:00  | Intro /                                      | 1/4x8 |                | Prepare to move                                                                                                                             | 8   |      |
| 0:01  | Instr / Let's go _                           | 2x8   | A              | Down Tap L then R. RA<br>👁️ Next move on last 4cts                                                                                          | 4   | 4x   |
| 0:07  |                                              | 2x8   | A <sup>1</sup> | Propulsive Down Tap L then R. RA                                                                                                            | 4   | 4x   |
| 0:14  | C / _ All the eyes on me                     | 4x8   | A <sup>2</sup> | Propulsive Down Tap L then R. <i>Single Punch O/H</i>                                                                                       | 4   | 8x   |
| 0:28  | Rep / Let's go                               | 4x8   | B              | Propulsive OTT L then R. <i>Reach up &amp; down</i>                                                                                         | 8   | 4x   |
| 0:42  | Br /                                         | 1x8   |                | Down Tap L then R. <i>Relaxed Arms by sides</i>                                                                                             | 4   | 2x   |
| 0:45  | Instr / Let's got _                          | 4x8   | A              | Repeat Down Tap L then R. RA<br>👁️ Next move on last 8cts                                                                                   | 4   | 8x   |
| 0:59  | V1 / There's only <b>two</b> types of people | 4x8   | C              | Squat & March Back Combo L<br>👁️ Next move on last 8cts                                                                                     | 8   | 4x   |
| 1:13  | V1 / I'm like the <b>ring</b> leader         | 2x8   | C <sup>1</sup> | Propulsive Squat & March Back Combo L                                                                                                       | 8   | 2x   |
| 1:20  | Rep / <b>Show</b> , show, show               | 2x8   | D              | Basic Step R, RA<br>👁️ Next move on last 8cts                                                                                               | 4   | 4x   |
| 1:27  | PC / _ I feel the adrenaline                 | 4x8   | D <sup>1</sup> | Basic Jog & Bounce Combo R<br>👁️ Next move on last 8cts                                                                                     | 8   | 4x   |
| 1:41  | C / _ All the eyes on me                     | 8x8   | D <sup>2</sup> | Straddle Jog Forward & Bounce Backward Combo R                                                                                              | 8   | 8x   |
| 2:08  | Br /                                         | 1x8   | E              | Transition to top of the step                                                                                                               | 8   |      |
| 2:12  | Rep / Let's go _                             | 4x8   | B              |  Propulsive OTT R then L. <i>Reach up &amp; down</i>     | 8   | 4x   |
| 2:26  | Instr /                                      | 4x8   | A              |  Down Tap R then L. RA<br>👁️ Next move on last 8cts      | 4   | 8x   |
| 2:40  | V2 / There's only <b>two</b> types of guys   | 4x8   | C              |  Squat & March Back Combo R<br>👁️ Next move on last 8cts | 8   | 4x   |
| 2:53  | V2 / I'm like the <b>ring</b> leader         | 2x8   | C <sup>1</sup> |  Propulsive Squat & March Back Combo L                   | 8   | 2x   |
| 3:00  | Rep / <b>Show</b> , show, show               | 2x8   | D              |  Basic Step L, RA<br>👁️ Next move on last 8cts           | 4   | 4x   |
| 3:07  | PC / _ I feel the adrenaline                 | 4x8   | D <sup>1</sup> |  Basic Jog & Bounce Combo L<br>👁️ Next move on last 8cts | 8   | 4x   |
| 3:21  | C / _ All the eyes on me                     | 8x8   | D <sup>2</sup> |  Straddle Jog Forward & Bounce Backward Combo L          | 8   | 8x   |
| 3:49  | Br /                                         | 1x8   | E              | Transition to top of the step                                                                                                               | 8   |      |



# 09. PEAK 3

| MUSIC |                          | EXERCISE |                                                                                                                                                        | CTS | REPS |
|-------|--------------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------|
| 3:52  | Rep / Let's go _         | 4x8      | B  Propulsive OTT L then R. <i>Reach up &amp; down</i>                | 8   | 4x   |
| 4:06  | C / _ All the eyes on me | 4x8      | A <sup>2</sup>  Propulsive Down Tap L then R. <i>Single Punch O/H</i> | 4   | 8x   |
| 4:20  | Rep / _ Let's go         | 4x8      | B  Propulsive OTT L then R. <i>Reach up &amp; down</i>                | 8   | 4x   |



# 09. CIRCUS 4:43mins

## TECHNIQUE AND COACHING

### DOWN TAP WITH RELAXED ARMS BY SIDES

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

### DOWN TAP WITH RA

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

- Tap toes lightly to the floor

### PROPULSIVE DOWN TAP WITH RA

CUE 'Bigger, add a jump'

- Tap toes lightly to the floor with the heel lifted (avoid slamming your heels to the floor)

OPTION No propulsion

### PROPULSIVE DOWN TAP WITH SINGLE PUNCH O/H

CUE 'Tap and punch over head'

- Strong punch over head

OPTION No propulsion



### PROPULSIVE ATT

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

- Step lightly to the floor and control the Knee Lift

OPTION No propulsion



### SQUAT & MARCH BACK COMBO

PHONETIC CUE 'Squat left, right, walk to the back; left, right, walk to the back'

Squat L foot to the L side, R foot on the step.

Blade RA

1

Propel upward and over towards the R side.

Blade RA

2

Squat R foot to the R side, L foot on the step.

Blade RA

3-4

March R, L, R, L behind the step. RA

5-8

- Knees in line with toes
- Butt back and down
- Push off the floor and propel upward and over the step

OPTION No propulsion



### BASIC STEP BEHIND THE STEP

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





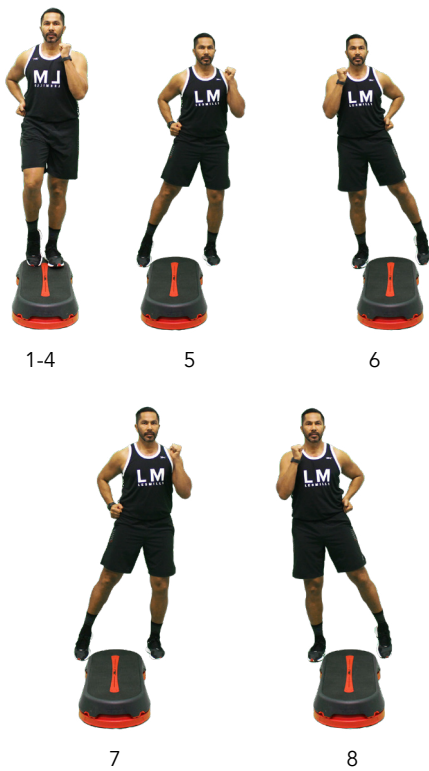
# 09. CIRCUS 4:43mins

## TECHNIQUE AND COACHING

### BASIC JOG & BOUNCE COMBO

PHONETIC CUE 'Walk up, down, hold and bounce; up, down, bounce'

- Basic Jog R. RA
- 1-4
- Bounce R, L x2. RA
- 5-8



### JOG FORWARD & BOUNCE BACKWARD COMBO

PHONETIC CUE 'Jog forward, bounce back; jog forward, bounce back'

- Basic Jog R, L on top and forward. RA
- 1-2
- Straddle down R, L. RA
- 3-4
- Bounce backward R, L x2. RA
- 5-8
- Travels forward and backward
- OPTION Basic Jog & Bounce Combo



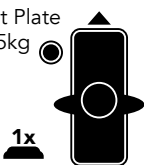
### TRANSITION TO TOP OF THE STEP

CUE 'To the top of your step'





1x Weight Plate  
2.5kg or 5kg



# 10. CONDITIONING 2

## TRACK FOCUS

In the weighted circular arm movement, coach the class to keep the weight within eyesight throughout the rotation (Avoid moving the weight behind the head.)

Coach a long step to the side in the Side Lunge, and a small tip forward from the hips in the Woodchop.

Teach Athletic

## Come into this track

Out of breath and in need of cardio recovery.

| MUSIC |                            |      | EXERCISE       |                                                                                                    | CTS    | REPS |
|-------|----------------------------|------|----------------|----------------------------------------------------------------------------------------------------|--------|------|
| 0:00  | Intro                      | 2x8  |                | Standing on top of the step, prepare to move<br>👁️ Next move on last 8cts                          | 16     |      |
| 0:10  | V1 / What's in your head?  | 10x8 | A              | Circular Wood Chop Combo L then R                                                                  | 16     | 5x   |
| 1:04  | V2 / Is it all in my head? | 1x8  | B              | Step R onto the step. <i>Circle arms clockwise</i><br><i>Weight to chest and preview next move</i> | 4<br>4 |      |
| 1:10  | Let me in                  | 3x8  | C              | Slow Back Tap L then R. <i>Weight to chest</i>                                                     | 8      | 3x   |
| 1:25  | PC / After all this time   | 4x8  | A              | Repeat Circular Woodchop Combo R then L<br>👁️ Next move on last 8cts                               | 16     | 2x   |
| 1:47  | C / That's what we like    | 4x8  | A <sup>1</sup> | Circular Double Woodchop Combo R then L                                                            | 16     | 2x   |
| 2:09  | (Quiet)                    | ½x8  |                | Step L onto the step. <i>Circle arms clockwise</i>                                                 | 4      |      |
| 2:12  | Ref / After all this time  | 4x8  |                | Transition to floor, set up for core work                                                          | 32     |      |
| 2:33  | PC / After all this time   | 4x8  | D              | Knee Drop L with Pec Fly R                                                                         | 8      | 4x   |
| 2:54  | C / That's what we like    | 4x8  | D <sup>1</sup> | Single Leg Drop L with Pec Fly R<br>👁️ Next move on last 8cts                                      | 8      | 4x   |
| 3:15  |                            | 4x8  | D <sup>2</sup> | Double Leg Drop L with Pec Fly R                                                                   | 8      | 4x   |
| 3:38  | Break /                    | ½x8  |                | <i>Hold weight with one hand, extended above chest</i>                                             | 4      |      |
| 3:41  | Br / After all this time   | 4x8  | E              | Crunch Up and Down. <i>Hold weight with other hand, extended above chest</i>                       | 4      | 8x   |
| 4:02  | PC / After all this time   | 4x8  | D              | 🔄 Knee Drop R with Pec Fly L                                                                       | 8      | 4x   |
| 4:23  | C / That's what we like    | 4x8  | D <sup>1</sup> | 🔄 Single Leg Drop R with Pec Fly L<br>👁️ Next move on last 8cts                                    | 8      | 4x   |
| 4:45  |                            | 4x8  | D <sup>2</sup> | 🔄 Double Leg Drop R with Pec Fly L                                                                 | 8      | 4x   |



# 10. ALL THIS TIME 5:12mins

## TECHNIQUE AND COACHING

### STANDING ON TOP OF THE STEP, PREPARE TO MOVE

Get class to hold their weight plate close to their right hip, then preview the Circular Woodchop Combo.



### CIRCULAR WOODCHOP COMBO

PHONETIC CUE 'Circle arms, lunge left, weight up, weight down; circle, lunge, weight up, weight down'

Start position: Standing on top of the step with weight plate close to your L hip

Standing on top of the step. Circle weight counterclockwise 1-2

Step R and Side Lunge R. Lower weight to R lower diagonal 3-4

Side Lunge L. Lift weight to L upper diagonal 5-6

Side Lunge R. Lower weight to R lower diagonal 7-8

Step R onto the step. Circle weight clockwise 9-10

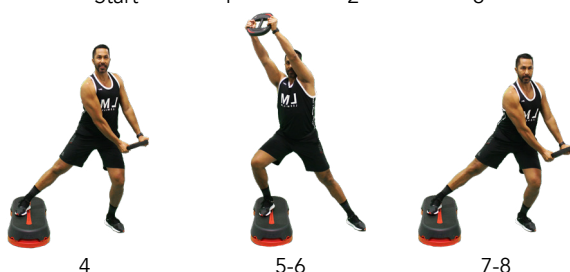
Step L and Side Lunge L. Lower weight to L lower diagonal 11-12

Side Lunge R. Lift weight to R upper diagonal 13-14

Side Lunge L. Lower weight to L lower diagonal 15-16

- Keep the weight plate slightly in front of you (not directly above your head)
- Long step outward to Lunge position
- Knees in line with toes in the Lunges
- Keeping hips square to front maintain a strong ab brace

OPTION No weight plate



### TRANSITION

Step L onto the step. Circle arms clockwise 1-2

Weight in to chest 3-4



### SLOW BACK TAP

PHONETIC CUE 'Tap back left, and right; left, right'

Tip forward from the hips and tap L back to the floor. Hold weight in to chest 1-2

Step L on to the step. Hold weight in to chest 3-4

Repeat to the other side 5-8

- Chest lifted
- Abs braced, tip forward from the hips
- Tap toes back long to the floor

OPTION No weight plate



# 10. ALL THIS TIME 5:12mins

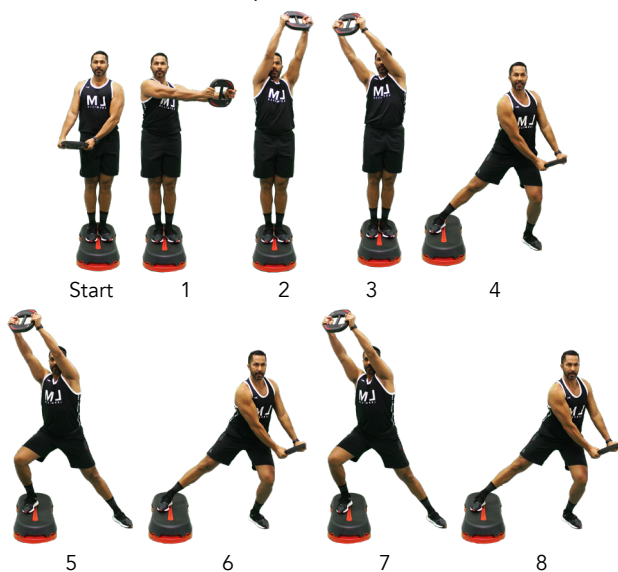
## TECHNIQUE AND COACHING

### CIRCULAR DOUBLE WOODCHOP COMBO

- Standing on top of the step. Circle weight counterclockwise 1-2
- Step R and Side Lunge R. Lower weight to R lower diagonal 3-4
- Side Lunge L. Lift weight to L upper diagonal 5
- Side Lunge R. Lower weight to R lower diagonal 6
- Side Lunge L. Lift weight to L upper diagonal 7
- Side Lunge R. Lower weight to R lower diagonal 8
- Step R onto the step. Circle weight clockwise 9-10
- Step L and Side Lunge L. Lower weight to L lower diagonal 11-12
- Side Lunge R. Lift weight to R upper diagonal 13
- Side Lunge L. Lower weight to L lower diagonal 14
- Side Lunge R. Lift weight to R upper diagonal 15
- Side Lunge L. Lower weight to L lower diagonal 16

- Keep the weight plate slightly in front of you (not directly above your head)
- Long step outward to Lunge position
- Knees in line with toes in the Lunges
- Keeping hips square to front maintain a strong ab brace

OPTION No weight plate



### TRANSITION TO FLOOR, SET UP FOR CORE WORK

CUE 'Move to the side of your step, ready for core work'

- Move to the side of your step
- Sit with your butt close to the step
- Feet up, knees at 90°
- Hold weight(s) in the hand that FURTHEREST away from your class; other arm out flat to the floor



### KNEE DROP WITH PEC FLY

PHONETIC CUE 'Knees and weight lower, return to center, lower, and rise'

knee drop R. Pec Fly open L 1-4

Knees to center. Pec Fly closed L 5-8

- Aim to keep the belly button drawn in towards the spine
- Aim to keep shoulders grounded
- Maintain a steady breathing rhythm

OPTION No weight plate



### SINGLE LEG DROP WITH PEC FLY

PHONETIC CUE 'Top leg extends, and bends to center; extend, and bend'

Knee Drop R, slowly straighten L leg. Pec Fly open L 1-4

Knees to center, slowly bend L leg. Pec Fly closed L 5-8

- Aim to keep the belly button drawn in towards the spine
- Aim to keep shoulders grounded
- Maintain a steady breathing rhythm
- For more intensity, move your foot towards the hand on the floor

OPTION Knee Drop with Pec Fly





# 10. ALL THIS TIME 5:12mins

## TECHNIQUE AND COACHING

### DOUBLE LEG DROP WITH PEC FLY

PHONETIC CUE *'Extend both legs, and bend to center; extend, and bend'*

Knee Drop R, slowly straighten both legs. Pec Fly open L 1-4

Knees to center, slowly bend both legs. Pec Fly closed L 5-8

- Aim to keep the belly button drawn in toward the spine
- Aim to keep shoulders grounded
- Maintain a steady breathing rhythm
- For more intensity, move your feet towards the hand on the floor

OPTION Knee Drop with Pec Fly



### HOLD WEIGHT WITH OTHER HAND, EXTENDED ABOVE CHEST

CUE *'Hold the weight plate in the other hand, and hold it above chest level'*

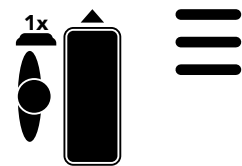


### CRUNCH UP AND DOWN. HOLD WEIGHT WITH R HAND, EXTENDED ABOVE CHEST

PHONETIC CUE *'Crunch up, and down; up, down'*

- Keep lower back pressing towards the floor
- Move ribs towards your hips





# 11. COOLDOWN/STRETCH

## TRACK FOCUS

There are a few new stretches. Calmly coach the body part to move step by step to get in to the stretches.

**Teach** Athletic

## Come into this track

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

| MUSIC |                                       |     | EXERCISE       |                                                                                        | CTS |
|-------|---------------------------------------|-----|----------------|----------------------------------------------------------------------------------------|-----|
| 0:00  | Intro                                 | 4x8 |                | Transition to sit on the step, close to the front<br>Set Up Quad Stretch R             | 32  |
| 0:19  | V1 / <b>All</b> my life been hustlin' | 3x8 | A              | Quad Stretch R                                                                         | 24  |
|       |                                       | 1x8 | B              | Transition to sit up, legs extended F                                                  | 8   |
| 0:37  | PC / _Are you ready for the sequel?   | 3x8 | C              | Double Hamstring Stretch                                                               | 24  |
|       |                                       | 1x8 | D              | Sit upright, cross L leg over R                                                        | 8   |
| 0:55  | C / Hey look ma I <b>made</b> it      | 2x8 | E              | Side Stretch L (Lift R arm)                                                            | 16  |
|       |                                       | 2x8 |                | Twist L                                                                                | 16  |
| 1:12  | Br / I <b>made</b> it                 | 1x8 |                | Set Up Quad Stretch L                                                                  | 8   |
| 1:17  | V2 / <b>Friends</b> are happy for me  | 3x8 | A              | Repeat Quad Stretch L                                                                  | 24  |
|       |                                       | 1x8 | B <sup>1</sup> | Transition to sit up, legs extended to diamond F                                       | 8   |
| 1:34  | PC / _Are you ready for the sequel?   | 3x8 | F              | Diamond Groin Stretch                                                                  | 24  |
|       |                                       | 1x8 | D              | Sit upright, cross R leg over L                                                        | 8   |
| 1:52  | C / Hey look ma I <b>made</b> it      | 2x8 | E              | Side Stretch R (Lift L arm)                                                            | 16  |
|       |                                       | 2x8 |                | Twist R                                                                                | 16  |
| 2:10  | Hey look ma I <b>made</b> it          | 4x8 |                | Transition to hands and knees to the front of the step<br>Active Calf Stretch L then R |     |
| 2:28  | Hey look ma I <b>made</b> it          | 3x8 |                | Up Dog                                                                                 | 24  |
|       | Outro                                 | 1x8 |                | Bend knees to crouch, walk hands to feet, stand up                                     | 8   |



# 11. HEY LOOK MA I MADE IT 2:48mins

## TECHNIQUE AND COACHING

Transition to sit on the step, close to the front  
CUE 'Sit on, and close to the front of your step

### QUAD STRETCH

- Roll over on to your left butt cheek, and place your L hand to the floor
- Hold your right ankle, and pull it toward your butt
- Hips forward, and press your knees together
- Move to your elbow if it's more comfortable



### DOUBLE HAMSTRING STRETCH

- Sit upright
- Tip forward from your hips and reach toward your ankles (Or calves if you're not so flexible)
- Legs straight, or with knees slightly bent



### SIDE STRETCH

- Sit upright
- Cross L over the R straight leg
- Place L hand to the floor, extend R arm O/H



### TWIST

- Sitting upright
- L leg crossed over the R straight leg
- Take R arm to L knee and twist counterclockwise, looking over L shoulder



### DIAMOND GROIN STRETCH

- Sitting upright
- Soles of the feet together
- Hold on to the feet, and push the feet further forward, keeping the soles together
- Pull your upper body toward your feet, as well as pushing your knees toward the floor with your elbows

### TRANSITION TO HANDS AND KNEES

- Roll over on to your hands and knees

### ACTIVE CALF STRETCH

- Lift up to Downward Facing Dog position
- Walk alt heels to the floor to stretch the calves
- Lift hips toward the ceiling, and press heel in to the floor



### UP DOG

- Squeeze your glutes
- Lower hips toward the floor
- Lift your chest and draw your shoulders back and down, away from your ears
- Feel the stretch through the front of the body







# 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.

