



BODYSTEP

125

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

RELEASE FOCUS

DECLARATION OF INTENT

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MUSIC

- 01

Get Together (3:53)

Banana Brood

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Written by: Hilversum, Flores, Van Daalen, Aubrey, Keen, Raba, Guetta
- 02

Dance Dance (The Mexican) (4:16)

Thalia

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Written by: Miranda, Shacklock, Olivier, Barnes, Rooney
- 03

Dance Dance (The Mexican) (0:35)

Thalia

© Courtesy of the Universal Music Group.

Written by: Miranda, Shacklock, Olivier, Barnes, Rooney
- 04

Strut (4:53)

Silver Star Alliance

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Written by: Lake
- 05

Kingston (5:45)

YaBx

© 2020 Electric Station Label.

Written by: Unknown
- 06

Take Me Out (4:51)

Dining Dash

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Written by: McCarthy, Huntley
- 07

Rotate (1:37)

Becky G & Burna Boy

© 2021 Kemosabe Records.

Written by: Ogulu, Gomez, Bennett, Campany, Judrin, McGregor, Rose
- 08

Rotate (1:42)

Becky G & Burna Boy

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Written by: Ogulu, Gomez, Bennett, Campany, Judrin, McGregor, Rose
- 09

Friday (4:16)

The Weekday Woes

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Written by: Wilson, Brankin, Reid, Campbell

- 10

Bang! (0:57)

Righteous Lightning

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Written by: R. Metzger, J. Metzger, A. Metzger
- 11

Suck My Cherry (1:12)

Rx Hex

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Written by: Stuart, Dubber, C. Nakazawa, M. Nakazawa, Ma, Lewis
- 12

Hold On (1:18)

Netsky feat. Becky Hill

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Written by: Daenen, Hill
- 13

Suck My Cherry (1:07)

Rx Hex

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Written by: Stuart, Dubber, C. Nakazawa, M. Nakazawa, Ma, Lewis
- 14

Hold On (0:56)

Netsky feat. Becky Hill

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Written by: Daenen, Hill
- 15

Bang! (1:00)

Righteous Lightning

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Written by: R. Metzger, J. Metzger, A. Metzger
- 16

Good 4 U (4:58)

Yo-Landaa

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Written by: Nigro, Rodrigo
- 17

Call Me (5:52)

Le Malls feat. Liliana Wilde

© 2017 Bantz Records.

Written by: Malihi, Pannia, Dattilo
- 18

We're Good (2:46)

Dua Lipa

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Written by: Friedman, Lipa, Silverstein, Warren



BODYSTEP 125



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

It's fresh and scorching hot! Welcome to BODYSTEP 125.

This feel great workout kicks off with a welcoming Warm-Up to *Get Together*, where we can celebrate the reopening of clubs worldwide and reconnecting with our workout buddies again. We continue to warm our stepping muscles with rhythm in Track 2 and also create a simple and fun BODYSTEP TikTok dance to *Dance Dance (The Mexican)*.

Next up, get ready to strike a pose and sass it up in Peak 1 to *Strut* and then we cross train in the Mixed Strength Track with Straddle Jumps, Speed Work and Bear Crawls.

We hit Peak 2 with a big push, lateral training and Split Shuffles and then bring in some weighted strength training in Conditioning 1 to *Rotate*.

Whether you're a Friday or Saturday person, get ready to raise the roof in the Party Step to *Friday*.

Check out the new Broad Jump Burpee in the Athletic Circuit and then we hit Peak 3 feeling energized, happy and healthy to the banger, *Good 4 U*.

Conditioning 2 is next. With a strong focus on triceps, glutes and obliques. Finally, we get to reflect on our efforts as we stretch out to *We're Good*.

Mark and the BODYSTEP team.

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 BODYSTEP, BODYPUMP™, LES MILLS GRIT™, LES MILLS TONE, LES MILLS CEREMONY™, and LES MILLS CONQUER™ instructor. She is based in Dunedin.

Martine Matapo-Kolisko (New Zealand) is a BODYSTEP, LES MILLS CORE™, BODYATTACK Presenter/Instructor and a LES MILLS TONE Instructor. She is based in Dunedin.

CREDITS

- Program Director** – Mark Nu'u-Steele
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Lisa Osborne
- Technical Consultant** – Andrew Newmarch
- Production Coordinator** – Laura Jackson

Special thanks to
Kaylah-Blayr Fitzsimons-Nu'u (New Zealand)
Mikhail Afus (Russia)



RELEASE FOCUS LUNGES

Last round our theme was Glute Activation. We mentioned vertical drive in moves like Lunges and Squats and about horizontal drive in Thrusters and Bridges – all driven by a powerful glute contraction.

Now we're honing in on this topic and the focus is **LUNGES**.

Last round we discussed that the glute max fired maximally in the base of the move when producing vertical drive, and decreased output as we returned to the top. Whereas, for moves like Bridges and Thrusters that contribute to horizontal drive, we get most activation at the top of the movement when the hips were extended.

Let's talk Lunge length.

It's important that we coach a **"long step back"** every time we set up a Lunge. This allows us to keep the weight evenly distributed and helps avoid too much compression in the front knee... "I know team it's one of the basics we learn when we start but there's nothing like a little refresher".

Coaching **"hips square"** is important too. Alignment is the gateway to power and we all need as much power as possible to train at our best. We lose power when unaligned and put our bodies into a poor position.

Tell me about... muscle activation in the front and back leg.

Wherever you are right now... stand up and get into a Lunge position. We know from last round the **glute fires in the front leg at the bottom of the Lunge**, which helps produce vertical drive. Can you feel the front leg fire?

But... what about the back leg?

Well, lucky you asked... Recent muscle activation studies performed by Dr. Jinger Gottschall show that the **glute max fires strongly in the back leg too**.

This is while the back leg is in **hip extension** and it is thought that the glute contraction mimics the type of activation we see during **horizontal drive** in athletic movements.

Just like running. Feel the glute firing again?

And when performing a Lunge all of our leg muscles work harder in a **dynamic Lunge** when compared to a static Lunge.

Now if we put a free weight in the mix and hold it on the same side of the back leg, we increase the activation of gluteus medius in the front leg. This is huge for building stability and control.

So what does this mean for you as an instructor? To get the most out of the Lunge, we want to be coaching a long step back with hips square every rep so keep coming back to it with your participants. Bring focus to the back leg as well as the front leg in terms of glute activation.

And speak to the benefits of adding a weight plate in the offset position.



RELEASE FOCUS LUNGES

Here are some examples to get you started:

- Take a long step back to keep the load even between the front and back leg
- Feel that strong glute contraction in the back leg – we are training our glutes to fire the way we need them when running and walking
- Simultaneously strengthening for vertical drive in the front leg and horizontal power in the back leg
- Dynamic Lunges are one of the fastest ways to shape and tone our glutes
- Holding a free weight in one hand fires our glute med – this is great for stability during any weight-bearing activity.

Now let's go and light this release up!



EXPRESS FORMATS

BODYSTEP 125

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	42:38

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	44:52

30-MINUTE FORMAT – Option 1

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Total Time	27:32

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	29:11

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 125

When mixing older releases with BODYSTEP 125 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 (1)
PC	Pre-chorus	V	Verse
ATT	Across The Top	Med	Medium (2)
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

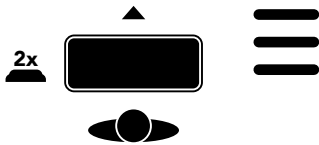
1. CLASSIC 45 MINUTES		2. CLASSIC 45 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Step Warm-up	Track 02	Step Warm-up
Track 03	Step Orientation CLASSIC	Track 03	Step Orientation CLASSIC
Track 04	Peak 1	Track 04	Peak 1
Track 05	Mixed Strength	Track 05	Mixed Strength
Track 06	Peak 2	Track 06	Peak 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 a feel-good, inclusive vibe by starting light. Just get your body moving, and connect to the "Get together" lyrics to celebrate how great it feels to be working out together in our live classes again.

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 / _ There's only	2½x8		Prepare to move	20	
0:15	V1 / What time is it	4x8	A	4x March On Top L. RA	8	4x
0:30	PC / It's twelve	4x8	B	3x Squat Pulse L then R. <i>Hands to top of thighs</i>	16	2x
0:45	C / Get together	8x8	C	3x Squat Pulse & 4x March On Top Combo L then R	32	2x
1:16	Br / Get get get	½x8	D	Hip Extension L. <i>HOH</i>	4	
1:18	Rep / Get together	4x8	D¹	Hip Extension R then L. <i>Open & Clap</i>	8	4x
1:33	V2 / Wind me up	4x8	A	 4x March On Top R. RA	8	4x
1:48	PC / It's twelve	4x8	B	 3x Squat Pulse R then L. <i>Hands to top of thighs</i>	16	2x
2:02	C / Get together	8x8	C	 3x Squat Pulse & 4x March On Top Combo R then L	32	2x
2:34	Br / Get get get	½x8	D	 Hip Extension R. <i>HOH</i>	4	
2:36	Rep / Get together	4x8	D¹	 Hip Extension L then R. <i>Open & Clap</i>	8	4x
2:51	Ref / _ Gone and I	4x8	E	3x Pulse Lunge L then R. <i>HOH</i>  Next move on last 8cts	16	2x
3:06	C / Get together	8x8	E¹	3x Pulse Lunge L then R. <i>HOH</i>  Next move on last 8cts	16	4x
3:37	Rep / Get together	4x8	D¹	 Hip Extension L then R. <i>Open & Clap</i>	8	4x



01. GET TOGETHER 3:53 mins

TECHNIQUE AND COACHING

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 L, R, L, R on top of the step 1-4
March L, R, L, R on the floor 5-8

- Use a visual cue to show the leading leg
- Natural walking rhythm
- Whole foot on the step
- Chest up
- **Abs braced**

3X SQUAT PULSE

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

Drop Squat L. Hands to top of thighs 1
Squat Pulse up halfway. Hands to top of thighs 2
Squat Pulse down then up x2. Hands to top of thighs 3-6
Step back and across R, L towards the other side. Fists to hips 7-8
Repeat to the other side 9-16

- Chest up
- **Bend knees, and sit the butt back and down**
- **Knees in line with toes**
- Use visual cues to show the direction to move

3X SQUAT PULSE & 4X MARCH ON TOP COMBO

PHONETIC CUE 'Squat 3, 2, 1, two basic steps, 2, 1, other side; 3, 2, 1, two basic steps, 2, 1'

3x Squat Pulse L. Push clasped hands F 1-6
Step R, L to the back of the step. Fists to hips 7-8
4x March On Top R. RA 9-16
Repeat to the other side 17-32

- Use visual cues to show the leading leg and the direction to move
- Chest up
- **Bend knees, and sit the butt back and down**
- **Knees in line with toes**
- Whole foot on the step

HIP EXTENSION WITH OPEN & CLAP ARMS

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

- **Squeeze glutes to move the leg**
- Keep the free leg low
- Move with control
- Whole foot on the step
- **Open your arms to actively stretch across your chest**

3X PULSE LUNGE

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

Triple Pulse Lunge L. HOH 1-6
Step L back to the floor, slightly wider than hip-width apart. HOH 7-8
Repeat to the other side 9-16

- **Long step onto the step**
- Back heel lifted
- **Front thigh parallel to step**
- Chest up

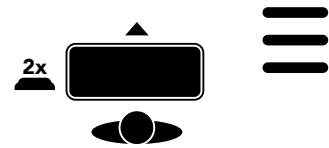
3X PULSE LUNGE WITH THORACIC ROTATION

PHONETIC CUE 'Push, rotate, center, change sides; push, rotate, center, change sides'

Pulse Lunge L. Clasped hands F 1-2
Pulse Lunge L. Rotate clasped hands L 3-4
Pulse Lunge L. Rotate clasped hands center 5-6
Step L back to the floor, slightly wider than hip-width apart. HOH 7-8
Repeat to the other side 9-16

- **Long step onto the step**
- Back heel lifted
- **Strong ab brace**
- Aim to rotate from the ribcage
- **Front knee out in line with toes**
- Chest up
- Hips square to front

OPTION: No thoracic rotation



02. STEP WARM-UP

TRACK FOCUS

We use rhythm to continue warming our bodies to this awesome throwback song. Towards the end of this track, we combine the 2 moves to create our very own BODYSTEP TikTok dance.

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	Intro / _ (Instr)	4x8	A Up Tap & 6x March Combo L then R (to center of the step) 👁️ Next move on last 8cts	16	2x
0:14	Instr /	4x8	A ¹ Up Tap & 6x March Combo L then R (to R then L side) 👁️ Next move on last 8cts	16	2x
0:29		4x8	A ² Freeze Tap & 6x March Combo L then R (to R then L side)	16	2x
0:44	C / (Instr)	4x8	B Tap Down L then R	8	4x
0:59		8x8	C 3x Tap Down & 1x Basic Step Combo L then R	32	2x
1:14	(Heavy)	8x8	C ¹ 3x Cha-Cha-Cha & 1x Basic Step Combo L then R	32	2x
1:44	(Quieter)	4x8	A ²  Freeze Tap & 6x March Combo L then R (to R then L side)	16	2x
1:59	V1 / Something's got	4x8	D Basic Step L. RA	4	8x
2:14	PC / Take me in your arms	4x8	C  3x Tap Down & 1x Basic Step Combo L then R	32	
2:29	C / Dance dance	4x8	C ¹  3x Cha-Cha-Cha & 1x Basic Step Combo L then R	32	
2:44	Br / Dance	1½x8	B ¹ Cha-Cha-Cha L. Natural Arms	4	
2:46	V2 / Hypnotizing	4x8	D  Basic Step R. RA	4	8x
3:01	PC / Lose my mind	4x8	C  3x Tap Down & 1x Basic Step Combo R then L	32	
3:16	C / Dance dance	8x8	C ¹  3x Cha-Cha-Cha & 1x Basic Step Combo R then L	32	2x
3:46	Instr /	2x8	A ²  Freeze Tap & 6x March Combo R then L 👁️ Next move on last 8cts	16	
3:54		6x8	A ³ Freeze Tap & Basic Step Combo R then L	16	3x
4:16	C / Dance dance	8x8	C ² Cha-Cha-Cha, Freeze Tap & Basic Step Combo R then L	32	2x
4:46	Outro /	1½x8	Freeze Tap onto the step. Clasped bent arms O/H	4	



02. DANCE DANCE (THE MEXICAN) 4:51 mins

TECHNIQUE AND COACHING

UP TAP & 6X MARCH COMBO

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

Up Tap L to center of the step. 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 show the leading leg, and to HOLD the 6x March OTS
- **Body on 45-degree angle**

UP TAP & 6X MARCH COMBO (TO R THEN L SIDE)

PHONETIC CUE 'Tap to the corner, march to the front, and turn to the other side; corner, march to the front, and turn to the other side'

Up Tap L to R diagonal on the step. RA 1-2
March R, L, R, L on the floor. RA 3-6
March R, L on the floor, turning to face the L diagonal. RA 7-8
Repeat to the other side 9-16

- Use a visual cue to show the angles of the Up Tap, and to rotate the 6x March
- **Body on 45-degree angle**

FREEZE TAP & 6X MARCH COMBO

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

Freeze Tap L to R diagonal on the step. Bent clasped hands O/H 1-2
March R, L, R, L on the floor. RA 3-6
March R, L on the floor, turning to face the L diagonal. RA 7-8
Repeat to the other side 9-16

- Whole foot on the step
- **Soft knee landing onto the step**
- **Knee in line with toes**
- **Abs braced**
- **Body on 45-degree angle**

OPTION: Up Tap & 6x March Combo

TAP DOWN

PHONETIC CUE 'Step, tap, change sides; step, tap, change sides'

- **Body square to the front**
- **Bend your supporting leg to sit deeper**
- Tap foot to the side of the step for bigger ROM to warm around the hips more. A common mistake is to tap the foot slightly behind the step (Small ROM)
- Move your body from one side of the step, across to the other side of the step

3X TAP DOWN & 1X BASIC STEP COMBO

PHONETIC CUE 'Tap down 3, 2, 1, basic step hold; 3, 2, 1, basic step'

Tap down L, then R, then L. RA 1-12
Basic Step R. RA 13-16
Repeat to the other side 17-32

- **Body square to the front**
- Use visual cues to show the direction to move, and to HOLD the Basic Step to the center
- Establish the 3x Tap Down and 1x Basic Step pattern

CHA-CHA-CHA & 1X BASIC STEP COMBO

PHONETIC CUE 'Cha-cha-cha 3, 2, 1, basic step hold; 3, 2, 1, basic step'

Cha-cha-cha L, then R, then L. Natural Arms 1-12
Basic Step R. RA 13-16
Repeat to the other side 17-32

- **Body square to the front**
- Relax a little
- Sit a little deeper
- Let your feet move to the faster beat in the music

OPTION: 3x Tap Down & 1x Basic Step Combo



02. DANCE DANCE (THE MEXICAN) 4:51 mins

TECHNIQUE AND COACHING

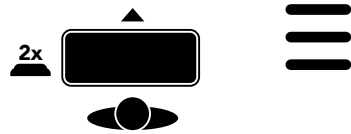
CHA-CHA-CHA, FREEZE TAP & BASIC STEP COMBO

PHONETIC CUE ‘Cha-cha-cha, Cha-cha-cha, Freeze, Basic Step; Cha-cha-cha, Cha-cha-cha, Freeze, Basic Step’

Cha-cha-cha L then R. <i>Natural Arms</i>	1-8
Freeze Tap L to R diagonal on the step.	
<i>Bent clasped hands O/H</i>	9-12
Basic Step R. <i>RA</i>	13-16
Repeat to the other side	17-32

- It’s like a TikTok dance. We’re just combining the 2 moves together
- Encourage to unleash and let themselves go. Feel the music and explore the rhythm

OPTION: Give it a go. Even if participants don’t master the combo yet, just encourage them to move their own way



03. PEAK 1

TRACK FOCUS

Use countdowns and clear visual cues to show the leading in the 3x Hamstring Curls On Top. Have a bit of fun by striking a pose to the camera click effects, and remember to keep the track inclusive for all by offering light options for those who 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 / _ Light it up	1x8		Prepare to move	8	
0:03	Instr / _ Woh oh	4x8	A	3x Hamstring Curl On Top L then R. <i>HOH</i> 👁️ Next move on last 8cts	16	2x
0:17	_ Woh oh	4x8	A ¹	3x Hamstring Curl On Top L then R. <i>Bent Raise Up & Down</i> 👁️ Next move on last 8cts	16	2x
0:31	Rep 1 / This is my life	8x8	A ²	3x Double Hop On Top L then R. <i>Bent Raise Up & Down</i>	16	2x
0:45	C / I'm gonna rock	2x8	B	Knee Lift L then R. <i>RA</i> (to center) 👁️ Next move on last 4cts	8	2x
	_ Stand up	2x8	B ¹	Knee Lift L then R. <i>RA</i> (to R then L sides) 👁️ Next move on last 4cts	8	2x
0:59	Rep 1 / I'm gonna rock	4x8	B ¹	Propulsive Knee Lift L then R. <i>Punch O/H</i>	8	4x
1:13	Ref / _ I'm a strut	2x8	B ²	Basic Step L. <i>RA</i> 👁️ Next move on last 4cts	4	4x
1:20	V1 / _ I'm a strut	4x8	C ¹	Basic Jog L. <i>RA</i> 👁️ Next move on last 8cts	4	8x
1:34	PC / _ I'm a strut	4x8	D	1x Knee Lift & 1x Hip Extension Combo L 👁️ Next move on last 8cts	8	4x
1:48	Rep 2 / This is my life	4x8	D ¹	1x Propulsive Knee Lift & 1x Freeze Hip Extension Combo L 👁️ Next move on last 8cts	8	4x
2:02	C / I'm gonna rock	2x8	A	🔁 3x Hamstring Curl On Top L then R. <i>HOH</i>	16	
2:09	_ Stand up	2x8	A ¹	3x Hamstring Curl On Top L then R. <i>Bent Raise Up & Down</i>	16	
2:16	Rep 1 / _ Woh oh	8x8	A ¹	3x Double Hop On Top L then R. <i>Bent Raise Up & Down</i>	16	4x
2:44	Br / Watch me here	1/2x8	B	🔁 Repeat Knee Lift L. <i>RA</i>	4	
2:46	Rep 1 / This is my life	4x8	B ²	🔁 Propulsive Knee Lift R then L. <i>Punch O/H</i>	8	4x
3:00	Ref / _ I'm a strut	2x8	C	🔁 Basic Step R. <i>RA</i> 👁️ Next move on last 4cts	4	4x



03. PEAK 1

MUSIC			EXERCISE		CTS	REPS
3:07	V2 / _ I'm the boss	4x8	C ¹	 Basic Jog R. RA  Next move on last 8cts	4	8x
3:21	PC / I'm a strut	4x8	D	 1x Knee Lift & 1x Hip Extension Combo R  Next move on last 8cts	8	4x
3:35	Rep 2 / This is my life	4x8	D ¹	 1x Propulsive Knee Lift & 1x Freeze Hip Extension Combo R	8	4x
3:49	C / _ I'm gonna rock	2x8	A	 3x Hamstring Curl On Top R then L. HOH	16	
3:56	_ Stand up	2x8	A ¹	 3x Hamstring Curl On Top R then L. Bent Raise Up & Down	16	
4:03	Rep 1 / _ Woh oh	8x8	A ¹	 3x Double Hop On Top R then L. Bent Raise Up & Down	16	4x
4:31	Br / Watch me here	½x8	B	 Knee Lift R. RA	4	
4:33	Rep 1 / This is my life	4x8	B ²	 Propulsive Knee Lift L then R. Punch O/H	8	4x
4:47	Outro /	1x8		Step onto the step, then strike 2x poses on the camera effects	8	

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.



03. STRUT 4:53 mins

TECHNIQUE AND COACHING

3X HAMSTRING CURL ON TOP

PHONETIC CUE 'Curl 3, 2, 1, change legs; 3, 2, 1, change legs'

Step L onto the step, then curl R leg. *HOH* 1-2
Step R onto the step, then curl L leg. *HOH* 3-4
Step L onto the step, then curl R leg. *HOH* 5-6
Step down R, L. *HOH* 7-8
Repeat to the other side 9-16

- Use visual cues to show the leading leg
- **Feet a little wider than hip-width apart on the step**
- Lift heels towards butt
- Hips square to front
- Maintain great posture by lifting your chest, and keeping shoulders back and down

3X HAMSTRING CURL ON TOP WITH BENT RAISE UP & DOWN

PHONETIC CUE 'Arms up, down, up, change legs; up, down, up, change legs'

Step L onto the step, then curl R leg. *Bent Raise F* 1-2
Step R onto the step, then curl L leg. *Pull fists to hips* 3-4
Step L onto the step, then curl R leg. *Bent Raise F* 5-6
Step down R, L. *Pull fists to hips* 7-8
Repeat to the other side 9-16

- Feet a little wider than hip-width apart on the step
- Scan the room; you may need to continue to use a visual cue to show the leading leg
- Maintain great posture by lifting your chest, and keeping shoulders back and down

OPTION: No arms

3X DOUBLE HOP ON TOP

PHONETIC CUE 'Double hop 3, 2, 1, change legs; 3, 2, 1, change legs'

Double Hop L onto the step, then curl R leg. *Bent Raise F* 1-2
Double Hop R onto the step, then curl L leg. *Pull fists to hips* 3-4
Double Hop L onto the step, then curl R leg. *Bent Raise F* 5-6
Step down R, L. *Pull fists to hips* 7-8
Repeat to the other side 9-16

- Feet a little wider than hip-width apart on the step
- Whole foot on the step
- **Soft knee landings on top of the step**
- Lifts heels towards the butt
- **Be light on your feet by keeping muscle tension through your quads, glutes and core**
- Maintain great posture by lifting your chest, and keeping shoulders back and down
- Chest up

OPTIONS: 3x Hamstring Curl On Top with Bent Raise Up & Down and/or: No arms

KNEE LIFT

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

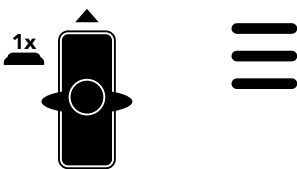
- **Knee to hip height**
- Maintaining great posture by lifting your chest, and bracing abs, shoulders back and down

PROPULSIVE KNEE LIFT

PHONETIC CUE 'Step knee, change sides; step knee, change sides'

- Roll through the foot to push off the step
- **Soften knee to land the jump (absorb the impact)**
- Abs braced
- **Aim to get your knee to hip level**

OPTION: No propulsion



04. MIXED STRENGTH

TRACK FOCUS

Before you push play, quickly demonstrate the Straddle Jump & Bear Crawl Combo, and let your class know that if this combo isn't for them, there is a standing option that they can do instead.

Coach technique for all the moves, especially the Bear Crawl. Scan the floor, and look after your newer participants by reminding them of their lighter options.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	1x8		Standing on top of the step	8	
0:03	Instr /	3x8	A	Down Tap L then R. RA 👁️ Next move on last 8cts	4	6x
0:14	V1 /	6x8	B	2x Propulsive Squat & 2x Down Tap Combo L 👁️ Next move on last 8cts	8	6x
0:36	C /	8x8	B¹	2x Propulsive Squat & 4x Speed Tap Combo L	8	8x
1:04	Ref /	2x8		Freeze 👁️ 2x Straddles on last 8cts	16	
1:13	V2 /	2x8	D	Straddle L. RA 👁️ Next combo	4	4x
1:22		10x8	C	Straddle Jump, Reach Down & 2x Straddle Combo L 👁️ Next combo 2x on the last 32cts	16	5x
2:04	C /	8x8	C¹	Straddle Jump & Bear Crawl Combo L OR Straddle Jump, Reach Down & 2x Straddle Combo	16	4x
2:33	Rep /	4x8	D	Straddle Jump Up and Down	4	8x
2:48	Br /	1x8		Straddle Jump to the top of the step. Fanned hands cross in front	8	
2:51	Intro /	1x8		🔄 Standing on top of the step	8	
2:55	Instr /	3x8	A	🔄 Down Tap R then L. RA 👁️ Next move on the last 8cts	4	6x
3:06	V3 /	6x8	B	🔄 2x Propulsive Squat & 2x Down Tap Combo R 👁️ Next move on the last 8cts	8	6x
3:27	C /	8x8	B¹	🔄 2x Propulsive Squat & 4x Speed Tap Combo R	8	8x
3:56	Ref /	2x8		Freeze 👁️ 2x Straddle on last 8cts	16	
4:05	V4 /	2x8	D	🔄 Straddle R. RA 👁️ Next combo	4	4x
4:14		10x8	C	🔄 Straddle Jump, Reach Down & 2x Straddle Combo R 👁️ Next combo 2x on the last 32cts	16	5x



04. MIXED STRENGTH

MUSIC				EXERCISE	CTS	REPS
4:57	C /	8x8	C ¹	 Straddle Jump & Bear Crawl Combo R	16	4x
5:26	Rep /	4x8	D	 Straddle Jump Up and Down	4	8x
5:40	Outro /	1x8		Straddle Jump on top of the step. <i>Cross arms in front</i>	8	



04. KINGSTON 5:45 mins

TECHNIQUE AND COACHING

PRE-TRACK:

Quickly demonstrate the Straddle Jump & Bear Crawl Combo and let your class know that there is also a standing option if this is not for them.

DOWN TAP

PHONETIC CUE ‘Tap left, right; left, right’

- **Bend knees to sit lower**
- **Hips square to front**
- Tap toes lightly to the floor

2X PROPULSIVE SQUAT & 2X DOWN TAP COMBO

PHONETIC CUE ‘Squat, Squat, Tap, Tap; Squat, Squat, Tap, Tap’

Med Propulsive Squat L then R. RA 1-4
Down Tap L then R. RA 5-8

- Chest up, abs braced
- **Bend knees, and sit the butt back and down**
- **Knees in line with toes**
- **Use your calves, quads and glutes to drive the Squat upward**
- **Soft knee landing**

OPTION: No propulsion

2X PROPULSIVE SQUAT & 4X SPEED TAP COMBO

PHONETIC CUE ‘Squat, Squat, Tap 4, 3, 2, 1; Squat, Squat, Tap 4, 3, 2, 1’

Med Propulsive Squat L then R. RA 1-4
Speed Tap L, R, L, R. RA 5-8

- Body weight heavy on the floor, abs braced, and light on the step
- In the Speed Tap, move your body across to the L then R sides, lightly tapping toes to the top of the step

OPTION: 2x Propulsive Squat & 2x Down Tap Combo

STRADDLE

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

- Note that the tempo of the music is slower in this section
- Start with feet on the floor. Walk up first

STRADDLE JUMP, REACH DOWN & 2X STRADDLE COMBO

PHONETIC CUE ‘Jump up, jump down, squat reach, stand tall, walk up, walk down, walk up, walk down; jump up, jump down, squat reach, stand tall, walk up, walk down, walk up, walk down’

Straddle Jump up. Bend cross in front with Fan Hands 1-2
Straddle Jump down. Hands to the top of thighs 3-4
Bend knees, chest up. Reach fingertips towards the step 5-6
Stand tall. Pull fists to hips 7-8
Straddle up then down L x2 9-16

- **Soft knee landings in the Straddle Jumps**
- **Bend knees heaps**, chest up and reach fingertips towards the step
- Be sure to cue ‘Stand Tall’ before you straddle. A common mistake is for participants to straddle up too early
- **Abs braced**
- **Knees in line with toes**

OPTION: Stagger landings in the Straddle Jumps to soften the impact



04. KINGSTON 5:45 mins

TECHNIQUE AND COACHING

STRADDLE JUMP & BEAR CRAWL COMBO

PHONETIC CUE 'Jump up, jump down, hands down, Bear Crawl, walk forward, walk back, jump in, stand tall; jump up, jump down, hands down, Bear Crawl, walk forward, walk back, jump in, stand tall'

Straddle Jump up. *Bend cross in front with Fan Hands* 1-2
Straddle Jump down. *Hands to the top of thighs* 3-4
Bend knees, chest up. *Reach fingertips towards the step* 5-6
Stand tall. *Pull fists to hips* 7-8
Straddle up then down L x2 9-16

- **Soft knee landings in the Straddle Jumps**
- **Knees in line with toes**
- **Bend knees heaps**, chest up and place hands on the step
- Feet back to Bear Crawl position, **hips above knees, and a strong ab brace to support the lower back**
- **Maintain a strong ab brace in the Bear Crawl forward and back.** Eye gaze between hands to help keep the spine long
- **Bend knees heaps** when you jump your feet in to Squat position, chest up
- Create muscle tension to make a strong sail

OPTION: Straddle Jump, Reach Down & 2x Straddle Combo

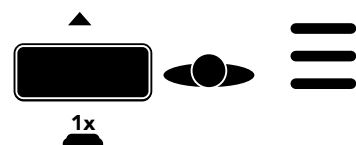
STRADDLE JUMP UP AND DOWN

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

Straddle Jump up. *Bend cross in front with Fan Hands* 1-2
Straddle jump down. *Hands to the top of thighs* 3-4

- This is the cardio kicker! Encourage your class to give it all they've got
- Let your class know how many reps there are, so that they know where the end is, and push themselves to get to the finish line
- **Bend knees on every landing**
- Chest up
- **Strong core**
- **Knees in line with toes**

OPTION: Staggered Straddle Jump or Straddle Up & Down



05. PEAK 2

TRACK FOCUS

Help participants lock in the 3x Leg Abduction pattern by using repetitive countdowns at the start of this track. Let them know that they can choose the intensity level of each move by removing the Jumps, or staying with the lighter options.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Take me out	½x8		Prepare to move	4	
0:02	C / (Instr)	2x8	A	Leg Abduction L. <i>Relaxed Arms</i>	4	4x
0:09	Instr /	4x8	B	3x Leg Abduction & ATT Combo L then R	32	
0:23	C / _ I say, don't	8x8	B¹	3x Propulsive Leg Abduction & Power ATT Combo L then R	32	2x
0:51	Br / _ I say	½x8	C	ATT L. <i>HOH</i>	4	
0:53	Rep / _ Take me out	4x8	C¹	Propulsive ATT R then L	8	4x
1:07	Instr / Take me out	2x8	D	Knee Lift R 👁️ Next move on last 8cts	4	4x
1:14	V1 / So if you're lonely	4x8	E	2x Repeater Back Tap R. <i>RA</i>	8	4x
1:27	If you leave	4x8	E¹	Propulsive 2x Repeater Back Tap R. <i>RA</i> 👁️ Next move on last 8cts	8	4x
1:42	Rep 2 / (Dubstep)	6x8	E²	Split Shuffle R	8	6x
2:02	Ref / I know I	2x8	A	🔁 Leg Abduction R. <i>Relaxed Arms</i>	4	4x
2:09	C / _ I say, don't	8x8	B¹	🔁 3x Propulsive Leg Abduction & Power ATT Combo R then L	32	2x
2:37	Br / _ I say	½x8	C	🔁 ATT R. <i>HOH</i>	4	
2:39	Rep / _ Take me out	4x8	C¹	🔁 Propulsive ATT L then R	8	4x
2:53	Instr /	2x8	D	🔁 Knee Lift L 👁️ Next move on last 8cts	4	4x
3:00	V2 / So if you're lonely	4x8	E	🔁 2x Repeater Back Tap L. <i>RA</i> 👁️ Next move on last 8cts	8	4x
3:14	If you leave	4x8	E¹	🔁 Propulsive 2x Repeater Back Tap L. <i>RA</i>	8	4x
3:27	Rep 2 (Dubstep)	6x8	E²	🔁 Split Shuffle L	8	6x
3:49	Ref / I know I	2x8	A	🔁 Leg Abduction L. <i>Relaxed</i>	4	4x
3:56	C / _ I say, don't	8x8	B¹	🔁 3x Propulsive Leg Abduction & Power ATT Combo L then R	32	2x
4:23	Br / _ I say	½x8	C	🔁 ATT L. <i>HOH</i>	4	
4:25	Rep / _ Take me out	6x8	C¹	🔁 Propulsive ATT R then L	8	6x
4:46	Outro / Take me out	1x8		Step R onto the step. <i>Push R palm of hand F</i>	8	



05. TAKE ME OUT 4:51 mins

TECHNIQUE AND COACHING

LEG ABDUCTION

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

Step R onto the step, then abduct L leg. HOH 1-2
Step L to the floor, then tap R to the floor. HOH 3-4

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

3X LEG ABDUCTION & ATT COMBO

PHONETIC CUE '3, 2, 1, across the top, hold; 3, 2, 1, across the top'

Step L onto the step, then abduct L leg. Bent Raise F 1-2
Step R to the floor. Fists to hips 3
Tap L back. Push L flexed hand F 4
Repeat cts 1-4 x2 5-12
Light Propulsive ATT L. Bent Raise F 13-14
Step L to the floor. Fists to hips 15
Tap R back. Push R flexed hand F 16
Repeat to the other side 17-32
OPTION: No arms

3X PROPULSIVE LEG ABDUCTION & POWER ATT COMBO

Step L onto the step, then jump and abduct L leg. Bent Raise F 1-2
Step R to the floor. Fists to hips 3
Tap L back. Push L flexed hand F 4
Repeat cts 1-4 2x 5-12
Light Propulsive ATT L. Bent Raise F 13-14
Step L to the floor. Fists to hips 15
Tap R back. Push R flexed hand F 16
Repeat to the other side 17-32

ATT

PHONETIC CUE 'Low across'

- Use a visual cue to show direction to move

PROPULSIVE ATT

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

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

OPTION: Low ATT

KNEE LIFT

PHONETIC CUE 'Lift your knee, step tap; lift your knee, step tap'

- **Body square to the front**
- 'Chill', reset and recover

2X REPEATER BACK TAP

PHONETIC CUE 'Knee, back, back, step side; knee, back, back, step side'

Step R onto the step, then lift L knee. RA 1-2
2x Repeater back tap L. RA 3-6
Step L to the L side, then tap R to the floor. RA 7-8

- **Keep body weight over the step**
- **Knee in line with toes, hips square to front**
- Lightly tap toes backwards to the floor
- Whole foot on the step

PROPULSIVE 2X REPEATER BACK TAP

PHONETIC CUE 'Jump, back, back, step side; jump, back, back, step side'

Step R onto the step, then jump and lift L knee. RA 1-2
2x Repeater Back Tap L. RA 3-6
Step L to the L side, then tap R to the floor. RA 7-8

- **Keep bodyweight over the step**
- **Knee in line with toes, hips square**
- Lightly tap toes backwards to the floor
- Whole foot on the step

OPTION: No propulsion



05. TAKE ME OUT 4:51 mins

TECHNIQUE AND COACHING

SPLIT SHUFFLE

PHONETIC CUE 'Lift your knee, tap, split split knee, step side; lift your knee, tap, split split knee, step side'

Step R onto the step, then jump and lift L knee.

RA 1-2

Tap L to the back. RA 3

Split shuffle L to the step and R to the floor. RA 4

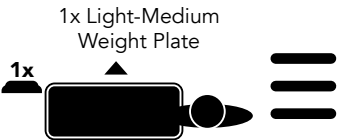
Split shuffle R to the step and L to the floor. RA 5

Lift L knee. RA 6

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

- **Keep body weight over the step**
- Lightly tap toes backwards to the floor
- Whole foot on the step
- **Abs braced**
- Common mistake: Leaning backwards, with body weight on the floor, and tapping toes to the step

OPTION: 2x Repeater Back Tap



06. CONDITIONING 1

TRACK FOCUS

Teach the foot pattern, then coach depth to work the legs more. Move the weight with control, and advise newer participants to use a light weight, or no weight at all.

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	Prepare to move 👁️ Next move on last 8cts	16	
0:08	V1 / Vámono'	4x8	A Small ROM 3x Squat Across & Lunge Combo L then R	16	2x
0:26	PC / Pa' dónde vas	2x8	A ¹ 3x Squat Across & Lunge Combo L then R 👁️ Next move on last 8cts	16	
0:35	C / Rotate	4x8	A ² Weighted 3x Squat Across & Lunge Combo L then R	16	2x
0:53	V2 / _ This is the	6x8	B Pulse Lunge Sequence L	48	
1:19	C / Rotate	4x8	🔄 Weighted 3x Squat Across & Lunge Combo L then R	16	2x
1:37	Br /	1/4x8	Release and shake out arms and legs	4	
1:38	C / (Instr)	2x8	B Move to the other side of the step	16	
1:46	V3 / Vámono'	4x8	A 🔄 Small ROM 3x Squat Across & Lunge Combo R then L	16	2x
2:04	PC / Pa' dónde vas	2x8	A ¹ 🔄 3x Squat Across & Lunge Combo R then L 👁️ Next move on last 8cts	16	
2:13	C / Rotate	4x8	A ² 🔄 Weighted 3x Squat Across & Lunge Combo R then L	16	2x
2:30	V4 / _ This is the	6x8	B 🔄 Pulse Lunge Sequence R	48	
2:57	C / Rotate	4x8	A ² 🔄 Weighted 3x Squat Across & Lunge Combo R then L	16	2x
3:15	Outro /	1x8	Shake out arms and legs	8	



06. ROTATE 3:19 mins

TECHNIQUE AND COACHING

PRE-TRACK SET UP:

PHONETIC CUE 'Collect 1x weight plate'

Get your class to stand to the L side of the step
You start on the R side of the step and preview 1x rep, then invite the class to join in

OPTION: No weight plate

SMALL ROM 3X SQUAT ACROSS & LUNGE COMBO

PHONETIC CUE 'Squat side, top, side, lunge; side, top, side, lunge'

- (Starting from the L side)
- *Do this sequence with a small ROM to set up the foot pattern*
- Squat R on the step, L on the floor. *Hold weight into the chest* 1
- Step L onto the step. *Hold weight into the chest* 2
- Wide Squat on top of the step. *Hold weight into the chest* 3
- Step L foot in close to the R foot. *Hold weight into the chest* 4
- Step R to the R side and squat down. *Hold weight into the chest* 5
- Lift L foot. *Hold weight into the chest* 6
- Step L foot back and lunge. *Hold weight into the chest* 7-8
- Repeat to the other side 9-16

- First, set up the foot and travel pattern, then coach depth in the Squats and Lunge to work the legs and glutes more
- **Knees in line with toes**
- Chest up, abs braced
- Pull the weight into the chest
- Shoulders back and down
- Create a pinch between the shoulder blades

OPTIONS: Hold weight into chest or no weight plate

WEIGHTED 3X SQUAT ACROSS & LUNGE COMBO

PHONETIC CUE 'Push, pull, push, rise; push, pull, push, rise'

- Squat R on the step, L on the floor. *Press weight F* 1
- Step L onto the step. *Hold weight F* 2
- Wide Squat on top of the step. *Pull weight into chest* 3
- Step L foot in close to the R foot. *Hold weight into chest* 4
- Step R to the R side and squat down. *Press weight F* 5
- Lift L foot. *Hold weight F* 6
- Step L foot back and Lunge. *Raise weight to above forehead level* 7-8
- Repeat to the other side 9-16

- Move weight with control
- Weight above forehead level; aim to move your biceps towards your ears. Avoid raising the weight too high (above or behind the head)
- **Knees in line with toes**
- **Sit your butt back and down**
- Chest up, abs braced
- **Long step back into the Lunge**
- Pull the weight into the chest
- Create a pinch between the shoulder blades

OPTIONS: Hold weight into chest or no weight plate



06. ROTATE 3:19 mins

TECHNIQUE AND COACHING

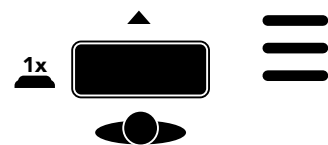
PULSE LUNGE SEQUENCE

PHONETIC CUE 'Pulse Lunge, hold it here, lower the weight to chest height'

- Pulse Lunge (R leg back)
- 2x Pulse Lunge R. *Hold weight to above forehead level* 1-4
- 2x Pulse Lunge R. *Slowly lower weight to chest level* 5-8
- Figure 8 (R leg back)
- Pulse Lunge R. *Small circle clockwise* 1-2
- Pulse Lunge R. *Small circle counter-clockwise* 3-4
- On last 4cts, *pull the weight into chest*

- Draw a figure 8 with your weight
- Circle the weight outward and downward first
- Keep your knuckles square to the front (avoid turning the weight like a steering wheel)
- **Strong ab brace to lock your hips in a 'squared to front' position**
- Shoulders back and down
- Small ROM (avoid a big swinging motion)
- **Take a long step onto the step**
- Back heel lifted
- Front thigh parallel to step
- Shoulders back and down
- **Press front knee outwards slightly**
- **Squeeze glutes to help with stability**

OPTIONS: Hold weight into chest or no weight plate



07. PARTY STEP

TRACK FOCUS

Before you push play, ask your class if they like Fridays more than Saturdays, or the other way around.

Tell them to remember what day they like more for later on in the track.

If you're team-teaching with someone, get one of you to be 'Friday' and the other to be 'Saturday'.

If you're teaching solo, maybe invite a member on stage with you, and get them to be 'Friday' and you be 'Saturday'.

It's a simple way to have a bit of fun with your class.

Teach Flava

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Prepare to move	8	
0:03	QC / What , it's Friday	4x8	A	1x Kick and 6x March OTS L then R 👁️ Next move on last 8cts	16	2x
0:17	C / What , it's Friday	4x8	A ¹	1x Kick and 6x March to the side L then R 👁️ Next move on last 8cts	16	2x
0:31	We want the weekend	4x8	A ²	1x Kick & 2x Chassé to the side L then R	16	2x
0:45	Instr /	2x8	B	Tap Down L then R	8	2x
0:52		2x8	B ¹	Cha-Cha-Cha L then R	8	2x
0:59	We want the weekend	4x8	B ²	Cha-Cha-Cha L then R with <i>Friday or Saturday Arms</i>	8	4x
1:14	V1 / _ I thought that	4x8	C	3x Repeater Knee Lift L then R (to the sides) 👁️ Next move on last 8cts	16	2x
1:28	Down for Friday	4x8	C ¹	Ricochet Repeater L then R 👁️ Next move on last 8cts	16	2x
1:42	We want the weekend	4x8	C ²	Ricochet Repeater L then R with <i>arm line</i>	16	2x
1:56	C / weekend it's Friday	4x8	A ¹	🔁 1x Kick and 6x March to the side L then R 👁️ Next move on last 8cts	16	2x
2:11	We want the weekend	4x8	A ²	🔁 1x Kick and 2x Chasse to the side L then R	16	2x
2:25	Br / end end end	½x8	B	🔁 Cha-Cha-Cha R then L. <i>Straight-Arm Shoulder Tilts</i>	4	2x
2:27	Instr /	4x8	B ²	🔁 Cha-Cha-Cha R then L with <i>Friday or Saturday Arms</i>	8	4x
2:41	V2 / Bad for me	4x8	C	🔁 3x Repeater Knee Lift R then L (to the sides) 👁️ Next move on last 8cts	16	2x
2:55	Down for Friday	4x8	C ¹	🔁 Ricochet Repeater R then L 👁️ Next move on last 8cts	16	2x
3:09	We want the weekend	4x8	C ²	🔁 Ricochet Repeater R then L with <i>arm line</i>	16	2x
3:23	We want the weekend	4x8	A ¹	🔁 1x Kick and 6x March to the side R then L 👁️ Next move on last 8cts	16	2x



07. PARTY STEP

MUSIC		EXERCISE		CTS	REPS
3:38	We want the weekend	4x8	A ²  1x Kick and 2x Chassé to the side R then L	16	2x
3:52	Br / End end end	½x8	B  Tap Down R	4	2x
3:54	Instr /	4x8	B ²  Cha-Cha-Cha L then R with <i>Friday or Saturday Arms</i>	8	4x
4:08	Outro / _ It's Friday then	1x8	Slow walk around the step, and then end with a 'What?' gesture	8	



07. FRIDAY 4:16mins

TECHNIQUE AND COACHING

PRE-TRACK:

PHONETIC CUE Ask your class if they're Friday or Saturday people – 'Fridays, hands up. Saturdays, hands up'

Tell them to remember what day they are for later on in the track

1X KICK AND 6X MARCH OTS

PHONETIC CUE 'Kick, march 6, 5, 4, 3, 2, 1; kick, 6, 5, 4, 3, 2, 1'

Step L onto the center of the step, then kick R leg. 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 show the leading leg for the Kick, and to HOLD the March OTS
- Low Kick, like you're kicking a football
- **Avoid flicking the foot forward and locking the knee**
- **Aim to move the Kick from the hip joint**

1X KICK AND 6X MARCH TO THE SIDE

PHONETIC CUE 'Kick to the side, turn your body, walk to the other side; kick, turn, walk to the other side'

Step L onto the R side of the step, then kick R leg. RA 1-2
Step down R, L, turning to face L. RA 3-4
Walk R, L, R, L across to the L side. RA 5-8
Repeat to the other side 9-16

- **Body square to the front in the Kick**
- Turn to face the opposite side as you step down
- Walk to the other side in a circular motion to move with a bigger ROM (take up more space behind the step)
- Low Kick, like you're kicking a football
- **Avoid flicking the foot forward and locking the knee**
- **Aim to move the Kick from the hip joint**

1X KICK AND 2X CHASSE TO THE SIDE

PHONETIC CUE 'Kick, step down, Cha-cha-cha, Cha-cha-cha; kick, step down, Cha-cha-cha, Cha-cha-cha'

Step L onto the R side of the step, then kick R leg. RA 1-2
Step down R, L, turning to face L. RA 3-4
Turning Cha-cha-cha R moving across towards the L side. Natural Arms 5-6
Turning Cha-cha-cha L moving across towards the L side. Natural Arms 7-8
Repeat to the other side 9-16

- Common mistake is to do the Cha-cha-cha 1x count too early. Emphasize the 'Step Down' portion of the Kick
- **Body square to the front in the Kick**
- Turn to face the opposite side as you step down
- The 2x Cha-cha-chas rotate a full 360°
- Cha-cha-cha to the other side in a circular motion to move with a bigger ROM (Take up more space behind the step)
- Low Kick, like you're kicking a football
- **Avoid flicking the foot forward and locking the knee**
- **Aim to move the Kick from the hip joint**

OPTION: 1x Kick and 6x March to the side

TAP DOWN

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

- **Body square to the front**

CHA-CHA-CHA

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

- **Body square to the front**
- **Bend your knees to sit a little deeper**
- Relax a little and let your feet move to the quick beat in the music



07. FRIDAY 4:16 mins

TECHNIQUE AND COACHING

CHA-CHA-CHA WITH FRIDAY OR SATURDAY ARMS

PHONETIC CUE ‘Push the ceiling, Friday people here (demonstrate)... or Saturday people here (demo)’

Friday people
Cha-cha-cha L. *Push the ceiling* 1-2
Step back and across R, L towards the L side. *Fists to hips* 3-4
Repeat to the other side 5-8

Saturday people
Cha-cha-cha L. *Fists to hips* 1-2
Step back and across R, L towards the L side. *Push the ceiling* 3-4
Repeat to the other side 5-8

- Say "Do you remember what day you were? Friday or Saturday?"
- Fridays, *hands push the ceiling* on cts 1-2
- Saturdays, *hands push the ceiling* on cts 3-4
- If you're team-teaching with someone, get one of you to be 'Friday' and the other to be 'Saturday'
- If you're teaching solo, maybe invite a member on stage with you, and get them to be 'Friday' and you be 'Saturday'
- It's a simple way to have a bit of fun with your class
- Just have fun and celebrate the weekend with your class

- **Body square to the front**

OPTION: Grumpy Monday Arms (RA)

3X REPEATER KNEE LIFT

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

- **Body on 45-degree angle**
- Body over the step
- Whole foot on the step
- **Lift knee to hip level**

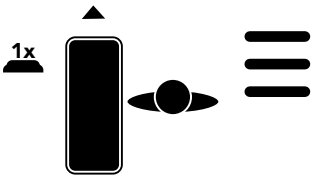
RICOCCHET REPEATER WITH ARM-LINE

PHONETIC CUE ‘Lift your knee, reach down, lift your knee, change sides; lift your knee, reach down, lift your knee, change sides’

Step L on R diagonal, then lift R knee. RA 1-2
Step R to the floor. RA 3
Tap L over the step to the floor. *Reach L towards the step* 4
Step L on R diagonal, then lift R knee. RA 5-6
Step down R, L, turning to face L diagonal. RA 7-8
Repeat to the other side 9-16

- Reach towards the step (not 'to' the step)
- Chest up
- **Brace abs**
- **Body on 45-degree angle**

OPTIONS: No Reach Down or 3x Repeater Knee Lift



08. ATHLETIC CIRCUIT

TRACK FOCUS

Before you press play, quickly demonstrate the Broad Jump Burpee, and advise your participants to choose the standing option if they feel unsure about it for now. Coach your class how to get the most out of the light options. Avoid saying ‘this is the EASY option’. Say something like ‘this is your lighter option, but you can still work hard by.....’

Teach Athletic

Come into this track

Strong and authoritative.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / _ Bang bang	1x8		Prepare to move	8	
0:02	Instr /	4x8	A	T-Step L then R. RA 👁️ Next move on the last 8cts	16	2x
0:16	C / So put your	8x8	A ¹	Propulsive T-Step L then R. RA	16	4x
0:44	Rep / Bang bang	4x8	B	Power OTT and Squat L then R	8	4x
0:57	Ref / One two seven	2x8	C	Jog L, R behind the step 👁️ Next move on last 8cts	16	
1:02	Rep / One two seven	4x8	D	4x Jog On Top L. RA	8	4x
1:12	V1 / _ Everyday	8x8	D	4x Jog On Top L. RA 👁️ Next move on the last 16cts	8	8x
1:31	I'm so done	4x8	E	3x Freeze Tap Combo L 👁️ Next move on last 16cts	16	2x
1:40	C / Hey!	12x8	E ¹	Traveling 3x Freeze Tap Combo L	16	6x
2:09	V1 / _ When the world	4x8	F	Jog L, R to the R side of the step, facing the step 👁️ Next move on last 16cts	32	
2:32	We can hold on	12x8	G	3x Squat On Top & Turning Run Combo 👁️ Next move on last 16cts	16	6x
2:54	C / We can hold on	12x8	G ¹	Broad Jump Burpee & Turning Jog Combo OR 3x Squat On Top & Turning Run Combo	16	6x
3:27	Ref / One two seven	2x8	C	 Jog R, L behind the step 👁️ Next move on last 8cts	16	
3:32	Nine ten eleven	2x8	D	 4x Jog On Top R. RA	8	2x
3:37	V2 / _ Everyday	8x8	D	 4x Jog On Top R. RA 👁️ Next move on last 16cts	8	8x
3:56	I'm so done	4x8	E	 3x Freeze Tap Combo R 👁️ Next move on last 16cts	16	2x
4:06	C / Hey!	12x8	E ¹	Traveling 3x Freeze Tap Combo L	16	6x
4:35	V2 / _ Feeling like we're	4x8	F	 Jog L, R to the R side of the step, facing the step	32	
4:46	_ And I know	4x8	G	 3x Squat On Top & Turning Run Combo 👁️ Next move on last 16cts	16	2x



08. ATHLETIC CIRCUIT

MUSIC		EXERCISE		CTS	REPS
4:57	C / We can hold on	12x8	G ¹  Broad Jump Burpee & Turning Jog Combo OR 3x Squat On Top & Turning Run Combo	16	6x
5:30	Instr /	2x8	Transition to the R side of the step  T-Step L then R. RA  Next move on last 8cts	16	
5:37		2x8	A  T-Step L then R. RA  Next move on last 8cts	16	
5:44	C / So put your	8x8	A ¹  Propulsive T-Step L then R. RA	16	4x
6:12	Rep / Bang bang	4x8	B  Power OTT and Squat L then R	8	4x
6:25	Outro / Bang bang	½x8	Flexed hands F	4	



08. BANG! / SUCK MY CHERRY / HOLD ON 6:30 mins

TECHNIQUE AND COACHING

T-STEP

PHONETIC CUE *‘Lift your knee, step back, lift your knee, step side; lift your knee, step back, lift your knee, step side’*

- Start to the R side of the step
- Step L to the step, then lift R knee. RA 1-2
- Step R, L behind the step. RA 3-4
- Step R to the step, then lift L knee. RA 5-6
- Step L to the L side, then tap R to the floor 7-8
- Repeat to the other side 9-16
- Use visual cues to show the direction to move
 - Set up the foot pattern

PROPULSIVE T-STEP

PHONETIC CUE *‘Jump to the back, jump to the side; jump to the back, jump to the side’*

- Step L to the step, then propel and lift R knee. RA 1-2
- Step R, L behind the step. RA 3-4
- Step R to the step, then propel and lift L knee. RA 5-6
- Step L to the L side, then tap R to the floor 7-8
- Repeat to the other side 9-16
- **Soft knee landings**
 - Use your calves, quads and glutes to drive upwards

OPTION: No propulsion

POWER OTT AND SQUAT

PHONETIC CUE *‘Jump, squat; jump, squat’*

- Power Jump OTT L. Reach O/H 1-2
- Squat with R foot on the step. Fists to hips 3-4
- Repeat to the other side 5-8
- Work both components of this move, the up AND the down with a quality Squat
 - Use your calves, quads and glutes to drive upwards
 - Absorb the landing by bending the knees and continue downward to a Squat
 - Work harder
- OPTION: No Jump

4X JOG ON TOP

PHONETIC CUE *‘4, 3, 2, 1, jog on the floor; 4, 3, 2, 1, jog on the floor’*

- 4x Jog On Top R, L, R, L. RA 1-4
- 4x Jog on the floor R, L, R, L. RA 5-8
- Whole foot on the step
 - Natural running rhythm
- OPTION: Small ROM

4X JOG ON TOP

PHONETIC CUE *‘Jog up 4, 3, 2, 1, jog on the floor; 4, 3, 2, 1, jog on the floor’*

- Speed Jog On Top L, R, L, R. RA 1-4
- Jog on the floor L, R, L, R. RA 5-8
- Start towards the R side of your step
 - Natural running rhythm
 - Whole foot on the step
- OPTION: Smaller ROM



08. BANG! / SUCK MY CHERRY / HOLD ON 6:30 mins

TECHNIQUE AND COACHING

3X FREEZE TAP COMBO

PHONETIC CUE ‘Freeze 3, 2, 1, squat, jog back; 3, 2, 1, squat, jog back’

Freeze Tap Down L. RA	1-2
Freeze Tap Down R. RA	3-4
Freeze Tap Down L. RA	5-6
Straddle Squat down. Hands to thighs	7-8
Jog L, R x4 to the back of the step. RA	9-16

- Leap on and freeze the tap to the floor
- **Soft knee landings**
- **Abs braced, chest up, slight tip forward from the hips**
- Bend knees heaps in the Straddle Squat
- Use a visual cue to show the leading leg

OPTION: Small ROM

TRAVELING 3X FREEZE TAP COMBO

PHONETIC CUE ‘Move forward, 3, 2, 1, squat, jog to the back; 3, 2, 1, squat, Jog back’

Freeze Tap Down L, traveling F. RA	1-2
Freeze Tap Down R, traveling F. RA	3-4
Freeze Tap Down L, traveling F. RA	5-6
Straddle Squat down. Hands to thighs	7-8
Jog L, R 4x to the back of the step. RA	9-16

- Travel towards the front of the step
- Jog right back to the start position
- Use a visual cue to show the leading leg

OPTIONS: No travel, smaller ROM

BROAD JUMP BURPEE & TURNING JOG COMBO

PHONETIC CUE ‘Squat, plank, squat, jump over, run, and turn, again; squat, plank, squat, jump over, run, and turn’

Squat. Stacked hands F	1-2
Jump back to Plank position	3-4
Jump feet in to Squat. Arms prepare to Broad Jump	5
Broad Jump over the step	6
Land in Squat position. Hands to thighs	7-8
Jog OTS, slowly turning 180 degrees. RA	9-16

- Use the momentum of the legs jumping in, and the arm swing forward to Broad Jump over the step
- Drive up and over to broad jump over the step
- If in doubt, stay with the 3x Squat On Top & Turning Run Combo
- **Bend knees heaps on the landing of the Broad Jump.** Landing towards a Squat
- **Bend knees heaps in the Squat**
- **Brace abs to support lower back in the Plank**

OPTION: 3x Squat On Top & Turning Run Combo

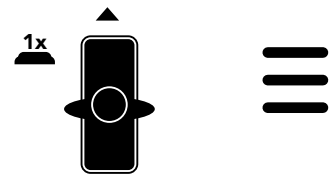
3X SQUAT ON TOP & TURNING RUN COMBO

PHONETIC CUE ‘Jump on and squat 3, 2, 1, jump down, jog, and turn; again, squat 3, 2, 1, jump down, jog, and turn’

Squat Jump onto the step. Hands to thighs	1-2
Squat Pulse down and up x2. Hands to thighs	3-6
Squat jump forward to the floor. Hands to thighs	7-8
Jog OTS, slowly turning 180 degrees. RA	9-16

- Bend knees heaps on the landings on and off the step
- **Knees in line with toes**
- Chest up

OPTIONS: Staggered landings on and off the step or smaller ROM



09. PEAK 3

TRACK FOCUS

Connect to the "Good 4 U" lyrics by throwing a strong finger point in the Propulsive Down Taps. Coach your class to rotate their entire body in the Rotating Squat Combo, and to keep their knees in line with their toes for knee safety.

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 / _ Well good 4 U	1x8		Prepare to move	8
0:03	Instr /	2x8	A	Down Tap L then R. RA	4 4x
0:10	(Heavier)	4x8	B	4x Propulsive Down Tap & 4x Repeater Knee Lift. RA L then R	32
0:24	C / _ Good 4 U	8x8	B ¹	Good 4 U Combo L then R	32 2x
0:52	Instr / (Riff)	4x8	C	Propulsive OTT L then R. Reach up and down	8 4x
1:06	(Quiet)	2x8	A	 Down Tap L then R. RA	4 4x
1:12	V1 / _ Well good 4 U	8x8	D	4x Squat Pulse & 4x Down Tap Combo L then R. Hands to thighs  Next move on last 16cts	32 2x
1:40	Rep / Maybe I'm too	8x8	D ¹	Rotating Squat Combo L & 4x Down Tap Combo L then R	32 2x
2:08	Instr (Quiet)	2x8	A	 Down Tap L then R. RA	4 4x
2:15	C / _ Good 4 U	8x8	B ¹	 Good 4 U Combo L then R	32 2x
2:42	Br / Oh	½x8	C ¹	OTT L. HOH	4
2:44	Rep 2 / Not me not me	4x8	C	 Propulsive OTT R then L. Reach up and down	8 4x
2:58	Instr (Quiet)	2x8	A	 Down Tap R then L&R. RA	4 4x
3:05	V2 / _ Well good 4 U	8x8	D	 4x Squat Pulse & 4x Down Tap Combo R then L. Hands to thighs  Next move on last 16cts	32 2x
3:32	Rep / Maybe I'm too	8x8	D ¹	 Rotating Squat & 4x Down Tap Combo R then L	32 2x
4:00	Instr / (Quiet)	2x8	A	 Down Tap R then L. RA	4 4x
4:07	C / _ Good 4 U	8x8	B ¹	 Good 4 U Combo R then L	32 2x
4:34	Br / Oh	½x8	C ¹	 OTT R. HOH	4
4:36	Rep 2 / Not me not me	4x8	C	 Propulsive OTT L then R. Reach up and down	8 4x
4:50	Outro / _ Well good 4 U	1x8		Create your own finale	8



09. GOOD 4 U 4:58 mins

TECHNIQUE AND COACHING

DOWN TAP

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

- Body weight on the step, lightly tap toes to the floor

4X PROPULSIVE DOWN TAP & 4X REPEATER KNEE LIFT COMBO

PHONETIC CUE 'Tap 4, 3, 2, repeater, 4, 3, 2, tap; 4, 3, 2, repeater, 4, 3, 2, 1'

4x Propulsive Down Tap L, R, L, R. RA 1-8
4x Repeater Knee Lift L. RA 9-16
Repeat to the other side 17-32

- Down Taps, **body square to the front**
- Toes to the floor, heels up. Avoid slamming heels to the floor
- Repeaters, **body on 45-degree angle**

OPTION: No propulsion

GOOD 4 U COMBO

PHONETIC CUE 'Point 4, 3, 2, repeater reach, 4, 3, 2, 1'

4x Propulsive Down Taps L, R, L, R. Alt throwing point F 1-8
4x Repeater Knee Lift L. Reach up and down 9-16
Repeat to the other side 17-32

- Down Taps, **body square to the front**
- Toes to the floor, heels up. Avoid slamming heels to the floor
- Repeaters, **body on 45-degree angle**
- Abs braced
- Connect to the 'you' lyrics by pointing to your class

OPTION: No arms

PROPULSIVE OTT

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

- Move with control
- OPTIONS: Low OTT/ No arms

4X SQUAT PULSE & 4X DOWN TAP COMBO

PHONETIC CUE 'Squat 4, 3, 2, single tap, 4, 3, 2, Squat; 4, 3, 2, single tap, 4, 3, 2, squat'

4x Squat Pulse L. Hands to thighs 1-7
Step L foot onto the step. Fists to hips 8
4x Down Tap R, L, R, L. RA 9-16
Repeat to the other side 17-32

- Use a visual cue to show the direction to squat, and to hold the Down Taps to the top
- **Knees in line with toes**
- **Sit butt back and down**
- Chest up

OPTION: Small ROM

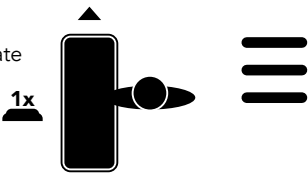
ROTATING SQUAT COMBO & 4X DOWN TAP COMBO

PHONETIC CUE 'Single, single, double, single tap, 4, 3, 2, again; single, single, double, single tap, 4, 3, 2, 1'

Squat R foot on the step. Surfer Arms 1
Propel and rotate inward. Surfer Arms 2
Squat L foot on the step. Surfer Arms 3
Propel and rotate outward. Surfer Arms 4
Double Squat R foot on the step. Surfer Arms 5-7
Step L foot onto the step. Fists to hips 8
4x Down Tap R, L, R, L. RA 9-16
Repeat to the other side 17-32

- Jump and rotate the entire body
- **Bend knees on every landing**
- Use a visual cue to show the direction to squat, and to hold the Down Taps to the top
- **Knees in line with toes**
- **Sit butt back and down**
- **Abs braced**
- Chest up
- Work in the Squats, recover in the Down Taps

OPTION: 4x Squat Pulse & 4x Down Tap Combo



10. CONDITIONING 2

TRACK FOCUS

Coach your class to move with control throughout this track. Avoid lowering the weight below chest level in the Squat phase of the Triceps Extension & Squat Combo, and coach your class to do the same.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / _ The audacity	1/2x8	Prepare to move	4	
		1x8	👁️ Next move on last 8cts	8	
0:10	V1 / I would be	4x8	A Slow Tricep Extension & Squat Combo L	8	4x
0:32	C / (Instr)	4x8	A ¹ Tricep Extension & Squat Combo L	4	8x
0:53	Ref / _ Tell me do you	2x8	B Transition to set up for Tricep Dips	16	
1:04	C / (Instr)	2x8	C Slow Tricep Dips	4	4x
1:14		2x8	C ¹ Quick Tricep Dips	2	8x
1:25	Ref / _ Let this	2 1/2x8	B Transition to stand, and set up to work the other side	20	
1:38	V2 / Love like a	4x8	A Slow Tricep Extension & Squat Combo R	8	4x
2:00	C / (Instr)	4x8	A ¹ Tricep Extension & Squat Combo R	4	8x
2:21	Ref / _ Tell me do you	2x8	B Transition to set up for Tricep Dips (Keep weight plate close to you)	16	
2:32	C / (Instr)	2x8	C Slow Tricep Dips	4	4x
2:42		2x8	C ¹ Quick Tricep Dips	2	8x
2:53	Ref / _ Let this	2 1/2x8	Transition to lie on the floor, prepare for Single-Leg Hip Bridge	20	
3:06	V3 / Love like a	4x8	D Alt Single-Leg Hip Bridge L then R	8	4x
3:28	C / (Instr)	4x8	E Single Single Double Cycle Oblique Combo L then R	8	4x
3:49	Ref / _ Tell me do you	2x8	Pick up weight plate, prepare for weighted core work 👁️ Next move on last 8cts	16	
4:00	C / (Instr)	4x8	D ¹ Weighted Single Single Double Cycle Oblique Combo L then R	8	4x
4:21	Ref / _ Let this	2 1/2x8	Weight to the floor, prepare for Single-Leg Hip Bridge	20	
4:34	V4 / Love like a	4x8	D Alt Single-Leg Hip Bridge L then R	8	4x
4:56	C / (Instr)	4x8	E Single Single Double Cycle Oblique Combo L then R	8	4x
5:17	Ref / _ Tell me do you	2x8	Pick up weight plate, prepare for weighted core work 👁️ Next move on last 8cts	16	



10. CALL ME 5:52 mins

TECHNIQUE AND COACHING

SLOW TRICEP EXTENSION & SQUAT COMBO

PHONETIC CUE 'Raise, bend, extend, lower; raise, bend, extend, lower'

Start with R foot on the step, L toes to the floor, L side. Holding weight, arms extended forward

Tap L to the step. Raise arms to biceps by ears 1-2

Bend elbows, weight towards back of head 3-4

Extend arms, biceps by ears 5-6

Step L to floor and Squat down. Lower straight arms F 7-8

- Keep weight in front of the body in the O/H position
- Elbows close to target triceps better
- Lower the chin slightly as weight goes towards back of head
- Abs braced
- Move with precision and control

OPTION: Standing on the floor, doing upper body moves only

TRICEP EXTENSION & SQUAT COMBO

PHONETIC CUE 'Faster, raise, bend, extend, lower; raise, bend, extend, lower'

Tap L to the step. Raise arms to biceps by ears 1

Bend elbows, weight towards back of the head 2

Extend arms, biceps by ears 3

Step L to floor and Squat down. Lower straight arms F 4

- Keep weight in front of the body in the O/H position
- Elbows close to target triceps better
- Lower the chin slightly as weight goes towards back of head
- Move with precision and control

OPTION: Standing on the floor, doing upper body moves only

TRANSITION TO SET UP FOR TRICEP DIPS

PHONETIC CUE 'Take a seat on your step'

- Sitting on the step
- Fingers point towards toes
- Chest up, abs braced
- Shoulders back and down, small squeeze between shoulder blades

OPTION: Hands back further to prepare for the seated Tricep Dip option

SLOW TRICEP DIPS

PHONETIC CUE 'Down, up, down, up'

Tricep Dip down (Bend elbows) 1-2

Tricep Dip up 3-4

- Fingers point toward toes
- Chest up, abs braced
- Shoulders back and down
- Keep butt close to the step throughout (avoid letting your butt shift forward)

OPTION: Seated with hands back further

QUICK TRICEP DIPS

PHONETIC CUE 'Faster, down, up, down, up'

Tricep Dip down (Bend elbows) 1

Tricep Dip up 2

- Fingers point toward toes
- Chest up, abs braced
- Shoulders back and down
- Keep butt close to the step throughout (avoid letting your butt shift forward)

OPTION: Seated with hands back further

TRANSITION TO LIE ON THE FLOOR, PREPARE FOR SINGLE LEG HIP BRIDGE

CUE 'Lie on the floor, butt close to the step, feet ontop of the step'

- Keep your weight plate close by, as you'll be using it for the core work shortly



10. CALL ME 5:52 mins

TECHNIQUE AND COACHING

ALT SINGLE-LEG HIP BRIDGE

PHONETIC CUE ‘Leg up, down and change; leg up, down and change’

- Single-leg Hip Bridge L up 1-2
- Lower down and place L foot on the step 3-4
- Repeat to the other side 5-8

- **Leg bent at 90 degrees**
- **Squeeze glutes upward**
- **Knee towards ceiling**
- Arms in A-Frame; they stay grounded to the floor
- Ribs to hips
- **Long spine**

OPTION: Keep both feet on the step

SINGLE SINGLE DOUBLE CYCLE OBLIQUE COMBO

PHONETIC CUE ‘Single, single, hold; single, single, hold’

- Fingertips to temples, feet off the step, knees bent to 90 degrees
- Cross Crawl L shoulder up, extend L leg F 1
 - Cross Crawl R shoulder up, extend R leg F 2
 - Cross Crawl L shoulder up, extend L leg F 3-4
 - Repeat to the other side 5-8

- Press lower back towards the floor
- Shoulder towards opposite knee
- Eye gaze towards knees
- Crunch ribs toward hips

OPTION: Keep feet on the step

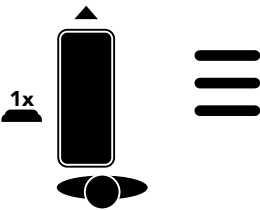
WEIGHTED SINGLE SINGLE DOUBLE CYCLE OBLIQUE COMBO

PHONETIC CUE ‘Single, single, hold; single, single, hold’

- Pick up weight
- Hold weight into chest, feet off the step, knees bent to 90 degrees
- Weighted Cross Crawl L shoulder up, extend L leg F 1
- Weighted Cross Crawl R shoulder up, extend R leg F 2
- Weighted Cross Crawl L shoulder up, extend L leg F 3-4
- Repeat to the other side 5-8

- Press lower back towards the floor
- Shoulder towards opposite knee
- Eye gaze towards knees
- Crunch ribs towards hips

OPTIONS: No weight; keep feet on the step



11. COOLDOWN/STRETCH

TRACK FOCUS

Your placement (in relation to the step) is crucial in this Cooldown. Place yourself, and coach your class to be in the correct position for EACH stretch. If people aren't in the correct position (in relation to the step), some stretches will be difficult to achieve successfully.

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 /	2x8		Transition to kneel behind the step	16
0:07	V1 / I'm on an island	4x8	A	Kneeling 90/90 Hip Flexor Stretch L and Tricep Stretch L	32
0:21	I think	2x8	B	Deep Lunge L	16
0:28	It's time I	2x8	B ¹	Deep Lunge with Thoracic Rotation L	16
0:36	C / We're good , we're	4x8	C	Kneeling Quad Stretch L	32
0:50	Not gonna	3x8	C ¹	Kneeling Hamstring Stretch R	24
1:00	We're good	1x8		Change sides	8
1:04	V2 / No need to hide	4x8	A	 Kneeling 90/90 Hip Flexor Stretch R and Tricep Stretch R	32
1:19	I think it's	2x8	B	 Deep Lunge R	16
1:26	It's time I	2x8	B ¹	Deep Lunge with Thoracic Rotation L	16
1:33	C / We're good , we're	4x8	C	 Kneeling Quad Stretch R	32
1:47	Not gonna We're good	3x8	C ¹	 Kneeling Hamstring Stretch L	24
1:58	Rep / Now you're	4x8	D	Kneeling Side Stretch L	32
2:12	C / We're good , we're	4x8	D	Kneeling Side Stretch R	32
2:27	Not gonna	3x8	F	Active Calf Stretch	24
2:37	We're good	1x8		Walk feet in towards step, roll up to standing	8



11. WE'RE GOOD 2:46mins

TECHNIQUE AND COACHING

TRANSITION TO KNEEL BEHIND THE STEP

PHONETIC CUE '*Lower knees towards the back of the room and come up to kneeling*'

- Move to the back of the step, slightly towards the R side

KNEELING 90/90 HIP FLEXOR STRETCH AND TRICEP STRETCH

- Kneeling on L knee, R leg F
- **Both legs at 90 degrees**
- Ribs stacked over hips
- L arm up and back to a Tricep Stretch
- Body tall

DEEP LUNGE

- Step R leg further forward
- L hand on the step
- Send hips towards the floor
- **Squeeze the glutes**
- Long spine

DEEP LUNGE WITH THORACIC ROTATION

- L hand on the step
- Rotate upper body R
- Extend R arm upwards

KNEELING QUAD STRETCH

- Step L arm over the step
- Bent R knee, moving R heel towards the butt
- Reach R hand back and grab R ankle
- Pull R heel towards the butt

KNEELING HAMSTRING STRETCH

- Step L hand back to the R side of the step
- Pull body weight back and straighten R leg
- Gently fold upper body over the R leg
- Feet relaxed, toes pointed

KNEELING SIDE STRETCH

- Extend R leg out to the R side
- Step L hand to L side, under the L shoulder
- R foot, L knee and L hand in a straight line
- Extend R arm over towards the L side
- Long line from your toes up to your fingertips

ACTIVE CALF STRETCH

- Both hands on the step
- Feet back to Down Dog position
- Walk alternating heel 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.

