



BODYSTEP

127

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

DECLARATION OF INTENT

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



MUSIC

- 01

Summer's Not Ready (3:35)

Beach Ball Boxers

© 2022 Les Mills Music Licensing Ltd.

Written by: Ibrahim, Patrikios, Love, Lavigne, Sanderson, Isaac
- 02

Let Them Know (Riton Remix) (2:57)

Mabel & Riton

Courtesy of the Universal Music Group.

Written by: McVey, Keen, Lewis, Emenike
- 03

Psycho (4:59)

Scream Queenie

© 2022 Les Mills Music Licensing Ltd.

Written by: Sheeran, Mac, Peters
- 04

Horns (1:19)

The Valid Reasons

© 2022 Les Mills Music Licensing Ltd.

Written by: Wilman, Vangelis
- 05

Anita (Extended Mix) (1:37)

Armin van Buuren & Timmy Trumpet

Courtesy of Armada Music B.V under exclusive license from Armin Audio B.V

Written by: van Buuren, de Goeij, Bullimore, Record, Smith, Bunawan, Rothwell, Bonanno
- 06

Horns (1:19)

The Valid Reasons

© 2022 Les Mills Music Licensing Ltd.

Written by: Wilman, Vangelis
- 07

Anita (Extended Mix) (1:30)

Armin van Buuren & Timmy Trumpet

Courtesy of Armada Music B.V under exclusive license from Armin Audio B.V

Written by: van Buuren, de Goeij, Bullimore, Record, Smith, Bunawan, Rothwell, Bonanno
- 08

What's My Age Again (4:20)

Broken Fire

© 2022 Les Mills Music Licensing Ltd.

Written by: Hoppus, DeLonge
- 09

You're On (3:49)

On The Groove

© 2021 La Grande Onda S.r.l su licenza Jackleg S.r.l distributed by Artist First.

Written by: Riva
- 10

I Am Woman (5:28)

Angel Nation

© 2022 Les Mills Music Licensing Ltd.

Written by: Tedder, Josiah, Caschani

- 08

My Head My Heart (1:14)

Fact or Feeling

© 2022 Les Mills Music Licensing Ltd.

Written by: Eriksen, Love, Walter, Koci, Potekhin, Scola, Zhukov
- 09

Give Me What I Want (0:57)

Rayelle

© 2018 Happy Owl Records.

Written by: Bachelder, Ottestad
- 10

Jump Up (Extended Mix) (1:34)

Mike Bond, Richie Loop & Sanjin

© 2021 Revealed Music B.V.

Written by: Kljucanin, Bond, Webb
- 11

Give Me What I Want (0:57)

Rayelle

© 2018 Happy Owl Records.

Written by: Bachelder, Ottestad
- ALT 10

Jump Up (Extended Mix) (1:12)

Mike Bond, Richie Loop & Sanjin

© 2021 Revealed Music B.V.

Written by: Kljucanin, Bond, Webb
- 11

My Head My Heart (1:17)

Fish Fry

© 2022 Les Mills Music Licensing Ltd.

Written by: Eriksen, Love, Walter, Koci, Potekhin, Scola, Zhukov
- 12

Feedback (4:37)

Bear Suit

© 2022 Les Mills Music Licensing Ltd.

Written by: Jerkins, Daniels, Mile, Yasin
- 13

My Sweet Relief (5:12)

Funny Little Feelings

© 2022 Les Mills Music Licensing Ltd.

Written by: Dick, Dumouchel
- 14

Calabria (1:31)

DMNDS, Fallen Roses & Lujavo feat. Nito-Onna

© 2021 Strange Fruits.

Written by: Koelsch
- 15

breathin (3:17)

Ariana Grande

Courtesy of the Universal Music Group.

Written by: Ilya, Grande, Kotecha, Martin
- 16

Thoughts In My Mind (6:43)

Swif7

Courtesy of Epidemic Sound.

Written by: Unknown



BODYSTEP 127



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

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.

Charlotte Fleetwood-Stowers (New Zealand) is a BODYSTEP Presenter/Instructor and a LES MILLS CORE™ Instructor. She is based in Auckland.

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

Have you been waiting for the right time to try a BODYSTEP class? That time is now!

This new release has a strong focus on simple repetitive learning curves, which is the perfect learning environment for the new or inexperienced stepper. Combine the simplicity focus with awesome music and athletic step training with loads of options to increase or decrease the intensity and loads of opportunities to up the fun factor. BODYSTEP 127 will always be remembered as the release that truly caters to everyone.

We warm up to *Summer's Not Ready* with Squats and the recurring feature move, the 360° Walk. We learn to step and warm our stepping muscles next with Lunges and Down Taps and we also inject a dose of Cha-Cha-Cha rhythm and a 'Madonna' arm-line to bring a bit of fun to the Warm-up phase.

Peak 1 will have your heart rate going 'totally Psycho' with propulsive energy. Then we cross-train in the Mixed Strength track by introducing more leg, butt and upper body work, with a splash of Spanish flair.

We bump the heart rate up again in Peak 2 to *What's My Age Again* with a cool Repeater and Pendulum Swing Combo, then we reach the halfway mark of the workout in Conditioning 1, with integrated weighted upper and lower body functional training.

The Party Step is my personal favorite track in this release. Get ready to flick, wrap, sinch and point with lots of sassy attitude.

The Athletic Circuit has it all: Burpees, Mountain Climbers and speed training, with loads of options to cater for all fitness levels.

Peak 3 is a mix of high-energy stepping and sexy Shoulder Rolls. Get ready to turn this one right up!

We end this workout with some innovative integrated weighted upper and lower body training and then we catch our breath as we Stretch/Cooldown to *Breathin*.

Enjoy this spectacular new release!

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 127

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	40:42

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	42:25

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	25:25

30-MINUTE FORMAT – Option 2

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 08	Athletic Circuit
Track 06	Conditioning 1
Total Time	28:16

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 127

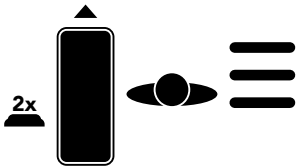
When mixing older releases with BODYSTEP 127 use:

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		



01. WARM-UP

TRACK FOCUS

Coach your class to stay close to the back of the step so that they can easily transition from the side of the step to the back of the step. Use clear visual cues to assist in showing which direction to move towards.

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 / The summer's		Prepare to move	4	
0:07	Ref / Are you ready for the beaches	4x8 A	Up Tap L. HOH	4	8x
0:22	Rep / Are you ready for the beaches	4x8 B	Double Squat & March OTS Combo L then R	32	
0:37	C / Are you ready for the beaches	2x8 B	 Double Squat & March OTS Combo L  Double Squat & March 360° Combo L	16	
0:44	Are you ready for the long	6x8 B ¹	Double Squat & March 360° Combo R then L	32	1½x
1:07	Br / Ready for me	½x8 A ¹	Leg Abduction L. HOH	4	
1:09	V1 / _ Game stop	2x8 A ¹	Leg Abduction L. HOH  Arms on the last 4cts	4	4x
1:16	_ She likes summer	2x8 A ²	 Leg Abduction L. Bent Raise F  L-Leg Abduction L on the last 8cts	4	4x
1:24	PC / You baby you	4x8 A ³	L-Leg Abduction L. Bent Raise F	8	4x
1:39	Ref / _ I must confess	2x8 B ¹	 Double Squat & March 360° Combo L	16	
1:46	C / Are you ready for the beaches	8x8 B ¹	 Double Squat & March 360° Combo R then L	32	2x
2:16	Br / Ready for me	½x8 A ¹	 Leg Abduction R. HOH	4	
2:18	V2 / _ Game stop	2x8 A ¹	 Leg Abduction R. HOH  Arms on the last 4cts	4	4x
2:26	_ She likes summer	2x8 A ²	 Leg Abduction R. Bent Raise F  L-Leg Abduction R on the last 8cts	4	4x
2:33	PC / You baby you	4x8 A ³	 L-Leg Abduction R. Bent Raise F	8	4x
2:48	C / Are you ready for the beaches	8x8 B ¹	 Double Squat & March 360° Combo R then L	16	2x
3:18	Rep / Ready for me	4½x8 A ³	 L-Leg Abduction R. Bent Raise F	16	4½x



01. SUMMER'S NOT READY 3:35mins

TECHNIQUE AND COACHING

UP TAP

PHONETIC CUE 'Up tap, down tap, up tap, down tap'

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

- Set up the 'up and down' rhythm
- Body square to the front
- **Whole foot on the step**
- **Chest up**
- Core braced
- Be bright and welcoming to your class

DOUBLE SQUAT & MARCH OTS COMBO

PHONETIC CUE 'Double squat over, double squat hold, march on the spot, do it again; double squat over, double squat hold, march on the spot'

Step R foot on the step, L foot on the floor, squat down, up, then down. Hands to top of thighs 1-3
Squat up and step R onto the step. Hands to top of thighs 4
Step R foot on the floor, L foot on the step, squat down, up, then down. Hands to top of thighs 5-7
Squat up and Tap R to the floor. RA 8
March R, L x4 OTS. RA 9-16
Repeat to the other side 17-32

- Set up the pattern of this combo
- Use visual cues to show the direction to move and to hold OTS
- **Knees in line with toes**
- Hands support on thighs
- **Chest up**
- Core braced

DOUBLE SQUAT & MARCH 360° COMBO

PHONETIC CUE 'Double squat over, double squat hold, walk forward and around the step, do it again; double squat over, double squat hold, march around the step'

Step R foot on the step, L foot on the floor, squat down, up, then down. Hands to top of thighs 1-3
Squat up and step R onto the step. Hands to top of thighs 4
Step R foot on the floor, L foot on the step, squat down, up, then down. Hands to top of thighs 5-7
Squat up and lift R heel towards butt. RA 8
March R, L x4 in a 360° around the step. RA 9-16
Repeat to the other side 17-32

- Set up the pattern of this combo
- Use visual cues to show the direction to move and to hold OTS
- **Knees in line with toes**
- Hands support on thighs
- Chest up
- Core braced
- Coach the full 360° walk around the step
- **Walk forwards and around the step**
- Start and finish the 360° at the same spot beside the step

OPTION: March OTS

LEG ABDUCTION

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

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

- Use a visual cue to hold OTS
- Revisit the 'up and down' rhythm
- **Body square to the front**
- Whole foot on the step
- **Free leg low**
- **Squeeze the glutes**
- Chest up
- Core braced
- Warming around the hips and glutes



01. SUMMER'S NOT READY 3:35mins

TECHNIQUE AND COACHING

LEG ABDUCTION WITH BENT RAISE FORWARD

PHONETIC CUE 'Arm lift, lower; lift, lower'

Step L onto the step, then abduct R leg. *Bent Raise F* 1-2

Step R to the floor, then tap L to the floor. *Fists to hips* 3-4

- Lift elbows to shoulder height
- Warming the shoulders and lats

OPTION: HOH

L-LEG ABDUCTION

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

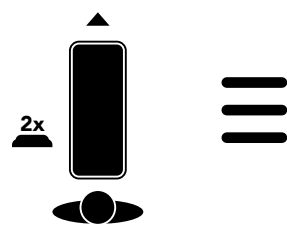
Step L onto the step, then abduct R leg. *Bent Raise F* 1-2

Step R to the back of the step, then tap L to the floor. *Fists to hips* 3-4

Step L onto the step, then abduct R leg. *Bent Raise F* 5-6

Step R to the R side of the step, then tap L to the floor. *Fists to hips* 7-8

- The same foot always steps onto the step, the other leg always lifts
- Move the extended leg in a circular motion to the back, then to the side
- Getting mobile around the hip joint
- **Body square to the front** (avoid twisting)
- Whole foot on the step
- **Free leg low**
- Squeeze the glutes
- Chest up
- Core braced
- Warming around the hips and glutes



02. STEP WARM-UP

TRACK FOCUS

Create success early in this track by coaching the 3 and 1 pattern, then start to relax a little and enjoy the Cha-Cha-Cha rhythm. If you’re wanting a bit extra... try the 'Madonna' arm-line at the end of the track.

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 / That that, you’re that	2x8 A	Up Tap L then R. RA 👁️ Down Tap L on the last 4cts	8	2x
0:07	V1 / Nails shine	8x8 B	3x Down Tap & Basic Step Combo R then L	32	2x
0:37	C / That that, you’re that	4x8 B¹	3x Cha-Cha-Cha & Basic Step Combo R then L	32	
0:52	V2 / Lips pink	4x8 C	Step Lunge R then L. HOH 👁️ Arms on the last 8cts	16	2x
1:07	Pin-up girl	4x8 C¹	Step Lunge R then L. Side Tilt Arms	16	2x
1:22	C / That that, you’re that	4x8 B¹	🔄 3x Cha-Cha-Cha & Basic Step Combo R then L	32	
1:37	V3 / Nails shine	4x8 C	🔄 Step Lunge R then L. HOH 👁️ Arms on the last 8cts	16	2x
1:52	Pin-up girl	4x8 C¹	🔄 Step Lunge R then L. Side Tilt Arms	16	2x
2:07	C / That that, you’re that	2x8 B¹	🔄 3x Cha-Cha-Cha & Basic Step Combo R 👁️ Around The Head arm-line on the last Cha-Cha-Cha	16	
2:14	That that, you’re that	10x8 B²	3x Cha-Cha-Cha & Basic Step Combo with Around The Head arm-line L then R	32	2½x
2:52	Outro /		Around The Head arm-line on the last 2cts		



02. LET THEM KNOW (RITON REMIX) 2:57mins

TECHNIQUE AND COACHING

UP TAP

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

- Step R onto the step, then tap L to the step. RA 1-2
- Step down L, R to the floor. RA 3-4
- Repeat to the other side 5-8

- Important: **At the start of this track, be sure to lead with the right leg first** (this is the natural leading leg, continuing on from Track 1)
- A common mistake is to change legs, and break the natural leading leg flow, causing confusion with participants
- Use a visual cue to show this leading leg
- Set up the alternating foot pattern (right leg, left leg, right leg, left leg)

3X DOWN TAP & BASIC STEP COMBO

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

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

- Set up the 3 and 1 pattern using repetitive phonetic cues
- Use visual cues to show the direction to move, and to hold the Basic Step to the front
- **Body square to the front**
- **Whole foot on the step**
- Down Tap: Tap toes to the floor, around to the side and parallel to the step. Doing this will increase the ROM and help create more hip mobilizing and warmth to the hip and glutes

3X CHA-CHA-CHA & BASIC STEP COMBO

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

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

- Add a Cha-Cha-Cha rhythm to the 3x Down Taps
- Body square to the front
- **Be light on your feet in the Cha-Cha-Chas**
- Soften your knees to allow your feet to move to the quick Cha-Cha-Cha rhythm
- Move with control, keeping muscle tension through the upper body so that the Cha-Cha-Chas don't look 'loose' or 'uncontrolled'
- Avoid making it look too 'dancey'. That may worry newer people. Be sure to look after your newer participants and let them know that they can do Taps instead of the Cha-Cha-Chas

OPTION: 3x Down Tap & Basic Step Combo

3X CHA-CHA-CHA & BASIC STEP COMBO WITH AROUND THE HEAD ARM-LINE

PHONETIC CUE 'Cha-cha-cha 3, 2, 1 around the head, Basic Step hold; again 3, 2, 1 around the head, Basic Step hold'

- Cha-Cha-Cha R then L. RA 1-8
- Cha-Cha-Cha R. L around the head 9-12
- Basic Step L. RA 13-16
- Repeat to the other side 17-32

- In the last set of these, you can add an optional 'Madonna' arm-line to have a bit of fun
- Look, see and respond. If you have mainly new people in your class, and they are still struggling with the 3 and 1 combo or the Cha-Cha-Cha rhythm, leave out the 'Madonna' arm-line for now. We want these new people to stay for the entire class and not give up at this point

OPTIONS: No 'Madonna' arm-line

3x Down Tap & Basic Step Combo



02. LET THEM KNOW (RITON REMIX) 2:57mins

TECHNIQUE AND COACHING

STEP LUNGE

PHONETIC CUE 'Step, lunge, rise, change sides; step, lunge, rise, change sides'

Step R onto the step. HOH	1-2
Lunge down. HOH	3-4
Lunge up. HOH	5-6
Step R to the floor. HOH	7-8
Repeat to the other side	9-16

- Body square to the front
- Feet hip-width apart (like you're on railway tracks. One foot on each track)
- Core braced
- Chest up
- **Take a long step onto the step**
- **Back heel lifted**
- **Front knee pressed outwards** (avoid knee buckling inward)
- Front knee above front heel
- Lower the back knee gently towards the floor
- Front thigh no lower than parallel to the step

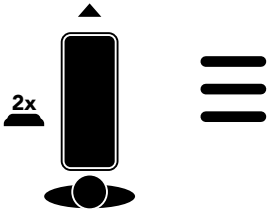
STEP LUNGE WITH SIDE TILT ARMS

PHONETIC CUE 'Arms up, tilt left, center, change legs; arms up, tilt right, center, change legs'

Step R onto the step. Hands clasped O/H	1-2
Lunge down. HOH. Hands clasped, tilt R	3-4
Lunge up. Hands clasped O/H	5-6
Step R to the floor. Hands clasped lower	7-8
Repeat to the other side	9-16

- **Body square to the front**
- Feet hip-width apart (like you're on railway tracks. One foot on each track)
- **Core braced**
- Chest up
- Take a long step onto the step
- Back heel lifted
- Front knee pressed outwards (avoid knee buckling inward)
- Front knee above front heel
- Lower the back knee gently towards the floor
- Front thigh no lower than parallel to the step
- Use obliques to tilt to the side and to return to upright position, hips level
- **It's a small gentle tilt to the side.** Avoid an excessive tilt to the side. Remember that we are still warming up

OPTION: HOH



03. PEAK 1

TRACK FOCUS

Coach the alternating foot pattern in the Hip Extensions, and then let your participants know that the Hip Extension T-Straddles simply use the same alternating pattern.

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 / Call me psycho	2x8	Prepare to move	16	
0:07	Instr /	4x8	A Alt Hip Extension L then R. <i>HOH</i> 👁️ Hip Extension T-Straddle L on the last 8cts	8	4x
0:21	Rep / _ Now that I'm over	4x8	B Hip Extension T-Straddle L. <i>HOH</i> 👁️ Propulsion on the last 8cts	8	4x
0:35	C / _ Now that I'm over	4x8	B ¹ Propulsive Hip Extension T-Straddle L. <i>Bent Raise F</i>	8	4x
0:49	Rep / Still call me psycho	4x8	C Propulsive Knee Lift L then R. <i>Punch O/H</i>	8	4x
1:03	Instr / Still call me psycho	2x8	C ¹ Basic Step L. <i>RA</i>	4	4x
1:10	V1 / _ You kept me as your	4x8	D 3x Repeater Knee Lift L then R 👁️ Ricochet L on the last 8cts	16	2x
1:24	PC / I feel like you	4x8	D ¹ Ricochet L then R. <i>RA</i>	16	2x
1:38	Ref / _ Now that I'm over	4x8	E Ricochet & 2x Basic Step Combo L then R	32	
1:52	C / _ Now that I'm over	8x8	E ¹ Propulsive Ricochet & 2x Basic Jog Combo L then R	32	2x
2:20	Br / Still call me psycho	½x8	E ²  Hip Extension L. <i>HOH</i>	4	
2:22	Instr / (Riff)	4x8	E ³ Propulsive Hip Extension R then L. <i>Bent Raise F</i> 👁️ Propulsive Hip Extension T-Straddle on the last 8cts	8	4x
2:36	Rep / _ You don't want me	4x8	A  Propulsive Hip Extension T-Straddle R. <i>Bent Raise F</i>	8	2x
2:50	Instr / Still call me psycho	2x8	B  Basic Step R. <i>RA</i>	4	4x
2:57	V2 / _ Playing the perfect	4x8	B ¹  3x Repeater Knee Lift R then L 👁️ Ricochet R on the last 8cts	16	2x
3:11	PC / I feel like you	4x8	C  Ricochet R then L. <i>RA</i>	16	2x
3:24	Ref / _ Now that I'm over	4x8	C ¹  Ricochet & 2x Basic Step Combo R then L	32	
3:39	C / _ Now that I'm over	8x8	D  Propulsive Ricochet & 2x Basic Jog Combo R then L	32	2x



03. PEAK 1

	MUSIC			EXERCISE	CTS	REPS
4:07	Br / Still call me psycho	½x8	D ¹	 Hip Extension R. <i>HOH</i>	4	
4:09	Instr / (Riff)	4x8	E	 Propulsive Hip Extension L then R. <i>Bent Raise F</i>  Propulsive Hip Extension T-Straddle on the last 8cts	8	4x
4:23	Rep / _ You don't want me	4x8	E ¹	 Propulsive Hip Extension T-Straddle L. <i>Bent Raise F</i>	8	4x
4:36	Instr / Still call me psycho	4x8	E ²	 Propulsive Knee Lift L then R. <i>Punch O/H</i>	8	4x
4:51	Outro / Still call me psycho	1x8	E ³	Strike a pose	8	

SMARTSTART

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



03. PSYCHO 4:59mins

TECHNIQUE AND COACHING

ALTERNATING HIP EXTENSION

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

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

HIP EXTENSION T-STRADDLE

PHONETIC CUE 'Right leg, straddle, left leg, step back; right leg, straddle, left leg, step back'

Step L onto the step, then extend R leg. *HOH* 1-2
Straddle down R, L. *HOH* 3-4
Step R onto the step, then extend L leg. *HOH* 5-6
Step down L, R to the back of the step. *HOH* 7-8

- Maintain and coach the continued alternating foot pattern
- **Free leg low**
- **Squeeze the glutes**
- Body weight over the step
- **Core braced**
- Slight tip forward from the hips
- Body square to the front

OPTION: Alt Hip Extension

PROPULSIVE HIP EXTENSION T-STRADDLE

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

Step L on to the step, then propel and extend R leg. *Bent raise F* 1-2
Straddle down R, L. *Fists to hips* 3-4
Step R onto the step, then propel and extend L leg. *Bent raise F* 5-6
Step down L, R to the back of the step. *Fists to hips* 7-8

- Revisit the alternating foot pattern
- **Roll through the foot and push off the toes**
- **Soft knee landings**
- **Free leg low**
- Squeeze the glutes
- Body weight over the step
- Core braced
- Slight tip forward from the hips
- Body square to the front
- Move with control

OPTION: Alt Hip Extension

PROPULSIVE KNEE LIFT

PHONETIC CUE 'Right knee, change sides; left knee, change sides'

- **Roll through the foot and push off the toes**
- **Soft knee landings**
- Core braced
- Chest up
- Knee forward to hip level, or lower
- Move with control

OPTION: No propulsion



03. PSYCHO 4:59mins

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**
- Space between the feet
- Chest up
- Use this to recover and reset quickly

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

- Use a visual cue to show the leading leg
- **Body weight over the step**
- Core braced
- Slight tip forward from the hips
- **Toes lightly tap the floor**, with heel up
- Front knee in line with toes
- Chest up
- Knee forward to around hip level or a bit lower
- Strong running arms

RICOCHET

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

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

- Use a visual cue to show the leading leg
- Core braced
- Slight tip forward from the hips
- **Standing leg in line with toes**
- Chest up
- Bend supporting knee to sit deeper as you tap over the step

OPTION: 3x Repeater Knee Lift

RICOCHET & 2X BASIC STEP COMBO

PHONETIC CUE 'Knee, tap over, knee, 2 Basic Steps, hold, one more, again; knee, tap over, knee, 2 Basic Steps, hold, one more'

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

- Set up the pattern of this combo
- Use visual cues to show the direction to move, and to hold the Basic Steps to the front

OPTION: 3x Repeater Knee Lift & 2x Basic Steps



03. PSYCHO 4:59mins

TECHNIQUE AND COACHING

PROPULSIVE RICOCHET & 2X BASIC JOG COMBO

PHONETIC CUE 'Jump, tap over, jump, 2 Jogs, hold, one more, again; jump, tap over, jump, 2 Jogs, hold, one more'

Propulsive Ricochet L. RA	1-8
2x Basic Jogs and Step R. RA	9-16
Repeat to the other side	17-32

- Roll through the foot and push off the toes to jump
- **Soft knee landings, knees in line with toes**
- Body square to the front throughout
- **Whole foot on the step in the Basic Jogs**
- Core braced
- Chest up

OPTION: No propulsion

04. MIXED STRENGTH

TRACK FOCUS

Once you’ve coached all the options, scan the room and see what options need to be shown the most for the people in your room. E.g. if no one is doing the 1-Arm Burpee, offer the 2-Arm Burpee or the Squat Reach.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Horns)	4x8		Prepare to move 👁 Squat Across, Lunge & March OTS		
0:14	Instr / Make the horns go _	6x8	A	Squat Across, Lunge & March OTS Combo L then R 👁 Squat Across, Lunge & Jog 360° Combo on the last 16cts	32	1½x
0:36	Instr /	4x8	A¹	Squat Across, Lunge & Jog 360° Combo R then L 👁 Squat Across, Plyo Lunge & Jog 360° Combo on the last 16cts	32	
0:50	C / Make the horns go _	8x8	A²	Squat Across, Plyo Lunge & Jog 360° Combo R then L	32	2x
1:19	Br /	½x8	B	Step R foot onto the step. Open arms out to sides	4	
1:20	Instr /	4x8	C	Transition to the back of the step 👁 Staggered Squat & Squat Reach Combo on the last 16cts	32	
1:34	QC Instr /	6x8	D	Staggered Squat & Squat Reach Combo L 👁 Squat Jump & Squat Reach Combo L on the last 16cts	16	2x
1:55	She make my heart go bom	6x8	D¹	Squat Jump & Squat Reach Combo L 👁 Squat Jump & 1-Arm Burpee Combo L on the last 16cts	16	3x
2:15	C / She make my heart go _	8x8	D²	Squat Jump & 1-Arm Burpee Combo L 👁 Squat Jack with Downward Reach on the last 16cts	16	4x
2:43	Ref / She make my heart go bom	4x8	E	Squat Jack with Downward Reach L then R on the last 16cts	8	4x
2:56	QC Instr / (Horns)	½x8		Squat Jack with Downward Reach L and hold down	4	
2:58		3½x8		Transition to the L side of the step	28	
3:11	Instr / Make the horns go _	6x8	A	🔄 Squat Across, Lunge & March OTS Combo R then L 👁 Squat Across, Lunge & Jog 360° Combo on the last 16cts	32	1½x



04. MIXED STRENGTH

MUSIC		EXERCISE		CTS	REPS
3:32	Instr /	4x8	A ¹  Squat Across, Lunge & Jog 360° Combo L then R  Squat Across, Plyo Lunge & Jog 360° Combo on the last 16cts	32	
3:46	C / Make the horns go _	8x8	A ²  Squat Across, Plyo Lunge & Jog 360° Combo L then R	32	2x
4:15	Instr / (Quiet)	½x8	B Step L foot onto the step. <i>Open arms out to sides</i>	4	
4:17		1½x8	C Transition to the back of the step	12	
4:22	V2 / Met a girl	4x8	D  Staggered Squat & Squat Reach Combo R  Squat Jump & Squat Reach Combo R on the last 16cts	16	2x
4:36	She make my heart go bom	6x8	D ¹  Squat Jump & Squat Reach Combo R  Squat Jump & 1-Arm Burpee Combo L on the last 16cts	16	3x
4:56	C / She make my heart go _	8x8	D ²  Squat Jump & 1-Arm Burpee Combo R	16	4x
5:23	Ref / She make my heart go bom	4x8	E  Squat Jack with <i>Downward Reach</i> R then L on the last 16cts	8	4x
5:37	Outro /	½x8	Squat Jack with <i>Downward Reach</i> R and hold down	4	



04. HORNS / ANITA (EXTENDED MIX) 5:45mins

TECHNIQUE AND COACHING

SQUAT ACROSS, LUNGE & MARCH OTS COMBO

PHONETIC CUE 'Squat side, across, lunge, hold and march 4, 3, 2, again; squat side, across, lunge, hold and march'

Squat R on the step, L on the floor. *Bent Raise F* 1
Propel across toward the R side of the step. *Bent Raise F* 2
Squat L on the step, R on the floor. *Fists to hips* 3-4
Step L back to Lunge down then up. *Hold Bent Raise F* 5-6
Lunge down and hold down. *Hold Bent Raise F* 7-8
March L, R x4 OTS. *RA* 9-16
Repeat to the other side 17-32

- Step foot to the middle of the step to get across the step safely
- **Knees in line with toes** throughout
- Body square to the front throughout
- **Soft knee landings** throughout
- Core braced, chest up
- **Long step back, and back heel up in the Lunge**
- Use a visual cue to hold the Marches OTS
- Note: Hold the Lunge down right till the end of the 8 count. See how it's done in the Masterclass footage. This Lunge is low and loaded, then you spring upwards and march OTS
- Move with muscle tension and control

OPTION: Low and loaded, no jump

SQUAT ACROSS, LUNGE & JOG 360° COMBO

PHONETIC CUE 'Squat side, across, lunge, run around 4, 3, 2, 1 again; squat side, across, lunge, run around 4, 3, 2, 1'

Squat R on the step, L on the floor. *Bent Raise F* 1
Propel across towards the R side of the step. *Bent Raise F* 2
Squat L on the step, R on the floor. *Fists to hips* 3-4
Step L back to Lunge down then up. *Hold Bent Raise F* 5-6
Lunge down and hold down. *Hold Bent Raise F* 7-8
Jog L, R x4 360° around the step. *RA* 9-16
Repeat to the other side 17-32

- Step foot to the middle of the step to get across the step safely
- **Knees in line with toes** throughout
- Body square to the front in the Squats and Lunges
- **Soft knee landings** throughout
- Core braced, chest up
- **Long step back, and back heel up in the Lunge**
- A full 360° Jog around the step. Start and finish the 360° Jog at the side of the step
- Note: Hold the Lunge down right till the end of the 8 count. See how it's done in the Masterclass footage. This Lunge is low and loaded, then you spring upwards and jog around the step
- Move with muscle tension and control

OPTION: Squat Across, Lunge & March OTS Combo



04. HORNS / ANITA (EXTENDED MIX) 5:45mins

TECHNIQUE AND COACHING

SQUAT ACROSS, PLYO LUNGE & JOG 360° COMBO

PHONETIC CUE 'Squat side, across, lunge, run around 4, 3, 2, 1 again; squat side, across, lunge, run around 4, 3, 2, 1'

Squat R on the step, L on the floor. <i>Bent Raise F</i>	1
Propel across toward the R side of the step. <i>Bent Raise F</i>	2
Squat L on the step, R on the floor. <i>Fists to hips</i>	3-4
Step L back to Lunge down. <i>Bent Raise F</i>	5
Plyo Lunge up. <i>Pull fists to hips</i>	6
Lunge down & hold down. <i>Hold Bent Raise F</i>	7-8
Jog L, R x4 360° around the step. <i>RA</i>	9-16
Repeat to the other side	17-32

- Step foot to the middle of the step to get across the step safely
- **Knees in line with toes** throughout
- Body square to the front in the Squats and Lunges
- **Soft knee landings throughout**, especially in the Plyo Lunge
- Core braced, chest up
- **Long step back, and back heel up in the Lunge**
- A full 360° Jog around the step. Start and finish the 360° Jog at the side of the step
- Note: Hold the Lunge down right till the end of the 8 count. See how it's done in the Masterclass footage. This Lunge is low and loaded, then you spring upwards and jog around the step
- Move with muscle tension and control

OPTION: Squat Across, Lunge & March OTS Combo

STAGGERED SQUAT & SQUAT REACH COMBO

PHONETIC CUE 'Staggered Squat on, stand, walk to the back, squat and reach, squat and reach, again; Staggered Squat on, stand, walk to the back, squat and reach, squat and reach'

Staggered Squat on to the step L. <i>Low cross in front</i>	1-2
Squat up. <i>Hands behind head, elbows open</i>	3-4
March L, R, L, R behind the step. <i>RA</i>	5-8
Squat down. <i>Reach L hand towards the step</i>	9-10
Squat up. <i>Fists to hips</i>	11-12
Squat down. <i>Reach R hand towards the step</i>	13-14
Squat up. <i>Fists to hips</i>	15-16

- Staggered landing onto the step to soften the impact
- **Knees in line with toes**
- Bend knees, and sit low in the Squat (butt above knee level), then squeeze the glutes to squat up. Coach this as a Layer 2 cue for those who remain on this option, so that they can really get the most out of this move

In the Squat Reach:

- **Bend knees heaps**
- **Knees in line with toes**
- **Core braced, chest up**
- **Reach 'TOWARDS' the step**, not 'TO' the step
- Eye gaze forward in front of the step
- Have some fun with the 'Anita' arm-lines

OPTION: Smaller ROM



04. HORNS / ANITA (EXTENDED MIX) 5:45mins

TECHNIQUE AND COACHING

SQUAT JUMP & SQUAT REACH COMBO

PHONETIC CUE 'Squat jump squat, walk to the back, squat and reach, squat and reach, again; squat jump squat, walk to the back, squat and reach, squat and reach'

Squat Jump onto the step L. *Low cross in front* 1
Plyo Jump up. *Hands behind head, elbows open* 2
Land in a Squat. *Hands behind head, elbows open* 3-4
March L, R, L, R behind the step. RA 5-8
Squat down. *Reach L hand towards the step* 9-10
Squat up. *Fists to hips* 11-12
Squat down. *Reach R hand towards the step* 13-14
Squat up. *Fists to hips* 15-16

- **Soft knee landings**
- **Knees in line with toes**
- Bend knees, and sit low in the Squat (butt above knee level), then squeeze the glutes to squat up. Coach this as a Layer 2 cue for those who remain on this option, so that they can really get the most out of this move

In the Squat Reach:

- **Bend knees heaps**
- **Knees in line with toes**
- Core braced, chest up
- **Reach 'TOWARDS' the step**, not 'TO' the step
- Eye gaze forwards, in front of the step
- Have some fun with the 'Anita' arm-lines

OPTION: Staggered Squat & Squat Reach Combo

SQUAT JUMP & 1-ARM BURPEE COMBO

PHONETIC CUE 'Squat jump squat, walk to the back, down, jump back, jump in, stand tall'

Squat Jump onto the step L. *Low cross in front* 1
Plyo Jump up. *Hands behind head, elbows open* 2
Land in a Squat. *Hands behind head, elbows open* 3-4
March L, R, L, R behind the step. RA 5-8
1-Arm Burpee L 9-16

- Soft knee landings
- Knees in line with toes
- Bend knees, and sit low in the squat (butt above knee level), then squeeze the glutes to squat up. Coach this as a Layer 2 cue for those who remain on this option, so that they can really get the most out of this move

In the Squat Reach:

- **Bend knees heaps**
- **Knees in line with toes**
- Core braced, chest up
- **Reach 'TOWARDS' the step**, not 'TO' the step
- Eye gaze forwards, in front of the step

1 Arm Burpee:

- **Bend knees heaps**
- **Place your hand onto the step, in towards the center** (under mid chest). This hand position will help to keep you more stable when you jump back to Plank position
- Drive the palm of your hand into the step to fire up the chest and shoulder muscles
- **Strong core brace**
- Eye gaze towards the hand on the step to help keep your spine long (avoid looking at your toes and rounding through the upper back and shoulders)

OPTIONS: 2-Arm Burpee

Staggered Squat & Squat Reach Combo

Squat Jump & Squat Reach Combo



04. HORNS / ANITA (EXTENDED MIX) 5:45mins

TECHNIQUE AND COACHING

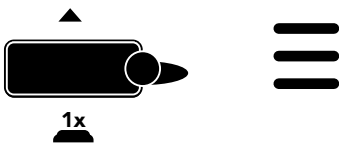
SQUAT JACK WITH DOWNWARD REACH

PHONETIC CUE 'Squat reach, jump jump; reach, jump jump'

Squat down. *Reach L hand towards the step* 1-2
Stand tall and jump feet together. *Fists in to mid chest* 3
Jump OTS. *Hold fists in to mid chest* 4
Repeat to the other side 5-8

- **Bend knees heaps**
- **Knees in line with toes**
- **Core braced, chest up**
- **Reach 'TOWARDS' the step**, not 'TO' the step
- Eye gaze forwards, in front of the step
- Pull your arms in close to your chest, like you're a figure skater doing a triple axel

OPTION: Squat Reach with no jump



05. PEAK 2

TRACK FOCUS

Bring attention to the "3, 2, 1" vocals in the music to help people nail the '3' pattern in the 3x L-Tap Repeater. Be aware that every move begins from the top of the step, so when using visual cues, point to the direction that you step towards first and then show the secondary direction to move.

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 / _ What's my age again	3x8	Standing on top of the step close to the R side. Prepare to move 👁 3x L-Tap Repeater & March Across Combo R then L on the last 16cts	24	
0:10	Instr /	6x8 A	3x L-Tap Repeater & March Across Combo R then L 👁 3x L-Tap Repeater & Pendulum Swing Across Combo L on the last 8cts	16	3x
0:31	C / Walked away from me	8x8 A ¹	3x L-Tap Repeater & Pendulum Swing Across Combo R then L	16	4x
0:58	Br / Again _	½x8 B	ATT R. HOH	4	
1:00	Rep / _ What's my age again	4x8 B ¹	Propulsive ATT L then R	8	4x
1:14	Ref / Again _	1x8 C	Reverse Knee Lift L. Relaxed Arms	4	2x
1:17	V1 / _ I took her out	2x8 C ¹	Reverse Knee Lift L. RA 👁 Reverse Nutcracker L. RA on the last 4cts	4	4x
1:25	_ We started	2x8 C ²	Reverse Nutcracker L. RA 👁 Diagonal Reach and Pull Arms on the last 4cts	4	4x
1:32	_ Later on	4x8 C ³	Reverse Nutcracker L. Diagonal Reach and Pull 👁 3x L-Tap Repeater on the last 8 cts	4	8x
1:46	Ref / Walked away from me	4x8 A	🔄 3x L-Tap Repeater & March Across Combo L then R 👁 3x L-Tap Repeater & Pendulum Swing Across Combo R on the last 8cts	16	2x
1:59	C / Walked away from me	8x8 A ¹	🔄 3x L-Tap Repeater & Pendulum Swing Across Combo L then R	16	4x
2:28	Br / Again _	½x8 B	🔄 ATT L. HOH	4	
2:30	Rep / _ What's my age again	4x8 B ¹	🔄 Propulsive ATT R then L	8	4x
2:43	Ref / Again _	1x8 C	🔄 Reverse Knee Lift R. Relaxed Arms	4	2x
2:46	V2 / _ I took her out	2x8 C ¹	🔄 Reverse Knee Lift R. RA 👁 Reverse Nutcracker L. RA on the last 4cts	4	4x



05. PEAK 2

MUSIC			EXERCISE		CTS	REPS
2:53	_ We started	2x8	C ²	 Reverse Nutcracker R. <i>RA</i>  <i>Diagonal Reach and Pull Arms</i> on the last 4cts	4	4x
3:00	_ Later on	4x8	C ³	 Reverse Nut Cracker R. <i>Diagonal Reach & Pull</i>  3x L-Tap Repeater on the last 8 cts	4	8x
3:14	Ref / Walked away from me	4x8	A	 3x L-Tap Repeater & March Across Combo R then L  3x L-Tap Repeater & <i>Pendulum Swing Across</i> Combo R on the last 8cts	16	2x
3:28	C / Walked away from me	8x8	A ¹	 3x L-Tap Repeater & <i>Pendulum Swing Across</i> Combo R then L	16	4x
3:56	Br / Again _	½x8	B	 ATT R. <i>HOH</i>	4	
3:58	Rep / _ What's my age again	4x8	B ¹	 Propulsive ATT L then R	8	4x
4:11	Outro /	1x8		Step R onto the step. <i>Punch R arm O/H</i>	8	



05. WHAT'S MY AGE AGAIN 4:20mins

TECHNIQUE AND COACHING

3X L-TAP REPEATER & MARCH ACROSS COMBO

PHONETIC CUE '3, 2, 1, walk across; 3, 2, 1, walk across'

Tap R to the R side then lift R knee. RA	1-2
Tap R to the back then lift R knee. RA	3-4
Tap R to the R side. RA	5
March R, L, R across towards the L. RA	6-8
Repeat to the other side	9-16

- Teach with the music. Let the countdown in the music shine through and assist in coaching your class
- **Body square to the front** throughout
- **Toes lightly tap to the floor** with heel up (move with control)
- Avoid slamming your foot to the floor
- Supporting **knee in line with toes**
- Core braced, chest up
- Use visual cues to hold the Repeater OTS and to show the direction to move

OPTION: On the floor behind the step

3X L-TAP REPEATER & PENDULUM SWING ACROSS COMBO

PHONETIC CUE '3, 2, 1, swing swing swing; 3, 2, 1, swing swing swing'

Tap R to the R side then lift R knee. RA	1-2
Tap R to the back then lift R knee. RA	3-4
Tap R to the R side. RA	5
Pendulum Swing R, L, R across towards the L. RA	6-8
Repeat to the other side	9-16

- **Body remains square to the front throughout**
- **Toes lightly tap to the floor** with heel up (move with control)
- Avoid slamming your foot to the floor
- Supporting knee in line with toes
- Core braced, chest up
- Use visual cues to hold the Repeater OTS and to show the direction to move
- **Soft knee landings** for each Pendulum Swing
- Core braced in the Pendulum Swing to lock the hips in a square position
- Avoid an excessive Pendulum Swing with unlocked out-of-control hips
- Move with control

OPTION: 3x L-Tap Repeater & March Across Combo

ATT

PHONETIC CUE 'Step down, step up'

Step R to the R side then lift L knee. HOH	1-2
Step L, R onto the step. HOH	3-4

- Note: You step DOWN first
- Use a visual cue to show the direction which you step down towards and then the direction to go across the step



05. WHAT'S MY AGE AGAIN 4:20mins

TECHNIQUE AND COACHING

PROPULSIVE ATT

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

- Step L to the L side then lift R knee. *Reach up and down* 1-2
- Step R onto the step. *Reach up* 3
- Propel towards the R, L on the step. *Pull fists to hips* 4
- Repeat to the other side 5-8

- Note: You step DOWN first
- **Step to the middle of the step** to safely step across the step
- **Step down to the floor with control.** Avoid an uncontrolled 'double bounce'
- Core braced, chest up

OPTION: ATT

REVERSE KNEE LIFT

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

- Step L to the floor then tap R to the floor. RA 1-2
- Step R to the step then lift L knee. RA 3-4

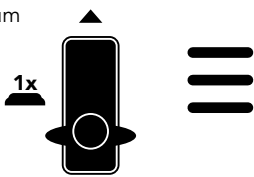
- Note: You step DOWN first
- Set up the 'down and up' rhythm
- **Body square to the front**
- Core braced, chest up

REVERSE NUTCRACKER

PHONETIC CUE 'Down tap, jump knee; down tap, jump knee'

- Step L to the floor then tap R to the floor. *Fists to hips* 1-2
- Jump R to the step. *Hands stacked, reach O/H on R diagonal* 3
- Lift L knee. *Pull stacked hands to L hip* 4

- Note: You step DOWN first
- **Body square to the front**
- Core braced, chest up
- **Soft knee landing** onto the step
- **Knee in line with toes**
- Big reach O/H to the diagonal
- Big pull to the hip
- Channel your inner BODYCOMBAT feels



06. CONDITIONING 1

TRACK FOCUS

Use repetitive phonetic cues to coach what the legs do AND what the arms do. Every time both feet are on the step you pull the weight down to the top of the chest.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.
Create vocal contrast by speaking calmly.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Back Tap L then R. <i>Hold weight into the top of your chest</i>	4	8x
0:15	V1 / _ Clap back	4x8	B	4x Squat Pulse L then R. <i>Hold weight into the top of your chest</i> 👁 Squat, Lunge and Double Squat Base on the last 8cts	16	2x
0:31	Instr /	2x8	B ¹	Squat, Lunge & Double Squat Base L then R. <i>Hold weight into the top of your chest</i> 👁 Squat, Lunge and Double Squat Combo on the last 8cts	16	
0:39	C / (Instr)	8x8	C	Squat, Lunge & Double Squat Combo L then R. <i>Press weight O/H</i>	16	4x
1:10	Ref / You're on	2x8	A ¹	Back Tap L then R. <i>Relaxed arms</i>	4	4x
1:18	Instr / Switch it on	3x8	D	4x Repeater Back Tap L then R. <i>Hold weight into your chest</i> 👁 Arms on the last 8cts	16	1½x
1:29	Rep / _ The show must	4x8	D ¹	4x Repeater Back Tap R then L. <i>Press weight low, middle, and hold O/H</i> On the last rep, <i>hold weight O/H</i>	16	2x
1:45	Instr /	3x8	E	12x Repeater Back Tap L. <i>Hold weight O/H</i>	24	
1:56		2x8		Recover and reset quickly. Prepare to  the entire sequence to the R	16	
2:04	V2 / _ Clap back	4x8	B	 4x Squat Pulse R then L. <i>Hold weight into the top of your chest</i> 👁 Squat, Lunge and Double Squat Base on the last 8cts	16	2x
2:20	Instr /	2x8	B ¹	 Squat, Lunge & Double Squat Base R then L. <i>Hold weight into the top of your chest</i> 👁 Squat, Lunge and Double Squat Combo on the last 8cts	16	
2:27	C / (Instr)	8x8	C	 Squat, Lunge and Double Squat Combo R then L. <i>Press weight O/H</i>	16	4x
2:59	Ref / You're on	2x8	A ¹	 Back Tap R then L. <i>Relaxed arms</i>	4	4x
3:06	Instr / Switch it on	3x8	D	 4x Repeater Back Tap R then L. <i>Hold weight into your chest</i> 👁 Arms on the last 8cts	16	1½x
3:18	Rep / _ The show must	4x8	D ¹	 4x Repeater Back Tap L then R. <i>Press weight low, middle, and hold O/H</i> On the last rep, <i>hold weight O/H</i>	16	2x
3:34	Instr /	3x8	E	 12x Repeater Back Tap R. <i>Hold weight O/H</i>	24	
	Outro /			Shake out arms and legs		



06. YOU'RE ON 3:49mins

TECHNIQUE AND COACHING

BACK TAP

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

Back Tap L then R. Hold weight into the top of your chest 1-4

- Be close to the back of the step
- **Toes lightly tap the floor with back heel lifted**
- Core braced, chest up
- Slight tip forward from the hips to keep body weight over the step
- Move with control

OPTION: No weight plate

4X SQUAT PULSE

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

4x Squat Pulse L. Hold weight into the top of your chest 1-7

Step L foot onto the step. Hold weight into the top of your chest 8

Repeat to the other side 9-16

- **Knees in line with toes**
- Bend knees and sit the **butt back and down**
- **Butt above knee level**
- Core braced, **chest up**
- Squeeze glutes to squat up
- Move with control

SQUAT, LUNGE AND DOUBLE SQUAT BASE

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

Squat L. Hold weight into the top of your chest 1-2

Lunge L. Hold weight into the top of your chest 3-4

Double Squat L. Hold weight into the top of your chest 5-7

Step L foot onto the step. Hold weight into the top of your chest 8

Repeat to the other side 9-16

Squat:

- **Knees in line with toes**
- Bend knees and sit the **butt back and down**
- **Butt above knee level**
- Core braced, **chest up**
- Squeeze glutes to squat up
- Move with control

OPTION: Smaller ROM

Lunge:

- **Long step back**
- **Back heel lifted**
- **Front knee in line with toes**
- **Chest up**



06. YOU'RE ON 3:49mins

TECHNIQUE AND COACHING

SQUAT, LUNGE & DOUBLE SQUAT COMBO

PHONETIC CUE 'Arms up, up, up, down now; up, up, up, down now'

- Squat L. Press weight O/H 1-2
- Lunge L. Hold weight O/H 3-4
- Double Squat L. Hold weight O/H 5-7
- Step L foot onto the step. Pull weight into the top of your chest 8
- Repeat to the other side 9-16

- Keep the **weight slightly in front of the body** in the O/H position
- Avoid pressing the weight directly above the head
- **Strong core brace**
- **Chest up**
- Note: The weight lowers to the top of your chest as you step your foot onto the step

Revisit as needed:

Squats:

- **Knees in line with toes**
- Bend knees and sit the **butt back and down**
- **Butt above knee level**
- Core braced, chest up
- Squeeze glutes to squat up
- Move with control

OPTION: Squat, Lunge and Double Squat Base

Lunge:

- **Long step back**
- **Back heel lifted**
- **Front knee in line with toes**
- Chest up

BACK TAP WITH RELAXED ARMS

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

- Back Tap L then R. Arms relaxed by sides 1-4

- 'Chill', reset and recover quickly
- Shake out arms and legs, then get ready for round 2

4X REPEATER BACK TAP

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

- 4x Repeater Back Tap L. Hold weight into your chest 1-7
- Step L foot onto the step. Hold weight into your chest 8
- Repeat to the other side 9-16

- Core braced
- **Chest up**
- Slight tip forward from the hips
- **Toes tap lightly to the floor** with heel up
- Move with control

4X REPEATER BACK WITH PRESS WEIGHT LOW, MIDDLE, AND HOLD O/H

PHONETIC CUE 'Arms low, middle, high; low, middle, high'

- Repeater Back Tap R. Press weight low 1-2
- Repeater Back Tap R. Press weight forward 3-4
- 2x Repeater R. Press weight O/H 5-7
- Step L foot onto the step. Pull weight into your chest 8
- Repeat to the other side 9-16

- **Keep the weight slightly in front of the body** in the O/H position
- Note: Pull the weight to your chest as you step your foot onto the step
- **Core braced**
- **Chest up**
- Slight tip froward from the hips
- Toes tap lightly to the floor with heel up
- Move with control

OPTIONS: 4x Repeater Back Tap

No weight



06. YOU'RE ON 3:49mins

TECHNIQUE AND COACHING

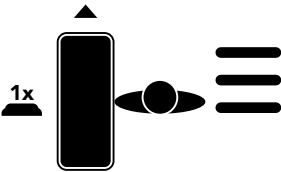
12X REPEATER BACK TAP

CUE 'Stay on this leg, keep the Repeater going, 12, 11, 10'

12x Repeater Back Tap L. *Hold weight O/H* 1-24

- **Keep the weight slightly in front of the body** in the O/H position
- Drive the weight up and create muscle tension through the core, chest, shoulders and arms
- Chest up
- Slight tip forward from the hips
- **Toes tap lightly to the floor** with heel up
- Move with control

OPTION: No weight



07. PARTY STEP

TRACK FOCUS

Learn and teach the arm combo so that your participants can practice, improve and enjoy the challenge each time they do this track, OR get them to strike any four poses of their own. Above all, bring the attitude and have fun.

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / I am, woman	1x8	Prepare to move	8	
0:03	Instr /	8x8 A	👁 8x March On Top Combo L 👁 4x Freeze Tap Combo on the last 16cts	16	4x
0:31	C / I am, woman	8x8 A ¹	4x Freeze Tap Combo	16	4x
1:00	Br / Like we can	½x8 B	OTT L. HOH	4	
1:02	Instr /	2x8 B ¹	Propulsive OTT R then L. Scoop & Clap 👁 Switch Curl L on the last 4cts	8	2x
1:09		2x8 B ²	Switch Curl R then L. Scoop & Clap 👁 Circular Snap Arms on the last 4cts	8	2x
1:16	Rep / _ It ain't easy	4x8 B ³	Switch Curl R then L. Circular Snap	8	4x
1:30	QC Instr / _ woo woo	2x8 C	Basic Step R. RA 👁 Bounce R, L, R, L on the last 4cts	4	4x
1:37	V1 / _ It ain't easy	4x8 C ¹	Basic Step & Bounce Combo R 👁 Squat Roll on the last 4cts	8	4x
1:52	I need passion	4x8 C ²	Basic Step & Squat Roll Combo R	8	4x
2:06	Ref / Say hey	4x8 A	🔄 8x March On Top Combo R 👁 4x Freeze Tap Combo on the last 16cts	16	2x
2:20	Rep / I am, I I I I am	4x8 A ¹	🔄 4x Freeze Tap Combo R 👁 Posing Freeze Tap Combo on the last 16cts	16	2x
2:34	C / I am, woman	8x8 A ²	Posing Freeze Tap Combo. 4x Pose Combo R	16	4x
3:03	Br /	½x8 B	🔄 OTT R. HOH	4	
3:05	Instr /	2x8 B ¹	🔄 Propulsive OTT L then R. Scoop & Clap 👁 Switch Curl R on the last 4cts	8	2x
3:12		2x8 B ²	🔄 Switch Curl L then R. Scoop & Clap 👁 Circular Snap Arms on the last 4cts	8	2x
3:19	Rep / _ It ain't easy	4x8 B ³	🔄 Switch Curl L then R. Circular Snap	8	4x
3:33	QC Instr / _ woo woo	2x8 C	🔄 Basic Step L. RA 👁 Bounce L, R, L, R on the last 4cts	4	4x
3:40	V2 / _ It ain't easy	4x8 C ¹	🔄 Basic Step & Bounce Combo L 👁 Squat Roll on the last 4cts	8	4x



07. PARTY STEP

MUSIC			EXERCISE		CTS	REPS
3:55	I need passion	4x8 C ²		Basic Step & Squat Roll Combo L	8	4x
4:09	Ref / Say hey	4x8 A	 	8x March On Top Combo L 4x Freeze Tap Combo on the last 16cts	16	2x
4:23	Rep / I am, I I I I am	4x8 A ¹	 	4x Freeze Tap Combo L Posing Freeze Tap Combo on the last 16cts	16	2x
4:37	C / I am, woman	8x8 A ²		Posing Freeze Tap Combo L. 4x Pose Combo	16	4x
5:06	Br /	1½x8 B		OTT L. HOH	4	
5:07	Rep / _ It ain't easy	4x8 B ³		Switch Curl R then L. Circular Snap	8	4x
5:22	Outro / Like we can	1x8		Strike a pose	8	



07. I AM WOMAN 5:28mins

TECHNIQUE AND COACHING

8X MARCH ON TOP COMBO

PHONETIC CUE 'March on top 8, 7, 6, 5, 4, 3, point, walk around to the start, again; 8, 7, 6, 5, 4, 3, point, walk around to the start'

March on top L, R x3. RA	1-6
March onto L, R. Point L to the side	7-8
March L, R, L, R around the step. L Point, R to hip	9-12
March L, R, L, R around the step. RA	13-16

- Initially use the 'point' as a visual cue to show the direction to move, and then use it as a sassy arm-line
- "Excuse me, can you show me the direction to fabulousness? Sure... It's that way"
- Create the look by keeping the pointing arm soft, and placing the other hand onto your lower back. How would pregnant Rihanna do it?

4X FREEZE TAP COMBO

PHONETIC CUE 'Freeze 4, 3, 2, 1, walk around to the start, again; 4, 3, 2, 1, walk around to the start'

Freeze Tap L. RA	1-2
Freeze Tap R. RA	3-6
Freeze Tap L. RA	5-6
Freeze Tap R. Point L to the side	7-8
March L, R, L, R around the step. L Point, R to hip	9-12
March L, R, L, R around the step. RA	13-16

- Body square to the front in the Freeze Taps
- Toes lightly tap the floor with the heel lifted**
- Be light on your feet
- Core braced, **chest up**, and a slight tip forward from the hips
- Create the look by keeping the pointing arm soft, and placing the other hand onto your lower back. How would pregnant Rihanna do it?

POSING FREEZE TAP COMBO

PHONETIC CUE 'Flick, wrap, sinch, point, walk around, again; flick, wrap, sinch, point, walk around'

Gallop L. Forward circular sweep with pointed fingers	1-4
Repeat to the other side	5-8
Freeze Tap L. Flick R O/H	1-2
Freeze Tap R. Wrap L on top of head, R under chin	3-6
Freeze Tap L. Hands sinch waist	5-6
Freeze tap R. Point L to the side	7-8
March L, R, L, R around the step. L Point, R to hip	9-12
March L, R, L, R around the step. RA	13-16

- These arm-lines are SO much fun when you and your class nail them together
 - How do I achieve this?
- You as the instructor practice them until you're SUPER confident with them
 - When you do it for the first time on stage it should look SO good that your participants are 'frothing' to give it a go
 - Let your class know that these arm-lines are optional for them and they can just do the legs for now. Just get them to observe the arms for today and enjoy the show
 - At the end of the track, or the end of the class, give them homework. The 4 arm lines – Flick, Wrap, Sinch, Point. Then see who nails it in the next class
 - Next class, give them a reminder of the arm-lines before you press play. Flick, Wrap, Sinch, Point
 - Press play and watch your class shine
 - 'i'M aN aThLeTiC iNsTrUcTor' – To grow, practice being vulnerable and trying things that challenge your norm. It's all about having fun, not perfection

OPTION: 4x Freeze Tap Combo



07. I AM WOMAN 5:28mins

TECHNIQUE AND COACHING

OTT

CUE 'Step over the top'

OTT L. HOH 1-4

- Use a visual cue to show the direction to move

PROPULSIVE OTT

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

Propulsive OTT R then L. Scoop & Clap 1-8

- A light 'push' off the step
- **Soft knee landings**

OPTION: OTT

SWITCH CURL WITH SCOOP & CLAP

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

Switch Curl R then L. Scoop & Clap 1-8

- A light 'push' off the step
- **Release your heel and hop the rotation**
- Keep your knee in line with toes throughout
- **Soft knee landings**
- To keep your knees and ankles safe, you MUST jump the rotation in Switch Curls. Advise those participants who are not jumping today to stay with the OTT's

OPTION: OTT

SWITCH CURL WITH CIRCULAR SNAP

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

Switch Curl R then L. Circular Snap 1-8

- A big sassy circular arm-line
- Snap your fingers as your arm circles above your head (count 2)
- A light 'push' off the step
- **Release your heel** and hop the rotation
- Keep your knee in line with toes throughout
- **Soft knee landings**
- To keep your knees and ankles safe, you MUST jump the rotation in Switch Curls. Advise your participants who are not jumping today to stay with the OTT's

BASIC STEP

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

Basic Step R on 45-degree angle. RA 1-4

- **Body on 45-degree angle**
- Strongly coach '**whole foot on the step**', as it's a different feel to do this on a 45-degree angle. Bring awareness to this

BASIC STEP & BOUNCE COMBO

PHONETIC CUE 'One Basic Step, hold and bounce; one Basic Step and bounce'

Basic Step R on 45-degree angle. RA 1-4

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

- Body on 45-degree angle
- Space between the feet throughout
- Core braced, chest up
- Move with control

OPTION: Smaller ROM on the Bounce



07. I AM WOMAN 5:28mins

TECHNIQUE AND COACHING

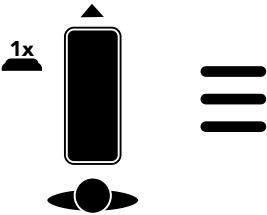
BASIC STEP & SQUAT ROLL COMBO

PHONETIC CUE 'Basic step, squat and roll up;
basic, squat and roll up'

Basic Step R on 45-degree angle. <i>RA</i>	1-4
Drop Squat on the floor. <i>Hands to thighs</i>	5
Roll body down then up. <i>Hands to thighs</i>	6-8

- Body on 45-degree angle
- Space between the feet throughout
- **Core braced**, chest up
- Move with control
- **Bend knees** in the Drop Squat
- Gently roll your body down then up with control
- Create the look: Your nose should be the last body part to go down and then the last body part to come up

OPTION: Basic Step & Bounce Combo



08. ATHLETIC CIRCUIT

TRACK FOCUS

Coach propulsive and light options/Burpees and standing variations to make this track inclusive for all. Scan the room and see what people really need.

Teach Athletic

Come into this track

Strong and authoritative.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / _ My head, my heart	1x8		Prepare to move	8	
0:03	Instr / La la la la	4x8	A	L-Step, March & Bounce Combo L	16	2x
0:17	Rep / _ My head, my heart	4x8	A ¹	Propulsive L-Step, Shuffle & Bounce Combo L 👁 Burpee on the last 4cts	16	2x
0:31	C / _ My head, my heart	8x8	A ²	Propulsive L-Step, Shuffle & Burpee Combo L	16	4x
0:58	Br /	½x8	B	Step L then lift R knee. RA Step R to the floor and Squat Down	2 2	
1:00	Rep / La la la la	4x8	C	Power OTT L then R. Reach O/H	8	4x
1:13	Br / _ You’ve got to give	1x8		Stand on top of the step	8	
1:16	Instr /	4x8	D	Speed Jog R, L on top of the step 👁 Freeze Knee & 6x Jog On Top Combo L then R on the last 16cts	2	16x
1:25	V / I’m all I’m all	8x8	E	Freeze Knee & 6x Jog On Top Combo L then R. RA	16	4x
1:43	C / _ Woo ooh	8x8	E ¹	Freeze Knee L then R. RA 👁 Freeze Knee On & Off L on the last 8cts	8	8x
2:02	Rep / _ Yeah yeah yeah yeah	4x8	E ²	Freeze Knees On & Off Combo L	4	8x
2:11	Instr /	2x8		Transition to the back of the step	16	8x
2:18		4x8	F	Basic Step L. RA	4	8x
2:33	V /	9x8	F ¹	Basic Step & Drop Squat Combo L 👁 Mountain Climber Combo x2 on the last 16cts	8	9x
3:06	C / Jump up _	7x8	G	Mountain Climber Combo L	8	7x
3:31	Instr / (Builds)	4x8	H	Mountain Climber L Or Basic Jog L. RA	2 4	16x 8x
3:45	Instr /	2x8		Transition to stand on top of the step	16	
3:50	Hey hey _	2x8	D	Speed Jog L, R on top of the step 👁 Freeze Knee & 6x Jog On Top Combo L then R on the last 16cts	2	8x
3:55	V / I’m all I’m all	8x8	E	 Freeze Knee & 6x Jog On Top Combo R then L. RA	16	4x



08. ATHLETIC CIRCUIT

MUSIC		EXERCISE		CTS	REPS
4:13	C / _ Woo ooh	8x8 E ¹	 Freeze Knee R then L. RA  Freeze Knees On & Off Combo L on the last 8cts	8	8x
4:32	Rep / _ Yeah yeah yeah yeah	4x8 E ²	 Freeze Knees On & Off Combo R	4	8x
4:41	V /	2x8	Transition to the back of the step	16	
4:48		2x8 F	 Basic Step R. RA	4	4x
4:56		5x8	 Basic Step & Drop Squat Combo R  Mountain Climber Combo x2 on the last 16cts	8	5x
5:14	C / Jump up _	7x8 G	 Mountain Climber Combo R	8	7x
5:40	Instr /	4x8 H	 Mountain Climber R Or Basic Jog R. RA	2 4	16x 8x
5:54	Br / _ are torturing	½x8	Transition to stand up	4	
5:55	Instr / La la la la	4x8 A	Shake out arms and legs and recover. Prepare to move	32	
6:09	Rep / _ My head, my heart	4x8 A ¹	 Propulsive L-Step, Shuffle & Bounce Combo R  Burpee on the last 4cts	16	2x
6:23	C / _ My head, my heart	8x8 A ²	 Propulsive L-Step, Shuffle & Burpee Combo R	16	4x
6:50	Br /	½x8 B	 Step R then lift L knee. RA Step L to the floor and Squat Down	2 2	
6:52	Rep / La la la la	4x8 C	 Power OTT R then L. Reach O/H	8	4x
7:06	Outro /	1x8	Stand on top of the step. Arms O/H	8	



08. MY HEAD MY HEART / GIVE ME WHAT I WANT / JUMP UP (EXTENDED MIX) 7:11mins

TECHNIQUE AND COACHING

L-STEP, MARCH & BOUNCE COMBO

PHONETIC CUE 'Knee to the side, hold and march, knee to the back, hold and bounce; knee to the side, march, knee to the back, bounce'

L-Step L to R side. RA	1-4
March L, R, L, R OTS. RA	5-8
L-Step L to back of the step. RA	9-12
March L, R, L, R OTS. RA	13-16

- Use visual cues to show the leading leg, the direction to travel, and the direction to bounce
- Body square to the front throughout

PROPULSIVE L-STEP, SHUFFLE & BOUNCE COMBO

PHONETIC CUE 'Jump to the side, hold and shuffle, jump to the back, hold and bounce; side, shuffle, back, bounce'

Propulsive L-Step L to R side. RA	1-4
Shuffle L, R, L OTS. RA	5-7
Jump feet together. Fists to hips	8
Propulsive L-Step L to back of the step. RA	9-12
Bounce L, R, L, R OTS. RA	13-16

- Roll through the foot to jump
- **Soft knee landings**
- Body remains square to the front throughout
- Use a visual cue to show the direction to bounce. A common mistake is for people to bounce the wrong way first, which makes them step up with the wrong leg in the upcoming L-Step

OPTION: L-Step, March & Bounce Combo

PROPULSIVE L-STEP, SHUFFLE & BURPEE COMBO

PHONETIC CUE 'Jump to the side, hold and shuffle, jump to the back, burpee, down back in stand; side, shuffle, back, burpee'

Propulsive L-Step L to R side. RA	1-4
Shuffle L, R, L OTS. RA	5-7
Jump feet together. Fists to hips	8
Propulsive L-Step L to back of the step. RA	9-12
Burpee, bend knees. Hands onto the step	13
Jump feet back to Plank position	14
Jump feet in towards step, knees bent	15
Stand tall	16

Burpee:

- **Bend knees heaps**
- Drive the palms of your hand into the step to fire up the chest and shoulder muscles
- **Strong core brace** in the plank
- Eye gaze towards the hand on the step, to help keep your spine long (avoid looking at your toes, and rounding through the upper back and shoulders)
- This Burpee is quick, so bend your knees, and stay low and loaded towards the floor
- The taller you stand, the harder it is to move to the quick beat of the music

Revisit:

- Roll through the foot to jump
- **Soft knee landings**
- Body remains square to the front throughout

STEP L THEN LIFT R KNEE

CUE 'Knee to the side'

Step L on the step then lift R knee. RA	1-2
Step R to the R side and squat down. Hands to thighs	3-4

- Use a visual cue to show the direction to move, then to hold for the Power OTTs



08. MY HEAD MY HEART / GIVE ME WHAT I WANT / JUMP UP (EXTENDED MIX) 7:11mins

TECHNIQUE AND COACHING

POWER OTT

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

Power Jump up. Reach O/H 1-2
Land in Squat position with R foot on the step, L on the floor. Pull fists to hips 3-4
Repeat to the other side 5-8

- Use your calves, quads, glutes and the momentum of the arm swing to drive up and over
- **Soft knee landing**, then bend knees more to squat
- **Chest up**
- **Core braced**
- Work the Plyometric Jump AND the squat landing
- **Knees in line with toes**
- Sit the butt back and down in the Squat landing
- Butt above knee level in the Squat

OPTION: Step up then squat down

FREEZE KNEE & 6X JOG ON TOP COMBO

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

Freeze Knee Lift L to the floor. Freeze RA 1-2
Speed Jog R, L, R, L, R, L on top of the step. RA 3-8
Repeat to the other side 9-16

- Use visual cues to hold the Jog On Top, and to show the direction to move
- **Soft knee landing** in the Freeze Knee
- Knee over toes
- Knee to hip level, or lower
- **Core braced, hips level**
- **Chest up**
- Strong running arms

OPTIONS: Smaller ROM

Or

Same moves on the floor without the step

FREEZE KNEE L THEN R

PHONETIC CUE 'Freeze, run run; freeze, run run'

Freeze Knee Lift L to the floor. Freeze RA 1-2
Speed Jog R, L on top of the step. RA 3-4
Repeat to the other side 5-8

- **Soft knee landing** in the Freeze Knee
- Knee to hip level, or lower
- **Core braced**
- **Chest up**
- Strong running arms

FREEZE KNEES ON & OFF COMBO

PHONETIC CUE 'Down, up, down, up'

Freeze Knee Lift L to the floor. Freeze RA 1-2
Freeze Knee Lift R to the step. Freeze RA 3-4

- **Soft knee landings** off and onto the step
- Knee to hip level, or lower
- **Core braced**
- **Chest up**
- Strong running arms

OPTIONS: Smaller ROM or with lighter impact
Step down then up with knee lifted

BASIC STEP

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

- Active recovery
- Catch your breath and reset

BASIC JOG

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

- The final drive in this section of work

OPTION: Basic Step



08. MY HEAD MY HEART / GIVE ME WHAT I WANT / JUMP UP (EXTENDED MIX) 7:11mins

TECHNIQUE AND COACHING

BASIC STEP & DROP SQUAT COMBO

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

Basic Step L. RA 1-4
Jump feet apart to Squat position. Hands to thighs 5-6
Jump feet together. Hands to thighs 7-8

- Let your class know that this is the standing option for the Mountain Climber Combo
- **Whole foot onto the step**
- **Knees in line with toes**
- Core braced, **chest up**
- Bend knees to Squat deeper, butt above knee level

OPTION: Step foot out to Squat, then step foot in to stand

MOUNTAIN CLIMBER COMBO

PHONETIC CUE '3, 2, 1 set, jump forward, jump back; 3, 2, 1 set, jump forward, jump back'

Mountain Climber L, R then L 1-3
Both feet set to the floor 4
Squat Jump F. Hands on the step 5-6
Jump feet back to Plank position 7-8

- **Strong core brace**
- Eye gaze between hands
- Elbows soft
- Drive palms of hands in to the step to fire up the chest and shoulder muscles for stability
- Long spine
- Run knees towards forearms
- Hips low, body long and flat
- Hips a little higher as a lighter option
- **Bend knees** in the Squat Jump F

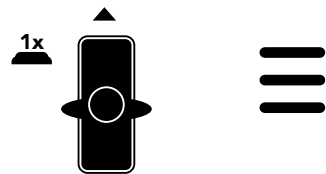
OPTION: Basic Step & Drop Squat Combo

MOUNTAIN CLIMBER

PHONETIC CUE 'Right, left, right, left'

- **Strong core brace**
- Eye gaze between hands
- **Long spine**
- Elbows soft
- Drive palms of hands in to the step to fire up the chest and shoulder muscles for stability
- Run knees towards forearms
- Hips low, body long and flat
- Hips a little higher as a lighter option

OPTION: Basic Jog



09. PEAK 3

TRACK FOCUS

Relax your face, relax your arms, now roll your shoulder. Perfect, you did it!

Teach with the music. Allow the lyrics of the song to come through so that your class can truly 'vibe' 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
0:00	Intro / _ Yeah that's	1x8		Prepare to move	8	
0:03	Ref 1 / Light skin	2x8	A	Tap Down L then R. RA	4	4x
0:10	Instr / _ Feed, feedback	4x8	B	4x Repeater & 4x Single Tap Down Base Combo L then R. RA	32	
0:24	C / Strum me like	8x8	B ¹	4x Repeater & 4x Single Propulsive Tap Down Combo L then R	32	2x
0:52	Ref 2 / _ Do you like my style	1x8	C	OTT L then R. Relaxed arms by sides	8	
0:55	Instr / _ Feed, feedback	4x8	C ¹	Propulsive OTT L then R. Reach up and down	8	4x
1:09	Ref 1 / Light skin	2x8	A ¹	Tap Down L then R. Relaxed arms by sides	4	4x
1:16	Ref 3 / So sexy	4x8	D	Double Squat & 2x Single Tap Down Base Combo L then R	16	2x
1:30	V1 / _ Do you like my style	4x8	D ¹	Double Squat & 2x Single Tap Down Combo L then R. Relaxed arms then 2x Shoulder Rolls 👁 Straddle L on the last 4cts	16	2x
1:43	PC / Here's my demonstration	2x8	E	Straddle L. RA	4	4x
1:50	Though it's on	2x8	E ¹	Straddle Jog L. RA	4	4x
1:57	QC / Strum me like	2x8	B	 4x Repeater & 4x Single Tap Down Base Combo L	16	
2:04	C / Strum me like	8x8	B ¹	 4x Repeater & 4x Single Propulsive Tap Down Combo R then L	32	2x
2:32	Ref 2 / _ Do you like my style	1x8	C	 OTT R then L. Relaxed arms by sides	8	
2:35	Instr / _ Feed, feedback	4x8	C ¹	 Propulsive OTT R then L. Reach up and down	8	4x
2:49	Ref 1 / Light skin	2x8	A ¹	 Tap Down R then L. Relaxed arms by sides	4	4x
2:56	Ref 3 / So sexy	4x8	D	 Double Squat & 2x Single Tap Down Base Combo R then L	16	2x
3:10	V2 / _ Do you like my style	4x8	D ¹	 Double Squat & 2x Single Tap Down Combo R then L. Relaxed arms then 2x Shoulder Rolls 👁 Straddle R on the last 4cts	16	2x



09. PEAK 3

MUSIC		EXERCISE		CTS	REPS
3:24	PC / Here's my demonstration	2x8	E	 Straddle R. RA	4 4x
3:31	I've got	2x8	E¹	 Straddle Jog R. RA	4 4x
3:38	QC / Strum me like	2x8	B	 4x Repeater & 4x Single Tap Down Base Combo R	16
3:44	C / Strum me like	8x8	B¹	 4x Repeater & 4x Single Propulsive Tap Down Combo L then R	32 2x
4:12	Ref 2 / _ Do you like my style	1x8	C	 OTT L then R. Relaxed arms by sides	8
4:15	Instr / _ Feed, feedback	4x8	C¹	 Propulsive OTT L then R. Reach up and down	8 4x
4:29	Outro / _ Do you like my style	1x8		Step L to the floor, squat down. Roll body down then up	4
				Strike 4x poses	4



09. FEEDBACK 4:37mins

TECHNIQUE AND COACHING

TAP DOWN

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

- Body weight on the step
- **Lightly tap toes to the floor**, heel up
- Core braced, chest up
- Slight tip forward from the hips
- Body square to the front

4X REPEATER & 4X SINGLE TAP DOWN BASE COMBO

PHONETIC CUE 'Repeater 4, 3, 2, single tap 4, 3, 2, 1'

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

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

4X REPEATER & 4X SINGLE PROPULSIVE TAP DOWN COMBO

PHONETIC CUE 'Bigger, Repeater 4, 3, 2, Single Tap 4, 3, 2, 1'

4x Repeater L. Reach up and down 1-8
Propulsive Tap Down R, L, R, L. Single Punch O/H 9-16
Repeat to the other side 17-32

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

OPTION: 4x Repeater & 4x Single Tap Down Base Combo

OTT

PHONETIC CUE 'Step down, step up; step down, roll your shoulder'

Step down then up to the L. Relaxed arms by sides 1-4
Step down to the R side. Relaxed arms by sides 5-6
Step up L, R. Arms relaxed by sides, roll R shoulder 7-8

- Create a calming contrast with your vocals
- Arms relaxed by sides
- It's all about the Shoulder Roll

OPTION: No Shoulder Roll

PROPULSIVE OTT

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

- Move with athletic control
- Step down, then control the Knee Lift
- Avoid a Double Hop as you lift your knee
- Keep great posture as you move

OPTION: OTT

TAP DOWN WITH ARMS RELAXED BY SIDES

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

- Create a quiet vocal contrast to calm down
- Recover and reset

DOUBLE SQUAT & 2X SINGLE TAP DOWN BASE COMBO

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

Double Squat L. Hands to thighs 1-3
Step L onto the step. Relaxed arms by sides 4
Tap Down R then L. Relaxed arms by sides 5-8
Repeat to the other side 9-16

- **Knees in line with toes**
- **Core braced, chest up**
- Slight tip forward from the hips
- **Tap toes lightly to the floor**, heels up
- Small ROM, learn the pattern



09. FEEDBACK 4:37mins

TECHNIQUE AND COACHING

DOUBLE SQUAT & 2X SINGLE TAP DOWN COMBO

PHONETIC CUE 'Double Squat, roll, roll, Double Squat, roll, roll'

Double Squat L. <i>Hands to thighs</i>	1-3
Step L onto the step. <i>Relaxed arms by sides</i>	4
Tap Down R then L. <i>Roll R then L Shoulder</i>	5-8
Repeat to the other side	9-16

- **Knees in line with toes**
- **Core braced, chest up**
- Slight tip forward from the hips
- Relax your arms and roll the shoulder
- Calm vocals to match the music
- This is all about musical feel

OPTION: No Shoulder Roll

STRADDLE

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

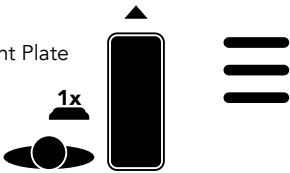
- Natural walking rhythm
- **Knees in line with toes**

STRADDLE JOG

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

- Start to build the intensity
- **Soft knee landings** as you jog on top of the step
- Walk down, then jog up

OPTION: Straddle



10. CONDITIONING 2

TRACK FOCUS

Step by step, show your class what to do with their hand towel. Coach a strong core brace in every move to get the most out of this track.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

Please note: This track contains explicit content. An alternative song can be used in its place.

Please use *Thoughts In My Mind* with the same choreography.

MUSIC		EXERCISE		CTS	REPS
		A	Pre-track: Use a folded-up hand towel placed on the step, close to the back Set up Lunge position so that the R knee shadows over the towel and L foot is forward towards the L front of the step <i>Weight in R hand, crossed low above L thigh</i>		
0:00	V1 / I'm in the fast lane	12x8	B Lunge down then up L. <i>Weighted Straight-Arm Diagonal Raise up then down</i>	4	12x
0:37	PC / My sweet relief	4x8	C Lunge down L. <i>Hold Weighted Straight-Arm Diagonal Raise up</i>	4	
			Set up position for the Weighted Upright Oblique Combo L 👁️ Weighted Upright Oblique Combo on the last 16cts	28	
0:49	C / (Instr)	12x8	D Weighted Upright Oblique Combo L	16	6x
1:25	Ref / I need a moment	4x8	E Recover. Place the weight on the step and set up for the Rainbow Rear Leg Lifts L 👁️ Rainbow Rear Leg Lift on the last 8cts	32	
1:37	C / (Instr)	8x8	F Rainbow Rear Leg Lift L	8	8x
2:01	Break	4x8	F ¹ Rear Leg Lift L	4	8x
2:13		4x8	F ² Rear Pulsing Leg Lift L	2	16x
2:25	Ref / I need a moment	4x8	A Transition to stand and set up position to Lunge R	32	
2:37	V2 / I'm in the fast lane	12x8	🔁 B Lunge down then up R. <i>Weighted Straight-Arm Diagonal Raise up then down</i>	4	12x
3:13	PC / My sweet relief	4x8	🔁 C Lunge down R. <i>Hold Weighted Straight-Arm Diagonal Raise up</i>	4	
			🔁 Set up position for the Weighted Upright Oblique Combo R 👁️ Weighted Upright Oblique Combo on the last 16cts	28	
3:25	C / (Instr)	12x8	🔁 D Weighted Upright Oblique Combo R	16	6x



10. CONDITIONING 2

MUSIC		EXERCISE		CTS	REPS
4:01	Ref / I need a moment	4x8	E  Recover. Place the weight on the step, and set up for the Rainbow Rear Leg Lifts R  Rainbow Rear Leg Lift on the last 8cts	32	
4:13	C / (Instr)	8x8	F  Rainbow Rear Leg Lift R	8	8x
4:37	Break /	4x8	F ¹  Rear Leg Lift R	4	8x
4:49		4x8	F ²  Rear Pulsing Leg Lift R	2	16x
5:01	Ref / I need a moment	4x8	A Transition to lie down for core work	32	
5:13	Instr / (Horns)	5x8	G Weighted Crunch Combo Base R then L  Weighted Crunch Combo R on the last 8cts	16	2½
5:32	PC / _ Easy now	8x8	G ¹ Weighted Crunch Combo L then R	16	4x
6:03	Br / _ Wait up	½x8	Lower weight to chest	4	
6:05	C / _ 'Cause you	4x8	H Bent-Knee Cross Crawl L then R	4	8x
6:20	_ 'Cause you	4x8	H ¹ Straight-Leg Cross Crawl L then R	4	8x
6:36	Outro / _ That's it?	½x8	Lower feet to the step	4	



10. MY SWEET RELIEF / CALABRIA 6:43mins

TECHNIQUE AND COACHING

PRE-TRACK:

Use a folded-up hand towel, placed on the step, close to the back.

Set up Lunge position so that the right knee shadows over the towel, and left foot is forward towards the left front of the step. Both feet on the floor.

Weight in right hand, crossed low above left thigh.

LUNGE DOWN THEN UP WITH WEIGHTED STRAIGHT-ARM DIAGONAL RAISE

PHONETIC CUE 'Lunge and rise, lower; rise, lower'

Lunge down L. L Weighted Straight-Arm Diagonal Raise up 1-4

Lunge Up L. L Weighted Straight-Arm Diagonal Raise down 5-8

- **Gently lower the back knee towards your towel**
- Avoid slamming your knee onto the towel. Knee lightly grazes the towel, or no contact is fine
- **Back heel lifted**
- **Front knee pressed outwards** and above front ankle
- **Core braced**
- **Chest up**
- Shoulders back and down
- Lock in this strong posture throughout
- Body remains square to the front throughout

Arms:

- Left arm, weight low, close to top of right thigh
- Rises on the left upper diagonal with arm straight
- In the upper position, **keep the weight slightly in front of the body**
- Lots of muscle tension through the chest, shoulders, back and arms
- **Move with control keeping hips square, little to no rotation**
- If you can't keep the arm straight or move with strong posture or control, select a lighter weight

SET UP POSITION FOR THE WEIGHTED UPRIGHT OBLIQUE COMBO

CUE 'Hold weight down. Gently lower your knee onto your towel. Hold weight low with both hands. Step your left leg out to the side. Body square to the front'

Lunge down L. Hold Weighted Straight-Arm Diagonal Raise up 1-4

R knee onto the towel. Hold weight low with both hands 5-8

Step L leg out to the L side. Hold weight low with both hands 9-16

PREVIEW Weighted Upright Oblique Combo 17-32

- Create muscle tension through your core, chest, shoulders, back and arms
- Shoulders back and down

WEIGHTED UPRIGHT OBLIQUE COMBO

PHONETIC CUE 'Weight up, tilt side, back to center, and lower; up, side, center, lower'

Raise weight O/H 1-4

Side Tilt L. Weight O/H 5-8

Return to center. Weight O/H 9-12

Lower weight down 13-16

- Note: In the O/H position, **keep the weight slightly in front of the body**
- Maintain muscle tension through your core, chest, shoulders, back and arms
- Shoulder back and down
- **Body remains square to the front throughout**
- **Strong core brace**
- **Use your obliques** to tilt you to the side and to return you to upright position, maintaining rib-hip connection
- Small ROM. Move with control
- Body long and strong



10. MY SWEET RELIEF / CALABRIA 6:43mins

TECHNIQUE AND COACHING

RAINBOW REAR LEG LIFT

PHONETIC CUE 'Rainbow to the side, rainbow to the back; rainbow side, rainbow back'

- Rainbow Rear Leg Lift L to the side 1-2
- Tap L toes to the L side 3-4
- Rainbow Rear Leg Lift L to the back 5-6
- Tap L toes to the back 7-8

- Weight down on the step
- **Hands under shoulders, elbows soft, core braced**
- Move with control
- Avoid lifting the leg too high. Aim for heel to butt height only. Think leg long rather than high
- **Strong core brace** throughout; keep the lower back supported with your core
- Eye gaze between the hands
- **Spine long**
- Squeeze your glutes

REAR LEG LIFT

PHONETIC CUE 'Lift and lower; lift and lower'

- Rear Leg Lift L 1-2
- Tap L toes to the back 3-4

- **Hands under shoulders, elbows soft, core braced**
- Move with control
- **Avoid lifting the leg too high.** Aim for heel to butt height only
- Strong core brace throughout; keep the lower back supported with your core
- Eye gaze between the hands
- **Spine long**
- Squeeze your glutes

REAR PULSING LEG LIFT

- Pulsing Rear Leg Lift up L 1
- Pulsing Rear Leg Lift down L 2

- **Hands under shoulders, elbows soft, core braced**
- Keep leg lifted, and pulse up and down (don't touch toes to the floor)
- Move with control
- Avoid lifting the leg too high. Aim for heel to butt height only, thinking about keeping leg long
- Strong core brace throughout, keep the lower back supported with your core
- Eye gaze between the hands
- **Spine long**
- Squeeze your glutes

TRANSITION TO LIE DOWN FOR CORE WORK

CUE 'Lie on the floor, butt close to the step, feet up, knees bent, hold weight to chest'

- **Lie on the floor**
- **Butt close to the step**
- **Feet off the step, knees bent to 90 degrees**
- **Hold weight to chest**

WEIGHTED CRUNCH COMBO BASE

PHONETIC CUE 'Crunch up, side, center, lower; up, side, center, lower'

- Weighted Crunch up. Chest Press weight up 1-2
- Shift Weighted Crunch up to R. Shift Chest Press weight up to R 3-4
- Return Weighted Crunch up to center. Hold Chest Press weight up 5-6
- Lower heels towards step. Lower weight towards chest 7-8

- Crunch **ribs towards hips**
- **Lower back pressed towards the floor**
- Maintain a steady breathing rhythm

OPTION: No weight



10. MY SWEET RELIEF / CALABRIA 6:43mins

TECHNIQUE AND COACHING

WEIGHTED CRUNCH COMBO

PHONETIC CUE 'Crunch up, side, center, extend; up, side, center, extend'

Weighted Crunch up. Chest Press weight up 1-2
Shift Weighted Crunch up to R. Shift Chest Press weight up to R 3-4
Return Weighted Crunch up to center. Hold Chest Press weight up 5-6
Extend legs F on 45°. Lower weight back on 45° 7-8

- **Crunch ribs towards hips**
- **Lower back pressed towards the floor**
- Maintain a steady breathing rhythm
- Extend legs forward on 45-degree angle, or a little higher if your lower back starts to lift off the floor

OPTIONS: No weight
Knees bent, heels towards step

BENT-KNEE CROSS CRAWL

PHONETIC CUE 'Cross crawl right, left; right, left'

Cross Crawl. L shoulder up towards R bent knee, L toes on the floor. Hold weight into chest 1-2
Repeat to the other side 3-4

- Lift one shoulder off the floor at a time
- **Opposite elbow to knee**
- **Elbows wide**
- **Lower back pressed towards the floor**
- Maintain a steady breathing rhythm

OPTION: No weight

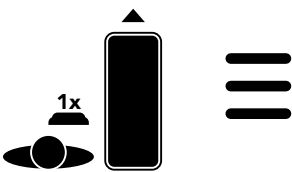
STRAIGHT-LEG CROSS CRAWL

PHONETIC CUE 'Extend the leg right, left; right, left'

Cross Crawl. L shoulder up towards R bent knee, Extend L leg to 45°. Hold weight into chest 1-2
Repeat to the other side 3-4

- **Opposite elbow to knee**
- **Elbows wide**
- **Lower back pressed towards the floor**
- Maintain a steady breathing rhythm
- Extend legs forwards on 45-degree angle, or a little higher if your lower back starts to lift off the floor

OPTIONS: No weight
Knees bent, heels towards step



11. COOLDOWN / STRETCH

TRACK FOCUS

'Chill', relax and breathe. Can you hit the 4 poses from the Party Step track within 2min 29sec?. Just a little challenge for you 'extra' instructors.

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 kneel behind the step, L leg F	16	
0:09	V1 / Some days	2x8 A	Hip Flexor Stretch R	16	
0:19	PC / _ You take	2x8 B	Twist L	16	
0:29	_ Feel my blood	2x8 C	Hamstring Stretch L	16	
0:38	Time goes by	2x8 D	Achilles / Calf Stretch L	16	
0:48	Br /	1½x8 E	Body upright, step L foot to the side	4	
0:50	C / Just keep breathin	4x8 F	Side Stretch Sequence L	32	
1:09	V2 / Some times	2x8 A	 Hip Flexor Stretch L	16	
1:19	_ You remind	2x8 B	 Twist R	16	
1:28	PC / _ Feel my blood	2x8 C	 Hamstring Stretch R	16	
1:38	Time goes by	2x8 D	 Achilles / Calf Stretch R	4	
1:48	Br /	1½x8 E	 Body upright, step R foot to the side	32	
1:50	C / Just keep breathin	4x8 F	 Side Stretch Sequence R		
2:09	Rep / _ My, my air	4x8 G	Lie down on your L side Quad Stretch R	8 24	
2:29	Br / _ Just keep breathin	1¾x8	Transition to Lie down on your R side	14	
2:37	And oh, I gotta	3x8 G	 Quad Stretch L	24	
2:51	_ Feel my blood	3x8	Active Calf Stretch L, R	4	6x
3:06	_ I keep on breathin	1x8	Walk feet in towards hands and roll up to standing	8	
3:10		1x8	Breathe in then out. <i>Raise arms O/H then down</i>	8	



11. BREATHIN 3:17mins

TECHNIQUE AND COACHING

HIP FLEXOR STRETCH

- On right knee, step left leg forward
- Right hand on the step
- Send hips towards the floor
- Squeeze the glutes
- Long spine

OPTION: Gently move hips left and right to find your desired spot

TWIST

- In Hip Flexor Stretch position, gently twist left to look over left shoulder
- Rotate from the ribcage to where it feels good for you

HAMSTRING STRETCH

- Gently shift body weight back and straighten right leg
- Gently fold upper body over the right leg
- Chest up
- Core braced

OPTION: Keep extended leg slightly bent

ACHILLES / CALF STRETCH

- On right knee, bring your toes of your left leg besides your right knee
- Keep your heel of the right foot anchored to the floor
- Use your body weight to gently press forward
- Chest up

SIDE STRETCH SEQUENCE

On R knee, L foot to the L side
Clasp hands and stretch arms O/H 1-8
Side Tilt L. Hands clasped O/H 9-16
Stretch towards R, place R hand to R side, under the R shoulder 17-20
Extend L arm over towards the R side 21-32

- On right knee, left foot to the left side. Body square to the front
- Clasp hands and stretch arms O/H – big stretch upward
- Side Tilt left. Hands clasped O/H – body square to the front
- Stretch towards right. Place right hand to right side under the right shoulder
- Extend left arm over towards the R side – long line from your toes up to your fingertips

QUAD STRETCH

PHONETIC CUE 'Lie on your left side on the floor. Bend your right knee, and hold your right ankle, then gently pull your right heel towards your butt'

- Stack your right hip on top of your left hip
- Press your knees together

ACTIVE CALF STRETCH

PHONETIC CUE 'Hands onto the step. Hips high, Down Dog position. Walk through your feet, gently pressing your heels towards 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 honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

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

We may differ in location, religion, race, 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.

