



BODYSTEP 126

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

Hero (Dubvision Remix) (1:52)

Afrojack & David Guetta

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Written by: Van de Wall, Eriksen, Hermansen, Tedder, Scott, Goulding, Guetta

Remember (2:18)

Reality Bytes

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Written by: Poole, Sones, Thompson, Hill

02

Rasputin (3:07)

Evil Ears

© 2022 Les Mills Music Licensing Ltd.

Written by: Farian, Jay, Reyam

03

Levitating (4:43)

Sunburn Skully

© 2022 Les Mills Music Licensing Ltd.

Written by: Hudson, Coffee, Kozmeniuk, Lipa

04

Mortal Kombat Anthem (5:44)

Britta K

© 2022 Les Mills Music Licensing Ltd.

Written by: Engelen, Adams

05

Bad Habits (5:09)

Into The Crunch

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Written by: Gibson, McDaid, Sheeran

06

See You Later (Radio Edit) (3:15)

Bimbo Jones feat. Ida Corr

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Written by: Dagger, Burrows, Corr

07

Better In Color (5:16)

Outsource The Horse

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Written by: Pollack, Felder, Jefferson, Niceforo, Sorrells

08

Look At Me Go (1:47)

Netsky feat. Darren Styles

© 2020 Hospital Records.

Written by: Daenan, Mew

Make It Look Easy (0:48)

DITA

© 2019 Position Music.

Written by: Lake

Hero (Disto Remix) (0:51)

Afrojack & David Guetta

© 2021 Wall Recordings.

Written by: Van de Wall, Eriksen, Hermansen, Tedder, Scott, Goulding, Guetta

Make It Look Easy (0:48)

DITA

© 2019 Position Music.

Written by: Lake

Hero (Disto Remix) (0:51)

Afrojack & David Guetta

© 2021 Wall Recordings.

Written by: Van de Wall, Eriksen, Hermansen, Tedder, Scott, Goulding, Guetta

Look At Me Go (1:39)

Netsky feat. Darren Styles

© 2020 Hospital Records.

Written by: Daenan, Mew

I Want Love (5:06)

09

Shot Witless

© 2022 Les Mills Music Licensing Ltd.

Written by: Tedder, Rod, Cornish

10

Pretty Savage (2:09)

BLACKPINK

Courtesy of the Universal Music Group.

Written by: Johnson, Chung, J. Lee, S. Lee, Park, Unknown

We Used To Be Friends (4:21)

Campos

© 2021 Bigpop Music.

Written by: V. Knopp, A. Knopp, B. Gainsford

11

Kiss Me More (3:29)

Doja Cat feat. SZA

© 2021 Kemosabe Records/RCA Records.

Written by: Rowe, Gottwald, Lang, Chahayed, Dlamini, Powell II, Sprecher

Kiss Me More (0:10)

Doja Cat feat. SZA

© 2021 Kemosabe Records/RCA Records.

Written by: Rowe, Gottwald, Lang, Chahayed, Dlamini, Powell II, Sprecher



BODYSTEP 126



Mark Nu'u-Steele



Lisa Osborne



Kaylah-Blayr Fitzsimons-Nu'u

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 Auckland.

BODYSTEP Release 126 is packed with all the goodies to keep us all excited and motivated as we head further into the new year.

We call on our inner *Hero* to set a strong tone as we warm up with Squats, Lunges and Back Taps, and also *Remember*-ing to have fun along the way (see what I did there?)

Speaking of fun, check out the Cha-Cha-Cha rhythm and Cossack Arms in the Step Warm-up to *Rasputin*, and the uplifted feeling as we defy gravity and *Levitate* to hit our first cardio peak.

In the Mixed Strength track, we head to the arcade for a fun *Mortal Kombat* duel. The music, Hadouken Arms and the Side Walking Burpee make this my personal favorite track in this release!

Next, get ready for some multi-directional training as we flip our *Bad Habits* around to make them great habits in Peak 2.

In Conditioning 1, we say *See You Later* to the cardio and focus on balance, stability and working the posterior chain with light weight plates.

Did I mention fun? This colorful Party Step to *Better In Color* is bound to be one of the most fun EVER!

Speed is the name of the game in the Athletic Circuit. Get ready to see your class 'go OFF!'

We hit Peak 3 with more uplifting multi-directional training to *I Want Love*, and then end this track with conditioning work to the K-Pop hit *Pretty Savage*. As we cool down to *Kiss Me More*, I have a challenge... Can you find the bell in the song, and 'ding' it when you find it? Record yourself doing this, and tag me on Instagram @marknuusteelebodystep

Enjoy!

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)



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>



EXPRESS FORMATS

BODYSTEP 126

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	43:30

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	44:58

30-MINUTE FORMAT – Option 1

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

30-MINUTE FORMAT – Option 2

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 08	Athletic Circuit
Total Time	24:28

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 126

When mixing older releases with BODYSTEP 126 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		



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press. We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue – (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective – (“make that bar fly”) creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue (“squeeze the chest”) in a Chest Press followed by (“try and bend the bar”) – both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

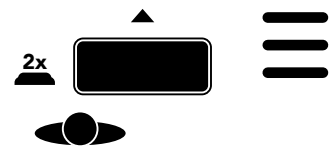
Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice - Good luck!



01. WARM-UP

TRACK FOCUS

Trust your feet; your natural leading leg should always lead the way. Be prepared for the 2 starting positions:

1) From the floor, moving up first

2) From the top of the step, moving down first.

In the Active Calf Stretch into the March On Top, coach your class to March On Top with the foot that's already on the step.

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 /	2x8		Move across to the L side of the step, R foot on the step. Prepare for Active Calf Stretch L	16	
0:13	V1 _ Little girl	4x8	A	Active Calf Stretch L. Bent Raise Up & Down	4	8x
0:28	PC / _ She dreams of	4x8	B	4x March On Top R. RA	8	4x
0:43	PC / Dreams get	4x8	C	Slow Lunge, Squat & Back Tap Combo R (R foot steps on, HOH in the Lunges)	32	
0:58	Tonight	4x8	C ¹	Slow Lunge, Squat & Back Tap Combo L (R foot steps back, RA in the Lunges)	32	
1:13	QC (Instr) / You you you	2x8	C ²	Lunge, Squat & Back Tap Combo R (L foot steps B)	16	
1:21	Instr / (Riff)	8x8	C ²	 Lunge, Squat & Back Tap Combo L then R (R foot steps B)	32	2x
1:51	Br /	1½x8		Step R foot to the floor and hold	4	
1:53	V2 / I'm doin	4x8	A	 Active Calf Stretch R. Bent Raise Up & Down (L foot on the step)	4	8x
2:07	If I could go	4x8	B	 4x March On Top L. RA	8	4x
2:23	C / Lying in bed	8x8	C ²	 Lunge, Squat & Back Tap Combo L then R (L foot steps on)	32	2x
2:53	V3 / My friends tell	4x8	B ¹	4x March down, then up R (R foot steps down)	8	4x
3:08	PC / If I could go	4x8	C ¹	 Slow Lunge, Squat & Back Tap Combo L (R foot steps B)	32	
3:23	QC / Lying in bed	12x8	C ²	 Lunge, Squat & Back Tap Combo L then R (L foot steps B)	32	3x
3:52	Rep / I'm missing you	3½x8	B ¹	 4x March down then up L (L foot steps down)	8	3½x
4:06	You , it's only when	1x8		Hamstring Curl L then R. HOH	8	



01. HERO (DUBVISION REMIX) / REMEMBER 4:10mins

TECHNIQUE AND COACHING

ACTIVE CALF STRETCH

PHONETIC CUE 'Heel up, heel down; up, down'

Heel up. Bent Raise F1-2

Heel down. Fists to hips3-4

- Shift body weight over the step
- Lift and lower the back heel
- Mobilizing around the ankle and warming the calf

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. RA1-4

March L, R, L, R on the floor. RA5-8

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

SLOW LUNGE, SQUAT & BACK TAP COMBO

PHONETIC CUE 'Lunge, lunge step up, squat, squat back tap, 8, 7, 6, 5, 4, 3, 2, 1, 2 Lunges, 2 Squats, 8 Back Taps'

Slow Lunge R, down, up, down. HOH (R foot steps on)1-6

Step L onto the step7-8

Step R wide on top and slow Squat down, up, down. Hands to top of thighs9-14

Squat up and step L foot close to the R foot. Fists to hips15-16

Back Tap R,L x4. RA17-32

Slow Lunge L, down, up, down. RA (R foot steps back)33-38

Step R onto the step39-40

Step L wide on top and slow Squat down, up, down. Hands to top of thighs41-46

Squat up and step R foot close to the L foot. Fists to hips47-48

Back Tap L, R x4. RA49-64

- Use clear visual cues to show the leading leg, and the directions to travel
- Focus on teaching the pattern first
- Back heel lifted in the Lunge
- Front knee in line with mid-foot
- Chest up
- Bend knees and sit the butt back and down
- Toes lightly tap the floor in the Back Taps, body weight over the step



01. HERO (DUBVISION REMIX) / REMEMBER 4:10mins

TECHNIQUE AND COACHING

LUNGE, SQUAT & BACK TAP COMBO

PHONETIC CUE 'Faster, lunge, squat, back tap 4, 3, 2, 1; lunge, squat, back tap 4, 3, 2, 1

- Lunge R, down, up, down. HOH (L foot steps back) 1-3
- Step L onto the step 4
- Step R wide on top and slow Squat down, up, down. Hands to top of thighs 5-7
- Squat up and step L foot close to the R foot. Fists to hips 8
- Back Tap R, L, R, L. RA 9-16
- Repeat to the other side 17-32

- Use clear visual cues to show the leading leg and the directions to travel
- Back heel lifted in the Lunge
- Front knee in line with mid-foot
- Chest up
- Bend knees, and sit the butt back and down in the Squat
- Toes lightly tap the floor in the Back Taps, body weight over the step

4X MARCH DOWN THEN UP

PHONETIC CUE '4 Marches down, then up; down, up'

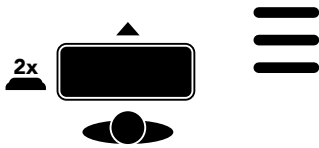
- March R, L, R, L on the floor. RA 1-4
- March R, L, R, L on top. RA 5-8

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

HAMSTRING CURL (TO THE CENTER OF THE STEP)

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

- Step L to step then lift R heel towards butt. HOH 1-2
- Step down R, L. HOH 3-4
- Repeat to the other side 5-8
- Heel towards butt
- Wake up the back of your legs
- Whole foot on the step



02. STEP WARM-UP

TRACK FOCUS

Be aware of the extra rep of the T-Step before the Hamstring Curls. This is the transition that will get you to flawlessly do the Basic Steps on the other leg.

Feel the music for the rhythm of the Cha-Cha-Cha, and if it feels good, try the Cossack Arms for a bit of themed fun.

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 /	2x8	A	Hamstring Curl L then R. <i>HOH (to center)</i>	8	2x
0:07	Instr / (Riff)	4x8	A ¹	Hamstring Curl L then R. <i>Scoop & Clap (to corners)</i>	8	4x
0:22	V1 / There lived a	4x8	B	Basic Step L. <i>RA</i>	4	8x
0:37	PC / He could preach	4x8	C	3x Repeater Knee Lift L then R. <i>RA</i> 👁 T-Step on the last 8cts	16	2x
0:52	Instr /	2x8	C ¹	T-Step L then R. <i>RA</i> 👁 Cha-Cha-Cha on the last 8cts	16	
1:00		2x8	C ²	T-Step L then R with Cha-Cha-Cha. <i>RA</i> 👁 Cossack Arms on the last 8cts	16	
1:07	C / Ra Ra Rasputin	5x8	C ³	T-Step L then R with Cha-Cha-Cha and Cossack Arms. <i>RA</i>	16	2½x
1:26	On on	1x8	B ²	Hamstring Curl L then R. <i>HOH (to corners)</i>	8	
1:30	Instr / (Riff)	4x8	A ¹	🔄 Hamstring Curl R then L. <i>Scoop & Clap (to corners)</i>	8	4x
1:44	V2 / There lived a	4x8	B	🔄 Basic Step R. <i>RA</i>	8	4x
2:00	PC / He could preach	4x8	C	🔄 3x Repeater Knee Lift R then L. <i>RA</i> 👁 T-Step on the last 8cts	4	8x
2:15	Instr /	2x8	C ¹	🔄 T-Step R then L. <i>RA</i> 👁 Cha-Cha-Cha on the last 8cts	16	
2:22		2x8	C ²	🔄 T-Step R then L with Cha-Cha-Cha. <i>RA</i> 👁 Cossack Arms on the last 8cts	16	
2:30	C / Ra Ra Rasputin	4x8	C ³	🔄 T-Step R then L with Cha-Cha-Cha and Cossack Arms. <i>RA</i>	16	2x
2:45	Br / On on	1x8	B ²	🔄 Hamstring Curl R then L. <i>HOH (to corners)</i>	8	
2:48	Outro / Let's go _ (Riff)	4x8	A ¹	🔄 Hamstring Curl R then L. <i>Scoop & Clap (to corners)</i> Finale on the last 2cts. Feet apart. <i>Cossack Arms</i>	8	4x



02. RASPUTIN 3:07mins

TECHNIQUE AND COACHING

HAMSTRING CURL (TO THE CENTER OF THE STEP)

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

Step L to step then lift R heel towards butt. *HOH* 1-2
Step down R, L. *HOH* 3-4
Repeat to the other side 5-8

- Heel towards butt
- Wake up the back of your legs
- Whole foot on the step

HAMSTRING CURL (TO THE CORNERS)

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

Step L to step then lift R heel towards butt. *Scoop & Clap* 1-2
Step down R, L. *Scoop & Clap* 3-4
Repeat to the other side 5-8

- Uplifting vibe to match the lift in the music
- Heel towards butt
- Whole foot on the step

OPTION: No arms

BASIC STEP

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

- Use a visual cue to show the leading leg
- Natural walking rhythm
- Whole foot on the step
- Chest up
- Have a bit of fun with the lyrics "He was big and strong"

3X REPEATER KNEE LIFT

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

3x Repeater Knee Lift L to the center of the step. *RA* 1-6
Step down R, L. *RA* 3-8
Repeat to the other side 9-16

- Body weight over the step
- Core braced
- Slight tip forward from the hips
- Chest up
- Knee forward to around hip level or a bit lower
- Strong Running Arms

T-STEP

PHONETIC CUE 'Lift your knee, step side, lift your knee, step back; knee, side, knee, back'

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

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

OPTION: 3x Repeater Knee Lift



02. RASPUTIN 3:07mins

TECHNIQUE AND COACHING

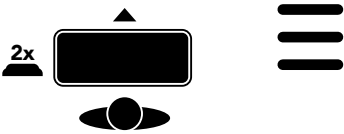
T-STEP WITH CHA-CHA-CHA AND COSSACK ARMS

PHONETIC CUE 'Lift your knee, step cha-cha-cha, lift your knee, step back; lift your knee, step cha-cha-cha, lift your knee, step back'

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

- Body square to the front
- Cha-Cha-Cha rhythm and Cossack Arms on ct 4
- Feel the rhythm in the music
- Use imagery of a Cossack dancer
- Have fun with this

OPTIONS: T-Step or 3x Repeater Knee Lift



03. PEAK 1

TRACK FOCUS

Use clear visual cues to show the leading leg, direction to move, and to hold the Bounce OTS. Coach technique and lighter options for the Jumping Jacks, and have fun with the ‘Levitating’ theme.

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 /	½x8	Prepare to move	4	
0:02	Instr /	2x8	A Bounce L&R. <i>Relaxed arms by sides</i>	2	8x
0:08	Rep1 / _ Blast off	8x8	B 3x Hip Extension and Bounce OTS L then R	32	2x
0:37	C / _ You can fly	4x8	B¹ 3x Propulsive Hip Extension and Bounce OTS L then R	32	
0:51	Rep / _ I’m levitating Blast off	2x8	C Knee Lift L then R. <i>RA (to center)</i> 👁️ Propulsive Knee Lift on last 4cts	8	2x
0:58	_ I’m levitating Blast off	2x8	C¹ Propulsive Knee Lift L then R. <i>RA (to corners)</i>	8	2x
1:05	Br /	1x8	D 4x March On Top L. <i>RA</i>	8	
1:08	V1 / If you want to	4x8	D¹ 4x Jog On Top L. <i>RA</i> 👁️ Knee Lift & Side Tap Combo on the last 8cts	8	4x
1:23	PC / _ You want me	2x8	E Knee Lift & Side Tap Combo 👁️ Freeze Knee Lift & Side Tap Combo on the last 8cts	8	2x
1:30	QC / I’ve got you	2x8	E¹ Freeze Knee Lift & Side Tap Combo L 👁️ Freeze Knee Lift & Side Tap w <i>Arms Combo</i> on the last 8cts	8	2x
1:37	C / I’ve got you	4x8	E² Freeze Knee Lift & Side Tap with Arms Combo L 👁️ Freeze Knee Lift & Jumping Jack Combo on the last 8cts	8	4x
1:50	I’ve got you	4x8	E³ Freeze Knee Lift & Jumping Jack Combo L	8	4x
2:05	Br /	1x8	A  Bounce L&R. <i>Relaxed arms by sides</i>	2	4x
2:08	Rep1 / My love is	4x8	B 3x Hip Extension and Bounce OTS L then R	32	
2:22	C / _ You can fly	4x8	B¹ 3x Propulsive Hip Extension and Bounce OTS L then R	32	
2:36	Br /	½x8	C Knee Lift L. <i>RA (to center)</i>	4	
2:38	Rep 2 / _ I’m levitating	4x8	C¹  Propulsive Knee Lift R then L. <i>RA (to corners)</i>	8	4x
2:51	Br /	1x8	D  4x March On Top R. <i>RA</i>	8	
2:55	V2 / I believe	4x8	D¹  4x Jog On Top R. <i>RA</i> 👁️ Knee Lift & Side Tap Combo on the last 8cts	8	4x
3:09	PC / _ You want me	2x8	E  Knee Lift & Side Tap Combo R 👁️ Freeze Knee Lift & Side Tap Combo on the last 8cts	8	2x



03. PEAK 1

MUSIC			EXERCISE		CTS	REPS
3:16	QC / I've got you	2x8	E ¹	Freeze Knee Lift & Side Tap Combo R Freeze Knee Lift & Side Tap with Arms Combo on the last 8cts	8	2x
3:23	C / I've got you	4x8	E ²	Freeze Knee Lift & Side Tap with Arms Combo R Freeze Knee Lift & Jumping Jack Combo on the last 8cts	8	4x
3:37	I've got you	4x8	E ³	Freeze Knee Lift & Jumping Jack Combo R	8	4x
3:51	Br /	1x8	A	Bounce R&L. <i>Relaxed arms by sides</i>	2	4x
3:55	Rep / My love is	4x8	B	3x Hip Extension & Bounce OTS R then L	32	
4:09	C / _ You can fly	4x8	B ¹	3x Propulsive Hip Extension & Bounce OTS R then L	32	
4:22	Br /	½x8	C	Knee Lift R. <i>RA (to center)</i>	4	
4:23	Rep 2 / _ I'm levitating	4x8	C ¹	Propulsive Knee Lift L then R. <i>RA (to corners)</i>	8	4x
4:38	Outro / I've got you	½x8		Leap L onto the step. <i>Point both arms F</i>	4	

SMARTSTART

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



03. LEVITATING 4:43mins

TECHNIQUE AND COACHING

BOUNCE

CUE 'Bounce side to side right left right left'

Bounce R. RA 1
Bounce L. RA 2

- Feet hip-width apart
- Shift your body weight side to side
- Body square to the front
- Core braced to lock the hips in place
- Move the whole body as one unit
- Avoid swinging your hips around like a Hula dance

3X HIP EXTENSION AND BOUNCE

PHONETIC CUE 'Right leg, left leg, right leg, hold and bounce; again, 3, 2, 1, hold and bounce'

Hip Extension R. Bent Raise F 1-4
Hip Extension L. Bent Raise F 5-8
Hip Extension R. Bent Raise F 9-12
Bounce R, L, R, L. RA 13-16
Repeat to the other side 17-32

- Use a visual cue to show the leading leg
- Free leg low
- Squeeze the glutes
- Body weight over the step
- Core braced
- Slight tip forward from the hips

OPTION: No arms

3X PROPULSIVE HIP EXTENSION AND BOUNCE

PHONETIC CUE 'With a jump, 3, 2, 1, hold and bounce; 3, 2, 1, hold and bounce'

Propulsive Hip Extension R. Reach O/H 1-4
Propulsive Hip Extension L. Reach O/H 5-8
Propulsive Hip Extension R. Reach O/H 9-12
Bounce R, L, R, L. RA 13-16
Repeat to the other side 17-32

- Free leg low
- Squeeze the glutes
- Body weight over the step
- Core braced
- Slight tip forward from the hips
- Roll through the foot and push off the toes to jump
- Soft knee landings
- Connect to the "You can fly away with me" lyrics

OPTION: 3x Hip Extension and Bounce

KNEE LIFT

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

- Knee to hip height
- Maintain great posture by lifting your chest, and keeping shoulders back and down

PROPULSIVE KNEE LIFT

PHONETIC CUE 'Add a jump, step jump, change sides; step jump, change sides'

- Roll through the foot to push off the step
- Soften knee to land the jump (absorb the impact)
- Aim to get your knee to hip level
- Connect to the "I'm levitating" lyrics

OPTION: No propulsion



03. LEVITATING 4:43mins

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. RA 1-4
March L, R, L, R on the floor. RA 5-8

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

4X JOG ON TOP

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

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

- Natural running rhythm
- Whole foot on the step
- Chest up
- Abs braced
- Run heels towards butt for more intensity

OPTION: 4x March On Top

KNEE LIFT & SIDE TAP COMBO

PHONETIC CUE 'Knee to the right, 2 taps to the left; knee to the right, 2 taps to the left'

Knee Lift L. RA 1-2
Step down R, L. RA 3-4
2x Side Tap R. RA 5-8

- Use clear visual cues to show the leading leg
- The same leg steps onto the step each time
- Set up the pattern

FREEZE KNEE LIFT & SIDE TAP COMBO

PHONETIC CUE 'Freeze, step down tap, tap; freeze, step down tap, tap'

Freeze Knee Lift L. RA 1-2
Step down R, L. RA 3-4
2x Side Tap R. RA 5-8

- The same leg steps onto the step each time
- Chest up

OPTION: Knee Lift & Side Tap Combo

FREEZE KNEE LIFT & SIDE TAP WITH ARMS COMBO

CUE 'Check out the arms, up, up'

Freeze Knee Lift L. RA 1-2
Step down R, L. RA 3-4
2x Side Tap R. Bent arms O/H 5-8

- The same leg steps onto the step each time
- Soft knee landing onto the step
- Chest up

OPTIONS: No arms or Knee Lift & Side Tap Combo

FREEZE KNEE LIFT & JUMPING JACK COMBO

CUE 'Freeze, step down jack, jack, freeze, step down jack, jack'

Freeze Knee Lift L. RA 1-2
Step down R, L. RA 3-4
2x Jumping Jack. RA 5-8

- The same leg steps onto the step each time
- Chest up

Jumping Jack:

- Toes turned out slightly (10 o'clock, 2 o'clock)
- Knees in line with toes
- Soft knee landings

Common mistake: Knees buckling inward

OPTIONS: No arms or Knee Lift & Side Tap Combo

04. MIXED STRENGTH

TRACK FOCUS

Let your class know what the standing option is for the Side Walking Burpee Combo as you do it. Clearly tell your class to continue with the standing option when you preview the Burpee combo. Note that you must preview the Side Walking Burpee Combo x2, so that you and your participants end up at the same position on the step when they get to join you, or choose to continue with the standing option.

It's a strong track with the Mortal Kombat theme, but you can also find your magic moments in the track (and lyrics), to really bring the track to life.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
Pre-track			Get your class to stand on top of the step, and move to their R side. You move to the L side, and let them know that you will preview 1 rep before they join you.			
0:00	Intro / Mortal kombat	½x8	Prepare to move		4	
0:02	Rep / Test your might	8x8	A	Lunge, Squat & Back Tap Combo R then L 👁️ Push arms on the last 4cts	32	2x
0:31	Instr / (Riff)	6x8	A¹	Lunge, Squat & Back Tap Combo with Push Arms R then L 👁️ Split Shuffle on the last 8cts	32	1½x
0:52	C / Fight _ (Instr)	8x8	A²	Lunge, Squat, Split Shuffle & Back Tap Combo L then R 👁️ Split Shuffle on the last 4cts	32	2x
1:21	B Up Instr / Finish her, fight _ (Instr)	4x8	B	Split Shuffle L&R. RA	2	16x
1:35	QC (Instr) / Flawless victory, Fight	2x8	C	Split Shuffle L & Freeze. Push L F Step to the B of the step, prepare for Drop Squats	4 12	
1:42		2x8	D	Triple Pulse Drop Squat L then R 👁️ Side, Top, Side, Drop Squat on the last 8cts	16	
1:50	Ref / Test your might	8x8	D	Side, Top, Side, Drop Squat L then R 👁️ Side Walking Burpee Combo 2x on the last 32cts	16	4x
2:18	V1 / Fatality	8x8	E	Side Walking Burpee Combo L then R OR	32	2x
			D	Side, Top, Side, Drop Squat L then R	16	4x
2:47	Instr / (Laugh) , Get over here	2x8	F	Transition to stand on top of the step, to the R side	16	
2:54	C / Fight _ (Instr)	8x8	A²	🔁 Lunge, Squat, Split Shuffle & Back Tap Combo L then R 👁️ Split Shuffle on the last 4cts	32	2x
3:23	B Up Instr / Finish her, fight _ (Instr)	4x8	B	🔁 Split Shuffle L&R. RA	2	16x



04. MIXED STRENGTH

MUSIC		EXERCISE		CTS	REPS
3:37	QC (Instr) / Flawless victory, Fight	2x8	C	 Split Shuffle L & Freeze. Push L F	4
				 Step to the B of the step, prepare for Drop Squats	12
3:44		2x8	D	 Triple Pulse Drop Squat L then R	16
				 Side, Top, Side, Drop Squat on the last 8cts	
3:52	Ref / Test your might	8x8	D	 Side, Top, Side, Drop Squat L then R	16
				 Side Walking Burpee Combo 2x on the last 32cts	4x
4:20	V2 / Fatality	8x8	E	Side Walking Burpee Combo L then R	32
			OR		2x
			D	Side, Top, Side, Drop Squat L then R	16
					4x
4:48	Instr / (Laugh) , Get over here	2x8	F	 Transition to stand on top of the step, to the R side	16
4:56	C / Fight _ (Instr)	8x8	A ²	 Lunge, Squat, Split Shuffle & Back Tap Combo L then R	32
				 Split Shuffle on the last 4cts	2x
5:24	B Up Instr / Finish her, fight _ (Instr)	4x8	B	 Split Shuffle L&R. RA	2
5:39	Outro / Finish her, Fight	½x8	C	 Split Shuffle L & Freeze. Push L F	4



04. MORTAL KOMBAT ANTHEM 5:44mins

TECHNIQUE AND COACHING

PRE-TRACK SET-UP:

Get your class to stand on top of the step, and move to their R side. You move to the L side, and let them know that you will preview 1 rep before they join you.

LUNGE, SQUAT & BACK TAP COMBO

PHONETIC CUE 'Lunge, squat, back tap 4, 3, 2, 1; lunge, squat, back tap 4, 3, 2, 1'

Lunge R, down, up, down. HOH (L foot steps back) 1-3
Step L onto the step 4
Step R wide on top and slow Squat down, up, down. Hands to top of thighs 5-7
Squat up and step L foot close to the R foot. Fists to hips 8
Back Tap R, L, R, L. RA 9-16
Repeat to the other side 17-32

- Use clear visual cues to show the leading leg, and the directions to travel
- Back heel lifted in the Lunge
- Front knee in line with mid-foot
- Chest up
- Bend knees, and sit the butt back and down in the Squat
- Toes lightly tap the floor in the Back Taps, body weight over the step

LUNGE, SQUAT & BACK TAP COMBO WITH PUSH ARMS

PHONETIC CUE 'Lunge, squat, tap, tap, push, push; Lunge, squat, tap, tap, push, push'

Lunge R, down, up, down. HOH (L foot steps back) 1-3
Step L onto the step 4
Step R wide on top and slow Squat down, up, down. Hands to top of thighs 5-7
Squat up and step L foot close to the R foot. Fists to hips 8
Back Tap R, L. RA 9-12
Back Tap R, L. Push R flexed F, the L flexed F 13-16
Repeat to the other side 17-32

- Use clear visual cues to show the leading leg, and the directions to travel
- Back heel lifted in the Lunge
- Front knee in line with mid-foot
- Chest up
- Bend knees, and sit the butt back and down in the Squat
- Toes lightly tap the floor in the Back Taps, body weight over the step
- Strong Haddouken Push to connect to the Mortal Kombat theme

OPTION: Lunge, Squat & Back Tap Combo



04. MORTAL KOMBAT ANTHEM 5:44mins

TECHNIQUE AND COACHING

LUNGE, SQUAT, SPLIT SHUFFLE & BACK TAP COMBO

PHONETIC CUE 'Lunge, squat, shuffle 4, 3, 2, 1, push, push; lunge, squat, shuffle 4, 3, 2, 1, push, push'

- Lunge R, down, up, down. *HOH* (L foot steps back) 1-3
- Step L onto the step 4
- Step R wide on top and slow Squat down, up, down. *Hands to top of thighs* 5-7
- Squat up and step L foot close to the R foot. *Fists to hips* 8
- Split Shuffle R, L, R, L *RA* 9-12
- Back Tap R, L. *Push R flexed F, then L flexed F* 13-16
- Repeat to the other side 17-32

- Back heel lifted in the Lunge
- Front knee in line with mid-foot
- Chest up
- Bend knees, and sit the butt back and down in the Squat
- Toes lightly tap the floor in the Back Taps and Split Shuffle, body weight over the step
- Common mistake: Pausing after the 4x Split Shuffles. Keep the legs moving in rhythm in the Back Taps after the Split Shuffles
- Strong Haddouken push to connect to the Mortal Kombat theme

OPTION: Lunge, Squat & Back Tap Combo

SPLIT SHUFFLE

PHONETIC CUE 'Keep the Shuffle going'

- Split Shuffle R. *Blade RA*
- Split Shuffle L. *Blade RA*

- Toes lightly tap the floor (heel up)
- Whole foot on the step
- Core braced, slight tip forward from the hips
- Body weight over the step
- Chest up
- This is the kicker! Encourage your class to give it all that they've got

OPTION: Back Tap

TRIPLE PULSE DROP SQUAT

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

- Triple Pulse Drop Squat L. *Bent Raise F* (L foot on the step) 1-6
- Step back R, L. *Fists to hips* 7-8
- Repeat to the other side 9-16

- Not too low. Use this for a bit of active recovery
- Knees in line with mid-foot
- Sit butt back and down
- Chest up

OPTION: Smaller ROM

SIDE, TOP, SIDE, DROP SQUAT

PHONETIC CUE 'Side, top, side, change sides; side, top, side, change sides'

- Drop Squat L. *Bent Raise F* (L foot on the step) 1-2
- Squat on top. *Fists to hips* 3-4
- Squat L. *Bent Raise F* (L foot on the step) 5-6
- Step back R, L. *Fists to hips* 7-8
- Repeat to the other side 9-16

- Let your class know that this is the standing option for the Side Walking Burpee
- Knees in line with mid-foot
- Sit butt back and down
- Chest up
- Start to coach depth to lift the intensity

OPTION: Triple Pulse Drop Squat



04. MORTAL KOMBAT ANTHEM 5:44mins

TECHNIQUE AND COACHING

SIDE WALKING BURPEE COMBO

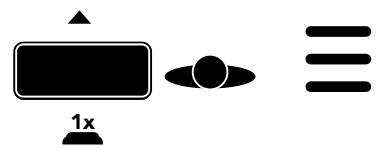
PHONETIC CUE 'Squat, jump back, walk side, side, run 4, 3, 2, 1, jump in, stand; squat, jump back, walk side, side, run 4, 3, 2, 1, jump in, stand'

Squat down. <i>Hadouken Push F</i>	1-2
Jump feet back to Plank position	3-4
Walk L hand and L foot to the L	5-6
Walk R hand and R foot to the L	7-8
Mountain Climber L, R, L	9-11
Step L foot down to Plank position	12
Jump feet F to Squat position. <i>Hands on step</i>	13-14
Stand tall. <i>Fists to hips</i>	15-16
Repeat to the other side	17-32

Note:

- When you preview this move, you must preview it x2, so that you end up on the same side of the step as your class when they join in
- Bend knees heaps in the Squat
- Strong Haddouken Push to connect to the Mortal Kombat theme
- Strong core brace throughout
- Knees towards elbows in the Mountain Climber
- Feel the strength and power as the beat drops

OPTIONS: Triple Pulse Drop Squat or Side, Top Side, Drop Squat



05. PEAK 2

TRACK FOCUS

Be aware of the natural transitions when moving from the side of the step, to the back of the step, then from the back of the step, to the side of the step.

Use previews and clear visual cues to assist with clear transitions for your class to follow with ease and clarity. For success, know the music and choreography 100%.

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 / _ My bad habits	1x8		Prepare to move	8	
0:03	Instr /	4x8	A	3x ATT & March OTS Combo L then R	32	
0:17	C / Lead to you	8x8	A ¹	3x Propulsive ATT & Jog OTS Combo L then R	32	2x
0:45	Br / One two three	½x8	B	ATT L. HOH	4	
0:47	Rep / It's true , it's true	4x8	B ¹	Propulsive ATT R then L. <i>Reach up and down</i>	8	4x
1:01	QC (Instr) / Leads to you	2x8	C ¹	Leg Abduction R. HOH (R foot steps onto the step) 👁 Leg Abduction L-Step on the last 8cts	4	4x
1:07	QC (Instr) /	2½x8	C ²	Leg Abduction L-Step R. HOH	8	2½x
1:16	V1 / Every time	4x8	D	Basic Step R. RA	4	8x
1:30	I can feel the	2x8	D ¹	Basic Jog R. RA	4	4x
1:37	And tonight	2x8	D ²	Basic Jog R on L diagonal. RA	4	4x
1:44	PC / Lead to wide eyes	4x8	E	3x OTT & Walk 180° Combo R then L	32	
1:58	C / Lead to you	8x8	E ¹	3x Propulsive OTT & Jog 180° Combo R then L	32	2x
2:26	Br / One two three	½x8	F	Knee Lift R. RA	4	
2:28	Rep / It's true , it's true	4x8	F ¹	Nutcracker Knee Lift L then R. <i>Reach up & down</i>	8	4x
2:42	V2 / Every time	4x8	D	🔄 Basic Step L. RA	4	8x
2:55	It started	2x8	D ¹	🔄 Basic Jog L. RA	4	4x
3:03	I only	2x8	D ²	🔄 Basic Jog L on R diagonal. RA	4	4x
3:09	PC / Lead to wide eyes	4x8	E	🔄 3x OTT & Walk 180° Combo L then R	32	
3:23	C / Lead to you	8x8	E ¹	🔄 3x Propulsive OTT & Jog 180° Combo L then R	32	2x
3:51	Rep / It's true , it's true	4x8	F ¹	🔄 Nutcracker Knee Lift L then R. <i>Reach up and down</i>	8	4x
4:05	PC / Lead to late nights	2x8	D	🔄 Basic Step L. RA 👁 Leg Abduction L-Step L on the last 8cts	4	4x
4:12	This will be the last	2½x8	C ²	Leg Abduction L-Step L. HOH	8	2½x



05. PEAK 2

MUSIC			EXERCISE		CTS	REPS
4:21	C / _ Ooh	8x8	A ¹	 3x Propulsive ATT & Jog OTS Combo L then R	32	2x
4:48	Br / One two three	½x8	B	 ATT L. HOH	4	
4:50	Rep / It's true , it's true	4x8	B ¹	 Propulsive ATT R then L. Reach up and down	8	4x
5:04	Outro / Lead to you	½x8		Leap R onto the step. Point both arms F	4	



05. BAD HABITS 5:09mins

TECHNIQUE AND COACHING

3X ATT & MARCH OTS COMBO

PHONETIC CUE 'Across the top 3, 2, 1 hold and march; 3, 2, 1 hold and march'

ATT L, R, L. HOH 1-12
March R, L, R, L OTS. RA 13-16
Repeat to the other side 17-32

- Use clear visual cues to show the direction to travel, and to hold OTS
- Step towards the middle of the step to get across the step

OPTION: On the floor, behind the step

3X PROPULSIVE ATT & MARCH OTS COMBO

PHONETIC CUE 'Bigger, 3, 2, 1 hold and shuffle; 3, 2, 1 hold and shuffle'

Propulsive ATT L, R, L. Reach up and down 1-12
Shuffle R, L, R, together OTS. RA 13-16
Repeat to the other side 17-32

- Use clear visual cues to show the direction to travel, and to hold OTS
- Step towards the middle of the step to get across the step
- Move with control

OPTION: 3x ATT & March OTS Combo

ATT

PHONETIC CUE 'Low across'

- Use a visual cue to show the direction to travel

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 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
- Glutes squeezed, core braced

LEG ABDUCTION L-STEP

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

Step R onto the step, then abduct L leg. HOH 1-2
Step L down behind the step, then Tap R to the floor. HOH 3-4
Step R onto the step, then abduct L leg. HOH 5-6
Step L down to the L side, then Tap R to the floor. HOH 7-8

- Body and hips square to the front
- Control the Leg Abduction
- This move will get you to seamlessly transition to the back of the step. Trust your legs

BASIC STEP

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

- Use a visual cue to show the leading leg
- Natural walking rhythm
- Whole foot on the step
- Chest up
- 'Chill', and catch your breath

BASIC JOG

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

- Natural running rhythm
- Whole foot on the step
- Chest up
- Start to build the cardio intensity

OPTION: Basic Step



05. BAD HABITS 5:09mins

TECHNIQUE AND COACHING

BASIC JOG ON DIAGONAL

CUE 'Rotate your body on a 45 degree angle'

- On this angle, coach whole foot on the step
- Chest up

OPTION: Basic Step

3X OTT & WALK 180-DEGREE COMBO

PHONETIC CUE 'Over 3, 2, 1, walk forward and around; 3, 2, 1, walk around'

OTT R, L, R. *HOH* 1-12
Walk F 180° to the back of the step. *RA* 13-16
Repeat to the other side 17-32

- Use clear visual cues to show the directions to travel

3X PROPULSIVE OTT & JOG 180-DEGREE COMBO

PHONETIC CUE 'Bigger 3, 2, 1, run forward and around; 3, 2, 1, run around'

Propulsive OTT R, L, R. *HOH* 1-12
Jog F 180° to the back of the step. *RA* 13-16
Repeat to the other side 17-32

- Use clear visual cues to show the directions to travel
- Move with control
- Drive the arms up and down
- Unleash – it feels great to move like this
- Let the music speak

OPTION: 3x OTT & Walk 180° Combo

KNEE LIFT

PHONETIC CUE 'Lift your knee, change sides'

- Body on 45-degree angle
- Use a visual cue to show the direction of the next move, the Nutcracker

NUTCRACKER KNEE LIFT

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

Jump L on to the step, facing R diagonal. *Reach O/H* 1
Lift R knee to hip level. *Pull fists to hips* 2
Step down R, L behind the step. *Reach up and down* 3-4
Repeat to the other side 5-8

- Body on 45-degree angle
- Soft knee landing onto the step, big reach O/H, back leg long and low towards the floor
- Big pull with the arms as you drive the knee up

OPTION: Knee Lift

06. CONDITIONING 1

TRACK FOCUS

For stability and balance, coach your class to remain as square to the front as possible. Avoid excessive twisting as you row and extend the leg. Focus on a big glute squeeze and core brace.

Coach the squeeze of the back muscles to work the entire posterior chain.

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 /	1x8	Top of the step, close to the L side. Prepare to move 👁 Back Tap Combo	8	
0:03	V1 / Getting everything	4x8	A Back Tap Combo L. <i>Holding weights low in front of body</i>	8	4x
0:18	PC / I got my lingerie	8x8	A ¹ Back Tap Combo L. <i>Weighted Alt Row</i>	8	8x
0:48	Rep / _ Na na na na	4x8	B Tap Abduction L. <i>Weighted Alt Row</i>	4	8x
1:03	Ref / Are you ready	2x8	C Set up Lunge position L 👁 Triple Pulse Lunge on the last 8cts	16	
1:11	Let's go	6x8	D Triple Pulse Lunge L. <i>Weighted Front Raise</i>	8	6x
1:33	Br / Na na na na _	1½x8	Transition to the top, R side on the step	12	
1:38	V2 / Getting everything	4x8	A  Back Tap Combo R. <i>Holding weights low in front of body</i>	8	4x
1:53	PC / I got my lingerie	8x8	A ¹  Back Tap Combo R. <i>Weighted Alt Row</i>	8	8x
2:23	Rep / _ Na na na na	4x8	B  Tap Abduction R. <i>Weighted Alt Row</i>	8	4x
2:38	Ref / Are you ready	2x8	C  Set up Lunge position R 👁 Triple Pulse Lunge on the last 8cts	16	
2:45	Let's go	6x8	D  Triple Pulse Lunge R. <i>Weighted Front Raise</i>	8	6x
3:06	Outro / Na na na na _	1x8	Shake out arms and legs	8	



06. SEE YOU LATER (RADIO EDIT) 3:15mins

TECHNIQUE AND COACHING

PRE-TRACK SET UP

PHONETIC CUE 'Collect 2x light weight plates
Stand on top of the step, close to the L side'

OPTION: No weight plates

BACK TAP COMBO, HOLDING WEIGHTS LOW IN FRONT OF BODY

PHONETIC CUE 'Tap back, side, back, lift; back, side, back, lift'

Tap L to the back. *Weights low in front of body* 1-2
Tap L to the L side. *Weights low in front of body* 3-4
Tap L to the back. *Weights low in front of body* 5-6
Small ROM Rear Leg Extension L. *Weights low in front of body* 7-8

- Supporting knee soft, over mid-foot
- Core braced
- Slight tip forward from the hips
- Chest up
- Body weight over the step
- Focus on balance and stability
- Small ROM Rear Leg Extension, focusing on the glute squeeze (avoid lifting the leg too high)

OPTION: No weights

BACK TAP COMBO WITH WEIGHTED ALTERNATING ROW

PHONETIC CUE 'Row, row, row, squeeze; Row, row, row, squeeze'

Tap L to the back. *Alt Row R Pull* 1-2
Tap L to the L side. *Alt Row L Pull* 3-4
Tap L to the back. *Alt Row R Pull* 5-6
Small ROM Rear Leg Extension L. *Alt Row L Pull* 7-8

- Squeeze shoulder blades to spine
- Pull weight to hip
- Small rotation at the hip
- Avoid twisting. Small ROM with big squeeze through back of body
- Supporting knee soft
- Core braced
- Slight tip forward from the hips
- Chest up
- Body weight over the step
- Focus on balance and stability
- Small ROM Rear Leg Extension, focusing on the glute squeeze (avoid lifting the leg too high)

OPTION: Back Tap Combo, holding weights low in front of body



06. SEE YOU LATER (RADIO EDIT) 3:15mins

TECHNIQUE AND COACHING

TAP ABDUCTION L. WEIGHTED ALTERNATING ROW

PHONETIC CUE 'Tap, lift; tap lift'

Tap L to the back. *Alt Row R Pull* 1-2
Small ROM Rear Leg Extension L. *Alt Row L Pull* 3-4

- Squeeze shoulder blades to spine
- Pull weight to hip
- Small rotation at the hip
- Avoid twisting. Small ROM with big squeeze through back of body
- Supporting knee soft
- Core braced
- Slight tip forward from the hips
- Chest up
- Body weight over the step
- Focus on balance and stability
- Small ROM Rear Leg Extension, focusing on the glute squeeze (avoid lifting the leg too high)

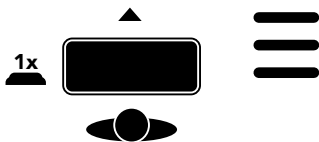
TRIPLE PULSE LUNGE WITH WEIGHTED FRONT RAISE

PHONETIC CUE 'Raise 3, 2, 1, lift; 3, 2, 1, lift'

3x Pulse Lunge L. *Slow Front Raise to shoulder height* 1-6
Controlled Rear Leg Extension L. *Rear A-Frame squeeze* 7-8

- Move weights with control
- Front Raise, weight slowly to shoulder height
- Lower to Rear A-Frame with control
- Slight tip forward from the hips in the Rear Leg Extension
- Squeeze glutes and back of body to target posterior chain
- Front knee in line with mid-foot
- Chest up
- Core braced
- Long step back into the Lunge
- Shoulders back and down

OPTION: No weights



07. PARTY STEP

TRACK FOCUS

Feel and teach with the music. Let the music speak to create space for you and your class to let loose. Just have fun!

Teach Flava

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / I'm gonna tell your momma _	1x8	Prepare to move	8	
0:05	Instr / Tell him	2x8 A	Tap Down L then R. RA 👁 Cha-Cha-Cha on last 4cts	8	2x
0:12	Tell him	2x8 A ¹	Cha-Cha-Cha L then R. <i>Natural Arms</i> 👁 Gallop on last 4cts	8	2x
0:19	Rep / Color me	4x8 A ²	Gallop L then R. <i>Point F</i> 👁 360° March	8	4x
0:33	C / Color , love looks	8x8 B	360° March & Gallop Combo L	16	4x
1:02	Br / _ I'm gonna tell your momma	½x8 C	Hamstring Curl L. <i>HOH</i>	4	
1:03	Instr / (Riff)	4x8 C ¹	Propulsive Hamstring Curl R then L. <i>Open & Clap</i>	8	4x
1:17	QC (Instr) / Tell him	2x8 D	Basic Step R. <i>RA</i>	4	4x
1:25	V1 / _ Black white	6x8 E	3x Repeater & 2x Basic Step Combo R then L 👁 Repeater Twist on the last 16cts	32	1½x
1:46	V2 / _ Big big energy	6x8 E ¹	3x Repeater Twist & 2x Basic Step Combo L then R 👁 Shoulder Flick on the last 16cts	32	1½x
2:08	Rep / Colour me	4x8 E ²	3x Repeater Twist with Shoulder Flick & 2x Basic Step Combo R then L	32	1½x
2:21	Br / If I try to tell	½x8 C	🔄 Hamstring Curl R. <i>HOH</i>	4	
2:23	Instr / (Riff)	4x8 C ¹	🔄 Propulsive Hamstring Curl L then R. <i>Open & Clap</i>	8	4x
2:38	C / Color , love looks	8x8 B	🔄 360° March & Gallop Combo L	16	4x
3:06	QC (Instr) / Tell him	2x8 D	🔄 Basic Step L. <i>RA</i>	4	4x
3:13	V3 / _ Black white	6x8 E	🔄 3x Repeater & 2x Basic Step Combo L then R 👁 Repeater Twist on the last 16cts	32	1½x



07. PARTY STEP

MUSIC			EXERCISE		CTS	REPS
3:35	V4 / _ Big big energy	6x8	E ¹	 3x Repeater Twist & 2x Basic Step Combo R then L  Shoulder Flick on the last 16cts	32	1½x
3:56	Rep / Color me	4x8	E ²	 3x Repeater Twist with Shoulder Flick & 2x Basic Step Combo L then R	32	1½x
4:10	Br / If I try to tell	½x8	C	 Hamstring Curl L. <i>HOH</i>	4	
4:12	Instr / (Riff)	4x8	C ¹	 Propulsive Hamstring Curl R then L. <i>Open & Clap</i>	8	4x
4:26	C / Color , love looks	8x8	B	 360° March & Gallop Combo R	16	4x
4:54	Br / _ I'm gonna tell your momma	½x8	C	 Hamstring Curl R. <i>HOH</i>	4	
4:56	Instr / (Riff)	4x8	C ¹	 Propulsive Hamstring Curl L then R. <i>Open & Clap</i>	8	4x
5:10	Outro / _ I'm gonna tell your momma	1x8		Jump Squat onto the step. <i>Hands to thighs</i> Stand tall. <i>Point both hands F</i>	2 2	



07. BETTER IN COLOR 5:16mins

TECHNIQUE AND COACHING

TAP DOWN

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

- Body square to the front
- There are SO many magical moments where you can connect to the lyrics in this song. Allow the music to speak where you can

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 of the music

GALLOP

PHONETIC CUE 'Cha-cha-cha, turn around; cha-cha-cha, turn around'

Gallop L. *Forward circular sweep with pointed fingers* 1-4
Repeat to the other side 5-8

- Travel down the length of the step
- Follow your arm to rotate the Gallop
- Point your index finger to connect to the "You and you and you" lyrics
- Relax a little and let your feet move to the quick beat of the music

360-DEGREE MARCH & GALLOP COMBO

CUE 'Walk forward around your step, 2 Gallops, one more; walk around, Gallop 1, Gallop 2'

360-degree March counter clockwise around the step. *Side Raise arms up to shoulder height* 1-4
Continue the 360-degree walk around the step. RA 5-8
Gallop L then R. *Forward circular sweep with pointed fingers* 9-16

- Raise your arms like you're presenting yourself in a cabaret show. As you walk around the corner, keep your upper body and head square to the front for full presentation affect (cts 1-4), then turn your body and head to the direction you're walking as you complete the 360-degree walk (cts 5-8)
- FEEL the music
- Other imagery = A peacock spreading its feathers

HAMSTRING CURL

CUE 'Lift your heel'

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

PROPULSIVE HAMSTRING CURL R THEN L. OPEN AND CLAP

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

Step R then jump and curl L leg. *Open then clap O/H* 1-2
Step down L, R turning to face R. *Open then cross F* 3-4
Repeat to the other side 5-8

- Heel towards butt
 - Roll through the foot and push off the toes to jump
 - Soft knee landing
- OPTION: Hamstring Curl



07. BETTER IN COLOR 5:16mins

TECHNIQUE AND COACHING

BASIC STEP

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

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

3X REPEATER & 2X BASIC STEP COMBO

PHONETIC CUE 'Repeater 3, 2, 1, 2 Basics, 2, 1; repeater 3, 2, 1, 2 Basics, 2, 1'

3x Repeater Knee Lift L. RA 1-8
2x Basic Step R. RA 9-16
Repeat to the other side 17-32

- Use clear visual cues to show the leading leg, and to HOLD the 2x Basic Steps

3X REPEATER TWIST & 2X BASIC STEP COMBO

PHONETIC CUE 'Lift your knee, twist, knee, 2 Basics 2, 1; lift your knee, twist, knee, 2 Basics 2, 1'

Step L then lift R knee. RA 1-2
Step R to the floor. RA 3
Pivot knee inward on ball of L foot. RA 4
Pivot knee F on ball of L foot. RA 5
Lift R knee. RA 6
Step down R, L. RA 7-8
2x Basic Step R. RA 9-16
Repeat to the other side 17-32

- Strongly coach the following in the Twist:
- Release the heel, and pivot lightly on the ball of the foot
- Move the Twist from the hip joint
- Body weight should be on the foot that's grounded on the floor

OPTION: 3x Repeater & 2x Basic Step Combo

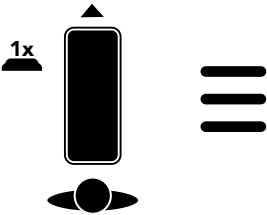
3X REPEATER TWIST WITH SHOULDER FLICK & 2X BASIC STEP COMBO

PHONETIC CUE 'Lift your knee, twist, knee, 2 basics 2, 1; lift your knee, twist, knee, 2 basics 2, 1'

Step L then lift R knee. RA 1-2
Step R to the floor. RA 3
Pivot knee inward on ball of L foot. Flick L shoulder with R hand 4
Pivot knee F on ball of L foot. RA 5
Lift R knee. RA 6
Step down R, L. RA 7-8
2x Basic Step R. RA 9-16
Repeat to the other side 17-32

- Re-visit coaching the following in the Twist
- Release the heel, and pivot lightly on the ball of the foot
- Move the Twist from the hip joint
- Body weight should be on the foot that's grounded on the floor

OPTION: 3x Repeater & 2x Basic Step Combo



08. ATHLETIC CIRCUIT

TRACK FOCUS

Before you push play, let your class know that there is a Kick Sit in this track, and that there is a standing option if they prefer to keep standing.

Be light on your feet in the speed sections and coach your class to release their heels as they turn. Offer the option of doing the speed section on the floor. Be sure to coach the lighter options throughout this track.

Teach Athletic

Come into this track
Strong and authoritative.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Prepare to move	8	
0:03	Ref / Look at me	4x8	A	Jog OTS behind the step. RA 👁 Freeze Knee Combo on the last 16cts	2	16x
0:14	C / Look at me	8x8	B	Freeze Knee Combo L 👁 Traveling Freeze Knee Combo on the last 16cts	16	4x
0:36	Look at me	8x8	B ¹	Traveling Freeze Knee Combo L	16	4x
0:58	Br /	2x8		Reset 👁 Double Squat Pulse R on the last 8cts	16	
1:03	Instr /	8x8	C	Double Squat Pulse L then R 👁 Kick Sit L then R on the last 16cts	16	4x
1:25	QC / Look at me	8x8	C ¹	Kick Sit L then R Or Double Squat Pulse L then R	16	4x
1:48	QC (Instr) /	4x8		Transition to the R side of the step 👁 Slow Step Hop OTT L then R on the last 16cts	32	
1:57	Instr / Let's go _	4x8	D	Slow Step Hop OTT L then R. <i>Natural Arms</i> 👁 Hop Knee Run OTT R on the last 8cts	16	2x
2:07	C / Do this all day	4x8	D ¹	Speed Step Hop OTT L then R. <i>Natural Arms</i> 👁 <i>Diagonal Arms</i> on the last 8cts	16	2x
2:16	Do this all day	4x8	D ²	Speed Step Hop OTT L then R. <i>Diagonal Arms</i>	16	2x
2:26	Rep / Make it look easy	4x8	D ³	Speed Hop Knee OTT L then R. <i>Natural Arms</i>	8	4x
2:35	Ref / _ Little girl	2x8	E	Reset then straddle the step	16	
2:42	Tonight when you	4x8	F	Light Double Squat L then R. RA 👁 Speed Tap & Double Squat Pulse Combo L on the last 8cts	8	4x
2:55	C / Hero in you	4x8	G	Speed Tap & Double Squat Pulse Combo L	8	4x
3:07	Instr / You you you	2x8	H	Quick recovery. Straddle the step 👁 Speed Tap & Jump Combo on the last 8cts	16	
3:14	C / _ Fire	4x8	G ¹	Speed Tap & Jump Combo L	8	4x
3:27	Instr / Hero in you	4x8		🔁 Transition to the R side of the step 👁 Slow Step Hop OTT L then R on the last 16cts	32	



08. ATHLETIC CIRCUIT

MUSIC			EXERCISE		CTS	REPS
3:37	Instr / _ Yeah	4x8	D	 Slow Step Hop OTT L then R. <i>Natural Arms</i>  Hop Knee Run OTT R on the last 8cts	16	2x
3:46	C / Do this all day	4x8	D ¹	 Speed Step Hop OTT L then R. <i>Natural Arms</i>  Diagonal Arms on the last 8cts	16	2x
3:55	Do this all day	4x8	D ²	 Speed Step Hop OTT L then R. <i>Diagonal Arms</i>	16	2x
4:05	Rep / Make it look easy	4x8	D ³	 Speed Hop Knee OTT L then R. <i>Natural Arms</i>	8	4x
4:15	Ref / _ Old man	2x8	E	 Reset then straddle the step	16	
4:21	Tonight when you	4x8	F	 Light Double Squat L then R. <i>RA</i>  Speed Tap & Double Squat Pulse Combo L on the last 8cts	8	4x
4:34	C / Hero in you	4x8	G	 Speed Tap & Double Squat Pulse Combo L	8	4x
4:47	Instr / You you you	2x8	H	 Quick recovery. Straddle the step  Speed Tap & Jump Combo on the last 8cts	16	
4:53	C / _ Fire	4x8	G ¹	 Speed Tap & Jump Combo L	8	4x
5:06	Instr / Hero in you	2x8		Transition to the back of the step	16	
5:11		6x8	C	Double Squat Pulse L then R	16	3x
5:28	QC / Look at me	8x8	C ¹	 Kick Sit L then R	16	4x
			Or C	 Double Squat Pulse L then R	16	4x
5:50	Instr /	2x8	A	Jog OTS behind the step. <i>RA</i>	2	8x
5:56	C / Look at me	8x8	B	 Freeze Knee Combo L  Traveling Freeze Knee Combo on the last 16cts	16	4x
6:18	Look at me	8x8	B ¹	 Traveling Freeze Knee Combo L	16	4x



08. LOOK AT ME GO / MAKE IT LOOK EASY / HERO (DISTO REMIX) 6:44mins

TECHNIQUE AND COACHING

JOG OTS BEHIND THE STEP

CUE 'Jog behind your step, right, left, right, left'

- Stay close to the step

FREEZE KNEE COMBO

PHONETIC CUE 'Right knee, left knee, jog behind your step; right, left, jog behind your step'

Propulsive Knee Lift R then L. Blade RA 1-8
Jog on the floor R, L x4. RA 9-16

- Medium-speed training
- Compact and explosive take-offs
- Soft knee landings, hips square to front
- Use your calves, quads and glutes to drive upwards

OPTION: No propulsion

TRAVELING FREEZE KNEE COMBO

PHONETIC CUE 'Jump, squat; jump, squat'

Propulsive Knee Lift R then L traveling F. Blade RA 1-8
Jog backwards on the floor R, L x4. RA 9-16

- Travel the Knee Lifts forward to the front of the step
- Jog backwards on the floor with the step between the feet to the back of the step
- Medium-speed training
- Compact and explosive take-offs
- Soft knee landings
- Use your calves, quads and glutes to drive upwards

OPTION: Freeze Knee Combo

DOUBLE SQUAT

PHONETIC CUE 'Squat squat, change sides; squat squat, change sides'

Drop Squat Pulse L. Bent Raise F (L foot on the step) 1-4
Step back R, L. Fists to hips 5-8
Repeat to the other side 9-16

- This is the standing option for the Kick Sit
- Feet hip-width apart and parallel
- Knees in line with toes
- Sit butt back and down
- Chest up

OPTION: For increased intensity, add a propulsion on count 2

KICK SIT

PHONETIC CUE 'Freeze 3, 2, 1, squat, jog back; 3, 2, 1, squat, jog back'

Start in Bear Crawl position
Kick Sit L 1-4
Bear Crawl position 5-8
Kick Sit R 9-12
Bear Crawl position 13-16

- Bear Crawl Position:
- Shoulders above wrists
 - Hips above knees
 - On balls of feet, heels up
 - Long spine
 - Pivot on the ball of the foot
 - Keep butt and hip lifted (avoid dropping butt towards the floor)
 - Press hand firmly into the step to engage chest and shoulder muscles
 - Strong core brace
 - Move with control

OPTION: Double Squat



08. LOOK AT ME GO / MAKE IT LOOK EASY / HERO (DISTO REMIX) 6:44mins

TECHNIQUE AND COACHING

SLOW STEP HOP OTT

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

Step L onto the step, facing L diagonal. RA 1-2
Hop L and rotate to face R diagonal. RA 3-4
Step down R, L. RA 5-8
Repeat to the other side 9-16

- Hop, release the heel and rotate the entire body
- Soft knees

OPTION: Do this on the floor with no step

SPEED STEP HOP OTT

PHONETIC CUE 'Hop knee run; hop knee run'

Step L onto the step, facing L diagonal. RA 1
Hop L and rotate to face R diagonal. RA 2
Step down R, L. RA 3-8
Repeat to the other side 9-16

- Hop, release the heel and rotate the entire body
- Soft knees
- Be light on your feet

OPTIONS: No arms

OR

Slow Step Hop OTT

OR

Do this on the floor with no step

SPEED STEP HOP OTT WITH DIAGONAL ARMS

PHONETIC CUE 'Hop knee run; hop knee run'

Step L onto the step, facing L diagonal. Diagonal Arm Sweep 1
Hop L and rotate to face R diagonal. Diagonal Arm Sweep 2
Step down R, L. RA 3-8
Repeat to the other side 9-16

- Hop, release the heel and rotate the entire body
- Soft knees
- Be light on your feet

OPTIONS: Slow Step Hop OTT

OR

Do this on the floor with no step

LIGHT DOUBLE SQUAT

PHONETIC CUE 'Squat right, left; right, left'

Light Double Squat R. RA 1-4
Repeat to the other side 5-8

- R foot flat on the floor, L toes lightly on the step
- Hips square to front, core braced
- Use this as a recovery block

SPEED TAP & DOUBLE SQUAT PULSE COMBO

PHONETIC CUE 'Speed tap 4, 3, 2, 1 squat, squat; 4, 3, 2, 1 squat, squat'

Speed tap R, L, R, L. RA 1-4
Double Squat Pulse. Hands to top of thighs 5-8

- R foot flat on the floor, L toes lightly on the step
- Soft knees throughout
- Core braced, slight tip forward from the hips
- Chest up
- Be light on your feet

OPTIONS: Light Double Squat

OR

Bounce on the floor instead of the Speed Tap



08. LOOK AT ME GO / MAKE IT LOOK EASY / HERO (DISTO REMIX) 6:44mins

TECHNIQUE AND COACHING

SPEED TAP & JUMP COMBO

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

Speed Tap R, L, R, L. RA	1-4
Squat. Hands to top of thighs	5
Plyo Jump. Bent Raise Arms	6
Land the Squat. Hands to the top of thighs	7-8

- R foot flat on the floor, L toes lightly on the step
- Knees out over mid-foot
- Bend knee on the landing of the Plyo Jump
- Core braced, slight tip forward from the hips
- Chest up
- Be light on your feet

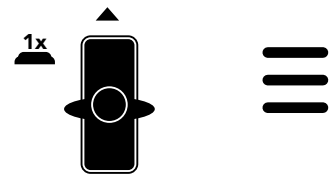
OPTIONS: No Plyo Jump

OR

Light Double Squat

OR

Bounce on the floor instead of the Speed Tap



09. PEAK 3

TRACK FOCUS

Get your class to stay close to the back of the step to make the transition from the top of the step to the back of the step smooth.

Nail the previews to help your class navigate working on all areas of the step in this track.

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
				Pre-track: Stand on top of your step and be close to the back		
0:00	Intro / _ So baby let's			Prepare to move		
0:03	QC / I want love	4x8	A	Low 8x Down Tap 4x Repeater L Combo	32	
0:16	C / I want love	8x8	A ¹	8x Propulsive Tap Down & 4x Repeater Combo L	32	2x
0:44	Rep / So baby let's crazy	4x8	B	Propulsive OTT L then R. <i>Reach up and down</i>	8	4x
0:58	Instr / I want love (Quiet)	4x8	C	Down Tap L then R. RA (close to the back of the step) 👁 3x Freeze Tap & Step Back Combo L then R on the last 16cts	4	8x
1:12	V1 / I never thought you'd see me	4x8	D	3x Freeze Tap & Step Back Combo L then R 👁 Press Down Arms on the last 8cts	16	2x
1:26	I never thought you'd run to	4x8	D ¹	3x Freeze Tap with Press Down Arms & Step Back Combo L then R	16	2x
1:39	PC / I wanted you yesterday	6x8	E	2x Basic Step & 2x Angled Hip Extension Combo L 👁 Power ATT Combo on the last 16cts	16	3x
2:01	C / I want love	8x8	F	Power ATT Combo L	16	4x
2:28	Br /	½x8	G	Knee Lift L. RA (to center)	4	
2:30	Rep / Baby tonight	4x8	G ¹	Propulsive Knee Lift R then L. <i>Punch O/H</i>	8	4x
2:43	V2 / So baby let's crazy	4x8	D	🔄 3x Freeze Tap & Step Back Combo R then L 👁 Press Down Arms on the last 8cts	16	2x
2:57	I never thought you'd run to	4x8	D ¹	🔄 3x Freeze Tap with Press Down Arms & Step Back Combo R then L	16	2x
3:11	PC / I wanted you yesterday	6x8	E	🔄 2x Basic Step & 2x Angled Hip Extension Combo R 👁 Power ATT Combo on the last 16cts	16	3x
3:31	C / I want love	8x8	F	🔄 Power ATT Combo R	16	4x
3:59	Br / Baby tonight	½x8	G	🔄 Knee Lift R. RA (to center)	4	



09. PEAK 3

MUSIC			EXERCISE		CTS	REPS
4:01	Rep / Baby tonight	4x8	G ¹	 Propulsive Knee Lift L then R. <i>Punch O/H</i>	8	4x
4:15	Br / I want	1x8		Leap onto the step	8	
4:18	C / I want love	8x8	A ¹	 8x Propulsive Tap Down & 4x Repeater Combo L	32	2x
4:46	Rep / Baby tonight	4x8	B	 Propulsive OTT L then R. Reach up and down	8	4x
5:00	Outro / I want love	1x8		Step L to the floor. <i>Draw a big heart with your hands</i>	8	



09. I WANT LOVE 5:06mins

TECHNIQUE AND COACHING

DOWN TAP

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

- Body weight on the step, lightly tap toes to the floor
- Be close to the back of the step, so that you can transition to the floor smoothly

LOW 8X DOWN TAP & 4X REPEATER COMBO

PHONETIC CUE 'Tap 8, 7, 6, 5, 4, 3, 2, Repeater 4, 3, 2 other side, 4, 3, 2, tap; 8, 7, 6, 5, 4, 3, 2, Repeater 4, 3, 2 other side, 4, 3, 2, 1'

Down Tap L&R x4. RA 1-16
4x Repeater Knee Lift L then R. RA 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
- Be close to the back of the step so that you can transition to the floor smoothly

8X PROPULSIVE DOWN TAP & 4X REPEATER COMBO

PHONETIC CUE 'Tap 8, 7, 6, 5, 4, 3, 2, Repeater 4, 3, 2 other side, 4, 3, 2, tap; 8, 7, 6, 5, 4, 3, 2, Repeater 4, 3, 2 other side, 4, 3, 2, 1'

Propulsive Down Tap L&R x4. Single Punch O/H 1-16
4x Repeater Knee Lift L then R. Reach up and down 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
- Be close to the back of the step so that you can transition to the floor smoothly

OPTION: Low 8x Down Tap & 4x Repeater Combo

PROPULSIVE OTT

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

- Move with control
- Be close to the back of the step so that you can transition to the floor smoothly

OPTIONS: Low OTT / No arms

3X FREEZE TAP & STEP BACK COMBO

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

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

- Body weight on the step
- Toes lightly tap the floor with heel lifted
- Core braced
- Slight tip forward from the hips
- Chest up

OPTION: Small ROM

3X FREEZE TAP WITH PRESS DOWN ARMS & STEP BACK COMBO

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

Freeze Tap L, R, L. Single Press Down 1-6
Step L, R behind the step. Fists to hips 7-8
Repeat to the other side 9-16

- Body weight on the step
- Bend knees and sit a little lower
- Extend leg to the side more
- Toes lightly tap the floor with heel lifted
- Core braced
- Slight tip forward from the hips
- Chest up

OPTION: 3x Freeze Tap & Step Back Combo

2X BASIC STEP & 2X ANGLED HIP EXTENSION COMBO

PHONETIC CUE '2 Basics, 1 more, Leg Lift 2, 1; Basic 2, 1, Leg Lift 2, 1'

2x Basic Step L. RA 1-8
Hip Extension L then R. Bent Raise F 9-16

- Basic Steps are square to the front
- Hip Extensions on the diagonal



09. I WANT LOVE 5:06mins

TECHNIQUE AND COACHING

POWER ATT COMBO

PHONETIC CUE 'Across, across, Leg Lift 2, 1;
across, across, Leg Lift 2, 1'

Power ATT L then R. *Bent Raise and single reach towards the step* 1-8

Propulsive Leg Extension L then R. *Bent Raise F* 9-16

- Core braced, chest up, slight tip forward from the hip to reach towards the step
- Soft knee landings
- Avoid crossing the free leg behind the supporting leg as you reach towards the step. Extra control is needed here

OPTIONS: No propulsions

OR

2x Basic Step & 2x Angled Hip Extension Combo

KNEE LIFT

CUE 'Single knee'

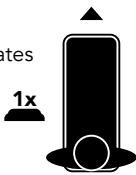
- Knee to hip height
- Maintain great posture by lifting your chest, and keeping shoulders back and down

PROPULSIVE KNEE LIFT

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

- Body square to the front
- Roll through the foot to push off the step
- Soften knee to land the jump (absorb the impact)
- Aim to get your knee to hip level

OPTION: No propulsion



10. CONDITIONING 2

TRACK FOCUS

Coach control and technique with all the plate work in this track. Let your class know that they can put the weight down if they need to, or if their legs fatigue, they can do the weighted work standing on the floor.

Coach control in the core work.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	On top of the step, weight up to shoulder height. Prepare to move 👁 Triple Pulse Lunge R on the last 8cts	16	
0:06	Uh-huh	2x8 A ¹	Triple Pulse Lunge L then R. Weight by shoulders 👁 Alt Shoulder Press on the last 8cts	16	
0:12	C / Prrr _ Blackpink in your	4x8 A ²	Triple Pulse Lunge L then R. Alt Shoulder Press	16	2x
0:24	V1 /	4x8 B	Lunge & Squat Combo L. Weights down by sides 👁 Weighted Side Raise on the last 8cts	8	4x
0:36		4x8 B ¹	Lunge & Squat Combo L. Weighted Side Raise	8	4x
0:49	PC / (Oh, oh-oh-oh)	2x8 A	Triple Pulse Lunge L then R. Weights down by sides	16	
0:55	(Oh, oh-oh-oh)	3x8 A ¹	Triple Pulse Lunge L then R. Weights by shoulders 👁 Alt Shoulder Press on the last 8cts	16	1½x
1:05	C / (Instr)	4x8 A ²	🔁 Triple Pulse Lunge R then L. Alt Shoulder Press	16	2x
1:17	V2 / _ All my diamonds	4x8 B	🔁 Lunge & Squat Combo R. Weights down by sides 👁 Weighted Side Raise on the last 8cts	8	4x
1:29		4x8 B ¹	🔁 Lunge & Squat Combo R. Weighted Side Raise	8	4x
1:41	PC / (Oh, oh-oh-oh)	2x8 A	🔁 Triple Pulse Lunge R then L. Weights down by sides	16	
1:47	(Oh, oh-oh-oh)	3x8 A ¹	🔁 Triple Pulse Lunge R then L. Weights by shoulders 👁 Alt Shoulder Press on the last 8cts	16	1½x
1:57	C / (Instr)	4x8 A ²	🔁 Triple Pulse Lunge L then R. Alt Shoulder Press	16	2x
2:09	Intro /	4x8	Transition to lie on the floor, keeping one weight plate Feet on the step, knees bent Feet hip-width apart Prepare for Weighted Hip Bridges 👁 Weighted Rhythm Hip Bridge on the last 8cts	32	



10. CONDITIONING 2

MUSIC			EXERCISE		CTS	REPS
2:26	V1 / _ Never gonna	4x8	C	Weighted Rhythm Hip Bridge	8	4x
2:44	PC / _ We used to be	8x8	D	Rainbow Crunch Combo R	8	8x
3:20	C / _ We're not gonna live	8x8	E	Weighted Rhythm Hip Bridge & Rainbow Crunch Combo R	16	4x
3:55	Ref / _ I won't pretend	2x8	F	Knees bent, feet up Extend R leg up 👁️ Weighted Leg Drop on the last 8cts	16	
4:04	Rep / I'm just falling	4x8	G	Weighted Leg Drop R towards the back of the room	8	4x
4:22	Instr / (Quiet)	2x8		Reset, prepare for Weighted Hip Bridges	16	
4:31	V2 / _ Climbing up the walls	4x8	C	🔄 Weighted Rhythm Hip Bridge	8	4x
4:49	PC / _ We used to be	8x8	D	🔄 Rainbow Crunch Combo L	8	8x
5:24	C / _ We're not gonna live	8x8	E	🔄 Weighted Rhythm Hip Bridge & Rainbow Crunch Combo L	16	4x
6:00	Ref / _ I won't pretend	2x8	F	🔄 Knees bent, feet up Extend L leg up 👁️ Weighted Leg Drop on the last 8cts	16	
6:09	Rep / I'm just falling	4x8	G	🔄 Weighted Leg Drop L towards the front of the room	8	4x



10. PRETTY SAVAGE / WE USED TO BE FRIENDS

6:30mins

TECHNIQUE AND COACHING

TRIPLE PULSE LUNGE

PHONETIC CUE 'Lunge 3, 2, 1 change legs, 3, 2, 1, change legs'

Start with R foot on the step, L leg back to Lunge position, *holding weights by shoulders*

Triple Pulse Lunge L. *Hold weights by shoulders* 1-6

Step L onto the step. *Hold weights by shoulders* 7-8

Repeat to the other side 9-16

- Front knee in line with mid-foot
- Back heel up
- Chest up
- Core braced
- Move with precision and control

TRIPLE PULSE LUNGE WITH ALTERNATING SHOULDER PRESS

PHONETIC CUE 'Press 3, 2, 1 change legs, 3, 2, 1, change'

Triple Pulse Lunge L. *Single Press O/H L, R then L* 1-6

Step L onto the step. *Hold weights by shoulders* 7-8

Repeat to the other side 9-16

- Front knee in line with toes
- Back heel up
- Chest up
- Core braced
- Keep weights in front of the body in the overhead position

LUNGE & SQUAT COMBO WITH WEIGHTS DOWN BY SIDES

CUE 'Lunge, squat; lunge, squat'

Lunge L. *Weights down by sides* 1-4

Squat L. *Weights down by sides* 5-8

- Front knee in line with mid-foot
- Back heel up
- Chest up
- Core braced
- Move with precision and control

OPTION: Small ROM

LUNGE & SQUAT COMBO L. WEIGHTED SIDE RAISE

CUE 'Arms, Lunge raise, squat lower; lunge raise, squat lower'

Lunge L. *Side Raise* 1-4

Squat L. *Lower weights down by sides* 5-8

- Raise weights just below shoulder level

TRANSITION TO LIE ON THE FLOOR, PREPARE FOR WEIGHTED RHYTHM HIP BRIDGE

CUE 'Lie on the floor, butt close to the step, feet on top of the step, hold weight on hips'

- Lie on the floor
- Butt close to the step
- Feet on top of the step



10. PRETTY SAVAGE / WE USED TO BE FRIENDS

6:30mins

TECHNIQUE AND COACHING

WEIGHTED RHYTHM HIP BRIDGE

PHONETIC CUE 'Hips up, half way down, up, and lower; up, half way down, up, and lower'

Weighted Hip Bridge L up	1-2
Lower hips halfway down	3-4
Weighted Hip Bridge L up	5-6
Lower down	5-8

- Squeeze glutes up
- Press knees outwards
- Core braced

OPTION: No weight plate

RAINBOW CRUNCH COMBO

PHONETIC CUE 'Crunch side, rainbow over, side, down; side, rainbow over, side, down'

Weighted Oblique Crunch R	1-2
Rainbow, weight over the knees towards the L	3-4
Weighted Oblique Crunch R	5-6
Shoulders down	7-8

- Press lower back towards the floor
- Peel shoulder blades off the floor
- Squeeze ribs towards hips
- The Crunch stays active for cts 1-6, then releases down for cts 7-8
- Maintain a steady breathing rhythm

OPTION: No weight plate

WEIGHTED RHYTHM HIP BRIDGE & RAINBOW CRUNCH COMBO

PHONETIC CUE 'Hips up, half way down, up, and lower; crunch side, rainbow over, side, down'

Weighted Rhythm Hip Bridge	1-8
Rainbow Crunch Combo	9-16

- Weighted Rhythm Hip Bridge
- Squeeze glutes up
 - Press knees outward

- Rainbow Crunch
- Press lower back towards the floor
 - Peel shoulder blades off the floor
 - Squeezing ribs towards hips
 - The Crunch stays active for cts 1-6, then releases down for cts 7-8
 - Maintain a steady breathing rhythm

OPTION: No weight

WEIGHTED LEG DROP

PHONETIC CUE 'Lower down, rise up; lower down, rise up'

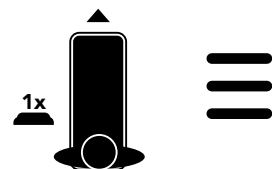
Knees bent, feet up
Extend R leg up
Weight in R hand, arm extended up
L arm out to side on the floor

Lower legs towards the L. Lower R arm towards the R	1-4
Return legs and R arm to start position	5-8

- Weighted arm lowers to the opposite direction from the legs
- Lower legs towards 45 degrees
- Belly button in towards spine
- Keep shoulder blades anchored to the floor
- Maintain a steady breathing rhythm

OPTION: No weight

Both knees bent
Feet on the step



11. COOLDOWN / STRETCH

TRACK FOCUS

Coach step-by-step instructions on position, body angles and where body parts go to get in to the correct positions for the stretches.
Know the music and choreography to get this track to flow, feel 'chill' and cool.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Transition to sit on your step	16	
0:09	Ref / _ We hug	3x8	A	Lying on your R side, Quad Stretch L	24	
0:22	_ But I need	1x8		Transition to sit, facing F	8	
0:26	C / Kiss me more	3x8	B	Diamond Groin Stretch	24	
0:39	You groove	1x8		Transition to lie on your R side	8	
0:43	Boy you	3x8	A	 Quad Stretch R	24	
0:56	The taste	1x8		Transition to sit up facing R diagonal, L leg straight, R leg bent	8	
1:00	V1 / I, I feel like	2x8	C	Light Hamstring Stretch L. <i>Hands to L shin</i>	16	
1:09	We could kiss	2x8	C ¹	Light Hamstring Stretch L. <i>L hand to L shin, R hand to lower back area</i>	16	
1:18	_ Something we	3x8	C ²	Light Hamstring Stretch L. <i>L hand to L toes, R hand to lower back area, tip slightly to the L</i>	24	
1:31	When I bite	1x8		Transition to Figure 4 position, L ankle crossed over R knee	8	
1:35	C / Kiss me more	3x8	D	Figure 4 Glute / Hip Stretch L	24	
1:48	You groove	1x8		Keep Figure 4 position, gently sit on your step	8	
1:52	Boy you write	1x8	D ¹	Gently lower L foot towards the back of the room	8	
1:57	Taste la la la	1x8		Gently rainbow legs towards the front of the room	8	
2:01	Boy you write	1½x8	D ²	Seated Hip Flexor Stretch R	12	
2:08	All on my	½x8		Gently uncross ankle from the knee and change sides	4	
2:10	V2 / Give me a buck	2x8	C	 Light Hamstring Stretch R. <i>Hands to R shin</i>	16	
2:18	Cuffin' with you	2x8	C ¹	 Light Hamstring Stretch R. <i>R hand to R shin, L hand to lower back area</i>	16	
2:27	_ Caught dippin'	3x8	C ²	 Light Hamstring Stretch R. <i>R hand to R toes, L hand to lower back area, tip slightly to the R</i>	24	
2:40	Fantasy and whip	1x8		 Transition to Figure 4 position, R ankle crossed over L knee	8	
2:44	C / Kiss me more	3x8	D	 Figure 4 Glute / Hip Stretch R	24	
2:57	You groove	1x8		 Keep Figure 4 position, gently sit on your step	8	



11. COOLDOWN / STRETCH

MUSIC			EXERCISE		CTS	REPS
3:02	Boy you write	1x8	D ¹	 Gently lower R foot towards the back of the room	8	
3:06	Taste la la la	1x8		 Gently rainbow legs towards the front of the room	8	
3:10	Boy you write	1½x8	D ²	 Seated Hip Flexor Stretch L	12	
3:17	All on my	½x8		 Gently uncross ankle from the knee	4	
3:19	Outro /	½x8		Roll over to <i>place hands on the step</i> , Down Dog position	4	
3:21		2½x8	E	Alt Active Calf Stretch L&R	4	5x
3:32		1½x8		Walk your feet in towards the step, and roll your body up to standing	12	

11. KISS ME MORE 3:39mins

TECHNIQUE AND COACHING

QUAD STRETCH

- Lying on your side on top of the step
- Hips stacked
- Holding onto top ankle, pull heel towards butt
- Close the gap between legs
- Squeeze glutes

DIAMOND GROIN STRETCH

- Sitting on top of the step
- Soles of feet together
- Press knees down with elbows
- Tip forward from hips

LIGHT HAMSTRING STRETCH WITH HANDS TO SHIN

- Leg closest to the class is straight and bend the other leg. Place sole of that foot in to inner thigh of the straight leg
- Hands to thigh/shin/ankle. Whatever feels good for you
- Tip upper body over the straight leg
- Chest up

LIGHT HAMSTRING STRETCH WITH 1 HAND TO SHIN, 1 HAND TO LOWER BACK

- Leg closest to the class is straight and bend the other leg. Place sole of that foot in to inner thigh of the straight leg
- Same hand as the straight leg to thigh/shin/ankle. Whatever feels good for you. Other hand behind to lower back
- Gently tip upper body over the straight leg
- Chest up

LIGHT HAMSTRING STRETCH WITH 1 HAND TO TOES, 1 HAND TO LOWER BACK

- Leg closest to the class is straight and bend the other leg. Place sole of that foot in to inner thigh of the straight leg
- Same hand as the straight leg to toes/shin/ankle. Whatever feels good for you. Other hand behind to lower back
- Gently tip upper body over the straight leg
- Chest up

FIGURE 4 GLUTE / HIP STRETCH

- Tricep Dip position, with ankle of the leg that's closest to front of the room crossed over other knee
- Top foot flexed
- Press the top knee downwards
- Lower butt gently towards floor
- Chest up
- Take the stretch to a position that feels good for you

FIGURE 4 WITH LEG LOWER TOWARDS BACK OF THE ROOM AND RAINBOW TO THE OTHER SIDE

- Keeping leg crossed over in figure 4 position, sit down on the step
- Gently lower legs towards the back of the room
- Then gently rainbow the legs over towards the front of the room
- The key word here is 'gently'. Go to where it feels good for you

SEATED HIP FLEXOR STRETCH

- Keeping leg crossed over in figure 4 position
- Once you have gently 'rainbowed' the legs over towards the front of the room, lift your back hip a little to feel the stretch a little more around your hip flexor

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.

