



BODYSTEP 122

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

New Revolution (2:18)

AROWS

© 2020 Position Music.
Written by: Lake

02

Perfect (Gabry Ponte Remix) (2:51)

Lucas & Steve feat. Haris

© 2019 Spinnin' Remixes / SpinninRecords.com.
Written by: Waaktaar, Furuholmen, Harket, Jansen, de Wert, Alagic, Persons

03

God Is A Dancer (Cheyenne Giles & Knock2 Remix) (1:31)

Tiesto & Mabel

Courtesy of the Universal Music Group.
Written by: Skies, Wilkinson

04

God Is A Dancer (Cheyenne Giles & Knock2 Remix) (1:36)

Tiesto & Mabel

Courtesy of the Universal Music Group.
Written by: Skies, Wilkinson

Hallucinate (5:41)

The Crystal Palace

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Written by: Cooke, Lipa, Lewis

The Squat Song (1:35)

MOTi & BODYWORX

© 2020 ZEROCOOLREC.COM.
Written by: Romme

Kalinka (1:18)

Egreious Egret

© 2020 Les Mills Music Licensing Ltd.
Written by: Smith, Braet, Chilla, Khaza, Rothenburger, Speet, D. Thavaios, M. Thavaios

The Squat Song (1:14)

MOTi & BODYWORX

© 2020 ZEROCOOLREC.COM.
Written by: Romme

Kalinka (1:29)

Egreious Egret

© 2020 Les Mills Music Licensing Ltd.
Written by: Smith, Braet, Chilla, Khaza, Rothenburger, Speet, D. Thavaios, M. Thavaios

05

This Is How A Heart Breaks (4:48)

Give Your All

© 2020 Les Mills Music Licensing Ltd.
Written by: Thomas, Jonback, Winnberg, Karlsson

06

Ginger (1:43)

Riton & Kah-Lo

Courtesy of the Universal Music Group.
Written by: Smithson, Demola, Drury

07

Ginger (0:41)

Riton & Kah-Lo

Courtesy of the Universal Music Group.
Written by: Smithson, Demola, Drury

Rain On Me (4:32)

Never & The Sunshines

© 2020 Les Mills Music Licensing Ltd.
Written by: Burden, Williams, Unknown, Wright

08

Energy (1:27)

Tom & Jame feat. Le Prince

© 2016 Wall Recordings.
Written by: Tom & Jame, Le Prince, Hoogwer

Check It Out (1:07)

Oh The Larceny

© 2017 Position Music.
Written by: Wells, Burnett

Hate (0:51)

sTRONG WORDS

© 2020 Les Mills Music Licensing Ltd.
Written by: Moore, Youngjin, Jaewoo

Check It Out (1:07)

Oh The Larceny

© 2017 Position Music.
Written by: Wells, Burnett

Hate (0:51)

sTRONG WORDS

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Written by: Moore, Youngjin, Jaewoo

09

Energy (1:22)

Tom & Jame feat. Le Prince

© 2016 Wall Recordings.
Written by: Tom & Jame, Le Prince, Hoogwer

Something Kind Of Ooooh (5:01)

De-Lissh

© 2020 Les Mills Music Licensing Ltd.
Written by: Cooper, Higgins, Powell, Coler, Sommerville, Lei

10

No Stress (5:43)

Smooth Drama

© 2020 Les Mills Music Licensing Ltd.
Written by: Debuire, Znaty

11

death bed (coffee for your head) (2:54)

Powfu feat. beabadoobee

© 2020 Columbia Records [Robots and Humans].
Written by: Lang, Faber, Laus



L-R: Mark Nu'u-Steele, Lisa Osborne,
Kaylah-Blayr Fitzsimons-Nu'u

It's a new year, and this new release kicks off to the song *New Revolution*.

We ease in to the workout with shoulder & thoracic rotations, Lunges & Squats, and then we hit the happy vibes to part 2 of the Warm-Up to the uplifting song *Perfect*. Next up is the Step Warm-Up where we continue to warm up our stepping muscles, and also learn the walking pattern needed for the Half Stomp & Mambo, the alternating foot pattern for the Tap Downs, and quick foot pattern for the Cha-Cha-Cha's to *God Is A Dancer*.

Get ready for some head spinning fun in Peak 1 to *Hallucinate*, and then we have a Russian tribute themed Mixed Strength track to *Kalinka & The Squat Song*.

In Peak 2 we get down to get our heart rates up to cool remake of *This Is How A Heart Breaks*, and then we get some cardio recovery & integrated weighted conditioning work to *Ginger*.

Next up is the Party Step, where we Chassé, Pivot & put our hands up to the sky, to *Rain On Me*.

Then the Athletic Circuit is a real cardio kicker with Rotating Jump Squats, Heel Tap Burpees and feel good speed and agility work. Next the song *Something Kinda Ooooh* drives us to a heart churning final cardio peak, then we start to wind the workout down with weighted conditioning & core work to *No Stress*, and a nice stretch out to complete the workout to *death bed*.

Happy New Year everyone, I hope you enjoy BODYSTEP 122

PRESENTERS

Mark Nu'u-Steele (New Zealand) is the BODYSTEP Program Director, a Creative Director for BODYCOMBAT™, 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.

Kaylah-Blayr Fitzsimons-Nu'u (New Zealand) is a LES MILLS TONE, BORN TO MOVE, BODYSTEP and a LES MILLS THE TRIP Instructor and a LES MILLS GRIT Coach. She is based in Auckland.

CREDITS

Program Director – Mark Nu'u-Steele

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Lisa Osborne

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Ellen Tocher

Special Thanks

Kaylah-Blayr Fitzsimons-Nu'u

Mikhail Afus



EXPRESS FORMATS

BODYSTEP 122

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	41:52

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	44:05

30-MINUTE FORMAT – Option 1

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Total Time	26:36

30-MINUTE FORMAT – Option 2

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 06	Conditioning 1
Track 08	Athletic Circuit
Total Time	26:59

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 122

When mixing older releases with BODYSTEP 122 use:

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 07	Party Step
Track 08	Athletic Circuit
Track 09	Peak 3
Track 10	Conditioning 1
Track 11	Cooldown/Stretch

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

KEY

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



FORMATS FOR RELEASES 114 AND 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 ATHLETIC
Track 03	Step Orientation CLASSIC	Track 04	Peak 1
Track 04	Peak 1	Track 05	Mixed Strength
Track 05	Mixed Strength	Track 06	Peak 2
Track 06	Peak 2	Track 07	Conditioning 1
Track 07	Conditioning 1	Track 10	Peak 3
Track 08	Party Step	AC	Athletic Circuit
Track 09	Speed Step	Track 11	Conditioning 1
Track 10	Peak 3	Track 12	Cooldown/ Stretch
Track 11	Conditioning 1		
Track 12	Cooldown/ Stretch		

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

1. CLASSIC 45 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 CLASSIC	Track 03	Step Orientation CLASSIC
Track 04	Peak 1	Track 04	Peak 1
Track 05	Mixed Strength	Track 05	Mixed Strength
Track 06	Peak 2	Track 06	Peak 2
Track 07	Conditioning 1	Track 08	Party Step
Track 08	Party Step	Track 10	Peak 3
Track 10	Peak 3	Track 11	Conditioning 2

3. CLASSIC 45 MINUTES		4. CLASSIC 45 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Step Warm-up	Track 02	Step Warm-up
Track 03	Step Orientation CLASSIC	Track 03	Step Orientation CLASSIC
Track 04	Peak 1	Track 04	Peak 1
Track 05	Mixed Strength	Track 05	Mixed Strength
Track 06	Peak 2	Track 06	Peak 2
Track 07	Conditioning 1	Track 09	Speed Step
Track 09	Speed Step	Track 10	Peak 3
Track 10	Peak 3	Track 11	Conditioning 2

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

As there is no Cooldown/Stretch in both the Classic and Athletic 30-minute and 45-minute formats, 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>

TRACK FOCUS

A strong feel to start the class, focusing on teaching correct technique and alignment for Lunges and Squats. When *Perfect* starts, change your teaching style to be more light-hearted and uplifting, creating a fun vibe to hook your class into the workout.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / It's a new	4x8	2x Shoulder Rotations L then R	16	2x
0:21	V / The start	8x8	A Triple Pulse Lunge & 2x Squat Combo L then R 👁️ Next move on last 8cts	32	2x
0:50	C / It's a new	8x8	A ¹ Triple Pulse Lunge & 2x Squat Combo with Thoracic Rotation and O/H Reach	32	2x
1:20	PC / Baby I don't	2x8	B Bounce L&R. <i>Relaxed by sides</i>	2	8x
1:26	Baby you won't	6x8	C 1x Knee Lift & 6x March Combo L then R 👁️ Next move on last 8cts	16	3x
1:47	Instr /	4x8	C ¹ 2x Repeater Knee Lift & 4x March Combo L then R 👁️ Next move on last 8cts	16	2x
2:01		4x8	C ² 2x Repeater Knee Lift & 4x Bounce Combo L then R	16	2x
2:15	Br / (Silence)	1x8	D <u>RESET</u> L foot on the step, Kossak Arms, prepare to move	8	
2:18	V1 / Always running	8x8	A ¹  Triple Pulse Lunge & 2x Squat Combo with Thoracic Rotation and O/H Reach	32	2x
2:47	PC / Baby I don't	2x8	B  Bounce L&R. <i>Relaxed by sides</i>	2	8x
2:54	Baby you won't	6x8	C  1x Knee Lift & 6x March Combo L then R 👁️ Next move on last 8cts	16	3x
3:14	Instr /	4x8	C ¹  2x Repeater Knee Lift & 4x March Combo L then R 👁️ Next move on last 8cts	16	2x
3:28		4x8	C ²  2x Repeater Knee Lift & 4x Bounce Combo L then R	16	2x
3:42	Br / (Silence)	1x8	D <u>RESET</u> L foot on the step, Kossak Arms, prepare to move	8	
3:46	V2 / Always running	8x8	A ¹  Triple Pulse Lunge & 2x Squat Combo with Thoracic Rotation and O/H Reach	32	2x
4:15	PC / Baby I don't	8x8	C  1x Knee Lift & 6x March Combo L then R 👁️ Next move on last 8cts	16	4x
4:42	Instr /	8x8	C ²  2x Repeater Knee Lift & 4x Bounce Combo L then R	16	4x



01. NEW REVOLUTION / PERFECT (GABRY PONTE REMIX) 5:09mins

TECHNIQUE AND COACHING

2X SHOULDER ROTATIONS

CUE ‘Two big arm circles right, then left’

- Feet hip-width apart
- **Knees soft**
- Anchor heels into the floor
- **Abs braced, chest up**
- Shoulders back and down
- Big circular motion to mobilize the shoulder joint

TRIPLE PULSE LUNGE & 2X SQUAT COMBO

PHONETIC CUE ‘Lunge 3, 2, 1 step back, squat 2, one more, other side; lunge 3, 2, 1 step back, squat 2, 1’

Triple Pulse Lunge L. HOH	1-6
Step L back to the floor, slightly wider than hip-width apart. HOH	7-8
2x Squat down then up. Hands to top of thighs	9-16
Repeat to the other side	17-32

- Long step on to the step
- **Back heel lifted**
- **Front knee in line with toes**
- **Press front knee outward from the hip**
- **Chest up**

TRIPLE PULSE LUNGE & 2X SQUAT COMBO WITH THORACIC ROTATION AND O/H REACH

PHONETIC CUE ‘Press, rotate, center, two squats, one more, other side; press, rotate, center, two squats, one more, other side’

Pulse Lunge L. Press clasped hands F	1-2
Pulse Lunge L. Rotate Press clasped hands L	3-4
Pulse Lunge L. Rotate Press clasped hands center	5-6
Step L back to the floor, slightly wider than hip-width apart. HOH	7-8
2x Squat down then up. Reach O/H x2	9-16
Repeat to the other side	17-32

- **Strong ab brace**
- Aim to rotate from the rib cage
- Long step on to the step
- Back heel lifted
- **Press front knee outward from the hip**
- **Chest up**

OPTIONS: No arm lines or rotation

BOUNCE L&R

PHONETIC CUE ‘Bounce right left right left’

- Feet hip-width apart
- Shift your body weight from one leg to the other
- **Abs braced to lock hips in a square position**
- Avoid doing a hula dance

1X KNEE LIFT & 6X MARCH COMBO

PHONETIC CUE ‘Lift your knee, 6, 5, 4, 3, 2, 1; lift your knee, 6, 5, 4, 3, 2, 1’

Knee Lift L. RA	1-2
March R, L, R, L, R, L on the floor. RA	3-8
Repeat to the other side	9-16

- Use a visual cue to HOLD the 6x Marches OTS
- Knee to hip level



01. NEW REVOLUTION / PERFECT (GABRY PONTE REMIX) 5:09mins

TECHNIQUE AND COACHING

2X REPEATER KNEE LIFT & 4X MARCH COMBO

PHONETIC CUE 'Knee, knee, walk on the floor; knee, knee, walk on the floor'

2x Repeater Knee Lift L. RA	1-4
March R, L, R, L on the floor. RA	5-8
Repeat to the other side	9-16

- **Press front knee outward**
- **Chest up**
- **Abs braced**
- Slight tip F from the hips

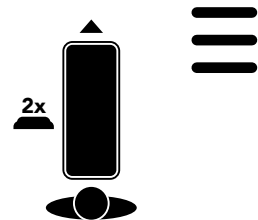
2X REPEATER KNEE LIFT & 4X BOUNCE COMBO

PHONETIC CUE 'Knee, knee, bounce; knee, knee, bounce'

2x Repeater Knee Lift L. RA	1-4
Bounce R, L, R, L on the floor. RA	5-8
Repeat to the other side	9-16

- **Press front knee outward**
- **Chest up**
- **Abs braced**
- Slight tip F from the hips
- Lift the energy with a strong bounce

OPTION: 2x Repeater Knee Lift & 4x March Combo



02. STEP WARM-UP

TRACK FOCUS

Coach your class to understand and feel that the natural walking rhythm that continues from the Basic Steps, to the Half Stomp, to the Half Stomp and Side Mambo. Relax a little and have some fun in the Cha-Cha-Cha's.

Teach Flava

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	V1 / _ God is a dancer	4x8	A	Basic Step L. RA 👁️ Next move on last 8cts	4	8x
0:15	PC / Step by step	4x8	B	Half Stomp & March OTS L. RA 👁️ Next move on last 8cts	8	4x
0:29	Step by step	4x8	B ¹	Half Stomp & Side Mambo L. RA 👁️ Next move on last 8cts	8	4x
0:44		4x8	B ²	Half Stomp & Side Mambo L. RA & Side Reach	8	4x
0:59	Rep / _ Boy you got	4x8	C	Down Tap L then R. RA 👁️ Next move on last 8cts	8	4x
1:14	_ Boy you got	4½x8	C ¹	Cha-Cha-Cha L then R. Bent clasp O/H	8	4½x
1:31	V2 / _ God is a dancer	4x8	A	🔁 Basic Step R 👁️ Next move on last 8cts	4	8x
1:46	PC / Step by step	4x8	B	🔁 Half Stomp & March OTS R. RA 👁️ Next move on last 8cts	8	4x
2:01	Step by step	4x8	B ¹	🔁 Half Stomp & Side Mambo R. RA 👁️ Next move on last 8cts	8	4x
2:16		4x8	B ²	🔁 Half Stomp & Side Mambo R. RA & Side Reach	8	4x
2:31	Rep / _ Boy you got	4x8	C	🔁 Down Tap R then L. RA 👁️ Next move on last 8cts	8	4x
2:46	_ Boy you got	4x8	C ¹	🔁 Cha-Cha-Cha R then L. Bent clasp O/H	8	4x
3:01	Outro	½x8		Strike a pose	4	



02. GOD IS A DANCER (CHEYENNE GILES & KNOCK2 REMIX) 3:07mins

TECHNIQUE AND COACHING

BASIC STEP

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

- Natural walking rhythm
- **Whole foot on the step**
- Create a rhythmic up and down pattern with phonetic cues

HALF STOMP & MARCH OTS

PHONETIC CUE 'Up side up back, walk on the floor; up side up back, walk on the floor'

- Step L on to the step, then step R to the floor (R side). RA 1-2
- Step L on to the step, then step R to the floor (Back). RA 3-4
- March L, R, L, R on the floor. RA 5-8

- Maintain a natural walking rhythm
- Only the L foot touches the step

HALF STOMP & SIDE MAMBO

PHONETIC CUE 'Up, side, up, back, step side, face front; up, side, up, back, step side, face front'

- Step L on to the step, then step R to the floor (R side). RA 1-2
- Step L on to the step, then step R to the floor (Back). RA 3-4
- Walk L to the floor (Back). RA 5
- Walk R across to the L side on the floor. RA 6
- Walk L, R on the floor behind the step. RA 7-8

- Maintain a natural walking rhythm
- Only the L foot touches the step

OPTION: Half Stomp & March OTS

HALF STOMP & SIDE MAMBO WITH SIDE REACH

PHONETIC CUE 'Up, side, up, back, step reach, face front; up, side, up, back, step reach, face front'

- Step L on to the step, then step R to the floor (R side). RA 1-2
- Step L on to the step, then step R to the floor (Back). RA 3-4
- Walk L to the floor (Back). RA 5
- Walk R across to the L side on the floor. Reach R to R side 6
- Walk L, R on the floor behind the step. RA 7-8

- Maintain a natural walking rhythm
- Only the L foot touches the step

OPTION: Half Stomp & March OTS

DOWN TAP

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

- Body square to the front
- Create a rhythmic alternating pattern with phonetic cues
- Weight heavy on the step, lightly tap toes to the floor

CHA-CHA-CHA

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

- Be light on your feet
- Create a rhythmic 1-2-3 pattern using phonetic cues

OPTION: Down Tap

TRACK FOCUS

Have some fun with the *Hallucinate* theme of the track. E.g. The higher your jump, the thinner the air is up there, it may cause you to hallucinate. Be creative and enjoy.

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 / Hallucinate	1x6		Prepare to move		
0.03	Instr / Lose my mind	2x8	A	Bounce L&R. <i>Relaxed by sides</i>	2	8x
0.10	(Instr)	2x8	B	Hip Extension L then R. <i>HOH</i> 👁️ Next move on last 8cts	8	2x
0.16	(Instr)	2x8	B ¹	Hip Extension L then R. <i>Bent Raise F</i>	8	2x
0.24	C / I hallucinate	4x8	B ²	Propulsive Hip Extension L then R. <i>Bent Raise F</i> 👁️ Next move on last 8cts	8	4x
0.38	Rep / _ M m m mind	4x8	B ³	Traveling F&B Propulsive Hip Extension L. <i>Bent Raise F</i>	8	4x
0.52	Ref / Lose my mind	2x8	A	REPEAT Bounce L&R. <i>Relaxed by sides</i> 👁️ Next move on last 8cts	2	8x
0.59	V1 / Pocket full of	4x8	C	4x March On Top L. <i>RA</i> 👁️ Next move on last 8cts	8	4x
1.13	Body make it	4x8	C ¹	4x Jog On Top L. <i>RA</i>	8	4x
1.27	PC / I couldn't live	4x8	D	4x Jog On Top & 2x Hip Extension L 👁️ Next move on last 8cts	16	2x
1.41	C / I hallucinate	8x8	D ¹	4x Jog On Top & 2x Traveling F&B Propulsive Hip Extension L	16	4x
2.09	Br / _ Make me	½x8	E	Knee Lift L. <i>RA</i>	4	
2.11	Rep / Lose my mind	4x8	E ¹	Propulsive Knee Lift R then L. <i>Single Punch O/H</i>	8	4x
2.24	Ref / Lose my mind	2x8	A	REPEAT Bounce R&L. <i>Relaxed by sides</i> 👁️ Next move on last 8cts	2	8x
2.32	V2 / Put you in	4x8	C	REPEAT 4x March On Top R. <i>RA</i> 👁️ Next move on last 8cts	8	4x
2.45	Body make it	4x8	C ¹	REPEAT 4x Jog On Top R. <i>RA</i>	8	4x
2.59	PC / I couldn't live	4x8	D	REPEAT 4x Jog On Top & 2x Hip Extension R 👁️ Next move on last 8cts	16	2x
3.13	C / I hallucinate	8x8	D ¹	REPEAT 4x Jog On Top & 2x Traveling F&B Propulsive Hip Extension R	16	4x
3.42	Br / _ Make me	½x8	E	REPEAT Knee Lift R. <i>RA</i>	4	
3.43	Rep / Lose my mind	4x8	E ¹	REPEAT Propulsive Knee Lift L then R. <i>Single Punch O/H</i>	8	4x



03. PEAK 1

MUSIC				EXERCISE	CTS	REPS
3.57	Ref / Lose my mind	4x8	F	3x Repeater Knee Lift L then R. <i>RA</i> 👁️ Next move on last 8cts	16	2x
4.11	Rep 2 / _ <i>Hallucinate</i>	8x8	F ¹	Propulsive L-Tap L then R	16	4x
4.39	Ref / Lose my mind	2x8	A	🔄 Bounce L&R. <i>Relaxed by sides</i>	2	8x
4.46	C / I <i>hallucinate</i>	8x8	D ¹	🔄 4x Jog On Top & 2x Traveling F&B Propulsive Hip Extension L	16	4x
5.15	Br / _ <i>Make me</i>	½x8	E	🔄 Knee Lift L. <i>RA</i>	4	
5.16	Rep / Lose my mind	4x8	E ¹	🔄 Propulsive Knee Lift R then L. <i>Single Punch O/H</i>	8	4x
5.30	Outro / Lose my mind	1x8		Leap R on to the step. <i>Hands to head (Hallucinate)</i>	8	



03. HALLUCINATE 5:41mins

TECHNIQUE AND COACHING

BOUNCE L&R

PHONETIC CUE *'Bounce right, left, right, left'*

- Use a visual cue to show the direction to Bounce
- Feet hip-width apart
- Shift your body weight from one leg to the other
- **Abs braced to lock hips in a square position**

HIP EXTENSION

PHONETIC CUE *'Step lift, change side; step lift, change side'*

Step L, then Extend R to the rear. Bent Raise F 1-2
Step back R, L. Pull fists to hips 3-4
Repeat to the other side 5-8

- Create a rhythmic alternation pattern using Phonetic Cues
- Free leg low
- Squeeze glutes to lift the leg

PROPULSIVE HIP EXTENSION

PHONETIC CUE *'Add a jump, right leg, left leg; right, left'*

- Create a rhythmic alternation pattern using Phonetic Cues
- Free leg low
- **Soft knee landings**
- **Squeeze glutes to lift the leg**

OPTION: Hip Extension

TRAVELING F&B PROPULSIVE HIP EXTENSION

PHONETIC CUE *'Right leg forward, left leg back; right leg forward, left leg back'*

Propulsive Hip Extension L traveling F. Bent Raise F 1-4

Propulsive Hip Extension R traveling B. Bent Raise F 1-4

- Create a rhythmic traveling forward and backward pattern using phonetic cues
- Free leg low
- **Soft knee landings**
- **Squeeze glutes to lift the leg**

OPTION: Hip Extension OTS

4X MARCH ON TOP

PHONETIC CUE *'March on top 4, 3, 2, 1, walk on the floor; 4, 3, 2, 1, walk on the floor'*

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

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

- Use a visual cue to HOLD on top of the step
- Achieve some cardio recovery
- Remind class, **whole foot on the step**

4X JOG ON TOP

PHONETIC CUE *'Jog up, walk down; jog up, walk on the floor'*

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

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

- For more intensity, flick heels towards butt
- For lighter intensity, heels half way

OPTION: 4x March On Top



03. HALLUCINATE 5:41mins

TECHNIQUE AND COACHING

4X JOG ON TOP & 2X HIP EXTENSION

PHONETIC CUE *'Four jogs, two extensions right foot, left foot; four jogs, two extensions right foot, left foot'*

- Jog R, L, R, L on top of the step. RA 1-4
- March R, L, R, L on the floor. RA 5-8
- Hip Extension L then R. *Bent raise F* 9-16

- Create the pattern using rhythmic phonetic cues

4X JOG ON TOP & 2X TRAVELING F&B PROPULSIVE HIP EXTENSION

PHONETIC CUE *'Jogs 4, 3, 2, 1, extension moving forward, right forward, left back; again 4, 3, 2, 1, extension moving forward, right forward, left back'*

- Jog R, L, R, L on top of the step. RA 1-4
- March R, L, R, L on the floor. RA 5-8
- Propulsive Hip Extension L traveling F. *Bent raise F* 9-12
- Propulsive Hip Extension R traveling B. *Bent raise F* 13-16

- **Bend knees on landing**
- Lift the excitement with energized movements and vocals
- Hook in to the *'hallucinate'* lyrics by bringing your hands up to hold your head

OPTION: 4x Jog On Top & 2x Hip Extension

PROPULSIVE KNEE LIFT

PHONETIC CUE *'Left foot, right foot; left, right'*
Roll through the foot to push off

- Soft knee landings
- Aim to lift the knee to hips level
- **Coach a glute squeeze for glute activation**

OPTION: Low Knee Lift

3X REPEATER KNEE LIFT

PHONETIC CUE *'3, 2, 1, change leg; 3, 2, 1, change leg'*

- 3x Repeater Knee Lift L. RA 1-6
- Step back R, L. RA 7-8
- Repeat to the other side 9-16

- Create the '3' pattern using rhythmic phonetic cues
- Use visual cues to show the leading leg

PROPULSIVE L-TAP

PHONETIC CUE *'Knee, tap over, knee, change side; knee, tap over, knee, change side'*

- Step L, then propel and lift R Knee. RA 1-2
- Step R to R side, the tap L over the step to the L side. RA 3-4
- Step L, then propel and lift R Knee. *Bent raise F* 5-6
- Step R,L to the back of the step. *Pull fists to hips* 7-8
- Repeat to the other side 9-16

- Propel each time you lift your knee
- **Bend knees on landing**
- Create the pattern with rhythmic phonetic cues
- Hook in to the *'hallucinate'* lyrics by bringing your hands up to hold your head

OPTION: 3x Repeater Knee Lift

04. MIXED STRENGTH

TRACK FOCUS

Be sure to preview the Speed Tap & Squat Jump Combo 2x before you invite your class to join in. This will ensure that your class starts on the correct leg. Connect to, and have fun with the Russian Kossak dance theme in Kalinka.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / _ Woo	2x8	Standing on top of the step, prepare to move 👁️ Next move on last 8cts	16	
0:07	Instr /	6x8	A Straddle & Tap Down Combo L 👁️ Next move on last 8cts	8	6x
0:28	V1 / Now squat	10x8	A ¹ Squat Jump & Tap Down Combo L 👁️ Next move on the last 16cts	8	10x
1:05	C / Work work work	8x8	B Speed Tap & Squat Jump Combo L then R	16	4x
1:34	Br / (Quiet)	½x8	Freeze	4	
1:36	Ref / (Slow tempo)	2x8	Recover 👁️ Next move on last 8cts	16	
1:48		6x8	C Kossak Squat Combo R	8	6x
2:11	Ref / One time	4x8	Break Explain the standing option, then transition to the floor 👁️ Next move on last 8cts	32	
2:26	C / Are you ready _	8x8	D Side Climber & Mountain Climber Combo L	8	8x
2:54	V2 / Now squat	2x8	Transition to the top of the step 👁️ Next move on last 8cts	16	
3:01	Now squat	2x8	A  Straddle & Tap Down Combo R 👁️ Next move on last 8cts	8	2x
3:09	V2 / Now squat	8x8	A ¹  Squat Jump & Tap Down Combo R 👁️ Next move on the last 16cts	8	8x
3:38	C / Work work work	8x8	B  Speed Tap & Squat Jump Combo R then L	16	4x
4:07	Br / (Quiet)	½x8	Freeze	4	
4:08	Ref / (Slow tempo)	2x8	Recover 👁️ Next move on last 8cts	16	
4:20		6x8	C  Kossak Squat Combo L	8	6x
4:43	Ref / One time	4x8	Break Explain the standing option, then transition to the floor 👁️ Next move on last 8cts	32	
4:57	C / Are you ready _	8x8	D  Side Climber & Mountain Climber Combo R	8	8x
5:26	Outro	1x8	Jump feet in & stand tall	8	



04. THE SQUAT SONG / KALINKA 5:36mins

TECHNIQUE AND COACHING

STRADDLE & TAP DOWN COMBO

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

Straddle down L, R. *Relaxed by sides* 1-2
Straddle up L, R. *Relaxed by sides* 3-4
Tap Down L then R. RA 5-8

- Create the pattern with rhythmic phonetic cues

SQUAT JUMP & TAP DOWN COMBO

PHONETIC CUE 'Jump down, jump up, tap left, tap right; jump down, jump up, tap left, tap right'

Straddle jump down. *Hands to top of thighs* 1-2
Straddle jump up. *Hands to top of thighs* 3-4
Tap Down L then R. RA 5-8

- Create the pattern with rhythmic phonetic cues
- **Bend knees on both landings**
- **Chest up**

OPTION: Straddle & Tap Down Combo

SPEED TAP & SQUAT JUMP COMBO

PHONETIC CUE 'Speed 5, 4, 3, 2, squat, jump up; 5, 4, 3, 2, squat, jump up'

Speed Tap L then R 2x. RA 1-4
Squat L on the floor, R on the step. *Fists to hips* 5
Power Jump up. *Bent Raise O/H* 6
Land squat jump, L on the floor, R on the step. *Fists to hips* 7-8
Repeat to the other side 9-16

- Be sure to preview 2 repetitions, so that your class moves on the correct leg. Say 'Keep going, watch my feet... watch again... Let's Go!'
- Create the pattern with rhythmic phonetic cues
- Be light and agile on your feet in the Speed Taps
- **Bend knees** and sit deeper and be explosive in the squats
- Use a visual cue to show the direction that you move

OPTION: Bounce on the floor & Double Squat Pulse

KOSSAK SQUAT COMBO

PHONETIC CUE 'Squat, squat, walk behind the step; squat, squat, walk behind the step'

Drop Squat L side. *Kossak arms* 1
Propel over towards R side. *Kossak arms* 2
Drop Squat R side. *Kossak arms* 3-4
March R, L, R, L behind the step. RA 5-8

- Create the pattern with rhythmic phonetic cues
- **Chest up**
- **Bend knees, and sit the butt back and down**
- **Knees in line with toes**
- Let your class know that this is the standing option for the upcoming Side Climber & Mountain Climber Combo

OPTION: Small ROM

SIDE CLIMBER & MOUNTAIN CLIMBER COMBO

PHONETIC CUE 'Jump right side, back, run three two one set; right side, back, run three two one set'

Start in Plank position, hands on the step
Jump feet to Side climber L 1-2
Jump feet back to Plank Position 3-4
Mountain Climber L, R then L 5-7
Set feet down hip width apart 8

- Create the pattern with rhythmic, phonetic cues
- **Strong ab brace**
- **Eye gaze in front of hands**
- **Knees towards outside elbow in the side climber**
- Hips in-line with shoulders for intensity/hips higher for light intensity

OPTION: Kossak Squat Combo



05. PEAK 2

TRACK FOCUS

To increase the intensity in this track, encourage your class to drive skyward & make the most of the Propulsive Knee Lifts, and to pump the legs & arms in the Shuffles. Bring the song to life by connecting to the *Everybody Get Down* lyrics as you Squat.

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 / This is it	1x6		Prepare to move	6	
0:03	Instr / _ This is it	4x8	A	Knee Lift L. RA 👁️ Next move on last 8cts	4	8x
0:17	C / _ This is it now	4x8	B	L-Step, Double Squat & Shuffle Combo L	16	2x
0:30	_ This is it now	4x8	B ¹	Propulsive L-Step, Double Squat & Shuffle Combo L	16	2x
0:44	Br / _ This is it	½x8	C	ATT L. HOH	4	
0:46	Rep / _ Ah ah ah	4x8	C ¹	Propulsive ATT R then L. Reach up & down	8	4x
1:00	Instr / (Quiet)	4x8	A	🔄 Knee Lift R. RA 👁️ Next move on last 8cts	4	8x
1:14	V1 / Don't you want	8x8	B	🔄 L-Step, Double Squat & Shuffle Combo R	16	4x
1:42	C / _ This is it now	8x8	B ¹	🔄 Propulsive L-Step, Double Squat & Shuffle Combo R	16	4x
2:09	Br / _ This is it	½x8	C	🔄 ATT R. HOH	4	
2:11	Rep / _ Ah ah ah	4x8	C ¹	🔄 Propulsive ATT L then R. Reach up & down	8	4x
2:25	Instr / (Quiet)	4x8	A	🔄 Knee Lift L. RA 👁️ Next move on last 8cts	4	8x
2:39	V2 / Don't you want	8x8	B	🔄 L-Step, Double Squat & Shuffle Combo L	16	4x
3:07	C / _ This is it now	8x8	B ¹	🔄 Propulsive L-Step, Double Squat & Shuffle Combo L	16	4x
3:34	Br / _ This is it	½x8	C	🔄 ATT L. HOH	4	
3:36	Rep / _ Ah ah ah	4x8	C ¹	🔄 Propulsive ATT R then L. Reach up & down	8	4x
3:50	C / _ This is it now	8x8	B ¹	🔄 Propulsive L-Step, Double Squat & Shuffle Combo R	16	4x
4:18	Br / _ This is it	½x8	C	🔄 ATT R. HOH	4	
4:20	Rep / _ Ah ah ah	4x8	C ¹	🔄 Propulsive ATT L then R. Reach up & down	8	4x
4:33	Outro / Can't take no	1x8		Leap L on to the step. Hallucinate hands to head	8	



05. THIS IS HOW A HEART BREAKS 4:48mins

TECHNIQUE AND COACHING

KNEE LIFT

PHONETIC CUE ‘Lift your knee, step tap; lift your knee, step tap’

- Create the pattern with rhythmic phonetic cues

L-STEP, DOUBLE SQUAT & SHUFFLE COMBO

PHONETIC CUE ‘Knee to the back, two squats, knee to the side, shuffle; knee to the back, two squats, knee to the side, shuffle’

Start from the R side of the step	
Step L to the step then lift R knee. RA	1-2
Step R to the back. RA	3
Step L wide to the back. Hands to top of thighs	4
Squat down & up 2x. Hands to top of thighs	5-8
Step L to the step then lift R knee. RA	9-10
Step R to the R side. RA	11
Tap L to the floor. RA	12
Shuffle L, R, L. RA	13-15
Jump feet together. Fists to hips	16

- Create the pattern with rhythmic phonetic cues
- In the Squats remind class, **chest up, knees in line wish toes, butt back & down**

OPTION: March instead of shuffle

PROPULSIVE L-STEP, DOUBLE SQUAT & SHUFFLE COMBO

PHONETIC CUE ‘Jump to the back, two squats, jump to the side, shuffle; jump to the back, two squats, jump to the side, shuffle’

Step L to the step then propel & lift R knee. RA	1-2
Step R to the back. RA	3
Step L wide to the back. Hands to top of thighs	4
Squat down & up 2x. Hands to top of thighs	5-8
Step L to the step then propel & lift R knee. RA	9-10
Step R to the R side. RA	11
Tap L to the floor. RA	12
Shuffle L, R, L. RA	13-15
Jump feet together. Fists to hips	16

- Create the pattern with rhythmic phonetic cues
- In the Squats remind class, **chest up, knees in line with toes, butt back & down**
- Lift the intensity by driving upward in the Propulsive Knee Lifts, and having a bigger ROM in the Squats & Shuffles
- **Remind class to soften their knees on all jump landings to absorb the impact**

OPTIONS: L-Step, Double Squat & Shuffle Combo. March instead of shuffle

ATT

CUE ‘Low across’

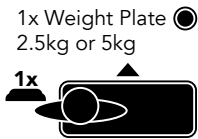
- Use a visual cue to show the direction to move

PROPULSIVE ATT

PHONETIC CUE ‘Go up, go down, go up, go down’

- Create the alternating lateral pattern with rhythmic phonetic cues
- Step towards the middle of the step to get half way across the step
- Control the step down to the floor phase

OPTION: Low ATT



06. CONDITIONING 1

TRACK FOCUS

Be super aware that the weight stays O/H as you Squat ‘Down’. Coach your class to achieve more intensity by squatting deeper, and with correct technique.

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	2x8		Standing on top of the step, close to the R side. Prepare to move		
0:08	V1 / I woke up one day	6x8	A	4x Repeater & 2x Squat R then L. <i>Weights to the top of chest</i> 👁️ Next move on last 8cts	32	1½x
0:32	Went out for pre -drinks	6x8	A¹	4x Repeater & 2x Squat L then R. <i>Weighted Arm Sequence</i> 👁️ Next move on last 8cts	32	1½x
0:55	C / Who has the ginger ?	4x8	B	Squat Knee R then L. <i>Weighted O/H Press</i>	8	4x
1:11	V2 / Dammmmn	4x8	A	 4x Repeater & 2x Squat R then L. <i>Weights to the top of chest</i> 👁️ Next move on last 8cts	32	
1:26	The whole squad	4x8	A¹	 4x Repeater & 2x Squat R then L. <i>Weighted Arm Sequence</i> 👁️ Next move on last 8cts	32	
1:42	C / Who has the ginger?	4½x8	B	 Squat Knee R then L. <i>Weighted O/H Press</i> 👁️ Next move on last 8cts	8	4½x
2:00	Who has the ginger ?	4x8	B¹	Squat Knee L then R. <i>Weighted O/H Press & Pull to Outside Hip</i>	8	4x



06. GINGER 2:24mins

TECHNIQUE AND COACHING

4X REPEATER & 2X SQUAT R THEN L WITH WEIGHTS TO THE TOP OF CHEST

PHONETIC CUE 'Repeater 4, 3, 2, feet wide, two squats, one more, other side; repeater 4, 3, 2, feet wide, squat 2, 1'

- Start on top of the step, close to the R side
- 4x Repeater Knee Lift L. Hold weight in to top of chest 1-8
- Wide Squat down on top of step. Hold weight in to top of chest 9-10
- Squat up. Hold weight in to top of chest 11-12
- Squat down on top of step. Hold weight in to top of chest 13-14
- Squat up and lift R knee. Hold weight in to top of chest 15-16
- Repeat to the other side 17-32

- Create the pattern with rhythmic phonetic cues
- **Check knee alignment in the Repeaters**
- Revisit technique cues for the Squats
- Coach depth in the Squat to achieve more workout factor

OPTION: No weight

4X REPEATER & 2X SQUAT L THEN R WITH WEIGHTED ARM SEQUENCE

PHONETIC CUE 'Repeater push down and rise, 3, 2, two squats, weight up, pull down, press up, pull down; repeater slow rise, squat hold up, pull down, press and pull'

- 4x Repeater Knee Lift L. Press weight down then slowly raise O/H 1-8
- Wide Squat down on top of step. Hold weight O/H 9-10
- Squat up. Pull weight into top of chest 11-12
- Squat down on top of step. Press weight O/H 13-14
- Squat up and lift R knee. Pull weight into top of chest 15-16
- Repeat to the other side 17-32

- Create the pattern with rhythmic phonetic cues
- Keep the weight slightly in front of the body in the O/H positions
- **Abs braced**
- Note: When you Squat down the weight is up; when you Squat up the weight is down
- Coach depth in the Squat to achieve more workout factor

OPTIONS: No weight or no arm lines

SQUAT KNEE WITH WEIGHTED O/H PRESS

PHONETIC CUE 'Squat, knee; squat, knee'

- Squat on top of the step. Press weight O/H 1-2
- Squat up & lift L knee. Pull weight to the top of chest 3-4
- Repeat to the other side 5-8

- Create the pattern with rhythmic phonetic cues
- Coach depth in the squat to achieve more workout factor
- Keep the weight slightly in front of the body in the O/H positions
- Revisit technique cues for the squats, **control balance, abs braced, squeeze glutes**

OPTIONS: No weight or no arm lines

SQUAT KNEE L THEN R WITH WEIGHTED O/H PRESS & PULL TO OUTSIDE HIP

PHONETIC CUE 'Squat, rotate; squat, rotate'

- Squat on top of the step. Press weight O/H 1-2
- Squat up & lift L knee. Pull weight towards L hip 3-4
- Repeat to the other side 5-8

- Create the pattern with rhythmic phonetic cues
- Coach depth in the squat to achieve more workout factor
- Keep the weight slightly in front of the body in the O/H positions
- Revisit technique cues for the squats

OPTIONS: No weight or no arm lines

07. PARTY STEP

1x

TRACK FOCUS

Coach the natural walking rhythm on the 4-point Mambo, and the Basic Step option for the Pivot Turn for those that need it. Connect to, and have fun with the ‘Hands up to the sky’ lyrics.

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Rain on me	½x8		Prepare to move	4	
0:02	Instr / Rain on me	4x8	A	Light Propulsive OTT L then R. <i>HOH</i> 👁️ Next move on last 8cts	8	4x
0:16	C / I’d rather be	4x8	A¹	Chassé L then R. <i>HOH</i> 👁️ Next move on last 8cts	8	4x
0:31	Rep 1 / Hands up to	4x8	A²	Chassé L then R. <i>Arms up then down</i>	8	4x
0:44	Ref / Rain on me	6x8	B	Basic Step L. <i>RA</i> (On L diagonal) 👁️ Next move on last 8cts	4	12x
1:06	PC / _ It’s coming down	4x8	C	Light Propulsive 4 Point Mambo L. <i>RA</i>	8	4x
1:20	Instr / _ R R R R Rain	4x8	D	Light Propulsive 4 Point Mambo & 2x Basic Step L	16	2x
1:34	Rep 2 / Hands up to	4x8	D¹	Light Propulsive 4 Point Mambo & 2x Basic Step L with <i>Hands Up</i> & <i>RA</i> 👁️ Next move on last 8cts	16	2x
1:48	C / I’d rather be	8x8	D²	Light Propulsive 4 Point Mambo, Pivot Turn & Basic Step Combo L	16	4x
2:17	Br / Rain on me	½x8	A¹	🔁 Chassé L	4	
2:19	Rep 1 / Hands up to	4x8	A²	🔁 Chassé R then L. <i>Arms up then down</i>	8	4x
2:33	Ref / Rain on me	6x8	B	🔁 Basic Step R. <i>RA</i> (On R diagonal) 👁️ Next move on last 8cts	4	12x
2:54	PC / _ It’s coming down	4x8	C	🔁 Light Propulsive 4 Point Mambo R. <i>RA</i>	8	4x
3:09	Instr / _ R R R R Rain	4x8	D	🔁 Light Propulsive 4 Point Mambo & 2x Basic Step R	16	2x
3:23	Rep 2 / Hands up to	4x8	D¹	🔁 Light Propulsive 4 Point Mambo & 2x Basic Step R with <i>Hands Up</i> & <i>RA</i> 👁️ Next move on last 8cts	16	2x
3:36	C / I’d rather be	8x8	D²	🔁 Light Propulsive 4 Point Mambo, Pivot Turn & Basic Step Combo R	16	4x
4:05	Br / Rain on me	½x8	A¹	🔁 Chassé R	4	
4:07	Rep 1 / Hands up to	4x8	A²	🔁 Chassé L then R. <i>Arms up then down</i>	8	4x
4:21	Outro / Rain on me	1x8		Leap L on to the step. <i>Arms O/H</i>	8	



07. RAIN ON ME 4:32mins

TECHNIQUE AND COACHING

LIGHT PROPULSIVE OTT

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

Create the pattern with rhythmic phonetic cues

OPTION: Low OTT

CHASSÉ

PHONETIC CUE 'Cha-cha-cha, cross behind; cha-cha-cha, cross behind'

- Step L on to step. Bent raise F 1
- Quick step R on to the step. Bent raise F 1½
- Step L down to the floor (L side). Bent raise F 2
- Step & cross R leg behind L leg. Pull fists to hips 3
- Transfer weight to L foot. Fists to hips 4
- Repeat to the other side 5-8

- Create the quick 1-2-3 pattern with rhythmic phonetic cues
- Be light and agile on your feet

OPTION: Light Propulsive OTT

CHASSÉ WITH HANDS UP

PHONETIC CUE 'Hands up, and down; up, down'

- Step L on to step. Arms O/H 1
- Quick step R on to the step. Arms O/H 1½
- Step L down to the floor (L side). Arms O/H 2
- Step & cross R leg behind L leg. Pull fists to hips 3
- Transfer weight to L foot. Fists to hips 4
- Repeat to the other side 5-8

- Create the quick 1-2-3 pattern with rhythmic phonetic cues
- Be light and agile on your feet
- Connect to the 'Hands up to the sky' lyrics

OPTION: Light Propulsive OTT

BASIC STEP

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

- Create the pattern with rhythmic phonetic cues

LIGHT PROPULSIVE 4 POINT MAMBO

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

- Leap L on to the front of the step. RA 1
- Step down R, L. RA 2-3
- Leap R on to the back of the step. RA 4
- March L, R, L, R on the floor. RA 5-8

- Create the pattern with rhythmic phonetic cues
- **Land with soft knees**
- Maintain a natural walking rhythm
- Move to the front and back of the step on counts 1 & 4

OPTIONS: No propulsion or 4x March On Top

LIGHT PROPULSIVE 4 POINT MAMBO & 2X BASIC STEP

PHONETIC CUE 'Up down down up, walk on the floor, basic step, one more, again; up down down up, walk on the floor, basic step, one more'

- Leap L on to the front of the step. RA 1
- Step down R, L. RA 2-3
- Leap R on to the back of the step. RA 4
- March L, R, L, R on the floor. RA 5-8
- 2x Basic Step L on L diagonal. RA 9-16

- Create the pattern with rhythmic phonetic cues
- Use a visual cue to HOLD the Basic Step OTS

OPTION: 4x march On Top & 2x Basic Step



07. RAIN ON ME 4:32mins

TECHNIQUE AND COACHING

LIGHT PROPULSIVE 4 POINT MAMBO, PIVOT TURN & BASIC STEP COMBO

PHONETIC CUE ‘Up down down up, walk on the floor, step turn, step turn, basic step, again; up down down up, walk on the floor, step turn, step turn, basic step’

Leap L on to the front of the step. Arms O/H	1
Step down R, L. Fists to hips	2-3
Leap R on to the back of the step. Arms O/H	4
March L, R, L, R on the floor. RA	5-8
Step L to step. Natural	9
Pivot 180°. Natural	10
Step L to floor. Natural	11
Pivot 180°. Natural	12
Basic Step L on L diagonal. RA	13-16

- Create the pattern with rhythmic phonetic cues
- See what’s happening on the floor. Give your class what it needs, then feel the music
- In the Pivot Turn, coach your class to release their heels, and Pivot on the balls of their feet

OPTION: No Pivot Turn



TRACK FOCUS

Teach Athletic

Come into this track

Strong and authoritative.

BODYSTEP 122



08. ATHLETIC CIRCUIT

MUSIC		EXERCISE		CTS	REPS
4:33	Ref / Check it out	4x8	G  Transition to the top of the step  Next move on last 8cts	32	
4:44	PC / Go go go	4x8	H  Standing Burpee Option R  Next move on last 8cts	8	4x
4:57	C / I hate you	8x8	I  Burpee with Heel Tap	8	8x
5:22	V2 / _ Alright	4x8	Recover, and set up for 3x Freeze Taps	32	
5:36	Get some energy	4x8	A ¹  3x Sharp Freeze Tap Combo L then R. Blade RA  Next move on last 8cts	16	2x
5:50	C / (Instr)	8x8	A ²  3x Propulsive Squat Combo L then R. Blade RA	16	4x
6:17	Br / (Quiet)	1x8	B  Set up position for Propulsive Rotation Squat  Next move on last 8cts	8	
6:21	C / (Instr)	4x8	C  Propulsive Rotation Squat L then R. Reach O/H	8	4x
6:35	Outro	1x8	Recover	8	



08. ENERGY / CHECK IT OUT / HATE 6:46mins

TECHNIQUE AND COACHING

3X FREEZE TAP COMBO

PHONETIC CUE 'Freeze 3, 2, 1, step back; 3, 2, 1, step back'

- Freeze Tap L, R, L. RA 1-6
- Step back L, R. Fists to hips 7-8
- Repeat to the other side 9-16

- Create the pattern with rhythmic phonetic cues
- Weight heavy on the step, lightly tap toes to the floor

3X SHARP FREEZE TAP COMBO

PHONETIC CUE 'Freeze 3, 2, 1, step back; 3, 2, 1, step back'

- Sharp Freeze Tap L, R, L. RA 1-6
- Step back L, R. Fists to hips 7-8
- Repeat to the other side 9-16

- Create the pattern with rhythmic phonetic cues
- Weight heavy on the step, lightly tap toes to the floor
- Sharpen your movement. Be dynamic

OPTION: Small ROM

3X PROPULSIVE SQUAT COMBO

PHONETIC CUE 'Squat 3, 2, 1, step back; 3, 2, 1, step back'

- Propulsive Squat L, R, L. RA 1-6
- Step back L, R. Fists to hips 7-8
- Repeat to the other side 9-16

- Create the pattern with rhythmic phonetic cues
- **Bend knees** to sit deeper then be explosive as you drive upward
- **Knees in line with toes**
- **Sit butt back and down**
- **Chest up**

OPTION: 3x Sharp Freeze Tap Combo

PROPULSIVE ROTATION SQUAT

PHONETIC CUE 'Jump and rotate, squat; rotate, squat'

- Start behind the step, L foot on the step, R foot on the floor
- Rotating Power Jump up. Bent raise O/H 1-2
- Land in Squat, R foot on the step, L foot on the floor. Fists to hips 3-4
- Repeat to other side 5-8

- Create the pattern with rhythmic phonetic cues
- Rotate the entire body, shoulders and hips turn together
- **Soft knee landings, with strong focus on knee alignment**
- Use your leg power to drive upward AND to catch the landings

OPTION: No propulsion

LIGHT FREEZE KNEE & 6X JOG ON THE FLOOR

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

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

- Create the pattern with rhythmic phonetic cues
- Cardio recovery as your class learns the pattern
- **Whole foot on the step**
- **Soft knee landing on to the step**
- Small ROM to move to the fast rhythm

OPTIONS: Smaller ROM or do it on the floor

FREEZE KNEE & 6X JOG ON THE FLOOR

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

- Freeze Knee L on to the step. Point both forward 1-2
- Jog R, L, R, L, R, L. RA 3-8
- Repeat to the other side 9-16

- Freeze sharper. Be dynamic
 - Pick feet up in the jog for added intensity
- OPTIONS: Smaller ROM or do it on the floor



08. ENERGY / CHECK IT OUT / HATE 6:46mins

TECHNIQUE AND COACHING

SPEED JOG UP & DOWN

PHONETIC CUE ‘Jog up jog down; jog up jog down’

- Create the pattern with rhythmic phonetic cues
- Let loose and go for it

OPTIONS: Smaller ROM or do it on the floor

STANDING BURPEE OPTION

PHONETIC CUE ‘Squat, lunge, squat, knee; squat, lunge, squat, knee’

Squat R on the step, L on the floor. *Bent raise F* 1-2
Lunge R on the step, L back long on the floor.
Fists to hips 3-4
Squat R on the step, L on the floor. *Bent raise F* 5-6
Lift L Knee. *Fists to hips* 7-8

- Create the pattern with rhythmic phonetic cues
- Let your class know that this is the standing option, if they prefer not to do Burpees
- **Knees in line with toes**
- **Chest up**
- **Bend knees** more, and step back longer to work harder when the beat drops

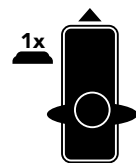
BURPEE WITH HEEL TAP

PHONETIC CUE ‘Down, jump back, jump in, heel tap; down, back, in, tap’

Bend knees, *place hands on the step* 1-2
Jump feet back to Plank position 3-4
Jump feet in towards step, knees bent 5
Plyo jump, tap heels together. *Hallucinate arms* 6
Land in Squat position 7-8

- Create the pattern with rhythmic phonetic cues
- **Bend knees heaps**
- **Strong ab brace in Plank position**
- **Eye gaze in front of hands to keep spine long**
- Revisit the ‘hallucinate’ arm line

OPTIONS: No heel tap. Standing Burpee Option



09. PEAK 3

TRACK FOCUS

Let your class know that they can choose their personal intensity level from the layer that are built in to this track. E.g. No Jump, Freeze, Small Jump or Propel Skyward / Light Lunge or Split Shuffle.

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 /	1x6		Standing on top of the step, prepare to move	6	
0:03	Ref / _ I've got to heat	4x8	A	Alt Straddle L then R. RA 👁️ Next move on last 8cts	8	4x
0:16	C / Something something	4½x8	A¹	Alt Freeze Straddle L then R. RA 👁️ Next move on last 8cts	8	4½x
0:31	Something kinda	4x8	A²	Alt Propulsive Straddle L then R. RA	8	4x
0:46	Br / OK	1x2	B	OTT R. HOH	2	
0:47	Instr / (Riff)	4x8	B¹	Propulsive OTT L then R. Reach up & down	8	4x
1:00	Instr / (Quiet)	2x8	C	Up Tap L. Relaxed arms (Facing F)	4	4x
1:07		2x8	C	Up Tap L. RA (Facing The Step) 👁️ Next move on last 8cts	4	4x
1:14	V1 / Oooh , when	4x8	D	Basic Step L. RA 👁️ Next move on last 8cts	4	8x
1:28	PC / _ Should have	4x8	E	2x Repeater & 2x Half Lunge Combo L. RA 👁️ Next move on last 8cts	8	4x
1:42	Rep / _ 3,2,1, fire	8x8	E¹	2x Repeater & 4x Split Shuffle Combo L. RA	8	8x
2:09	Br / _ Something something	1x8	F	Transition to face front, standing on top of the step	8	
2:13	C / Something kinda	2x8	A	🔁 Alt Straddle L then R. RA 👁️ Next move on last 8cts	8	2x
2:20	Something kinda	2x8	A¹	🔁 Alt Freeze Straddle L then R. RA 👁️ Next move on last 8cts	8	2x
2:27	Something kinda	4x8	A²	🔁 Alt Propulsive Straddle L then R. RA	8	4x
2:40	Br / OK	1x2	B	🔁 OTT L. HOH	2	
2:41	Instr / (Riff)	4x8	B¹	🔁 Propulsive OTT R then L. Reach up & down	8	4x



09. PEAK 3

MUSIC			EXERCISE		CTS	REPS
2:55	Instr / (Quiet)	2x8	C	 Up Tap R. <i>Relaxed arms</i> (Facing F)	4	4x
3:02		2x8	C	 Up Tap R. RA (Facing The Step)  Next move on last 8cts	4	4x
3:08	V2 / Oh boy I can't	4x8	D	 Basic Step R. RA  Next move on last 8cts	4	8x
3:23	PC / _ Should have	4x8	E	 2x Repeater & 2x Half Lunge Combo R. RA  Next move on last 8cts	8	4x
3:36	Rep / _ 3,2,1, fire	8x8	E ¹	 2x Repeater & 4x Split Shuffle Combo R. RA	8	8x
4:04	Br / _ Something something	1x8	F	 Transition to face front, standing on top of the step	8	
4:08	Something kinda	2x8	A	 Alt Straddle L then R. RA  Next move on last 8cts	8	2x
4:14	Something kinda	2x8	A ¹	 Repeat Alt Freeze Straddle L then R. RA  Next move on last 8cts	8	2x
4:21	Something kinda	4x8	A ²	 Alt Propulsive Straddle L then R. RA	8	4x
4:35	Br / 3,2,1, fire	1/2x8	B	 OTT L. <i>HOH</i>	4	
4:37	Instr / (Riff)	4x8	B ¹	 Propulsive OTT R then L. <i>Reach up & down</i>	8	4x
4:51	Outro	1x8		Step R to the floor. <i>Fists O/H</i>	8	



09. SOMETHING KIND OF 0000H 5:01mins

TECHNIQUE AND COACHING

ALT STRADDLE

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

- Start standing on top of the step
- Straddle down L, R. RA 1-2
- Step L on to step then lift R Knee. RA 3-4
- Repeat to the other side 5-8

- Create the alternating pattern with rhythmic phonetic cues
- Relaxed for a bit of cardio recovery

ALT FREEZE STRADDLE

PHONETIC CUE *'Down, down, freeze; down, down, freeze'*

- Start standing on top of the step
- Straddle down L, R. RA 1-2
- Freeze Knee Lift L. RA 3-4
- Repeat to the other side 5-8

- Create the freeze pattern with rhythmic phonetic cues
- **Soft knee landing on the freeze**
- Be dynamic

OPTION: Alt Straddle

ALT PROPULSIVE STRADDLE

PHONETIC CUE *Down, down, jump; down, down, jump'*

- Start standing on top of the step
- Straddle down L, R. RA 1-2
- Leap L on to step then propel & lift R Knee. RA 3-4
- Repeat to the other side 5-8

- Create the pattern with rhythmic phonetic cues
- Freedom of movement. Let loose and fly
- **Soft knee landings**

OPTION: Alt Straddle

UP TAP L. RELAXED ARMS (FACING F)

PHONETIC CUE *'Hold, up tap, step down; up tap, step down'*

- Create the pattern with rhythmic phonetic cues
- Use a visual cue to hold OTS
- Chill, and get used to starting from the floor position

UP TAP L. RA (FACING THE STEP)

CUE *'Keep tapping, turn your body inward to face the step'*

- Use a visual cue to show that you're turning to face the step

BASIC STEP

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

- Create the walking pattern with rhythmic phonetic cues

2X REPEATER & 2X HALF LUNGE COMBO

PHONETIC CUE *'Knee, knee, lunge, lunge; knee, knee, lunge, lunge'*

- 2x Repeater Knee Lift L. RA 1-4
- Step R to the floor & ½ lunge down. RA 5
- Lunge up. RA 6
- ½ Lunge down. RA 7
- Lift R Knee. RA 8

- Create the repeater and lunge pattern with rhythmic phonetic cues
- **Knees in line with toes**
- **Chest up**
- **Hips square**

OPTION: Small ROM



09. SOMETHING KIND OF 0000H 5:01mins

TECHNIQUE AND COACHING

2X REPEATER & 4X SPLIT SHUFFLE COMBO

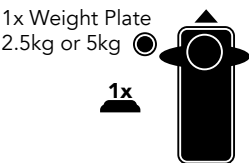
PHONETIC CUE *'Knee, knee split, 4, 3, 2, 1; knee, knee, 4, 3, 2, 1'*

- 2x Repeater Knee Lift L. RA 1-4
- Tap R to the floor. RA 5
- Split shuffle L to floor, R to step. RA 6
- Split shuffle R to floor, L to step. RA 7
- Split shuffle L to floor, R to step. RA 8

*Note: The next count 1, split shuffle again

- Create the Repeater & Shuffle pattern with rhythmic phonetic cues
- **Keep body weight over the step** in the Repeaters AND the Split Shuffles
- Note that the same legs leads for each rep (it doesn't alternate)
- In the Shuffles, aim to keep the **heel off the floor to keep the lower leg safe** (Toes touch down, heel stays up)

OPTION: 2x Repeater & 2x Half Lunge Combo



10. CONDITIONING 2

TRACK FOCUS

Coach technique and control of movement in this upper and lower body integrated strength track. Coach your class to keep the weights below shoulder height, and slightly in front of the body.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Standing on top of the step, close to the front. L toes to the floor. One weight plate in each hand. Prepare to move	32	
0:15	V1 / I don't want	8x8	A Slow Back Stepping Lunge Combo L	16	4x
0:46	PC / Not that I'm lazy	6x8	A ¹ Back Stepping Lunge Combo L	8	6x
1:09		2x8	B Step L foot wide to the floor. Prepare for Weighted Woodchops	16	
1:17	C / (Instr)	8x8	C Weighted Woodchop Combo R	16	4x
1:48	Instr / (Quiet)	2x8	Set up to work the other side	16	
1:56	V2 / I don't want	8x8	A Slow Back Stepping Lunge Combo R	16	4x
2:27	PC / Not that I'm lazy	6x8	A ¹ Back Stepping Lunge Combo R	8	6x
2:50		2x8	B Step R foot wide to the floor. Prepare for Weighted Woodchops	16	
2:58	C / (Instr)	8x8	C Weighted Wood Chop Combo L	16	4x
3:28	Instr / (Quiet)	2x8	Transition to the floor & set up for core work	16	
3:36	V3 / I don't want	8x8	D Weighted Oblique Reach Crunch R then L	16	4x
4:08	PC / Not that I'm lazy	8x8	D ¹ Triple Pulse Weighted Oblique Reach Crunch R then L	16	4x
4:38	C / (Instr)	16x8	D ² Single Single Triple Weighted Oblique Reach Crunch Combo R then L	32	4x



10. NO STRESS 5:43mins

TECHNIQUE AND COACHING

SLOW BACK STEPPING LUNGE COMBO

PHONETIC CUE ‘Lunge and rise, open, lower, step in; rise, open, lower, step in’

Start close to the front, R foot on the step, L toes to the floor L side

Step L back to Lunge. *Weighted Front Raise* 1-4

Hold Lunge position. *Weighted open to sides* 5-8

Hold Lunge position. *Weighted lower down by sides* 9-12

Return to start position 13-16

- Create the pattern with rhythmic phonetic cues
- Revisit all the great technique cues for Lunges
- Long step back, back heel lifted
- **Press front knee outward from the hip joint**
- **Abs braced, chest up**
- **Keep weights slightly below shoulder height**
- Keep weights slightly in front of body in the side extended position

OPTION: No weights

BACK STEPPING LUNGE COMBO

PHONETIC CUE ‘Faster, rise, open, lower, step in; rise, open, lower, step in’

Start close to the front, R foot on the step, L toes to the floor L side

Step L back to Lunge. *Weighted Front Raise* 1-2

Hold Lunge position. *Weighted open to sides* 3-4

Hold Lunge position. *Weighted lower down by sides* 5-6

Return to start position 7-8

- Create the pattern with rhythmic phonetic cues
- Revisit all the great technique cues for Lunges
- Long step back, back heel lifted
- **Press front knee outward from the hip joint**
- **Abs braced, chest up**
- **Keep weights slightly below shoulder height**
- Keep weights slightly in front of body in the side extended position

OPTION: No weights

PREPARE FOR WEIGHTED WOODCHOPS

PHONETIC CUE ‘Right foot on the step, left foot wide on the floor’

- **Toes turned slightly outward**
- **Knees in line with toes**
- Weight across low towards R side
- Prepare to move

OPTION: No weights

WEIGHTED WOODCHOP COMBO

PHONETIC CUE ‘Weight up, down, up, down, hold to the top, drag it down slowly; up down, up, down, hold, down slow’

Start with right foot on the step, left foot wide on the floor

Wide Lateral Lunge L. *High Woodchop L* 1-2

Wide Lateral Lunge R. *Low Woodchop R* 3-4

Wide Lateral Lunge L. *High Woodchop L* 5-6

Wide Lateral Lunge R. *Low Woodchop R* 7-8

Wide Lateral Lunge L & hold. *High Woodchop L & hold to the top* 9-12

Slow Wide Lateral Lunge R. *Slow Low Woodchop R* 13-16

- Create the pattern with rhythmic phonetic cues
- Aim to **keep body square to the front**
- Create a pinch between shoulder blades, shoulders back and down, **chest up** throughout
- **Rotate from sternum**
- **Press knee in line with toes**

OPTION: No weights



10. NO STRESS 5:43mins

TECHNIQUE AND COACHING

WEIGHTED OBLIQUE REACH CRUNCH

PHONETIC CUE ‘Crunch left, center, right, center; left, right’

- Weighted Oblique Reach Crunch R. Press weight low to the R side 1-2
- Weighted Crunch down to center. Weight to chest 3-4
- Repeat to the other side 5-8

- Create the pattern with rhythmic phonetic cues
- Press lower back towards the floor throughout
- Peel shoulder off the floor to crunch
- **Ribs towards hips**
- Maintain a steady breathing rhythm

OPTION: No weights

TRIPLE PULSE WEIGHTED OBLIQUE REACH CRUNCH

PHONETIC CUE ‘Pulse 3, 2, 1, center; 3, 2, 1, center’

- Triple Pulse Weighted Oblique Reach Crunch R. Press weight low to the R side 1-6
- Weighted Crunch down to center. Weight to chest 7-8
- Repeat to the other side 9-16

- Create the pattern with rhythmic phonetic cues
- Press lower back towards the floor throughout
- Peel shoulder off the floor to crunch
- **Ribs towards hips**
- Maintain a steady breathing rhythm

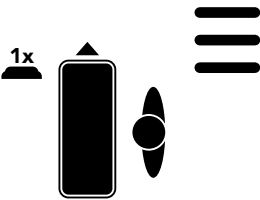
OPTION: No weights

SINGLE SINGLE TRIPLE WEIGHTED OBLIQUE REACH CRUNCH COMBO

PHONETIC CUE ‘Single, single, hold for 3, 2, 1, center; single, single, hold for 3, 2, 1, center’

- Create the pattern with rhythmic phonetic cues
- Press lower back towards the floor throughout
- Peel shoulder off the floor to crunch
- **Ribs towards hips**
- Maintain a steady breathing rhythm

OPTION: No weights



11. COOLDOWN/STRETCH

TRACK FOCUS

Chill vibes and great stretches to cool down and reflect on the effort your class put in to this workout.

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 / Don't stay awake	4x8	Transition to knees, R side of the step, L foot F. Prepare for Hamstring Stretch	32
0:13	V1 / I don't want	4x8	A Kneeling Hamstring Stretch L	32
0:26	I've been praying	4x8	B Kneeling Hip Flexor Stretch R. R Shoulder Stretch	32
0:40	I wish	4x8	B ¹ Kneeling Hip Flexor Stretch R. R Side Stretch	32
0:53	C / Don't stay awake	4x8	C 90/90 L	32
1:06	Don't stay awake	4x8	C 90/90 R	32
1:20	V2 / I'm happy that	4x8	A  Kneeling Hamstring Stretch L	32
1:33	Cuddle in your	4x8	B  Kneeling Hip Flexor Stretch R. R Shoulder Stretch	32
1:46	C / Don't stay awake	4x8	B ¹  Kneeling Hip Flexor Stretch R. R Side Stretch	32
2:00	C / Don't stay awake	4x8	D Lying Quad Stretch L	32
2:13	Don't stay awake	4x8	D  Lying Quad Stretch R	32
2:26	C / Don't stay awake	4x8	E Prone Active Calf Stretch	32
2:40	Outro / Don't stay awake	4x8	Walk feet in towards the step, and slowly stand	32



11. DEATH BED (COFFEE FOR YOUR HEAD) 2:54mins

TECHNIQUE AND COACHING

Transition to knees, R side of the step, L foot F.
Prepare for Hamstring Stretch

CUE 'Left side of the step, on your knees, step left leg forward, close to the front of the step'

KNEELING HAMSTRING STRETCH

CUE 'Straighten front leg and tip forward from the hips'

- **Chest up, tip forward from the hips**

KNEELING HIP FLEXOR STRETCH WITH SHOULDER STRETCH

PHONETIC CUE 'Bend front knee, tuck hips under, left arm across body'

- Gently tuck hips under, and shift weight forward
- Body square as you stretch the shoulder

KNEELING HIP FLEXOR STRETCH WITH SIDE STRETCH

PHONETIC CUE 'Left arm overhead, and over to the right side'

- Reach fingers of the L arm toward the step. Extend the R arm upward

90/90

PHONETIC CUE 'R butt cheek on the step, create two ninety degree angles with both legs'

- Create a 90° angle with BOTH legs
- **Tip forward from the hips**
- Aim to keep the upper body square. Shoulders in line with the front knee and ankle

LYING QUAD STRETCH

PHONETIC CUE 'Lie on one side, elbow to the floor, pull heel toward the butt'

- Stack one hip on top of the other
- Pull heel toward butt
- Close the gap between the legs



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

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 United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

