



BODYSTEP **123**

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

The Night (1:35)

3LAU & Nom De Strip feat. Estelle

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Written by: Blau, Elliot

All About Tonight (2:40)

Pixie Lott

Courtesy of the Universal Music Group.
Written by: Kidd, James, Ottoh
- 02

Loca (4:25)

NOAM DEE

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Written by: Fairley
- 03

I Don't Know Why (5:53)

Question Merck

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Written by: Pennell, Gill
- 04

King Kong (5:19)

Great EscAPE

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Written by: Stiernspetz, Webb, Loop, Milo
- 05

Hang Me up To Dry(4:53)

Lobby Horse

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Written by: Aveiro, Maust, Russell, Willett
- 06

No Mercy (3:51)

MOTi & NoMerci

© 2020 ZEROCOOLREC.COM.
Written by: Alagic, Romme
- 07

Pretty Girl Rock (4:41)

Doze Quartz

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Written by: Smith, Harmon, Macdonald, Withers, Salter

- 08

All Eyes On This (1:38)

Million Air

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Written by: Lake

Buzz (1:03)

Pretty Little Wings

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Written by: Aerts, Lord, Myers

How You Like That (1:07)

BLACKPINK

Courtesy of the Universal Music Group.
Written by: Park

Buzz (1:03)

Pretty Little Wings

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Written by: Aerts, Lord, Myers

How You Like That (0:43)

BLACKPINK

Courtesy of the Universal Music Group.
Written by: Park

All Eyes On This (1:48)

Million Air

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Written by: Lake
- 09

Hard (5:30)

Tahliana Teetree

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Written by: Stewart, Nash
- 10

Confessions (3:10)

MYRNE feat. Cozi Zuehlsdorff

© 2017 Monstercat.
Written by: Lim, Zuehlsdorff

Freak (2:28)

Theia feat. Boy Sim

© 2020 Theia Music Ltd.
Written by: Walker, Quinn
- 11

Put Your Records On (3:27)

Ritt Momney

© 2020 Disruptor Records/Columbia Records.
Written by: Christanthou, Beck, Rae



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.

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

Welcome to BODYSTEP 123

Get ready for an explosion of fun, flavor and athletic step training that'll have you joyfully smiling as you sweat.

Right from the start, we put some heat into your quads with Squats and Lunges, and then quickly disguise the leg burn with some upbeat rhythmic stepping to *The Night, It's All About Tonight*, and *Loca*.

In Peak 1, we jump, bounce & spin as we drive our heart rates up to *I Don't Know Why*, and then we move on to the Mixed Strength track with some primal inspired training with the Gorilla Combo, to the song *King Kong*.

By now we'll be sweating up a storm as we hit Peak 2 to *Hang Me Out to Dry*, then Conditioning 1 gets our legs and shoulders screaming to *No Mercy*.

The Party Step is my personal favorite in this release. It's sassy and bold, so get ready to step with attitude and strike a pose or two.

We have a new move in the Athletic Circuit, the Kick Sit. As with all new moves, take your time, absorb all the technique tips, and allow yourself to gradually master this cool exercise over your next few classes.

Peak 3, we go hard THEN prepare to go home to the song *Hard*.

We catch our breath as we shift our focus to training our triceps, shoulders, lower body and core, then we cool down to the super chill track, *Put Your Records On*.

I hope you love this release as much as I do!



EXPRESS FORMATS

BODYSTEP 123

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	44:25

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 (Full track if time permits)
Total Time	44:38 without Core Section of Track 10 47:06 with full Track 10

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	28:36

EXPRESS FORMATS

BODYSTEP 123

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 (Full track if time permits)
Total Time	29:05 without last 2 minutes of Track 08 31:05 with full Track 08

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 123

When mixing older releases with BODYSTEP 123 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>

01. WARM-UP

TRACK FOCUS

Create drama and contrast between *The Night* and *All About Tonight*. The opening is strong and athletic, and then as you move into the second song, adjust your teaching style to be lighter, welcoming and more inclusive.

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 /	1x8	Stand on top of the step, close to the back of the step	8	6x
0:08		3x8	Down Tap L then R. <i>Relaxed by sides</i>	4	6x
0:20	Instr / <i>Rhythm of the night_</i>	12x8 A	4x Squat, Lunge & Down Tap Combo L then R	32	1½x
1:05	C / <i>Rhythm of the night_</i>	8x8 A¹	2x Squat, Lunge & Down Tap Combo L then R	32	2x
1:35	V1 / <i>_Got a new pair</i>	4x8 B	Step R to R side & freeze. <i>Relaxed by sides</i>		
			Step R back to Lunge position	4	
			Slowly Lunge down	4	7x
			👁 Pulse Lunge with Thoracic Rotation		
1:50	<i>I'm going out</i>	3½x8 C	Pulse Lunge L with Thoracic Rotation R	4	7x
	<i>All about tonight</i>	½x8	Stand on top of the step, prepare to Down Tap L	4	
2:05	C / <i>The night is alive</i>	4x8 D	Down Tap L then R. RA	4	8x
			👁 Next move on last 8cts		
2:19	<i>We'll be dancing</i>	4x8 E	Straddle L. RA	4	8x
2:33	V2 / <i>I'm not hanging</i>	3½x8 B	🔄 Step L to L side & freeze. <i>Relaxed by sides</i>	8	
			🔄 Step L back to Lunge position	8	
			🔄 Slowly Lunge down	12	
			👁 Pulse Lunge with Thoracic Rotation		
2:48	<i>They got the music</i>	3½x8 C	🔄 Pulse Lunge R with Thoracic Rotation L	4	7x
3:00	<i>All about tonight</i>	½x8	🔄 Stand on top of the step, prepare to Down Tap R	4	
3:02	C / <i>The night is alive</i>	4x8 D	🔄 Down Tap R then L. RA	4	8x
			👁 Next move on last 8cts		
3:17	<i>We'll be dancing</i>	4x8 E	🔄 Straddle R. RA	4	8x
3:31	Instr / <i>(Quiet)</i>	4x8 F	4x Squat Pulse & Down Tap R then L	32	
			👁 Circle Arms on the last 4cts		
3:45	C / <i>The night is alive</i>	8x8 F¹	4x Squat Pulse & Down Tap with Circle Arms R then L	32	2x



01. THE NIGHT / ALL ABOUT TONIGHT 4:15mins

TECHNIQUE AND COACHING

DOWN TAP

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

- Lightly tap toes to the floor
- Be light on your feet
- Heels off the floor

4X SQUAT, LUNGE & DOWN TAP COMBO

PHONETIC CUE *Squat 4, 3, 2, leg back, lunge 4, 3, 2, step in, squat 4, 3, 2, on top, tap 4, 3, 2, other side; squat 4, 3, 2, leg back, lunge 4, 3, 2, step in, squat 4, 3, 2, on top, tap 4, 3, 2, 1'*

R foot on the step, L foot on the floor	
4x Squat Pulse L. <i>Hands to top of thighs</i>	1-7
Squat up and lift L foot off the floor.	
<i>Fists to hips</i>	8
4x Pulse Lunges L. RA	9-15
Lunge up and lift L foot off the floor.	
<i>Fists to hips</i>	16
4x Squat Pulse L. <i>Hands to top of thighs</i>	17-23
Step L foot on to the step. <i>Fists to hips</i>	24
Down Tap R then L 2x. RA	25-32
Repeat to the other side	33-64

- Use visual cues to show the direction to move, leading leg, and where to hold OTS
- Use count downs for each move to set the 'four' rhythm

Squat Pulse:

- **Knees in line with toes**
- **Butt back & down**
- **Keep butt above knee level**
- **Chest up**

Pulse Lunge:

- **Take a long step back**
- **Back heel lifted**
- **Front knee over mid foot**
- **Chest up, body upright**

2X SQUAT, LUNGE & DOWN TAP COMBO

PHONETIC CUE '2 squat, 2 lunge, 2 squat, 2 taps; squat, lunge, squat, tap'

2x Squat Pulse L. <i>Hands to top of thighs</i>	1-3
Squat up and lift L foot off the floor.	
<i>Fists to hips</i>	4
2x Pulse Lunges L. RA	5-7
Lunge up and lift L foot off the floor.	
<i>Fists to hips</i>	8
2x Squat Pulse L. <i>Hands to top of thighs</i>	9-11
Step L foot on to the step. <i>Fists to hips</i>	12
Down Tap R then L. RA	13-16
Repeat to the other side	17-32

- Use visual cues to show the direction to move, leading leg, and where to hold OTS
- Use count downs for each move to set the 'four' rhythm

Squat Pulse:

- **Knees in line with toes**
- **Butt Back & Down**
- **Keep Butt above knee level**
- **Chest up**

Pulse Lunge:

- **Take a long step back**
- **Back heel lifted**
- **Front knee over mid foot**
- **Chest up, body upright**

STOP, AND SET UP A GREAT LUNGE POSITION

PHONETIC CUE 'Stop. Take a long step back to lunge position. Back heel lifted. Press front knee outward. Slowly sink down in to a lunge'

- There is no clear musical beat here, so time your set up well, and then listen out for the lyrics 'It's all about tonight' to start the Pulse Lunge with Thoracic Rotation



01. THE NIGHT / ALL ABOUT TONIGHT 4:15mins

TECHNIQUE AND COACHING

PULSE LUNGE L WITH THORACIC ROTATION

PHONETIC CUE 'Center, rotate, center, rotate'

Lunge down & up L. *Fists in to mid-chest* 1-2
Lunge down & up L. Thoracic Rotation L, extend R arm F & L arm to L side 3-4

- **Hips square**
- **Abs braced**
- *Small rotation from the rib cage*

OPTION: HOH with no Thoracic Rotation

STRADDLE

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

Straddle down L,R. RA 1-2
Straddle up L,R. RA 3-4

- Use a visual cue to show the direction to move
- Natural waking rhythm
- **Bend knees as you straddle down & sit a little deeper to warm the legs more**

4X SQUAT PULSE & DOWN TAP R THEN L

PHONETIC CUE 'Squat 4, 3, 2, 1, tap 4, 3, 2 1'

4x Squat Pulse R. *Hands to top of thighs* 1-7
Step R foot on to the step. *Fists to hips* 8
Down Tap L then R 2x. RA 9-16
Repeat to the other side 17-32

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

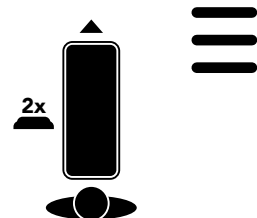
4X SQUAT PULSE & DOWN TAP WITH CIRCLE ARMS R THEN L

PHONETIC CUE 'If you want to, take a big circle outward'

4x Squat Pulse R. *Hands to top of thighs* 1-7
Step R foot on to the step. *Fists to hips* 8
Down Tap L then R. RA 9-12
Down Tap L then R. *Circle arms upward* 13-16
Repeat to the other side 17-32

- **Bend knees to sit & Squat deeper**
- **Chest up**

OPTION: No circle arms



02. STEP WARM-UP

TRACK FOCUS

Teach the natural walking rhythm in the Basic Step, and then let your class know that they need to maintain that same natural walking rhythm for the T-Step as well. See if you can coach them so well at the start, that you don't need to cue the moves in the last chorus.

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	Outro	½x8		March R, L, R, L behind the step. RA	4	
0:01	Instr / (Horn)	4x8	A	Up Tap R then L. RA 👁️ Next move on last 8cts	8	4x
0:16	Instr / (Build up)	4x8	A ¹	Tap Down R then L. RA 👁️ Next move on last 8cts	8	4x
0:31	C /	4x8	A ²	Cha-Cha-Cha R then L. Bent arms with hands stacked O/H	8	4x
0:46	Instr / (Quiet)	4x8	B	Basic Step R. RA	4	8x
1:01	V1 /	8x8	C	1x Tap Down & 3x Basic Step Combo R then L 👁️ Next move on last 8cts	32	2x
1:31			C ¹	1x Cha-Cha-Cha & 3x Basic Step Combo R then L 👁️ Next move on last 8cts	32	
1:46	C /	8x8	C ²	1x Cha-cha-cha, 1x Basic Step & 1x T-Step Combo R then L	32	2x
2:16	Instr / (Build Up)	4x8	D	14x Repeater Knee Lift R. RA then Raise O/H March L, R, L, R behind the step. RA	28 4	
2:31	Instr / (Quiet)	4x8	B	🔁 Basic Step L. RA	4	8x
2:46	V1 /	8x8	C	🔁 1x Tap Down & 3x Basic Step Combo L then R 👁️ Next move on last 8cts	2	2x
3:16		4x8	C ¹	🔁 1x Cha-Cha-Cha & 3x Basic Step Combo L then R 👁️ Next move on last 8cts	32	
3:31	C	8x8	C ²	🔁 1x Cha-Cha-Cha , 1x Basic Step & 1x T-Step Combo L then R	32	2x
4:01	Instr / (Build Up)	4x8	D	🔁 14x Repeater Knee Lift L. RA then Raise O/H 🔁 March R, L, R, L behind the step. RA	28 4	
4:17	Outro /	½x8		Pose	4	



02. LOCA 4:25mins

TECHNIQUE AND COACHING

UP TAP

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

- Set up the alternating foot pattern
- Use a visual cue to show the leading leg and changing foot pattern

TAP DOWN

PHONETIC CUE *'Tap down, change side; tap down, change side'*

- Keep body square to the front
- Body weight over the step, and lightly tap toes to the side

CHA-CHA-CHA

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

Cha-cha-cha L. *Stacked hands O/H* 1-2
Step R, L behind the step. *Fists to hips* 3-4
Repeat to the other side 5-8

- Be light on your feet
- Try to connect to rhythm of the music
- Don't over think it, just let yourself go

OPTION: Tap Down

BASIC STEP

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

- Natural walking rhythm
- Whole foot on the step

1X TAP DOWN & 3X BASIC STEP COMBO

1x Tap Down L. RA 1-4
3x Basic Step R. RA 5-16
Repeat to the other side 17-32

- Use a visual cue to show the direction to move, and to hold the 3x Basic Steps OTS
- We learn the pattern by repetition
- Stamp in the fact that the 3x Basic Steps require a natural walking rhythm

1X CHA-CHA-CHA & 3X BASIC STEP COMBO

PHONETIC CUE *'Cha-cha-cha, basic 3, basic 2, 1 more; cha-cha-cha, basic 3, 2, 1'*

1x Cha-cha-cha L. RA 1-4
3x Basic Step R. RA 5-16
Repeat to the other side 17-32

- Use a visual cue to show the direction to move, and to hold the 3x Basic Steps OTS
- We learn the pattern by repetition
- Stamp in the fact that the 3x Basic Steps require a natural walking rhythm

1X CHA-CHA-CHA, 1X BASIC STEP & 1X T-STEP COMBO

PHONETIC CUE *'Cha-cha-cha, basic, T-Step walk up, straddle down, straddle up, step back; cha-cha-cha, basic, T-Step walk up, straddle down, straddle up, step back'*

1x Cha-cha-cha L. RA 1-4
1x Basic Step R. RA 5-8
1x T-Step R. RA 9-16
Repeat to the other side 17-32

- Use a visual cue to show the direction to move
- Coach a natural walking rhythm in the T-Step

OPTION: 2x Basic Steps instead of the T-Step



02. LOCA 4:25mins

TECHNIQUE AND COACHING

14X REPEATER KNEE LIFT R. RA THEN RAISE O/H AND MARCH BEHIND THE STEP. RA

PHONETIC CUE 'Repeater, hold'

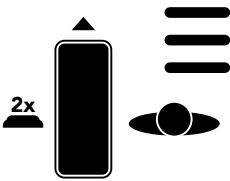
8x Repeater Knee Lift R. RA 1-16

6x Repeater Knee Lift R. *Slowly raise arms* 17-28
O/H

March L, R, L, R behind the step. RA 29-32

- **Press front knee outward**
- **Slight tip forward from the hips**
- **Chest up**
- **Back heel off the floor**
- **Bend supporting knee to sit deeper**

OPTION: RA with no Reach O/H



03. PEAK 1

TRACK FOCUS

Hook in to the ‘spinning’ lyrics in the song as you bounce around the back, and rotate on and off the step in the T-Straddle & T-Squat Straddle. Coach soft knee landings in all the propulsive moves, and also lighter options for those that need them.

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 / Spinning	1x8	Standing to the R side of the step. Prepare to move	8	
0:03	Instr / I don't know why_	4x8 A	7x Knee Lift L then Walk R, L, R, L around to the L side of the step	32	
0:17		4x8 A	3x Knee Lift & Walk Around Combo R then L 👁️ Next move on last 8cts	32	
0:31	C / The room	8x8 A ¹	3x Propulsive Knee Lift & Bounce Around Combo R then L 👁️ Next move on last 8cts	32	2x
0:59	Rep / _spinning	4x8 B	Propulsive OTT R then L. <i>Reach up & down</i> 👁️ Next move on last 8cts	8	4x
1:13	_I don't know	4x8 B ¹	Propulsive OTT R & Bounce Around L. <i>Reach up & down then low guard</i>	8	4x
1:28	Br / I don't know why_	½x8 C	Basic Step R	4	
1:29	V1 / Following a feeling	4x8 C	Basic Step R 👁️ Next move on last 8cts	4	8x
1:43	PC / Starts as innocent	4x8 D	T-Straddle R. <i>RA</i> 👁️ Next move on last 8cts	8	4x
1:57	Rep2 / _Spinning	8x8 D ¹	T- Squat Straddle R. <i>Bent Raise F</i>	8	8x
2:25	QC / The room keeps	2x8 A	Shake out, then prepare to move	16	
2:32	The world starts	2x8	🔁 3x Knee Lift & Walk Around Combo R	16	
2:39	C / The room	8x8 A ¹	🔁 3x Propulsive Knee Lift & Bounce Around Combo L then R 👁️ Next move on last 8cts	32	2x
3:07	Rep / _Spinning	4x8 B	🔁 Propulsive OTT L then R. <i>Reach up & down</i> 👁️ Next move on last 8cts	8	4x
3:21	_I don't know	4x8 B ¹	🔁 Propulsive OTT L & Bounce Around R. <i>Reach up & down then low guard</i>	8	4x
3:35	Br / I don't know why_	½x8 C	🔁 Basic Step L	4	
3:37	V2 / Started as a fantasy	4x8 C	🔁 Basic Step L 👁️ Next move on last 8cts	4	8x



03. PEAK 1

MUSIC		EXERCISE		CTS	REPS
3:51	PC / Starts as innocent	4x8	D	 T-Straddle L. RA	8 4x
4:05	Rep2 / _Spinning	8x8	D ¹	 T- Squat Straddle L. Bent Raise F	8 8x
4:33	QC / The room keeps	2x8		 Shake out, then prepare to move	16
4:40	The world starts	2x8	A	 3x Knee Lift & Walk Around Combo L	16
4:47	C / The room	8x8	A ¹	 3x Propulsive Knee Lift & Bounce Around Combo R then L  Next move on last 8cts	32 2x
5:15	Rep / _Spinning	4x8	B	 Propulsive OTT R then L. Reach up & down  Next move on last 8cts	8 4x
5:29	_I don't know	4x8	B ¹	 Propulsive OTT R & Bounce Around L. Reach up & down then low guard	8 4x
5:43	Outro / I dont know why	1x8		Finale	8



03. I DON'T KNOW WHY 5:53mins

TECHNIQUE AND COACHING

3X KNEE LIFT & WALK AROUND COMBO

PHONETIC CUE '3, 2, 1, walk around to the other side; 3, 2, 1, walk around the back'

3x Knee Lift L. RA 1-12
Walk R, L, R, L around the back of the step to the L side. RA 13-16
Repeat to the other side 17-32

- Knee lifts on the diagonal
- Walk around the BACK of the step

3X PROPULSIVE KNEE LIFT & BOUNCE AROUND COMBO

PHONETIC CUE '3, 2, 1, bounce around the back; 3, 2, 1, walk bounce around'

3x Propulsive Knee Lift L. RA 1-12
Bounce around the back of the step to the L side. RA 13-16
Repeat to the other side 17-32

- Propulsive Knee lifts on the diagonal
- **Feet wide in the Bounce, and bend knees to a half squat depth**
- Bounce around in a half circle motion
- **Soft knee landings** in the Propulsive Knee Lifts

OPTION: 3x Knee Lift & Walk Around Combo

PROPULSIVE OTT

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

- For more intensity, push off the step & drive your arms up & down

OPTION: Low OTT

PROPULSIVE OTT R & BOUNCE AROUND L

PHONETIC CUE 'Over the top, bounce around; over the top, bounce around'

Propulsive OTT R. Reach Up & Down. 1-4
Bounce around the back L. Low guard 5-8

- Drive your energy upward in the Propulsive OTT
- **Bend your knees and sit low in the Bounce around the back**
- Connect to the rhythm of the vocals in the Bounce around the back

OPTION: Low OTT

BASIC STEP

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

- Body on diagonal
- Whole foot on the step

T-STRADDLE

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

Step up R, L. RA 1-2
Rotate to face F and straddle down R, L. RA 3-4
Rotate to face R diagonal and straddle up R, L. RA. 5-6
Step back R, L. RA 7-8

- Maintain a natural walking rhythm
- Rotate entire body to face front as you straddle down
- Rotate body to face R diagonal as you straddle up
- **Bend knees** as you straddle down to work legs more



03. I DON'T KNOW WHY 5:53mins

TECHNIQUE AND COACHING

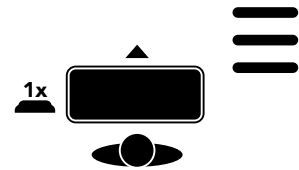
T- SQUAT STRADDLE

PHONETIC CUE ‘Jump up, jump down, jump up, step back; jump up, jump down, jump up, step back’

- Squat Jump on to the step. Bent raise F1-2
- Rotate & Straddle Jump down. Hands to top of thighs3-4
- Rotate & Straddle Jump up. Bent raise F5-6
- Step back R, L. Fists to hips7-8

- Bend knees on every landing
- Chest up
- Rotate entire body to face front as you Straddle Jump down
- Rotate entire body to face R diagonal as you Straddle Jump up

OPTION: T-Straddle



04. MIXED STRENGTH

TRACK FOCUS

Primal training, with a Gorilla theme. In the Gorilla Combo, coach the 2 foot take off and 2 foot landings, and also the 4 Squats in the sequence. Let your class know that they have the option to remain standing throughout the track if they prefer to.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / Drum roll woop	4x8	A	Squat with <i>reach towards the step</i> 👁️ Next move on last 8cts	4 8x
0:15	PC / _don't try beat	4x8	B	3x Squat Around R. Bent Raise F	8 4x
0:30	C / _ew ew ew ew	8x8	C	3x Squat Around & Squat with <i>Reach towards the step</i> Combo R	16 4x
1:00	Instr / (Quiet)	2x8	D	Recover, and move towards the R side of the step, prepare to Lunge R	16 4x
1:07	V2 / Drum roll woop	8x8	E	Lunge & Bounce Combo R (Explain: This is the standing option for the upcoming Gorilla Squat Combo) 👁️ Next move on last 8cts	16 4x
1:32	PC / _Don't try beat	8x8	F	Gorilla Squat Combo R	16 4x
2:06	C / _ew ew ew ew	8x8	F	Gorilla Squat Combo R	16 4x
Or					
				Lunge & Bounce Combo R	16 4x
2:35	Br /	½x8	E	Hold, prepare to Squat	4
2:37	V3 / Drum roll woop	4x8	A	 Squat with <i>reach towards the step</i> 👁️ Next move on last 8cts	4 8x
2:52	V3 / Don't try beat	4x8	B	 3x Squat Around L. Bent Raise F	8 4x
3:06	C / _ew ew ew ew	8x8	C	 3x Squat Around & Squat with <i>Reach towards the step</i> Combo L	16 4x
3:36	Instr / (Quiet)	2x8	D	 Recover, and move towards the L side of the step, prepare to Lunge L	16
3:43	V4 / Drum roll woop	8x8	E	 Lunge & Bounce Combo L (Explain: This is the standing option for the upcoming Gorilla Squat Combo) 👁️ Next move on last 8cts	16 4x
4:12	_Don't try beat	8x8	F	 Gorilla Squat Combo L	16 4x
4:42	C / _ew ew ew ew	8x8	F	 Gorilla Squat Combo L	16 4x
Or					
				 Lunge & Bounce Combo L	16 4x
5:11	Outro	8x8	E	Pose	



04. KING KONG 5:19mins

TECHNIQUE AND COACHING

SQUAT WITH REACH TOWARDS THE STEP

PHONETIC CUE 'Squat, stand; squat, stand'

- Feet wide, toes turned slightly out
- **Knees in line with toes**
- **Bend knees heaps**
- Reach towards the step
- **Chest up**
- **Butt above knee level**
- Strong ab brace

OPTION: No reach towards the step

3X SQUAT AROUND

PHONETIC CUE 'Squat side, top, side, step back; side, top, side, step back'

- | | |
|---|-----|
| Drop Squat L. Bent raise F | 1-2 |
| Top Squat. Fists to hips | 3-4 |
| Squat R. Bent raise F | 5-6 |
| Step back R, L behind the step. Fists to hips | 7-8 |

- **Bend knees to sit deeper**
- **Knees in line with toes**
- **Sit butt back & down**
- **Chest up**

OPTION: Small ROM

3X SQUAT AROUND & SQUAT WITH REACH TOWARDS THE STEP COMBO

PHONETIC CUE 'Squat side, top, side, 2 squats, 2, 1 more, again; side, top, side, 2 squats, 2, 1 '

- | | |
|---|-------|
| Drop Squat L. Bent raise F | 1-2 |
| Top Squat. Fists to hips | 3-4 |
| Squat R. Bent raise F | 5-6 |
| Step back R,L behind the step, feet wide. Fists to hips | 7-8 |
| Squat. Reach towards the step | 9-10 |
| Stand tall. Fists to hips | 11-12 |
| Squat. Reach towards the step | 13-14 |
| Stand tall. Fists to hips | 15-16 |

- **Knees in line with toes**
- **Bend knees heaps**
- **Reach towards the step**
- **Chest up**
- **Butt above knee level**
- Strong ab brace

OPTION: Add a small Jump in to the Squat on cts 9 and 13

LUNGE & BOUNCE COMBO

- Move towards the R side, prepare to lunge with your R foot first
- | | |
|-------------------------------------|------|
| Forward stepping lunge R then L. RA | 1-8 |
| Bounce R&L 4x. RA | 9-16 |

- Use visual cues to show the leading leg and direction to bounce
- Feet hip-width apart
- **Long step on to the step**
- **Back heel lifted**
- **Front knee over mid foot**
- **Chest up, body tall**

OPTION: Small ROM - Bigger ROM

GORILLA SQUAT COMBO



04. KING KONG 5:19mins

TECHNIQUE AND COACHING

PHONETIC CUE 'Squat, rotate, reach, jump through, run back to the start; squat, rotate, reach, jump through, run back to the start'

- Start close to the R side
- Squat and *place hands on the step* 1-2
- Jump and rotate 45 degrees, staying in squat position 3-4
- Reach arms forward and place hands towards the L, on the step.* 5-6
- Jump feet F, landing in squat position 7-8
- Run back to start position. RA 9-16

- **Bend knees heaps**
- **Strong ab brace**
- **Long spine**
- **2 foot take off, and 2 foot landing** in the Squat Rotation, and the Squat Jump forward
- Coach the 4 Squats in this sequence
- Primal training theme

OPTION: Lunge & Bounce Combo



05. PEAK 2

TRACK FOCUS

Use visual cues to assist in coaching the direction to move in this track. Connect to the ‘Hang me out to dry’ lyrics when your arms are O/H, as I’m sure everyone will be very sweaty now.

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 / You wrung me out too too	1x8		Standing to the R side of the step. Prepare to move	8	
0:04	Instr /		A	6x March Across L then R. RA	16	2x
0:18	C / Hang me out	8x8	A ¹	6x Pendulum Swing Across L then R. HOH	16	4x
0:46	Instr /	4x8	B	Propulsive ATT L then R. Reach up & down 👁️ Next move on last 8cts	8	4x
1:00	Rep / Too too too	4x8	B ¹	Power ATT L then R. Bent Raise & reach toward sthe step	8	4x
1:14	Instr / (Quiet)	4x8	C	Leg Abduction L. Relaxed by sides 👁️ Next move on last 8cts	4	8x
1:27	V1 / Careless in our summer	4x8	C ¹	L-Leg Abduction L. Bent Raise F 👁️ Next move on last 8cts	8	4x
1:42	Instr /	4x8	C ²	Propulsive L-Leg Abduction L. Reach up & down	8	4x
1:56	C / Hang me out	10x8	D	Propulsive L-Leg Abduction & 6x Pendulum Swing Across Combo L then R	32	2½x
2:30	Instr /	4x8	B	🔁 Propulsive ATT R then L. Reach up & down 👁️ Next move on last 8cts	8	4x
2:44	Rep / Too too too	4x8	B ¹	🔁 Power ATT R then L. Bent Raise & reach towards the step	8	4x
2:58	Instr / (Quiet)	4x8	C	🔁 Leg Abduction R. Relaxed by sides 👁️ Next move on last 8cts	4	8x
3:12	V2 / All mixed up in the wash	4x8	C ¹	🔁 L-Leg Abduction R. Bent raise F 👁️ Next move on last 8cts	8	4x
3:26	Instr	4x8	C ²	🔁 Propulsive L-Leg Abduction R. Reach up & down	8	4x
3:40	C / Hang me out	10x8	D	🔁 Propulsive L-Leg Abduction & 6x Pendulum Swing Across Combo R then L	32	2½x
4:15	Instr /	4x8	B	🔁 Propulsive ATT L then R. Reach up & down 👁️ Next move on last 8cts	8	4x
4:28	Rep / Too too too	4x8	B ¹	🔁 Power ATT L then R. Bent Raise & reach toward the step	8	4x
4:42	Outro / Hang me out	1x8		Finale		



05. HANG ME UP TO DRY 4:53mins

TECHNIQUE AND COACHING

6X MARCH ACROSS

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

March L, R, L, R, L, R across the step. RA 1-6
Step L to the L side, then tap R to the floor. Fists to hips 7-8
Repeat to the other side 9-16

- Use a visual cue to show the direction to move

6X PENDULUM SWING ACROSS

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

Pendulum Swing L, R, L, R, L, R across the step. HOH 1-6
Step L to the L side, then tap R to the floor. Fists to hips 7-8
Repeat to the other side 9-16

- **Soft knee landings to absorb impact**
- **Abs braced to keep hips square**
- Move with a controlled ROM

OPTION: 6x March Across

PROPULSIVE ATT

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

- Step towards the middle of the step to get half way across the step
- Step to the floor with control

OPTION: Low ATT

LEG ABDUCTION

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

Step R on to the step, then abduct L leg. Relaxed by sides 1-2
Step L to the floor, then Tap R to the floor. Relaxed by sides 3-4

- **Body and hips square to the front**
- Control the leg abduction
- Squeeze glute to lift leg

L-LEG ABDUCTION

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

Step L on to the step, then abduct R leg. Bent Raise F 1-2
Step R to the back floor, then Tap L to the floor. Fists to hips 3-4
Step L on to the step, then abduct R leg. Bent Raise F 5-6
Step R to the R floor, then Tap L to the floor. Fists to hips 7-8

- **Body and hips square to the front**
- The same foot always steps on to the step
- The same leg always abducts
- **Squeeze glutes**

OPTION: Leg Abduction

PROPULSIVE L-LEG ABDUCTION

PHONETIC CUE 'Jump to the back, jump to the side; jump to the back, jump to the side.'

Step L on to the step, then jump and abduct R leg. Reach O/H 1-2
Step R to the back floor, then Tap L to the floor. Fists to hips 3-4
Step L on to the step, then jump and abduct R leg. Reach O/H 5-6
Step R to the R floor, then Tap L to the floor. Fists to hips 7-8

- **Soft knee landings**
- Roll through the foot and push off the toes to jump

OPTION: No propulsion or Leg Abduction



05. HANG ME UP TO DRY 4:53mins

TECHNIQUE AND COACHING

PROPULSIVE L-LEG ABDUCTION & 6X PENDULUM SWING ACROSS COMBO

PHONETIC CUE 'Jump to the back, jump to the side, 6 swings across; jump to the back, jump to the side, 6 swings across'

- Step L on to the step, then jump and abduct R leg. *Reach O/H* 1-2
- Step R to the back floor, then Tap L to the floor. *Fists to hips* 3-4
- Step L on to the step, then jump and abduct R leg. *Reach O/H* 5-6
- Step R to the R floor, then Tap L to the floor. *Fists to hips* 7-8
- 6x Pendulum Swing across the step L. *HOH* 9-16
- Repeat to other side 17-32

- Use a visual cue to show the direction of the Pendulum Swings

OPTION: Low L-Leg Abduction & 6x Marches Across

POWER ATT

PHONETIC CUE 'Power, reach; power, reach'

- Step L to center of the step. *Bent raise F* 1
- Power up and across toward the L. *Bent raise F* 2
- Step L to the L floor. Pull fists toward hips 3
- Tap R back long to the floor. *Reach R towards the step* 4
- Repeat to the other side 5-8

- Use your legs and arm momentum to drive up and across the step with explosive power
- **Soft knee landing, and strong focus on knee alignment as you step to the floor, and reach towards the step**
- **Chest up as you reach toward the step**
- Coach class to reach 'towards' the step, not 'to' the step

OPTION: Propulsive or Low ATT

TRACK FOCUS

Coach a push AND pull in the Bow & Arrow, a small rotation from the rib cage, and keeping the weights below shoulder level. Scan the room, and coach knee alignment and range where needed.

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 / _Show me no mercy	2x8	1x light weight plate in each hand, prepare to move 👁️ Next move on last 8cts	16	
0:07	V1 / Baby don't stop	4x8	A Triple Tap Down Combo L then R. <i>Weighted arms by sides</i>	16	2x
0:23	PC / _Show me no mercy	4x8	A ¹ Triple Tap Down Combo L then R. <i>Hold weights up to shoulders</i> 👁️ Next move on last 8cts	16	2x
0:38	C / (Riff)	8x8	A ² Triple Tap Down Combo L then R. <i>Triple O/H Press</i>	16	4x
1:09	V2 / Baby don't stop	2x8	B Step L on to the step & hold Set up Lunge position L	16	
1:16	V2 / Baby don't stop	2x8	B Pulse Lunge L. <i>Weights into chest</i> 👁️ Next move on last 8cts	2	8x
1:24	C / (Riff)	8x8	B ¹ Pulse Lunge L with Weighted Bow & Arrow	4	16x
1:55	V3 / Baby don't stop	2x8	B Shake out, then set up R Lunge position	16	
2:03	V3 / Baby don't stop	2x8	 Pulse Lunge R. <i>Weights in to chest</i> 👁️ Next move on last 8cts	2	8x
2:10	C / (Riff)	8x8	B ¹  Pulse Lunge R with Weighted Bow & Arrow	4	16x
2:41	V4 / Baby don't stop	2x8	A Shake out, and prepare for Triple Tap Down L	16	
2:49	V4 / Baby don't stop	2x8	A  Triple Tap Down Combo L then R. <i>Weighted arms by sides</i>	16	
2:56	PC / _Show me no mercy	4x8	A ¹  Triple Tap Down Combo L then R. <i>Hold weights up to shoulders</i> 👁️ Next move on last 8cts	16	2x
3:12	C / (Riff)	8x8	A ²  Triple Tap Down Combo L then R. <i>Triple O/H Press</i>	16	4x
3:42	Outro	½x8	Shake out	4	



06. NO MERCY 3:51mins

TECHNIQUE AND COACHING

TRIPLE TAP DOWN COMBO L THEN R. WEIGHTED ARMS BY SIDES

PHONETIC CUE 'Tap 3, 2, 1, change side; 3, 2, 1, change side'

3x Repeater Tap Down L. Hold weights down by sides 1-6

Step across R, L behind step. Hold weights down by sides 7-8

Repeat to the other side 9-16

- **Body square to the front**
- **Supporting knee soft**
- Shoulder blades back towards spine, proud posture
- Tap foot to the side of the step

OPTION: No weight plate

TRIPLE TAP DOWN COMBO WITH WEIGHTS UP TO SHOULDERS

PHONETIC CUE 'Rack your weights up to shoulders'

3x Repeater Tap Down L. Hold weights up to shoulders 1-6

Step across R, L behind step. Hold weights up to shoulders 7-8

Repeat to the other side 9-16

- **Create strong upper body posture**
- **Chest up**
- **Squeeze shoulder blades together**
- **Shoulders back and down**
- **Keep body square to the front**

OPTION: No weight plate

TRIPLE TAP DOWN COMBO L THEN R. TRIPLE O/H PRESS

Step L on to step. Hold weights up to shoulders 1

Tap R to R side. Press weights O/H 2

Tap R to back. Weights down to shoulder level 3

Tap R to R side. Press weights O/H 4

Tap R to back. Weights down to shoulder level. 5

Tap R to R side. Press weights O/H 6

Step across R,L behind step. Hold weights to shoulder level 7-8

Repeat to the other side 9-16

- Weights remain in eye line at top of press
- Forward of face

OPTION: No weight

PULSE LUNGE

PHONETIC CUE 'Lunge down and up; down and up'

- **Feet about hip-width apart**
- **Long stance**
- **Back heel lifted**
- **Press front knee outward**
- **Chest up**

PULSE LUNGE L WITH WEIGHTED BOW & ARROW

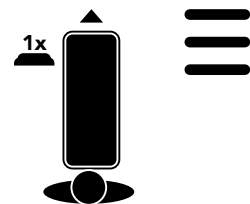
PHONETIC CUE 'Weights in, rotate; in, rotate'

Pulse lunge down then up. Weights in to chest 1-2

Pulse lunge down then up. Weighted bow & arrow L 3-4

- Squeeze back when weights are in to chest
- Push the front arm, and pull the bent arm at the same time in the Bow & Arrow
- **Brace abs to keep the hips square**
- Aim for a small rotation from the rib cage
- Weights finish just below shoulder height

OPTION: No weight plate



07. PARTY STEP

TRACK FOCUS

Add the layers of play that suit you and your class. Aim to get success on the floor, and drip feed the sass over time to keep the track achievable, sassy and fun.

Teach Flava

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Don't hate me coz I'm	½x8	Prepare to move	8	
0:01	Instr /	4x8 A	Tap Down L then R. RA 👁️ Next move on last 8cts	8	4x
0:16	Rep / _Do the pretty girl	4x8 A¹	Cha-Cha-Cha L then R. Natural 👁️ Next move on last 8cts	8	4x
0:30	C / All eyes on me	4x8 A²	Cha-Cha-Cha L then R. Stylized arms 👁️ Next move on last 8cts	8	4x
0:44	Rep / _Do the pretty girl	4x8 B	Propulsive Hamstring Curl L then R. Scoop & Clap	8	4x
0:58	Instr / (Quiet)	2x8 A	🔁 Tap Down L then R. RA	8	2x
1:06	V1 / My name is Keri	8x8 C	1x Tap Down & 1x Basic Step Combo L then R 👁️ Next move on last 8cts	16	4x
1:34	C / All eyes on me	8x8 D	1x Tap Down, 1x Basic & 2x Cha-Cha-Cha F&B Combo L then R 👁️ Next move on last 8cts	32	2x
2:03	Rep / _Do the pretty girl	4x8 B	🔁 Propulsive Hamstring Curl L then R. Scoop & Clap	8	4x
2:17	Instr / (Quiet)	2x8 A	🔁 Tap Down L then R. RA	8	2x
2:24	V2 / Catch me as the cameras	8x8 C	🔁 1x Tap Down & 1x Basic Step Combo L then R 👁️ Next move on last 8cts	16	4x
2:52	C / All eyes on me	8x8 D	🔁 1x Tap Down, 1x Basic & 2x Cha-Cha-Cha F&B Combo L then R 👁️ Next move on last 8cts	32	2x
3:21	Rep / _Do the pretty girl	4x8 B	🔁 Propulsive Hamstring Curl L then R. Scoop & Clap	8	4x
3:36	Instr / (Quiet)	4x8 C	🔁 1x Tap Down & 1x Basic Step Combo L then R 👁️ Next move on last 8cts	16	2x
3:49	Rep2 / Bet he turns his head	8x8 D	🔁 1x Tap Down, 1x Basic & 2x Cha-Cha-Cha F&B Combo L then R 👁️ Next move on last 8cts	32	2x
4:18	Rep / _Do the pretty girl	4x8 B	🔁 Propulsive Hamstring Curl L then R. Scoop & Clap	8	4x
4:32	Outro / Don't hate me coz I'm	1x8	Finale	8	



07. PRETTY GIRL ROCK 4:41mins

TECHNIQUE AND COACHING

TAP DOWN

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

- Body square to the front
- Set up the rhythmic alternating foot pattern

CHA-CHA-CHA

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

Cha-cha-cha L. *Natural* 1-2
Step R, L behind the step. *Natural* 3-4
Repeat to the other side 5-8

- Relax a little, and let your feet move to the quick 1-2-3 rhythm
- **Soften your knees**
- **Be light on your feet**

OPTION: Tap Down

CHA-CHA-CHA L THEN R. STYLIZED ARMS

PHONETIC CUE 'You have the freedom to add any arms you want'

Cha-cha-cha L. *Stylized* 1-2
Step R, L behind the step. *Stylized* 3-4
Repeat to the other side 5-8

- Hype up the use of everyone's individual style
- Create a fun party vibe

OPTION: Tap Down

CHA-CHA-CHA TRAVELING FORWARD & BACKWARD

PHONETIC CUE 'Cha-cha forward, step down, cha-cha backward, step down: forward, backward'

Cha-cha-cha L traveling forward. *Stylized* 1-2
Straddle down R, L. *Natural* 3-4
Cha-cha-cha R traveling backward. *Stylized* 5-6
Step back L, R. *Natural* 7-8

OPTION: Tap Down

PROPULSIVE HAMSTRING CURL

PHONETIC CUE 'Left foot on, right foot on; left foot, right foot'

- Lift heel towards the butt to work the back of the leg

OPTION: No propulsion

1X TAP DOWN & 1X BASIC STEP COMBO

PHONETIC CUE '1 tap down, 1 basic; 1 tap, one basic'

Tap Down L. *RA.* 1-4
Basic Step R. *RA.* 5-8
Repeat to the other side 9-16

- Use visual cues to show the direction to move, and the lead leg
- Coach the foot work first, and then add in the head turn in the Tap Down on ct 2

OPTION: No head turn

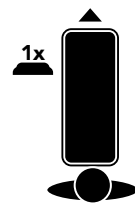
1X TAP DOWN, 1X BASIC & 2X CHA-CHA-CHA F&B COMBO

PHONETIC CUE '1 tap and look, basic step, cha-cha forward, cha-cha back; tap and look, basic step, cha-cha forward, cha-cha back'

Tap Down L with head turn. *RA* 1-4
Basic Step R. *RA* 5-8
Cha-cha-cha R traveling forward. *Stylized.* 9-10
Straddle down L, R. *Natural* 11-12
Cha-cha-cha L traveling backward. *Stylized* 13-14
Step back R, L. *Natural* 15-16
Repeat to the other side 17-32

- Coach the pattern to success
- Once the majority of the class achieves success, say less so that the music shines through
- In the last chorus, add the pose in the basic step on ct 6

OPTION: No frills



08. ATHLETIC CIRCUIT

TRACK FOCUS

Before you push play, quickly demonstrate the Kick Sit with these must do cues. Feet hip-width apart / weight on the balls of the feet to pivot and rotate / muscle tension around supporting shoulder / chest up. Let them know that there is also a standing option, and to use that standing option if they have any doubt in their ability to safely execute the Kick Sit.

Teach Athletic

Come into this track

Strong and authoritative.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / _All eyes on this	2½x8	A	Intro the track and prepare to move	20	
0:08	_All eyes on this	2x8	A	Low Power OTT & Squat L then R 👁️ Next move on last 8cts	8	2x
0:15	C / All eyes on this	8x8	A¹	Power OTT & Squat L then R	8	8x
0:42	Instr / All eyes on this	1x8		Transition to the back of the step		
0:46		3x8	B	1x Kick & Squat Jack L then R 👁️ Next move on last 8cts	16	
0:56	All eyes on this	4x8	C	Slow Kick Sit Combo L then R	32	
1:10	Rep / All eyes on this	8x8	C¹	Kick Sit Combo L then R	16	4x
1:37	Br / All eyes on this	½x8		Jump feet in, and stand up	4	
1:38	Instr /	4x8		Transition to L side of the step. March OTS, prepare to move	32	
1:48	V1 / Got everybody talking	8x8	D	Slow Indecision Straddle & Walk Around Combo L	32	2x
2:07	PC / I'm taking over	12x8	D¹	Speed Indecision Straddle & Jog Around Combo L	16	6x
2:41	Instr / _Black Pink in your area	3x8		Transition to side of the step 👁️ Next move on last 8cts	24	
2:51	V1 / Boran deushi	8x8	E	Staggered Squat Jump Combo L 👁️ Next move on last 8cts	8	8x
3:20	C / How you like that	8x8	E¹	Plyo Squat Jump Combo L	8	8x
3:48	Ref / I know I'll go	4x8		Transition to R side of the step. March L, R OTS, prepare to move	32	
3:58	V2 / Gaining all attention	8x8	D	 Slow Indecision Straddle & Walk Around Combo R	32	2x
4:17	PC / I'm taking over	12x8	D¹	 Speed Indecision Straddle & Jog Around Combo R	16	6x



08. ATHLETIC CIRCUIT

MUSIC			EXERCISE		CTS	REPS
4:51	Ref / _ Nalgae ileun	2x8	Transition to side of the step 👁️ Next move on last 8cts		24	
4:58	Geuttaeijeume neon	2x8	E	 Staggered Squat Jump Combo L 👁️ Next move on last 8cts	8	8x
5:05	C / _Yeah yeah	8x8	E ¹	 Plyo Squat Jump Combo L	8	8x
5:33	Ref / _All eyes on this	1½x8	Transition to the back of the step		12	
5:38	I'm the latest craze	3x8	B	 1x Kick & Squat Jack L then R 👁️ Next move on last 8cts	16	
5:49	All eyes on this	4x8	C	 Slow Kick Sit Combo L then R	32	
6:02	Rep / All eyes on this	8x8	C ¹	 Kick Sit Combo L then R	16	4x
6:31	PC / _Watch this	2x8	Transition to the L side of the step		16	
6:38	Watch this	2x8	A	 Low Power OTT & Squat L then R 👁️ Next move on last 8cts	8	2x
6:45	C / All eyes on this	8x8	A ¹	 Power OTT & Squat L then R	8	8x
7:13	Outro / All eyes on this	1x8	Finale		8	



08. ALL EYES ON THIS / BUZZ / HOW YOU LIKE THAT 7:22mins

TECHNIQUE AND COACHING

PRE-TRACK

Before you press play, quickly advise your class of the new Kick Sit exercise, and demonstrating it. Let your class know that they will also have a standing option, if they'd prefer to keep standing.

Key points:

- **Feet hip-width apart**
- **Heels lifted, pivot on balls of feet**
- **Keep muscle tension through supporting shoulder (Avoid dumping in to the shoulder)**
- **Maintain control throughout**

LOW POWER OTT & SQUAT

PHONETIC CUE 'Lift tall, sit low; lift tall, sit low'

Start in Squat position, R foot on the step, L foot on the floor

Squat up and stand tall on the step. Reach O/H. 1-2

Step R to the floor & Squat down. Pull fists to hips 3-4

Repeat to the other side 5-8

- Lift tall and reach high, right through to fingertips
- Focus on a good quality squat.
- **Bend knees**
- **Sit butt back and down**
- **Knees in line with toes**
- **Chest up**

POWER OTT & SQUAT

PHONETIC CUE 'Drive up, sit low; drive up, sit low'

Start in Squat position, R foot on the step, L foot on the floor

Plyo jump up and over the step. Reach O/H 1-2

Land L foot on the step, R on the floor & Squat down. Pull fists to hips 3-4

Repeat to the other side 5-8

- Use your legs and momentum of your arm swing to drive up and over the step with explosive power
- Focus on a good quality squat
- **Bend knees for a soft landing**
- **Sit butt back and down**
- **Knees in line with toes**
- **Chest up**

OPTION: Low Power OTT & Squat

1X KICK & SQUAT JACK

PHONETIC CUE 'Kick left, drop, stand; kick right, drop, stand'

Kick L. RA 1-4

Squat Jack down. Hands to top of thighs 5-6

Squat Jack up. Fists to hips 7-8

Repeat to the other side 9-16

- Use your legs and momentum of your arm swing to drive up and over the step with explosive power
- **Focus on a good quality Squat**
- **Bend knees for a soft landing**
- Sit butt back and down
- Knees in line with toes
- Chest up

OPTION: Low OTT & Squat



08. ALL EYES ON THIS / BUZZ / HOW YOU LIKE THAT 7:22mins

TECHNIQUE AND COACHING

SLOW KICK SIT COMBO

PHONETIC CUE ‘Kick through, pivot back, jump back, jump in, other side; kick through, pivot back, jump back, jump in’

Start in Crouch position, feet hip-width apart, and on balls of feet with heels slightly lifted

- Kick Sit R leg through to L side. *R hand on the step, L hand to R shoulder* 1-4
- Return to Crouch position with heels lifted 5-8
- Jump feet back to Plank position 9-12
- Jump feet in to Crouch position with heels lifted 13-16
- Repeat to the other side 17-32

- Start in Crouch position, feet hip-width apart, and on balls of feet with heels slightly lifted
- **Drive the palm of the supporting hand in to the step**, and keep muscle tension around the supporting shoulder (Avoid dumping body weight in to the shoulder without muscle tension)
- Strongly advise people to choose the standing option if they feel unsure about the Kick Sit. Get them to observe the Kick Sit today, and maybe give it a go in their next class.
- When you turn to Kick Sit, pivot on the balls of your feet with heels slightly lifted
- When you turn to Crouch position, pivot on the balls of your feet with heels slightly lifted
- **Strong ab brace throughout**, especially when you jump your feet back to Plank position
- Proud chest throughout
- **Keep the spine long**

OPTION: 1x Kick & Squat Jack

KICK SIT COMBO

PHONETIC CUE ‘Kick, pivot back, jump back, jump in; kick, pivot back, jump back, jump in’

Start in Crouch position, feet hip-width apart, and on balls of feet with heels slightly lifted

- Kick sit R leg through to L side. *R hand on the step, L hand to R shoulder* 1-2
- Return to Crouch position with heels lifted 3-4
- Jump feet back to Plank position 4-6
- Jump feet in to Crouch position with heels lifted 7-8
- Repeat to the other side 9-16

- Start in Crouch position, feet hip-width apart, and on balls of feet with heels slightly lifted
- **Drive the palm of the supporting hand in to the step**, and keep muscle tension around the supporting shoulder (avoid dumping body weight in to the shoulder without muscle tension)
- Strongly advise people to choose the standing option if they feel unsure about the Kick Sit. Get them to observe the Kick Sit today, and maybe give it a go in their next class.
- When you turn to Kick Sit, pivot on the balls of your feet with heels slightly lifted
- When you turn to Crouch position, pivot on the balls of your feet with heels slightly lifted
- **Strong ab brace throughout, especially when you jump your feet back to Plank position**
- **Proud chest throughout**
- **Keep the spine long**

OPTION: 1x Kick & Squat Jack



08. ALL EYES ON THIS / BUZZ / HOW YOU LIKE THAT 7:22mins

TECHNIQUE AND COACHING

SLOW INDECISION STRADDLE & WALK AROUND COMBO

PHONETIC CUE 'Walk up, straddle down, walk up, step over and turn, walk around the back to the start; up, straddle, up, over, walk around the back'

- Start to the L side of the step
- Step up R, L. RA 1-4
- Straddle down R, L. RA 5-8
- Straddle up R, L. RA 9-12
- Step down R L to the R Side and rotate body inward. RA 13-16
- Walk R, L, R, L, R, L, R, L around the back of the step to your start position. RA 17-32

- Use visual cues to assist in showing the direction to move
- Maintain and don't break the natural walking rhythm
- As you step down to the R side, rotate your body inward to face the step

SPEED INDECISION STRADDLE & JOG AROUND COMBO

PHONETIC CUE 'Run up, down, up, over, run around the back to the start; up, down, up, over, run around the back'

- Start to the L side of the step
- Run up R, L. RA 1-2
- Straddle down R, L. RA 3-4
- Run up R, L. RA 5-6
- Run down R, L to the R Side and rotate body inward. RA 7-8
- Run R, L, R, L, R, L, R, L around the back of the step to your start position. RA 9-16

- Use visual cues to assist in showing the direction to move
- Maintain and don't break the natural running rhythm
- As you run down to the R side, rotate your body inward to face the step
- Small ROM, and fast tempo running
-

OPTION: Smaller ROM or Light run OTS

STAGGERED SQUAT JUMP COMBO

PHONETIC CUE 'Stagger up, down, 2, 1; up, down, 2, 1'

- Staggered Squat Jump on to the step. Hands to top of thighs 1-2
- Staggered Squat Jump back to the floor. Hands to top of thighs 3-4
- Squat Pulse down & up 2x
- Hands to top of thighs 5-8

- **Feet wide**
- **Knees in line with toes**
- **Chest up**
- **Bend knees and work the squat phases**
- This move is all about the leg burn

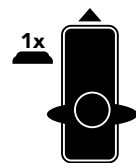
PLYO SQUAT JUMP COMBO

PHONETIC CUE 'Jump on, jump off, 2, 1; on, off, 2, 1'

- Plyo Squat Jump on to the step. Begin circular arms 1
- Plyo jump upward (towards the floor). Circular arms outward 2
- Land Squat Jump back to the floor. Hands to top of thighs 3-4
- Squat Pulse down & up 2x. Hands to top of thighs 5-8

- **Feet wide**
- **Soft knee landings**
- **Knees in line with toes**
- **Chest up**
- **Bend knees and work the squat phases**

OPTION: Staggered Squat Jump Combo with Circular arms



09. PEAK 3

TRACK FOCUS

Know the music!
Notice that the chorus combo is in blocks of 3x8
Connect to the ‘Hard’ theme to drive your participants to give it all that they’ve got. Go hard THEN go home!

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 / So hard , so hard	1x8		Standing on top of the step, prepare to move	8	
0:03	Instr /	2x8	A	Down Tap L then R.	4	4x
0:10	Rep / That I I I	6x8	B	Low 4x Repeater & Down Tap Combo L	24	2x
0:31	C / _So hard, yeah yeah	6x8	B ¹	4x Repeater & Down Tap Combo L	24	2x
0:52	Rep 2 / Go hard or go home	4x8	C	Propulsive OTT L then R	8	4x
1:06	Instr / That I I I	2x8	A	Down Tap L then R. RA Next move on last 8cts	4	4x
1:13	V1 / They can say whatever	4x8	D	Straddle L. RA Next move on last 8cts	4	8x
1:26	V1 / Go hard or go home	4x8	D ¹	Straddle Jog L. RA	4	8x
1:40	Ref / I’m gonna rock this	4x8	E	4x Squat Pulse L then R. <i>Hands to top of thighs</i> Next move on last 8cts	16	2x
1:54	Rep 3 / Go hard or go home	8x8	E ¹	Squat, Lunge, Double Squat Combo L then R	16	4x
1:22	Instr / That I I I	1x8	A	Stop, stand on top of the step, prepare to Tap Down R	8	
1:25	Instr /	1x8	A	Down Tap R then L. RA	4	2x
1:28	Ref / _That Rihanna reign	3x8		Low 4x Repeater & Down Tap Combo R	24	
2:39	C / _So hard, yeah yeaRep2 / h	6x8	B ¹	4x Repeater & Down Tap Combo R	24	2x
3:00	Rep2 / Go hard or go home	4x8	C	Propulsive OTT R then L	8	4x
3:13	Instr / That I I I	2x8	A	Down Tap R then L. RA Next move on last 8cts	4	4x
3:20	V2 / All up on it	4x8	D	Straddle R. RA Next move on last 8cts	4	8x
3:34	V2 / _See my Louis	4x8	D ¹	Straddle Jog R. RA	4	8x
3:49	Ref / _I want it all	4x8	E	4x Squat Pulse R then L. <i>Hands to top of thighs</i> Next move on last 8cts	16	2x
4:02	Rep 3/ Go hard or go home	8x8	E ¹	Squat, Lunge, Double Squat Combo R then L	16	4x
4:29	Instr / That I I I	1x8		Stop, stand on top of the step, prepare to Tap Down L	8	



09. PEAK 3

MUSIC			EXERCISE		CTS	REPS
4:33	Instr /	1x8	A	 Down Tap L then R. RA	4	2x
4:36	Ref / _That Rihanna reign	3x8		 Low 4x Repeater & Down Tap Combo L	24	
4:47	C / _So hard, yeah yeah	6x8	B ¹	 4x Repeater & Down Tap Combo L	24	2x
5:07	Rep2 / Go hard or go home	4x8	C	 Propulsive OTT L then R	8	4x
5:21	Outro / That I I I	1x8		Finale	8	



09. HARD 5:30mins

TECHNIQUE AND COACHING

DOWN TAP

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

- **Lightly tap toes to the floor, heels up**

LOW 4X REPEATER & DOWN TAP COMBO

PHONETIC CUE *'Repeater 4, 3, 2, other side, 4, 3, 2, single tap, 4, 3, 2, again repeater; 4, 3, 2, other side, 4, 3, 2, single tap, 4, 3, 2, 1'*

4x Repeater Knee Lift L. RA 1-8
4x Repeater Knee Lift R. RA 9-16
Down Tap L then R 2x. RA 17-24

Note: This combo is in blocks of 3x8 (24 Counts)

- Body on diagonal for the Repeaters
- Body square to the front for the Down Taps
- Set up the 4 / 4 / 4 pattern

4X REPEATER & DOWN TAP COMBO

PHONETIC CUE *'Repeater 4, 3, 2, other side, 4, 3, 2, single tap, 4, 3, 2, again repeater; 4, 3, 2, other side, 4, 3, 2, single tap, 4, 3, 2, 1'*

4x Repeater Knee Lift L. *Reach up & down* 1-8
4x Repeater Knee Lift R. *Reach up & down* 9-16
Down Tap L then R 2x. *Single punch O/H* 17-24

Note: This combo is in blocks of 3x8 (24 Counts)

- Body on diagonal for the Repeaters
- **Knee out over mid-foot**
- **Abs braced, hinge from hip**
- **Long spine**
- Body square to the front for the Down Taps

OPTION: Low 4x Repeater & Down Tap Combo

PROPULSIVE OTT

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

- Move with control

OPTION: Low OTT

STRADDLE

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

Straddle down L, R. RA. 1-2
Walk up L, R. RA 3-4

- Natural walking rhythm
- Chill and recover

STRADDLE JOG

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

Straddle down L, R. RA 1-2
Jog up L, R. RA 3-4

- Natural walking / running rhythm
- Start to build intensity

OPTION: Straddle

4X SQUAT PULSE

PHONETIC CUE *'Squat 4, 3, 2, over; 4, 3, 2, over'*

4x Squat Pulse L. *Hands to the top of thighs.* 1-7
Squat up & step L foot on to the step. *Bent arms O/H* 8
Repeat to the other side 9-16

- **Bend knees and sit butt back and down**
- **Chest up**
- **Knees in line with toes**
- Small pulse, stay low in the work



09. HARD 5:30mins

TECHNIQUE AND COACHING

SQUAT, LUNGE, DOUBLE SQUAT COMBO

PHONETIC CUE ‘Squat, lunge, double squat, over; squat, lunge, double squat, over’

- Squat L. Hands to top of thighs.1-2
- Lunge L. RA3-4
- Double Squat pulse L. Hands to top of thighs5-7
- Jump up an across towards the R side. Bent arms O/H8
- Repeat to the other side9-16

- Be sure to coach / cue the ‘Double Squat’ A common mistake is to prematurely jump to the other side
- Coach a deeper knee bend in the squats to work harder
- Coach a longer step back in to the lunge to get deeper
- Knees in line with toes
- Chest up

OPTION: 4x Squat Pulse

10. CONDITIONING 2

TRACK FOCUS

Coach technique for the weighted work, and the options if it gets too tough to maintain great form.

In the core work, aim to keep your lower back pressed towards the step throughout, and advise a smaller ROM / bent knees if the lower back lifts away from the step.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.



MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Holding 1 weight plate. Set up L Lunge position	16	
0:10	V1 / _Well I'm doing just fine	4x8	A	4x Slow Lunges & 4x Slow Squat L. Weight to the top of chest	32	
0:31	PC / I want my lips back	4x8	A ¹	Slow Lunge & Squat Combo w. Tricep Extensions & O/H Presses L	32	
0:52	C / (Instr)	8x8	A ²	Lunge & Squat Combo w.. Triceps Extensions & O/H Presses L	16	4x
1:34	Instr / (Quiet)	2x8		Recover, set up R Lunge position	16	
1:45	V2 / _I am the calm	4x8	A	 4x Slow Lunges & 4x Slow Squat R. Weight to the top of chest	32	
2:06	PC / I want my lips back	4x8	A ¹	 Slow Lunge & Squat Combo w Tricep Extensions & O/H Presses R	32	
2:27	C / (Instr)	8x8	A ²	 Lunge & Squat Combo w Triceps Extensions & O/H Presses R	16	4x
3:10	Intro / (Laugh)	4½x8		Transition to sit at the front of the step. Lay down, and hold the back edge of the step behind your head	32	
3:27	V1 / _Everyone knows a girl	6x8	B	1/1/6 Death Drop L then R	16	3x
3:48	PC / So lonely	4x8	C	Slow 8/8 Double Leg Controlled drop	16	2x
4:03	C / She's the one	8x8	D	Rope Climb L&R	4	16x
4:31	V2 / _Place your bets	6x8	B	 1/1/6 Death Drop L then R	16	3x
4:53	PC / So lonely	4x8	C	 Slow 8/8 Double Leg Controlled drop	16	2x
5:07	C / She's the one	8x8	D	 Rope Climb L&R	4	16x



10. CONFESSIONS / FREAK 5:38mins

TECHNIQUE AND COACHING

4X SLOW LUNGES & 4X SLOW SQUAT L. WEIGHT TO THE TOP OF CHEST

PHONETIC CUE 'Lunge 4, 3, 2, 1, step side; squat 4, 3, 2, 1, step back'

- 4x Slow Lunge L. Hold weight to the top of chest 1-14
- Lunge up and step L foot to L side of step. Hold weight to the top of chest 15-16
- 4x Slow Squat L. Hold weight to the top of chest 17-30
- Squat up and step L foot to the back of step. Hold weight to the top of chest 31-32

- Lunge
- Feet hip-width apart
 - Long step back
 - Back heel lifted
 - Press front knee outward
 - Chest up

- Squat
- Feet slightly wider than hip-width apart
 - Knees in line with toes
 - Sit butt back & down
 - Chest up

OPTION: No weights

SLOW LUNGE & SQUAT COMBO W TRICEPS EXTENSIONS & O/H PRESSES

PHONETIC CUE 'Triceps extension 4, 3, 2, 1, step side; weight down, press up, down, press up'

- 4x Slow Lunge L. 4x slow Triceps Extensions down then up 1-14
- Lunge up and step L foot to L side of step. Triceps Extension up 15-16
- 4x Slow Squat L. 4x Shoulder Press down then up 17-30
- Squat up and step L foot to the back of step. Shoulder press up 31-32

- Triceps Extension
- Keep the weight slightly in front of the body
- Abs Braced
- Bring elbows inward (Avoid letting the elbows flare outward)
- Tuck chin in slightly
- Move with control

OPTION: No weights
Upper body exercises only (Standing OTS)

LUNGE & SQUAT COMBO W TRICEPS EXTENSIONS & O/H PRESSES

PHONETIC CUE 'Faster lunge 4, 3, 2, 1, step side; down, press, down, press, down, press, down, press'

- 4x Lunge L. Hold weight to the top of chest 1-7
- Lunge up and step L foot to L side of step. Hold weight to the top of chest 8
- 4x Slow Squat L. Hold weight to the top of chest 9-15
- Squat up and step L foot to the back of step. Press weight O/H 16

- Triceps Extension
- Keep the weight slightly in front of the body
- Abs Braced
- Bring elbows inward (Avoid letting the elbows flare outward)
- Tuck chin in slightly
- Move with control

OPTION: No weights
Upper body exercises only (Standing OTS)



10. CONFESSIONS / FREAK 5:38mins

TECHNIQUE AND COACHING

SET UP FOR CORE WORK

- Lying on top of the step
- Hold on to the back edge of the step behind your head
- **Lower back towards the step**
- Legs up to 90° (Legs straight or knees soft)

1/1/6 DEATH DROP

PHONETIC CUE 'Drop, and rise; drop, and rise'
Start position: Legs up to 90° (Legs straight or knees soft)

Death drop L.
Holding on to the back of the step 1
Hold Death Drop down position. *Holding on to the back of the step* 2-4
Slowly return legs to 90° position. *Holding on to the back of the step* 5-8
Repeat to the other side 9-16

- Big toe slides down the lower leg, and stops at the inside of your knee
- Big toe slowly slides up the lower leg, to the 90 degree position
- **Straight leg drops down to 45 degrees**
- **Lower back pressed in to the step**
- Maintain a steady breathing rhythm

OPTION: Smaller ROM
With knees bent

SLOW 8/8 DOUBLE LEG CONTROLLED DROP

PHONETIC CUE 'Both legs slow, 4, 3, 2, rise; 4, 3, 2, 1'

Start position: Legs up to 90° (Legs straight or knees soft)
Slowly lower both legs to 45°. *Holding on to the back of the step* 1-8
Slowly lift both legs to 90°. *Holding on to the back of the step* 9-16

- Legs straight or knees soft
- **Lower back towards the step**

OPTION: Knees bent

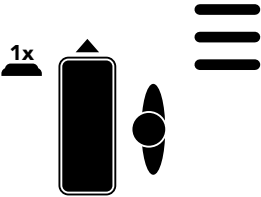
ROPE CLIMB

PHONETIC CUE 'Reach and pull; reach and pull'

Start position: Legs up to 90° (Straight legs or knees soft)
Rope climb R up toward toes, *pulls L elbow toward toes* 1-2
Repeat to the other side 3-4

- Reach high AND pull low
- Lower back down into step
- Visualize climbing up a rope
- Maintain a steady breathing rhythm
- Working through upper abdominals and obliques

OPTION: Knees bent



11. COOLDOWN/STRETCH

TRACK FOCUS

Nice long stretches. This will allow you to experiment, and adjust your position in stretches to get the most out of them.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS
0:00	V1 / Three little birds	1x8		Transition to the back of the step.	
0:05	V1 / <i>_And they told</i>	3x8	A	L foot on the step Hip Flexor Stretch R	24
0:21	V1 / <i>_Maybe sometimes</i>	4x8	B	Rotate R Side stretch R	32
0:42	C / Girl put your	4x8	C	Hamstring Floss L	32
1:03	Br / <i>_You're gonna find</i>	1½x8		Transition. R foot on the step	
1:12	V2 / <i>_Blue as the sky</i>	4x8	A	 Hip Flexor Stretch L	32
1:33	V2 / <i>_Maybe sometimes</i>	4x8	B	 Rotate to side stretch L	32
1:54	Br / <i>Strange_</i>	½x8		Transition to face F	4
1:56	C / Girl put your	4x8	C	 Hamstring Floss R	8
2:16	Br / <i>_You're gonna find</i>	1x8		Transition to lay on R side	8
2:24	Ref / <i>_Just more than</i>	2x8	D	Lying Quad Stretch L	16
2:36	<i>_When you gonna</i>	2x8	D	Lying Quad Stretch R	16
2:49	C / Girl put your	4x8	E	Active Calf Stretch	32
3:15	C / <i>_You're gonna find</i>	2x8		Walk feet towards hands Roll up	16



11. PUT YOUR RECORDS ON 3:27mins

TECHNIQUE AND COACHING

HIP FLEXOR STRETCH

- Gently move your hips to find the place where you feel the ideal stretch
- Squeeze your glutes and press your hips towards the step
- Chest up
- Long spine

ROTATE R

SIDE STRETCH R

- Gently and slowly rotate to look over your shoulder
- Place your hand on your hip
- Sink your hip towards the floor
- Feel this stretch around the hip, side glute and side of the body
- Breathe away

HAMSTRING FLOSS

PHONETIC CUE 'Rock back, and press forward; rock back, press forward'

- Gently fold over the leg
- Straighten leg or keep the knee soft to best suit your range

LYING QUAD STRETCH

- Lying on your side
- Stack hip on top of the other
- Hold top foot
- Pull top heel towards butt
- Bringing knees together

ACTIVE CALF STRETCH

- Down Dog position
- Hands on the step, feet on the floor
- Walk through your feet, pressing heels to the floor



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 honouring 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, colour 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.

