



BODYSTEP

128

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

Kiss It Better (3:28)

To The Moon With James West

© 2022 Les Mills Music Licensing Ltd.

Written by: Bhasker, Sinclair, Glass, Fisher, Fenty
- 02

Beware Of The Dog (4:17)

Vince Pigeons

© 2022 Les Mills Music Licensing Ltd.

Written by: Poole, Davis, Gore, Crichton, James
- 03

Save Your Tears (5:43)

Vampire Bat Bird

© 2022 Les Mills Music Licensing Ltd.

Written by: Balshe, Quenneville, Tesfaye, Grande, Martin, Holter
- 04

Wave & Jump (Extended Mix) (1:39)

MR.BLACK, Pei Pei & Richie Loop

© 2021 Revealed Music B.V. Licensed courtesy of Central Station Records.

Written by: Biton, Webb, Pei Pei
- Watch Me Go** (0:58)

Hot Kicks

© 2020 Position Music.

Written by: Rygg, Sherman, Sato
- Wave & Jump (Extended Mix)** (1:36)

MR.BLACK, Pei Pei & Richie Loop

© 2021 Revealed Music B.V. Licensed courtesy of Central Station Records

Written by: Biton, Webb, Pei Pei
- Watch Me Go** (0:58)

Hot Kicks

© 2020 Position Music.

Written by: Rygg, Sherman, Sat
- Wave & Jump (Extended Mix)** (0:18)

MR.BLACK, Pei Pei & Richie Loop

© 2021 Revealed Music B.V. Licensed courtesy of Central Station Records.

Written by: Biton, Webb, Pei Pei
- 05

Enemy (4:04)

Innocent Magic

© 2022 Les Mills Music Licensing Ltd.

Written by: Tranter, McKee, Reynolds, Platzman, Route, Larsson, Fredriksson, Sermon
- 06

Alright (2:35)

Mozambo feat. Jaxxson

Courtesy of the Universal Music Group.

Written by: Banyaich, Bergerot, Howell, Puvieux, Jackson

- 07

Do It To It (5:14)

Mamajong

© 2022 Les Mills Music Licensing Ltd.

Written by: King, Williams, Lawrence, Richard, Joseph
- 08

THAT'S WHAT I WANT (0:58)

Mister Bonesaw

© 2022 Les Mills Music Licensing Ltd.

Written by: Slatkin, Fedi, Bach, Hill, Tedder
- Blow Ya Mind** (1:04)

Little League

© 2021 The Bus Music.

Written by: James, Stayton, Shearwood
- Tell Me You Love Me (Matrix & Futurebound Remix)** (1:21)

Demi Lovato

Courtesy of the Universal Music Group.

Written by: Bhattacharya, Hill, Lauryen
- Blow Ya Mind** (0:56)

Little League

© 2021 The Bus Music.

Written by: James, Stayton, Shearwood
- Tell Me You Love Me (Matrix & Futurebound Remix)** (1:20)

Demi Lovato

Courtesy of the Universal Music Group.

Written by: Bhattacharya, Hill, Lauryen
- 09

THAT'S WHAT I WANT (1:04)

Mister Bonesaw

© 2022 Les Mills Music Licensing Ltd.

Written by: Slatkin, Fedi, Bach, Hill, Tedder
- Scandalous (StarGate Radio Mix)** (4:56)

The Flamboyant Cross-Stitches

© 2022 Les Mills Music Licensing Ltd.

Written by: Dixon, Hermansen, Mikkell, Nash, Rustan, Washington
- 10

Milkshake (2:54)

Wild Dog Hornets

© 2022 Les Mills Music Licensing Ltd.

Written by: Hugo, Williams
- I Need Air** (3:48)

Magnetic Man feat. Angela Hunte

© 2011 Sony Music Entertainment UK Limited.

Written by: Adejumo, Hunte, Smith, Jones
- 11

Better Days (2:29)

NEIKED, Mae Muller & J Balvin feat. Polo G

Courtesy of the Universal Music Group.

Written by: Ivert, Sang, von Tiger
- Better Days** (1:22)

NEIKED, Mae Muller & J Balvin feat. Polo G

Courtesy of the Universal Music Group.

Written by: Ivert, Sang, von Tiger



BODYSTEP 128



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

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.

Otto Prodan (Brazil) is a BODYSTEP, LES MILS TRIP™, LES MILLS GRIT, LES MILLS TONE, RPM™ and a LES MILLS CORE™ Instructor. He lives in Auckland and has been a Les Mills Instructor for seven years.

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

Get ready for the best part of your day, BODYSTEP 128.

We kick off our step training workout by mobilizing and warming our bodies to a vibrant and familiar tune, *Kiss It Better*.

Next up, we continue to warm our stepping muscles and also pay homage to our furry little pals to *Beware Of The Dog*.

Peak 1 has us running, squatting, lifting and jumping to lift our heart rates to the emotional roller coaster tune, *Save Your Tears*.

In the Mixed Strength track, we mix speed, strength, power and agility to change the training 'vibe' to an uplifting cross-training feel.

Next, get ready for some powerful lateral training with a fun super hero theme, *Enemy*, one of my favorite tracks in this release.

We then move onto Conditioning 1 for some lighter paced functional weighted work, before we bounce, drop, lean and snap to create our new BODYSTEP TikTok dance to *Do It To It* – another personal favorite track of mine.

Burpees, Squat Jumps, Surfers and some fun speed work are the ingredients of the Athletic Circuit. Then, we hit Peak 3 with some *Scandalous* athletic stepping to end our cardio section on a huge physical high.

You're going to love the music and exercises in Conditioning 2 to a modern version of *Milkshake* and the 'chill vibe' of *I Need Air*.

Then, we finish this awesome workout off to the sweet sounds of *Better Days*.

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)



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 128

45-MINUTE FORMAT – Option 1

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 07	Party Step
Track 09	Peak 3
Track 10	Conditioning 2
Total Time	42:28

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	43:57

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	25:36

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
Track 06	Conditioning 1
Total Time	28:15

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 128

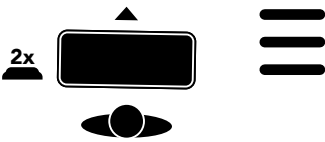
When mixing older releases with BODYSTEP 128 use:

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

Teach this Warm-up with more of a 'chill' vibe. We move, mobilize and gently warm the body and become familiar with a few moves that we do later on in this workout.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / Kiss it kiss it better baby	1½x8	Prepare to move		12	
0:10	Instr / (Instr)	2x8	Twist L&R		4	4x
		1x8	Arm Rotation L		2	3x
		1x8	Arm Rotation R		2	3x
0:25	C / Been waiting on that sunshine	4x8	A	4x March On Top L. RA 👁️ 2x Knee On Top Combo L	8	4x
0:39	_ What are you	4x8	A¹	2x Knee On Top Combo L	8	4x
0:54	Rep / _ All night	6x8	B	6x Repeater Knee Lift L then R	32	1½x
1:16	V1 / Been waiting on that sunshine	4x8	C	2x Lunge R then L 👁️ Lunge & Extension Combo L	16	2x
1:30	_ Man your pride	4x8	C¹	Lunge & Extension Combo R then L 👁️ Lunge & Reach Combo L	16	2x
1:45	_ All night	4x8	C²	Lunge & Reach Combo R then L	16	2x
1:59	Been waiting on that sunshine	4x8	D	2x Squat R then L 👁️ Squat & Up Tap Combo L	16	2x
2:12	_ Man your pride	4x8	D¹	Squat & Up Tap Combo R then L 👁️ Squat & Reach Combo L	16	2x
2:28	_ All night	4x8	D²	Squat & Reach Combo R then L	16	2x
2:43	Been waiting on that sunshine	4x8	A	🔄 4x March On Top R. RA 👁️ 2x Knee On Top Combo R	8	4x
2:58	_ What are you	4x8	A¹	🔄 2x Knee On Top Combo R	8	4x
3:12	_ All night	4x8	B	🔄 6x Repeater Knee Lift R then L	32	



01. KISS IT BETTER 3:28mins

TECHNIQUE AND COACHING

TWIST

PHONETIC CUE 'Right, left, right, left'

Twist to the L. Hands stack in line with chest 1-2

Twist to the R. Hands stack in line with chest 3-4

- Set up the direction of the Twist
- Light twist side to side
- **Chest up**
- **Core braced**
- Welcome everyone to the workout

ARM ROTATIONS

PHONETIC CUE 'Right arm 3, 2, 1; change sides, 3, 2, 1'

Rotate L arm 3x 1-8

Rotate R arm 3x 9-16

- Set up the number of Arm Rotations
- **Body square to the front**
- Open up the shoulder
- **Chest up**
- Core braced

4x MARCH ON TOP

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

March L, R 2x on the step. RA 1-4

March L, R 2x on the floor. RA 5-8

- Use visual cues to show which leg leads and to march on top of the step. Coach that the right leg leads
- **Whole foot on the step**
- Natural walking rhythm
- **Chest up, core braced**
- **Stay close behind the step**
- Little space between the feet

2x KNEE ON TOP COMBO

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

Step L onto the step, lift R knee. RA 1-2

Step R onto the step, lift L knee. RA 3-4

March L, R 2x on the floor. RA 5-8

- Use a visual cue to show how many Knee Lifts on top of the step
- **Body square to the front**
- **Whole foot on the step**
- **Knee to hip height**
- Chest up
- Core braced
- Warming around the hips and glutes
- Set 2 of 2x Knee Lift: a little more relaxed, bring the arm over and snap your fingers

6x REPEATER KNEE LIFT

PHONETIC CUE '6, 5, 4, 3, 2, 1, walk on the floor; 6, 5, 4, 3, 2, 1, walk on the floor'

Step L onto the step, then lift R knee. RA 1-2

Tap R to the floor, then lift L knee 5x. RA 3-12

March R, L on the floor 2x. RA 13-16

Repeat to the other side 17-32

- Use a visual cue to hold Repeater on the step
- Bend the knee
- Slight tip forward from the hips
- **Chest up**
- **Whole foot on the bench**
- Light tap on the floor



01. KISS IT BETTER 3:28mins

TECHNIQUE AND COACHING

2x LUNGE

PHONETIC CUE 'Lunge left leg, 2, 1, change legs; 2, 1, change legs'

Lunge R onto the step 2x. *Fists to hips* 1-6
Step R leg back to the floor beside L. *Fists to hips* 7-8
Repeat to the other side 9-16

- Use a visual cue to show which leg lunges first
- Whole foot on the bench
- **Front knee pressed outwards** (avoid collapsing the knee inwards)
- **Chest up**
- Whole foot on the bench
- Building heat in the quads
- Feet hip-width apart (like you're on railway tracks with one foot on each track)
- Core braced
- **Take a long step onto the step**
- **Back heel lifted**
- Front knee above front heel
- Lower the back knee gently towards the floor
- Front thigh no lower than parallel to the floor

2x LUNGE & EXTENSION COMBO

PHONETIC CUE 'Lunge, lift, lunge, change legs; lunge, lift, lunge, step back'

Lunge R onto the step. *Fists to hips* 1-2
Lift L to extension. *Fists to hips* 3-4
Lunge L leg to the floor. *Fists to hips* 5-6
Step R to the floor beside L. *Fists to hips* 7-8
Repeat to the other side 9-16

- **Squeeze glutes**
- **Leg low**
- **Core braced**
- **Slight tip forward from the hip**
- Warming the glutes

2x LUNGE & REACH COMBO

PHONETIC CUE 'Lunge, reach, lunge, change legs; lunge, reach, lunge, change legs'

Lunge R onto the step. *Fists to hips* 1-2
Lift L to extension. *Arms reach O/H* 3-4
Lunge L leg to the floor. *Fists to hips* 5-6
Step R to the floor beside L. *Fists to hips* 7-8
Repeat to the other side 9-16

- Reach arms over head
- Use the lyrics "all night"
- **Squeeze glutes**
- **Leg low**
- **Core braced**
- Warming the whole body
- Feel a stretch from legs to fingertips

2x SQUAT

PHONETIC CUE 'Down, up, down, change sides; down, up, down, change sides'

R foot on the step, L on the floor, squat down, up, down. *Hands to thighs* 1-6
Step L, R to the B of the step. *Fists to hips* 7-8
Repeat to the other side 9-16

- Knees in line with toes
- Chest up, core braced

SQUAT & UP TAP COMBO

PHONETIC CUE 'Squat down, tap up, down, change sides; squat down, up, down, change sides'

R foot on the step, L on the floor and squat down. *Hands to thighs* 1-2
Tap L to step. *Hands to thighs* 3-4
Step L to floor. *Hands to thighs* 5-6
Step B L, R. *Fists to hips* 7-8
Repeat to the other side 9-16

- Light tap to the bench

OPTION: 2x Squat



01. KISS IT BETTER 3:28mins

TECHNIQUE AND COACHING

SQUAT & REACH COMBO

PHONETIC CUE 'Squat down, reach up, down, change sides; squat down, up, down, change sides'

R foot on the step, L on the floor and squat down. *Hands to thighs* 1-2

Tap L to the step. *Reach up* 3-4

Step L to the floor and squat down. *Hands to thighs* 5-6

Step B L, R. *RA* 7-8

Repeat to the other side 9-16

- Squeeze glutes to stand on top of the step

OPTION: Squat Up Tap Combo

02. STEP WARM-UP

TRACK FOCUS

We transition from a 'chill' Warm-up, to a more upbeat Step Warm-up. Teach with a bit more excitement in your voice as we throwback to this G.O.A.T. BODYSTEP song.

Coach a glute squeeze and strong 'STOP' arm-lines in the Freeze Tap, as if you were trying to stop traffic (so that your Dachshund can cross the road).

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
0:01	Intro /	2½x8	A	Up Tap R then L	8	2½x
0:08	Instr / (Instr)	4x8	B	Down Tap L then R	8	4x
0:23	V1 / Do you know how	4x8	C	Basic Step L. RA	4	8x
0:38	You know what I'm saying	4x8	D	1x Down Tap & 3x Basic Step Combo L then R 👁 Freeze Tap on the last 16cts	32	
0:53	C / Stop you better shake him off	8x8	D¹	1x Freeze Tap & 3x Basic Step Combo L then R	32	2x
1:22	Br / Beware of the dog	½x8	E	Hamstring Curl L to center of step. HOH	4	
1:24	Rep / _ Oh oh	4x8	E¹	Hamstring Curl R then L to corners of the step. Open & Clap	8	4x
1:39	V2 / Well, I was _	4x8	C	🔄 Basic Step R. RA	4	8x
1:54	You know what I'm saying	4x8	D	🔄 1x Down Tap & 3x Basic Step Combo R then L 👁 Freeze Tap on the last 16cts	32	
2:09	C / Stop you better shake him off	8x8	D¹	🔄 1x Freeze Tap & 3x Basic Step Combo R then L	32	2x
2:38	Br / Beware of the dog	½x8	E	🔄 Hamstring Curl R to center of step. HOH	4	
2:40	Rep / _ Oh oh	4x8	E¹	🔄 Hamstring Curl L then R to corners of the step. Open & Clap	8	4x
2:55	Instr / (Instr)	4x8	F	3x Repeater Knee Lift L then R to the center of the step. RA 👁 T-Step with Reach Out R	16	2x
3:09	Ref / Beware of the dog	4x8	F¹	T-Step with Reach Out L then R	16	2x
3:24	C / Stop you better shake him off	8x8	D²	1x Freeze Tap & 1x Basic Step Combo L then R	16	4x
3:53	Br / Beware of the dog	½x8	E	🔄 Hamstring Curl L to center of step. HOH	4	
3:55	Rep / _ Oh oh	4x8	E¹	🔄 Hamstring Curl R then L to corners of the step. Open & Clap	8	4x
4:10	Outro / Stop you better shake him off	1x8		1x Freeze Tap and Shake It Off Arms on the last 8cts	8	



02. BEWARE OF THE DOG 4:17mins

TECHNIQUE AND COACHING

UP TAP

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

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

- Use a visual cue to show the leading leg
- Set up the alternating foot pattern (right leg, left leg, right leg, left leg)

DOWN TAP

PHONETIC CUE 'Down tap, changes sides, down tap, change sides'

Step L then Tap R to the floor. RA 1-2
Step R, L to the B of the step. RA 3-4
Repeat to the other side 5-8

- Use visual cues to show the direction to Down Tap
- **Body square to the front**
- **Whole foot on the step**
- Side to side
- Move body from one end across to the other
- Bend knee
- Light tap to the side of the step
- Tap toes to the floor, around to the side and parallel to the step. Doing this will increase your ROM and help create more hip mobilization and warmth to the hips and glutes

BASIC STEP

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

Step L, R onto the step. RA 1-2
Step L, R onto the floor. RA 3-4

- Use visual cues to hold the Basic Step
- Connect your class to this 'banger throwback' song. Beware of this awesome track!
- **Whole foot on the bench**

1X DOWN TAP & 3x BASIC STEP COMBO

PHONETIC CUE 'Down Tap, Basic Step, 3, 2, 1, Down Tap, Basic Step, 3, 2, 1'

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

- Body square to the front
- **Whole foot on in the Basic Step**
- Coach participants to stay with the Down Tap or try the Freeze Tap. Emphasize that it's ok to stay with the Down Tap for now to 'get' the legs before adding the arms

1x FREEZE TAP AND 3x BASIC STEP COMBO

PHONETIC CUE 'Freeze, Basic Step, 3, 2, 1; freeze, Basic Step, 3, 2, 1'

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

- Connect to the song to STOP the traffic – arms go out wide
- Look, see and respond. If there are participants who are new or struggling, encourage them to stay with the Down Tap and 3x Basic Steps

Freeze Tap:

- Squeeze glutes to freeze the Tap, like putting the brakes on
- Push arms to the sides of the room

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



02. BEWARE OF THE DOG 4:17mins

TECHNIQUE AND COACHING

HAMSTRING CURL

PHONETIC CUE 'Right side, left side, right side, left side'

- Step R then Curl L. *Open & clap* 1-2
- Step down L, R. *Open & cross in front* 3-4
- Repeat to the other side 5-8

- **Whole foot on the step**
- **Body on a 45-degree angle**
- Lift heel to butt
- Open arms wide
- Squeeze chest to close the arms
- Feel the stretch in the upper body

OPTION: No Open & Clap Arms

3x REPEATER KNEE LIFT

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

- Step R onto the step then lift L knee 1-2
- Tap L to the floor then lift L knee 2x 3-6
- Step back to the floor L, R. RA 7-8
- Repeat to the other side 9-16

- Let participants know to stay with the 3x Repeater Knee Lift or try the T-Step with Reach Out
- **Front knee bent**
- **Front knee outwards**
- **Chest up**
- **Whole foot on the step**
- Core braced
- Slight tip forward from the hip
- Light tap on the floor
- Feet hip-width apart (like you're on railway tracks with one foot on each track)
- Remember that we are still warming up

T-STEP WITH REACH OUT

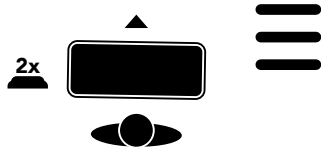
PHONETIC CUE 'Lift the knee, tap the step, lift the knee; lift the knee, tap the step, lift the knee, change sides'

- Step R on top of step, then lift L knee. RA 1-2
- Step L to the floor on the side of the step, then tap R long on top of the step. *Reach Out R* 3-4
- Step R on top of the step, then lift L knee. RA 5-6
- Step L, R on the floor behind the step 7-8
- Repeat to the other side 9-16

- The T-Step can be tricky for new participants – especially with an arm-line! Repeat the phonetic cues until everyone's got the foot pattern. Then if people are ready, get them to try the Reach Out

OPTIONS: 3x Repeater Knee Lift

T-Step. No Reach Arms Out



03. PEAK 1

TRACK FOCUS

We practiced the base version of the Squat Lift combo in the Warm-up; now we add intensity to it to create some Peak 1 freshness. Teach with the music and connect with the "I run away" lyrics and the beautiful vibe of the song that will both encourage you to soar and tug at your heart strings.

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		
0:02	Instr / Oh boy _	2x8	A	Bounce L&R. <i>Relaxed by sides</i>	16	8x
0:09	Ref / (Instr)	8x8	B	Triple Squat Pulse & 2x Basic Step Combo L then R 👁 Squat Lift & 2x Basic Step Combo R	32	2x
0:37	PC / _ Take me back	4x8	B¹	Squat Lift & 2x Basic Step Combo L then R 👁 Squat Lift & 2x Basic Jog Combo R	32	
0:51	C / Save your tears	8x8	B²	Squat Lift & 2x Basic Jog Combo L then R	32	2x
1:19	Rep / I runaway	4x8	C	Basic Jog L. RA	4	8x
1:33	Instr / Oh boy _	4x8	D	Propulsive Knee Lift L then R. RA	8	4x
1:47	Instr / I runaway	2x8	A	🔁 Bounce L&R. <i>Relaxed by sides</i> 👁 4x March On Top L. RA	2	8x
1:54	V1 / _ I saw you dancing	4x8	E	4x March On Top L. RA 👁 4x Jog On Top L. RA	8	4x
2:08	_ I don't know why	4x8	E¹	4x Jog On Top L. RA	8	4x
2:22	PC / _ Take me back	6x8	B	🔁 Triple Squat Pulse & 2x Basic Step Combo L then R 👁 Squat Lift & 2x Basic Jog Combo L	32	1½x
2:43	C / Save your tears	8x8	B²	🔁 Squat Lift & 2x Basic Jog Combo R then L	32	2x
3:11	Rep / I runaway	4x8	C	🔁 Basic Jog R. RA	4	8x
3:25	Instr / Oh boy _	4x8	D	🔁 Propulsive Knee Lift R then L. RA	8	4x
3:39	Instr / I runaway	2x8	A	🔁 Bounce R&L. <i>Relaxed by sides</i> 👁 4x March On Top R. RA	2	8x
3:46	V1 / _ Met you once	4x8	E	🔁 4x March On Top R. RA 👁 4x Jog On Top R. RA	8	4x
4:00	_ I don't know why	4x8	E¹	🔁 4x Jog On Top R. RA	8	4x



03. PEAK 1

MUSIC			EXERCISE		CTS	REPS
4:14	PC / _ Take me back	6x8	B	Triple Squat Pulse & 2x Basic Step Combo L then R Squat Lift & 2x Basic Jog Combo R. RA	32	1½x
4:35	C / Save your tears	8x8	B²	Squat Lift & 2x Basic Jog Combo L then R. RA	32	2x
5:03	Rep / I runaway	4x8	C	Basic Jog L. RA	4	8x
5:17	Instr / Oh boy _	4x8	D	Propulsive Knee Lift L then R. RA	8	4x
5:31	Outro / Save your tears	1½x8		Squat Lift and 1x Basic Jog L and Runaway Arms	12	



03. SAVE YOUR TEARS 5:43mins

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. SAVE YOUR TEARS 5:43mins

TECHNIQUE AND COACHING

TRIPLE SQUAT PULSE & 2x BASIC STEP COMBO

PHONETIC CUE '3, 2, 1, 2 Basic Steps, walk up, walk down, walk up, walk down, 3, 2, 1, 2 Basic Steps, walk up, walk down, walk up, walk down'

Move to the L side of the step, step R foot on top of the bench, L on the floor, triple pulse squat down. *Hands to tops of thighs* 1-6
Step L, R on the floor at the back of the step. RA 7-8
Basic Step L, R 2x. RA 9-16
Repeat to the other side 17-32

- Use a visual cue to show which side starts in the Triple Squat and to hold the Basic Step on top of the bench
- Let participants know that they can stay with the Triple Squat Pulse and 2x Basic Steps

Squat:

- **Knees press outwards over toes**
- **Hips back and down**
- **Chest up**
- Core braced

Basic Step:

- **Whole foot on**
- Natural walking rhythm

SQUAT LIFT & 2x BASIC JOG COMBO

PHONETIC CUE 'Squat, lift, x2 Jogs, again; Squat, lift, Squat, x2 Jogs'

Step R onto the step, L on the floor and squat down. *Hands on thighs* 1-2
Step L on top of the step, extend R leg to right. *Arms reach overhead* 3-4
Step L back the floor and squat down. *Hands on thighs* 5-6
Step to the back of the step L, R. RA 7-8
2x Basic Jog L. RA 9-16
Repeat to the other side 17-32

SQUAT LIFT & 2x BASIC STEP COMBO

PHONETIC CUE 'Squat, lift, squat, 2 Basic Steps, walk up, walk down, walk up, walk down; squat, lift, squat, 2 Basic Steps, walk up, walk down, walk up, walk down'

Step R onto the step, L on the floor, squat down. *Hands on thighs* 1-2
Step L on top of the bench, extend R leg to right. *Arms reach overhead* 3-4
Step L back the floor and squat down. *Hands on thighs* 5-6
Step to the back of the step L, R. RA 7-8
2x Basic Step L. RA 9-16
Repeat to the other side 17-32

- Make sure to coach the left foot replaces the right foot on top of the step
- Emphasize the low-impact options
- **Squeeze glutes to catch the leg lift**
- **Free leg low**
- Body weight over the step
- **Core braced**
- **Chest up**
- 2x Basic Step L
- Body square to the front

OPTIONS: Triple Pulse Squat & 2x Basic Step Combo

OR

Squat Lift with No Jump and 2x Basic Steps

BASIC JOG

PHONETIC CUE 'Run up, step down; run up, step down'

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

- **Chest up**
- **Core braced**
- Running the arms to spike the heart rate

OPTION: Basic Step



03. SAVE YOUR TEARS 5:43mins

TECHNIQUE AND COACHING

PROPULSIVE KNEE LIFT

PHONETIC CUE 'Right knee, left knee, right knee, left knee'

- **Roll through the foot, push off the toes**
- **Soft knee landings**
- Chest up
- Core braced
- Bend the knee more to drive off the bench

OPTION: No propulsion

BOUNCE

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

Bounce L, R. RA 1-2

- **Feet outside hip-width**
- **Shift body weight from side to side**
- Chest up
- Core braced
- Check in with your participants and how they're feeling – catch breath and reset

4x MARCH ON TOP

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

March on top of the step L, R 2x. RA 1-4

March on the floor L, R 2x. RA 5-8

- Use a visual cue to hold the March On Top of the step
- **Whole foot on the bench**
- Natural walking rhythm
- Chest up
- Reset and recover here

OPTION: 4x March On Top

4x JOG ON TOP

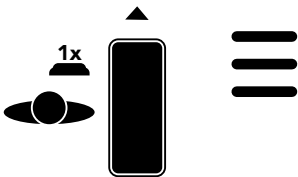
PHONETIC CUE 'Jog 4, 3, 2, 1, walk on the floor; 4, 3, 2, 1, walk on the floor'

Jog on top of the step L, R 2x. RA 1-4

March on the floor L, R 2x. RA 5-8

- Use a visual cue to hold the Jog On Top of the step
- **Whole foot on the bench**
- Chest up
- A little more energy – run the heels up

OPTION: 4x March On Top



04. MIXED STRENGTH

TRACK FOCUS

Let your class know that there are Burpees in this track, with a standing option if they prefer to keep standing.

Coach your participants to sit low to load the legs for strength work, stay light on their feet for the speed/agility work, and land all Jumps with soft knees and a strong core for safe landings.

Teach Athletic

Come into this track

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

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro / One two three four five	1x8	Prepare to move	8	
0:04	Instr / (Instr)	8x8	A 4x Tap & Triple Squat Combo L 👁️ 2x Tap, 4x Speed Tap & Triple Squat Combo L	16	4x
0:32	V1 / Watch this _	8x8	A ¹ 2x Tap, 4x Speed Tap & Triple Squat Combo L 👁️ 2x Tap, 4x Speed Tap & Straddle Jump Combo L	16	4x
1:01	C / One two three four five _	8x8	A ² 2x Tap, 4x Speed Tap & Straddle Jump Combo L	16	4x
1:29	Rep / Jump	4x8	B Tempo Straddle L. RA		AMRAP
1:39	Ref / Ooh I'm gonna get you going	2x8	Transition to the back of the step 👁️ T-Straddle L. Bent Raise	16	
1:47	Ooh I'm gonna get you going	2x8	C T-Straddle L. Bent Raise 👁️ T-Straddle Jump	8	2x
1:56	PC / Baby how I like	4x8	C ¹ T-Straddle Jump 👁️ 2x Walking Burpee	8	4x
2:12	C / Watch me go	6x8	D Walking Burpee	8	6x
2:37		2x8	Transition to Straddle Step		
2:44	V2 / _ Hands up in the air	6x8	A  2x Tap, 4x Speed Tap & Triple Squat Combo L 👁️ 2x Tap, 4x Speed Tap & Triple Squat Combo L	16	3x
3:06	Watch this _	8x8	A ¹ 2x Tap, 4x Speed Tap & Triple Squat Combo L 👁️ 2x Tap, 4x Speed Tap & Straddle Jump Combo L	16	4x
3:35	C / One two three four five _	8x8	A ²  2x Tap, 4x Speed Tap & Straddle Jump Combo L	16	4x
4:03	Rep / Jump	4x8	B  Tempo Straddle R. RA		AMRAP
4:13	Ref / Ooh I'm gonna get you going	2x8	 Transition to the back of the step 👁️ T-Straddle L. Bent Raise	16	
4:21	Ooh I'm gonna get you going	2x8	C  T-Straddle L. Bent Raise	8	2x
4:30	PC / Baby how I like	4x8	C ¹  T-Straddle Jump 👁️ 2x Walking Burpee	8	4x
4:46	C / Watch me go	6x8	D  Walking Burpee	8	6x
5:11	Rep / Jump	4x8	B  Tempo Straddle. (any leg) RA	4	AMRAP



04. WAVE & JUMP (EXTENDED MIX) / WATCH ME GO

5:29mins

TECHNIQUE AND COACHING

4x TAP & TRIPLE SQUAT COMBO

PHONETIC CUE 'Tap 4, 3, 2, triple squat, 3, 2, 1, stand; tap 4, 3, 2, triple squat, 3, 2, 1 stand'

Start in straddle position

Tap the step L, R, L, R. RA 1-8
Triple Squat Pulse. *Hands to thighs* 9-14
Squat up. *Hands to thighs* 15-16

- Straddle step to start
- **Knees in line with toes** throughout
- Hips back and down in the Squat
- Body square to the front throughout
- **Soft knee landings** throughout
- Core braced, chest up
- Light tap with the feet
- Move with muscle tension and control

2x TAP, 4x SPEED TAP & TRIPLE SQUAT COMBO

PHONETIC CUE 'Tap, 2, 1, 4 fast, Squat, 3, 2, 1, stand; tap, 2, 1, 4 fast, Squat, 3, 2, 1, stand'

Tap L, R. RA 1-4
Speed Tap L, R, L, R. RA 5-8
Triple Pulse Squat. *Hands to top of thighs* 9-14
Stand tall. *Hands to top of thighs* 15-16

- Coach the rhythm of the feet first by revisiting phonetic cues if needed
- Like you're playing drums with your toes

OPTION: 4x Tap & Triple Squat Combo

2x TAP, 4x SPEED TAP & STRADDLE JUMP COMBO

PHONETIC CUE 'Tap, 2, 1, 4 fast, squat down, up, down; tap, 2, 1, 4 fast, squat down, up, down'

Tap L, R. RA 1-4
Speed Tap L, R, L, R. RA 5-8
Squat down. *Hands to thighs* 9-10
Straddle Jump onto step. *Bent Front Raise* 11-12
Straddle Jump onto the floor, squat down.
Hands on thighs 13-14
Stand tall. *Hands to thighs* 15-16

- Let participants know they're still getting a great workout at low impact! Make sure to coach these choices to keep it inclusive
- **Knees in line with toes** throughout
- **Bend knees lots to land jumps**
- Agility, strength, plyometric work

OPTIONS: 4x Tap & Triple Squat Combo
2x Tap, 4x Speed Tap & Triple Squat Combo

TEMPO STRADDLE

PHONETIC CUE 'Up, down, up, down'

Straddle run up and down the step as many times as possible L, R. RA

- Encourage participants to find a pace that is best for them
- Race the beat, or go slower than the beat
- Light on the feet
- **Chest up, core braced**

OPTION: Smaller ROM



04. WAVE & JUMP (EXTENDED MIX) / WATCH ME GO

5:29mins

TECHNIQUE AND COACHING

T-STRADDLE

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

- Step L, R onto the step. *Bent Raise F* 1-2
- Straddle down L, R. *Fists to hips* 3-4
- Straddle up L, R. *Bent Raise F* 5-6
- Step back L, R. *Hands to hips* 7-8

- **Soft knee landings**
- **Knees in line with toes**
- **Chest up, core braced**
- Get participants to feel the rhythm of this foot pattern
- Let participants know they can stay here for low impact

T-STRADDLE JUMP

PHONETIC CUE 'Stagger up, straddle down, stagger up, step back, stagger up, straddle down, stagger up, step back'

- Stagger up on the step L, R. *Bent Raise* 1-2
- Straddle down L, R. *Fists to hips* 3-4
- Stagger up on the bench L, R. *Bent Raise* 5-6
- Step back L, R. *Fists to hips* 7-8

- **Bend knees heaps**
- **Core braced**

OPTION: T-Straddle

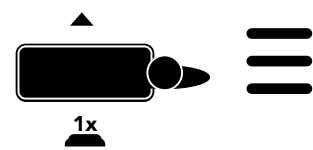
WALKING BURPEE

PHONETIC CUE 'Burpee, hands down, up, stand; burpee, hands down, up, stand'

- Squat down. *Bent Raise F* 1
- Jump both feet back to Plank. *Hands on the step* 2
- Walk hands down to the floor L, R 3-4
- Walk hands back on top of the step L, R 5-6
- Jump feet to Squat 7
- Stand tall. *Fists to hips* 8

- **Bend knees heaps**
- **Core braced**
- Use the Squat to transition to Plank
- Hands under shoulders in Plank
- Hips and shoulder square to the floor to walk the hands
- Squeeze glutes
- Eye gaze forwards in Plank
- Load upper body and core

OPTIONS: T-Straddle OR T-Straddle Jump



05. PEAK 2

TRACK FOCUS

This superhero themed track features strong, overhead crossed arm-lines in the Propulsive Power ATTs. Notice that all ATT moves are done with straight legs (not a Hamstring Curl) and a Toe Tap to the floor (not a Knee Lift).

The focus in these ATT moves is to power upwards and laterally across, getting some air under your feet and a bit more fly time in the air.

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 /	2x8		Prepare to move	16	
0:07	Instr / But I'm ready _	2x8	A	6x March Across L then R. RA	16	
		2x8	A ¹	6x Jog Across L then R. RA	16	
0:21	C / But I'm ready _	8x8	B	6x Jog Across & 2x Propulsive ATT Combo L then R	32	2x
0:49	Rep / My enemy _	4x8	C	Propulsive Power ATT L then R. Wrists Crossed O/H	8	4x
1:02	Instr / But I'm ready _	4x8	A	 6x March Across L then R. RA  T-Step R. RA	16	2x
1:17	V1 / I wake up	4x8	D	T-Step L. RA	16	2x
		4x8	D ¹	Propulsive T-Step L. RA	16	2x
1:44	C / But I'm ready _	8x8	B	Propulsive L-Step & 2x Propulsive ATT Combo L then R	32	2x
2:12	Rep / My enemy _	4x8	C	 Propulsive Power ATT L then R. Wrists Crossed O/H	8	4x
2:26	Instr / But I'm ready _	4x8	A	 6x March Across L then R. RA  T-Step R. RA	16	2x
2:40	V2 / Your words up	4x8	D	 T-Step L. RA	16	2x
		4x8	D ¹	 Propulsive T-Step L. RA	16	2x
3:08	C / But I'm ready _	8x8	B	 Propulsive L-Step & 2x Propulsive ATT Combo L then R	32	2x
3:36	Rep / My enemy _	6x8	C	 Propulsive Power ATT L then R. Wrists Crossed O/H	8	6x



05. ENEMY 4:04mins

TECHNIQUE AND COACHING

6x MARCH ACROSS

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

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

- Use the intro music to set everyone up on the R side of the bench and use a visual cue for direction and leading leg for the 6x March Across
- **Core braced**
- **Body square to the front** throughout
- Natural walking rhythm
- Use a visual cue to show which direction to march
- Core braced, chest up
- Use the 6x Marches to 'chill' and reset with your class

6x JOG ACROSS

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

6x Jog Across the step L, R, L, R, L, R. RA 1-6
Step L to the floor, then tap R to the floor. RA 7-8
Repeat to the other side 9-16

- Use a visual cue to show which direction to jog
 - Core braced, chest up
 - Heels up
- OPTION: 6x March Across

6x JOG ACROSS & 2x PROPULSIVE ATT COMBO

PHONETIC CUE 'Jog 6, 5, 4, 3, 2, 1, across the top, 2, 1; Jog 6, 5, 4, 3, 2, 1, across the top, 2, 1'

Jog across the bench x6 L. RA 1-8
Propulsive ATT L then R. Reach up 9-16
Repeat to the other side 17-32

- **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**
- Soft knee landings

OPTION: 6x March Across and 2x ATT

PROPULSIVE POWER ATT

PHONETIC CUE 'Drive up, step down; drive up, step down'

Propulsive Power ATT L then R. Cross Arms O/H 1-8

- **Soft knee landings**
- Cross wrists like a superhuman – it's a power pose!
- Controlled landing to step down off the step
- Strong arms over head

OPTION: Power ATT



05. ENEMY 4:04mins

TECHNIQUE AND COACHING

T-STEP

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

- Step L to the step then lift R knee. RA1-2
- Step to the back of the step R, L. RA3-4
- Step R to the step then lift L knee. RA5-6
- Step L to the floor beside the step then tap R beside L. RA7-8
- Repeat to the other side9-16

- **Body remains square to the front throughout**
- **Lift knee to hip height**
- Core braced, chest up
- Use visual cues to show which direction participants are moving

PROPULSIVE T-STEP

PHONETIC CUE 'Jump the knee, tap side, jump the knee, step back; jump the knee, tap side, jump the knee, step back'

- Step L then propel and lift R knee. RA1-2
- Step to the back of the step R, L. RA3-4
- Step R then propel and lift L knee. RA5-6
- Step L to the floor beside the step then tap R beside L. RA7-8
- Repeat to the other side9-16

- **Lift knee to hip height**
- **Soft knee landings**
- **Core braced**, chest up
- Use visual cues to show which direction participants are moving

OPTION: T-Step

PROPULSIVE T-STEP & 2x PROPULSIVE ATT COMBO

PHONETIC CUE 'Jump the knee, step back, jump the knee, across the top, 2, 1, T-Step; jump the knee, step back, jump the knee, across the top, 2, 1'

- Propulsive T-Step L. RA1-8
- Propulsive ATT R then L. Reach up and down9-16
- Repeat to the other side17-32

- Keep your coaching clear and concise. Revisit phonetic cues and use visual cues to show direction

OPTION: T-Step

06. CONDITIONING 1

TRACK FOCUS

In the Push Rotate move, coach a VERY small rotation from the ribcage and a strong core brace. Knees should remain strong, in line with the toes as you rotate. A common mistake is to rotate too far, which causes the knee to collapse inward. It's all about creating lots of muscular tension through your quads, glutes, core, chest, and to keep pinching your shoulder blades together. Aim for less than a 45° rotation from the ribcage. The rotation should be THAT small.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Prepare to move	16	
0:08	V1 / Shot of tequila	4x8	A	Triple Squat Pulse and Step Together L then R. <i>Weights to hips</i> 👁 Triple Squat Pulse and Step Together R. <i>Push Rotate</i>	16	2x
0:23	You hey you	4x8	A ¹	Triple Squat Pulse and Step Together L then R. <i>Push Rotate</i>	16	2x
0:39	PC / I bet it hurt	4x8	B	4x Repeater Base Combo L then R 👁 4x Repeater Combo R. <i>Circular Raise and Push Rotate</i>	32	
0:54	C / You hey you	4x8	B ¹	4x Repeater Combo L then R. <i>Circular Raise and Push Rotate</i>	32	
1:10	V2 / _ I heard a rumor	4x8	A	🔄 Triple Squat Pulse and Step Together L then R. <i>Weights to hips</i> 👁 Triple Squat Pulse & Step Together R. <i>Push Rotate</i>	16	4x
1:25	You hey you	4x8	A ¹	🔄 Triple Squat Pulse and Step Together L then R. <i>Push Rotate</i>	16	4x
1:41	C / You hey you	8x8	B ¹	4x Repeater Combo L then R. <i>Circular Raise and Push Rotate</i>	32	2x
2:12	Outro / _ You thought	4x8	B ¹	Continue combo through this quiet section till the end	32	



06. ALRIGHT 2:35mins

TECHNIQUE AND COACHING

TRIPLE SQUAT PULSE AND STEP TOGETHER

PHONETIC CUE 'Squat 3, 2, 1, step right; 3, 2, 1, step left'

Triple Pulse Squat. *Weights to hips* 1-6
Tap R in beside L. *Weights to hips* 7-8
Repeat to the other side 9-16

- **Knees in line with toes**
- **Core braced, chest up**
- **Hips back and down (just above knee level)**
- Light tap to the side with the foot
- Sit the hips back

TRIPLE SQUAT PULSE AND STEP TOGETHER. PUSH ROTATE

PHONETIC CUE 'Push, rotate, center, pull; push, rotate, center, pull'

Squat Pulse 1. *Push weights F* 1-2
Squat Pulse 2. *Small rotation L* 3-4
Squat Pulse 3. *Weights to center* 5-6
Tap R in beside L. *Weights to hips* 7-8
Repeat to other side 9-16

- Emphasize that the Push Rotate is a **small** rotation from the ribcage
- Coach participants to keep hips square to the front with a **strong core brace**
- **Chest up**
- Press plates together in line with chest
- Elbows soft
- Shoulders back and down

4x REPEATER COMBO WITH CIRCULAR RAISE AND PUSH ROTATE

PHONETIC CUE 'Repeater 4, 3, 2, 1, press, rotate, center, pull; Repeater 4, 3, 2, 1, center, rotate, press, pull'

R foot on the step
4x Repeater L. *Circular Raise* 1-8
Triple Squat Pulse with *Arm Combo* 9-16
Repeat to the other side 17-32

- Keep **the weight slightly in front of the body** in the Circular Raise
- Avoid pressing the weights directly above the head
- **Strong core brace**
- **Chest up**

Revisit as needed:

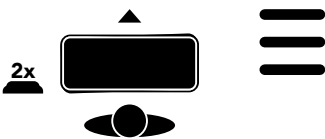
Repeater:

- **Front knee in line with toes**
- **Chest up, core braced**
- Back heel lifted
- Light tap on the floor
- Slight tip forward from the hips
- Squeeze shoulder blades together to work your upper body
- Bend the knee more to get deeper into the quads and glutes

Squat:

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

OPTION: 4x Repeater Base Combo



07. PARTY STEP

TRACK FOCUS

This track features two moves that match the lyrics perfectly. Join them together and we have another BODYSTEP TikTok sensation.

Relax a little in the Knee Lifts, be sassy in the ‘snap’, and then ‘steal the show’ with the Pop Your Back. Mirrors are your best friend. Use them and practice these moves to really bring this track to life. The last step is to teach with the music and let the lyrics shine through to create real fitness magic.

Teach Flava

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Prepare to move	8	
0:04	Ref / Don't get it twisted	4x8 A	3x Repeater Knee Lift L then R. RA 👁 3x L-Knee Lift R. RA	16	2x
0:18	C / Bounce with it	4x8 A ¹	3x L-Knee Lift L then R. RA	16	2x
0:32	Bounce with it	4x8 A ²	3x L-Knee Lift L then R. RA (a little more relaxed)	16	2x
0:47	C / _ Hey, hey, hey	4x8 A ³	3x L-Knee Lift L then R. Relaxed Finger Snap	16	2x
1:01	Rep / Do it	4x8 B	Hamstring Curl L then R. HOH	8	4x
1:15	C / Bounce with it	4x8 B ¹	Propulsive Hamstring Curl L then R. Open & Clap O/H	8	4x
1:29	Instr / _ Wassup	2x8 C	Basic Step L. RA	4	4x
1:36	V1 / Step out	4x8 D	1x Down Tap & 1x Basic Step Combo L then R 👁 1x Freeze Tap Down & 1x Basic Step Combo R. Snap Arm	16	2x
1:51	_ We're from the city	4x8 D ¹	1x Freeze Down Tap & 1x Basic Step Combo L then R. Snap Arm	16	2x
2:05	Ref / (Rap)	4x8 A ³	🔄 3x L-Knee Lift L then R. Relaxed Finger Snap	16	2x
2:19	QC / Bounce with it	4x8 E	3x Knee, Tap & Basic Step Base Combo L 👁 3x Knee, Snap & Basic Step Combo L	16	2x
2:33	C / Bounce with it	4x8 E ¹	3x Knee, Snap & Basic Step Combo L 👁 Pop Your Back on the last 4cts	16	2x
2:48	Bounce with it	4x8 E ²	3x Knee, Snap & Pop Your Back Combo L	16	2x
3:02	Br / Kryptonite	½x8 B	🔄 Hamstring Curl L. HOH	4	
3:03	Instr / Do it	4x8 B ¹	🔄 Propulsive Hamstring Curl L then R. Open & Clap O/H	8	4x
3:18	_ Wassup	2x8 C	🔄 Basic Step R. RA	4	4x
3:25	V2 / _ No need to ask	4x8 D	🔄 1x Down Tap & 1x Basic Step Combo R then L 👁 1x Freeze Down Tap & 1x Basic Step Combo L. Snap Arm	16	2x
3:39	Bounce with it	4x8 D ¹	🔄 1x Freeze Down Tap & 1x Basic Step Combo R then L. Snap Arm	16	2x



07. PARTY STEP

MUSIC			EXERCISE		CTS	REPS
3:53	Ref / (Rap)	4x8	D	 3x L-Knee Lift R then L. <i>Relaxed Finger Snap</i>	16	2x
4:08	QC / Bounce with it	4x8	E	 3x Knee, Tap & Basic Step Base Combo R  3x Knee, Snap & Basic Step Combo L	16	2x
4:22	C / Bounce with it	4x8	E ¹	 3x Knee, Snap & Basic Step Combo R  Pop Your Back on the last 4cts	16	2x
4:36	Bounce with it	4x8	E ²	 3x Knee, Snap & Pop Your Back Combo R	16	2x
4:50	Br / Kryptonite	1/2x8	B	 Hamstring Curl R. <i>HOH</i>	4	
4:52	Outro / Do it	4x8	B ¹	 Propulsive Hamstring Curl L then R. <i>Open & Clap O/H</i>	8	4x



07. DO IT TO IT 5:14mins

TECHNIQUE AND COACHING

3x REPEATER KNEE LIFT

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

- Coach the 3 Knee Lift pattern using phonetic and visual cues
- Let the participants know that there will always be 3 Knee Lifts

3x L-KNEE LIFT

PHONETIC CUE 'Knee Lift 3, 2, 1, change sides; 3, 2, 1, change sides'

Step L onto the step then lift R knee. RA 1-2
Step R to the floor then lift L knee. RA 3-4
Step L onto the step then lift R knee. RA 5-6
Step R, L to the B of the step. Fists to hips 7-8
Repeat to the other side

- Create the feel of the track by keeping the arms natural and relaxed – before we add our snap ('OH SNAP!')
- **Body square to the front**
- Lift knee to hip height
- Natural arms
- **Chest up, core braced**

3x L-KNEE LIFT WITH RELAXED FINGER SNAP

PHONETIC CUE 'Snap your fingers 3, 2, 1, change sides; 3, 2, 1, change sides'

Step L onto the step then lift R knee. Snap left 1-2
Step R to the floor then lift L knee. Snap right 3-4
Step L onto the step then lift R knee. Snap left 5-6
Step R, L to the B of the step. Fists to hips 7-8
Repeat to the other side

- Snap Yo Finger Lil Jon!
- Use the Finger Snap to get everyone in the feel of the track. Keep it relaxed and natural.
- Keep coaching the 3 rhythm so participants feel super comfortable with this move – before we add on the big show!
- Coach participants to 'lean' over when they add the Finger Snap (lean wit it, rock wit it).
- There's so many great lyrics to use in this track – how will you use them?
- "Bounce with it"
- "Hey Hey Hey"

OPTION: 3x L-Knee Lift with Relaxed Arms

HAMSTRING CURL

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

- Use a visual cue to show the direction to move
- **Whole foot on the bench**

PROPULSIVE HAMSTRING CURL WITH OPEN AND CLAP O/H

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

- Big clap and reach over head
- A light 'push' off the step
- **Soft knee landings**
- Catch the feels just above you and pull them down
- Grab your kryptonite

OPTION: Hamstring Curl



07. DO IT TO IT 5:14mins

TECHNIQUE AND COACHING

BASIC STEP

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

- The musicality is amazing in this track! Use the lyrics “Wassup Cuz” to engage with participants – especially if your cousin is in the room!
- Use the Basic Step to reset and check in with your class

1x DOWN TAP AND 1x BASIC STEP

PHONETIC CUE '1 tap down, 1 Basic Step; 1 tap down, 1 Basic Step'

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

- Coach the movement pattern with phonetic and visual cues
- **Keep body square to the front**
- **Toes right around to the side**
- Natural walking rhythm

1x FREEZE DOWN TAP AND 1x BASIC STEP WITH SNAP ARM

PHONETIC CUE '1 Freeze Tap, 1 Basic Step; 1 Freeze tap, 1 Basic Step'

Freeze tap L. O/H Snap R 1-4
Basic Step R. RA 5-8
Repeat to the other side 9-16

- Add a wide Circular Snap Arm to feel like Beyoncé in this track! Don't forget to whip your head at the same time, for added Queen B effect
- Snap to the side

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

3x KNEE, TAP & BASIC STEP BASE COMBO

PHONETIC CUE '1 Basic Step, hold and bounce; 1 Basic Step and bounce'

3x Knee Lift with *relaxed finger snap* L 1-8
Freeze Tap R. *O/H snap* 9-12
Basic Step L. RA 13-16

- We're building our own BODYSTEP TikTok!
- Let participants know we're adding all 3 moves together. Use the phonetic cues to keep it simple and easy for members to follow

3x KNEE, SNAP & BASIC STEP WITH POP YOUR BACK COMBO

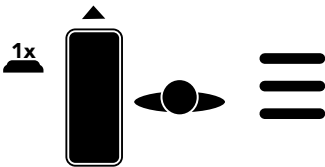
PHONETIC CUE '3, 2, 1, freeze, pop your back to it; 3, 2, 1, freeze, basic pop your back to it'

3x Knee Lift with *relaxed finger snap* L 1-8
Freeze Tap R. *O/H snap* L 9-12
Basic Step L. *Point and Pop Back* 13-16

- To make this track 'pop', let participants 'get' the pattern and arm-lines in their own time. Don't be like a drill sergeant about whether they're doing it right or not – allow yourself to have fun and everyone will follow
- You can even create imagery that sets the scene of a Lil Jon concert and we're the hip-hop dancers!
- Revisit the phonetic cues when needed for the people in front of you

OPTIONS: 3x Knee, Tap Down & Basic Step Combo

3x Knee, Snap & Basic Step Combo



08. ATHLETIC CIRCUIT

TRACK FOCUS

Before you push play, tell your class that there are Burpees in this track and show them the optional standing option so that no one gets left behind.

In the Squats on and off the step, coach your participants to bend their knees, squat down AND to squeeze their glutes and stand up AFTER the Squat. A common mistake is to stay in Squat position and jump off the step too soon.

In the Rotating Tap and Rotating Surfer, coach them to bend their knees and rotate their entire body, landing with soft knees.

Teach Athletic

Come into this track
Strong and authoritative.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / One two three four	4x8		Prepare to move 👁 Propulsive OTT & Knee Lift Combo L then R	16	
0:14	C / That's what I really want _	8x8	A	Propulsive OTT & Knee Lift Combo L then R	16	4x
0:42	Ref / That's what I really want _	½x8		Pause	8	
0:44	I want _	2x8	B	Rotating Tap L then R 👁 Rotating Surfer L then R	4	4x
0:51	Rep / 'Cause I don't	2x8	B¹	Rotating Surfer L then R	4	4x
0:58	Instr / (Instr)	8x8	C	Transition to the back of your step (run L as soon as you can) 👁 2x Stutter Combo L then R on the last 16cts	64	
1:17	V1 / You know	8x8	D	Stutter Combo L then R 👁 Travel on last 16cts	32	2x
1:35	C / This will blow your mind _	12x8	D¹	Stutter Travel Combo L then R	32	3x
2:02	PC / _ Oh tell me	4x8		Transition to the side of your step 👁 2x Triple Pulse Squat option on the last 16cts	32	
2:16	Instr / Heart say _	8x8	E	Squat On, Over & Turning Jog Combo	32	2x
2:38	C / Oh woah oh woah	16x8	F	2x Burpee Combo	32	4x
3:23	Instr /	4x8	C	🔄 Transition to the back of your step (run L as soon as you can)	32	
3:33	V2 / You know	8x8	D	🔄 Stutter Combo L then R 👁 Travel on the last 16cts	64	
3:51	C / This will blow your mind _	12x8	D¹	🔄 Stutter Travel Combo L then R	32	3x
4:20	PC / _ Oh tell me	4x8		🔄 Transition to the side of your step 👁 Triple Pulse Squat option on the last 16cts	32	
4:33	Instr / Heart say _	8x8	E	🔄 Squat On, Over & Turning Jog Combo	32	2x
4:55	C / Oh woah oh woah	16x8	F	🔄 2x Burpee Combo	32	4x
5:39	Instr /	4x8		Transition to the side of your step. Recover	16	



08. ATHLETIC CIRCUIT

MUSIC			EXERCISE		CTS	REPS
5:53	C / I want _	8x8	A	 Propulsive OTT & Knee Lift Combo L then R	16	4x
6:21	Ref / That's what I really want _	½x8		 Pause	8	
6:23	I want _	2x8	B	 Rotating Tap L then R  Rotating Surfer L then R	4	4x
6:29	Rep / 'Cause I don't	2x8	B¹	 Rotating Surfer L then R	4	4x



08. THAT'S WHAT I WANT / BLOW YA MIND / TELL ME YOU LOVE ME (MATRIX & FUTUREBOUND REMIX)

6:43mins

TECHNIQUE AND COACHING

PROPULSIVE OTT & KNEE LIFT COMBO

PHONETIC CUE 'Over the top, single Knee Lift; over the top, single Knee Lift'

Propulsive OTT L. <i>Reach up and down</i>	1-4
Single Knee Lift R. <i>RA</i>	5-8
Repeat to the other side	9-16

- Use visual cues to show the direction to travel, and to hold the single Knee Lift
- Body square to the front throughout
- **Soft knee landings**
- Drive off the step

OPTION: OTT & Knee Lift Combo

ROTATING TAP

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

Tap L to step. <i>Surfer Arms</i>	1
Rotate and step L to the floor. <i>Surfer Arms</i>	2
Repeat to the other side	3-4

- Keep body on a 45-degree angle
- **Knees stay bent**
- **Chest up, core braced**
- Shoulders over hips
- **Knees out over toes**

ROTATING SURFER

PHONETIC CUE 'Right, left; right, left'

Squat L on the step. <i>Surfer Arms</i>	1
Propel and rotate. <i>Surfer Arms</i>	2
Repeat to the other side	3-4

- **Soft knee landings**
- Keep the body on a 45-degree angle
- **Whole foot lands on the bench**
- **Chest up, core braced**
- **Body turns as one unit, shoulders over hips**

OPTION: Rotating Tap

STUTTER COMBO

CUE 'Stutter 2, 1, freeze, run off the back; stutter 2, 1, freeze, run off the back'

Stutter L 2x. <i>RA</i>	1-8
Freeze Knee L. <i>RA</i>	9-10
Run OTS R, L 3x. <i>RA</i>	11-16
Repeat to the other side	17-32

- This pattern can be tricky! For success, coach participants to run OTS while you preview TWO repetitions. On the first repetition, remind them to keep running OTS and to watch again
- Use the phonetic cues to coach the rhythm
- **Soft knee landings**
- Natural running rhythm
- **Chest up, core braced**
- Squeeze glutes to catch the Freeze Knee
- Knee in line with toes, (avoid collapsing inside)

STUTTER TRAVEL COMBO

PHONETIC CUE 'Stutter 2, 1, freeze, run to the other side; stutter 2, 1, freeze, run to the other side'

Stutter L 2x. <i>RA</i>	1-8
Freeze Knee L. <i>RA</i>	9-10
Run around to the R side. <i>RA</i>	11-16
Repeat to the other side	17-32

- At the start of this combo, coach the two options: Triple Pulse Squat or 2x Burpee
- **Soft knee landings**
- Butt drops to knee level
- Hips sit back and down
- **Knees in line with toes**
- **Chest up, core braced**

OPTIONS: Smaller ROM

Same moves on the floor without the step



08. THAT'S WHAT I WANT / BLOW YA MIND / TELL ME YOU LOVE ME (MATRIX & FUTUREBOUND REMIX)

6:43mins

TECHNIQUE AND COACHING

SQUAT ON, OVER & TURNING JOG COMBO

PHONETIC CUE 'Stagger up, stagger down, jog and turn; stagger up, stagger down, jog and turn'

Jump Squat on the step. Bent Raise F	1-2
Squat up. Fists to hips	3-4
Jump Squat F to the floor. Bent Raise F	5-6
Squat up. Fists to hips	7-8
Jog and turn to face the step. RA	9-16

- At the start of this combo, coach the two options: Triple Pulse Squat or 2x Burpee
- **Soft knee landings**
- Butt drops to knee level
- Hips sit back and down
- **Knees in line with toes**
- **Chest up, core braced**

OPTIONS: Smaller ROM

Same moves on the floor without the step

2x BURPEE COMBO

PHONETIC CUE 'Burpees 2, 1, jump on, jump off, turn; Burpees 2, 1, jump on, jump off'

2x Burpees	1-16
Jump Squat onto the step. Bent Raise F	17-18
Squat up. Fists to hips	19-20
Jump Squat F to the floor. Bent Raise F	21-22
Squat up. Fists to hips	23-24
Jog and turn to face the step. RA	25-32

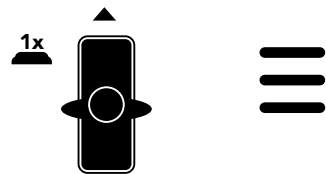
Burpee:

- **Bend knees, squat to transition**
- **Core braced**
- **Squeeze glutes to stand**

Squat On and Over:

- Bend knees more to work the legs

OPTION: 2x Triple Pulse Squat, Squat On and Over



09. PEAK 3

TRACK FOCUS

NOTE: There is a 2 count bridge built into the music in the Propulsive OTTs before the Power Switch Curls. This gets us to transition smoothly from the top of the step to the side of the step for the upcoming Basic Steps. So, in this spot, keep calm, keep the natural flow of the OTTs and cue your class to continue this flow as you seamlessly flow into the Power Switch Curls. A common mistake is to freak out. #Do_not_freak_out.

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 /	½x8		Prepare to move	8	
0:01	Intro / Scandalous _	2x8	A	Tap Down L then R. RA	4	4x
0:08	Instr / _ You know you wanna	8x8	B	4x Repeater & 4x Single Tap Down Base Combo L then R. RA	32	
0:35	C / You're dangerous	8¼x8	B¹	4x Propulsive Squat, 4x Propulsive Tap Down & 4x Propulsive OTT Combo L	32	2x
1:04	Rep / There goes my baby _	4x8	C	Power Switch Curl R then L. Bent Raise O/H	8	4x
1:18	Instr /	2x8	D	Basic Step R. RA	4	4x
1:25	V1 / _ Nonstop	4x8	E	3x Basic Step & 1x Power Switch Curl Combo R then L	32	
1:39	You got me _	4x8	E¹	3x Basic Jog & 1x Power Switch Curl Combo R then L	32	
1:53	Dub /	6x8	E²	1x Basic Jog & 1x Power Switch Curl Combo R then L	16	3x
2:14	Br /	2x8		Transition to the top of step Tap Down R then L ASAP	16	
2:20	C / You're dangerous	8¼x8	B¹	 4x Propulsive Squat, 4x Propulsive Tap Down & 4x Propulsive OTT Combo R	32	2x
2:49	Rep / There goes my baby _	4x8	C	 Power Switch Curl L then R. Bent Raise O/H	8	
3:03	Instr /	2x8	D	 Basic Step L. RA	4	4x
3:10	V2 / Hot stuff	4x8	E	 3x Basic Step & 1x Power Switch Curl Combo L then R	32	
3:23	You got me _	4x8	E¹	 3x Basic Jog & 1x Power Switch Curl Combo L then R	32	
3:37	Dub /	6x8	E²	 1x Basic Jog & 1x Power Switch Curl Combo L then R	16	3x
3:58	Br /	2x8		 Transition to the top of step Tap Down L then R ASAP	16	
4:05	C / You're dangerous	8¼x8	B¹	 4x Propulsive Squat, 4x Propulsive Tap Down & 4x Propulsive OTT Combo L	32	2x
4:33	Rep / There goes my baby _	4x8	C	 Power Switch Curl R then L. Bent Raise O/H	8	4x



09. SCANDALOUS (STARGATE RADIO MIX) 4:56mins

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 SQUAT, 4x TAP DOWN & 4x OTT BASE COMBO

PHONETIC CUE 'Squat 4, 3, 2, Down Tap, 4, 3, 2, over the top, 4, 3, 2, again; squat 4, 3, 2, Down Tap, 4, 3, 2, over the top, 4, 3, 2'

Squat L then R 2x. RA 1-8
Tap Down L, R, L, R, L. RA 9-16
OTT L then R 2x. HOH 17-32

- Coach the magic number 4! There's always 4 Squats, 4 Tap Downs and 4 OTTs. Keep using the phonetic cues to coach participants for success

4x SQUAT, 4x TAP DOWN & 4x PROPULSIVE OTT

PHONETIC CUE 'Bigger! Squat 4, 3, 2, high tap, 4, 3, 2, reach over 4, 3, 2, again; squat 4, 3, 2, high tap, 4, 3, 2, reach over, 4, 3, 2'

Propulsive Squat L then R 2x. RA 1-8
Propulsive Tap Down L, R, L, R, L. Single-arm punch O/H 9-16
4x Propulsive OTT L then R 2x. Reach up and down 17-32

- Remember, coach the participants to keep moving over the step, to transition from OTT to Power Switch Curl
- Using strong arm-lines and driving vocals will create contrast between the base combo and now the propulsive combo

Squat:

- **Knees in line with toes**
- **Chest up**
- **Hips back and down**
- Drop the hips, work the legs

Tap Down:

- **High reach**
- **Light tap on the floor**
- **Body weight over the step**
- Reach high, break the ceiling

Propulsive OTT:

- **Control the step down** (try not to double bounce)
- Reach up, pull to hips
- Drive energy up now!

OPTION: 4x Squat, 4x Tap Down & 4x OTT Base Combo



09. SCANDALOUS (STARGATE RADIO MIX) 4:56mins

TECHNIQUE AND COACHING

POWER SWITCH CURL

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

- Turn the whole body as one
- Lift the heel, pivot on the toes to turn
- Soft knee landings

BASIC STEP

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

- Create a vocal contrast to calm down
- Recover and reset
- Whole foot on the step
- Natural walking rhythm
- Move up and down on the step

3x BASIC STEP AND 1x POWER SWITCH CURL

PHONETIC CUE 'Basic Step 3, 2, 1, power switch step up, step down; 3, 2, 1, power switch step up, step down'

3x Basic Step R, L. RA	1-12
Power Switch Curl R. Bent Front Raise	13-16
Repeat to the other side	17-32

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

3x BASIC JOG AND 1x POWER SWITCH CURL

PHONETIC CUE 'Run 3, 2, 1, power switch step up, step down; run 3, 2, 1, power switch step up, step down'

3x Basic Jog R. RA	1-12
Power Switch Curl R. Bent Front Raise	13-16
Repeat to the other side	17-32

Jog:

- Heels up
- Drive the arms to pump the legs

Power Switch Curl:

- Look at your class and decide whether you need to revisit the safety cues – turn your whole body as one, lift the heel to turn, pivot on your toes, soft knee landings

OPTION: 3x Basic Step and 1x Power Switch Curl

1x BASIC JOG AND 1x POWER SWITCH CURL

PHONETIC CUE '1 run, 1 curl; 1 run, 1 curl'

Basic Jog R. RA	1-4
Power Switch Curl R. Bent Front Raise	5-8
Repeat to the other side	9-16

- This is all about the musical feel – let the lyrics “you got me spinning and you got me in a twirl”, with the driving Dubstep beat come through. Feel the heart rate drive with the music
- Have a cheeky smile on you when the countdown comes on. You can tell your class “hang on, Siri’s not finished with us yet!”, or refer to the countdown as ‘Alexa’. You may even use silence to let the countdown come through – there’s so many ways to let the music shine through in this track

OPTION: 1x Basic Step and 1x Power Switch Curl

10. CONDITIONING 2

TRACK FOCUS

Coach your class to create muscle tension to move with control in the Back Tap & Extension Combo. Squeeze the glutes, quads and core with shoulders back and down. If balance is an issue, offer the option of keeping both feet grounded and working the upper body.

Coach a strong Squat position in the Milkshake Combo, and control in the circular ‘stirring’ movement. Body stays square to the front, arms circle out to the side and then pull into the chest when the weights are directly to the front. A common mistake is to circle the weights around to the opposite side.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC			EXERCISE		CTS	REPS
0:02	Intro /	4x8		Prepare to move 👁 Back Tap & Extension Combo L	32	
0:17	V1 / My milkshake	8x8	A	Back Tap & Extension Combo L	8	8x
0:48	Instr / Boys to the yard	2x8	B	Stop, stack weights 👁 Milkshake Combo L	16	
0:56	C / My milkshake	8x8	C	Milkshake Combo L	8	8x
1:27	Instr / (Instr)	4x8		Recover, prepare to repeat on the R side 👁 Back Tap & Extension Combo R	32	
1:42	V2 / My milkshake	8x8	A	🔄 Back Tap & Extension Combo R	8	8x
2:13	Instr / Boys to the yard	2x8	B	🔄 Stop, stack weights 👁 Milkshake Combo R	16	
2:21	C / My milkshake	8x8	C	🔄 Milkshake Combo R	8	8x
2:54	Instr /	4x8		Transition to the floor for core work. 1 weight in each hand	32	
3:07		4x8	D	Butterfly Crunch	8	4x
3:21	V3 / Electrify my body	8x8	E	Slow Single-Leg Knee Drop Combo R then L	32	2x
3:49	C / I breathe air	8x8	F	Single-Leg Knee Drop & Butterfly Crunch Combo R then L	32	2x
4:16	V4 / Kaleidoscope the colours	8x8	E¹	Slow Double-Leg Knee Drop Combo R then L	32	2x
4:43	C / I breathe air	8x8	F¹	Double-Leg Knee Drop & Butterfly Crunch Combo R then L	32	2x
5:11	Instr / (Instr)	4x8	G	Slow Weighted Cross Crawl R then L	8	4x
5:25		4x8	G¹	Weighted Cross Crawl R then L	4	8x
5:38	C / I breathe air	8x8	F¹	🔄 Double-Leg Knee Drop & Butterfly Crunch Combo R then L	32	2x
6:06	Outro /	4x8	G	🔄 Slow Weighted Cross Crawl R then L	8	4x
6:19		4x8	G¹	🔄 Weighted Cross Crawl R then L	4	8x



10. MILKSHAKE / I NEED AIR 6:42mins

TECHNIQUE AND COACHING

BACK TAP & EXTENSION COMBO

PHONETIC CUE 'Tap, lift, lower, tap in; tap, lift, lower, tap in'

- Tap L toes to B. Weighted A-Frame 1-2
- Extend L leg. Weighted Front Raise to O/H 3-4
- Tap L toes to B. Weighted A-Frame 5-6
- Tap L toes to step. Weighted Bicep Curl 7-8

- **Front knee in line with toes**
- **Chest up**
- **Slight tip forward, core braced**
- **Palms face the ceiling**
- Squeeze both glutes for stability and lifting the back leg
- Control the movement with a strong core brace and tension in the upper body
- Feel the work in the shoulders

MILKSHAKE COMBO

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

- Squat L. Weighted Circular Rotation L 1-2
- Step L onto step. Pull weight to top of chest 3-4
- Squat R. Press weight O/H 5-6
- Step R onto step. Pull weight into chest 7-8

- Squat:
- Hips back and down
 - **Knees in line with toes**
 - **Chest up, core braced**
 - **Moving side to side**
 - Squats working the legs

- Arms:
- **Plates in line with chest to circle**
 - **Plates stay in front of the body to press over head**
 - **Core braced**
 - Plates challenging the core and upper body
 - Keep plates controlled

BUTTERFLY CRUNCH

PHONETIC CUE 'Crunch up, lower down; crunch up, lower down'

- Crunch up, legs lift to vertical. Weighted Butterfly Arms up 1-4
- Lower down, knees to 90 degrees.
- Weighted Butterfly Arms down 5-8

- **Lower back to the floor**
- Slide ribs towards hips

SLOW SINGLE-LEG KNEE DROP COMBO

PHONETIC CUE 'Lower, top leg extends, bend the knee, return to center; lower, extend, bend, return to center'

- Double-Knee Drop R. Weights and shoulders anchored to the floor 1-4
- Extend L leg to 45 degree angle. Weights and shoulders anchored to the floor 5-8
- Bend L leg. Weights and shoulders anchored to the floor 9-12
- Return knees to center. Weights and shoulders anchored to the floor 13-16
- Repeat to the other side 17-32

- **Anchor plates to the floor**
- **Hip lifts then return that same hip back to the floor**
- **Strong core brace**



10. MILKSHAKE / I NEED AIR 6:42mins

TECHNIQUE AND COACHING

SINGLE-LEG KNEE DROP & BUTTERFLY CRUNCH COMBO

PHONETIC CUE 'Lower, extend, 1 Butterfly, crunch up, crunch down; lower, extend, 1 Butterfly, crunch up, crunch down'

Faster Single-Leg Knee Drop L. Arms anchored down 1-8
Butterfly Crunch. Butterfly Arms 9-16
Repeat to the other side 17-32

- **Keep breathing through this**
- **Crunch ribs towards hips**
- **Shoulders anchor in the Knee Drop**
- **Shoulder lift in the Crunch**

SLOW DOUBLE-LEG KNEE DROP

PHONETIC CUE 'Lower, double extend, bend in, center; lower, double extend, bend in, center'

Double-Knee Drop R. Weights and shoulders anchored to the floor 1-4
Extend both legs to a 45 degree angle. Weights and shoulders anchored to the floor 5-8
Bend both legs. Weights and shoulders anchored to the floor 9-12
Return knees to center. Weights and shoulders anchored to the floor 18-16
Repeat to the other side 17-32

- **Strong core brace**
- **Make this controlled and precise**
- Lower back towards floor, shoulders anchored

OPTION: Slow Single-Leg Knee Drop

DOUBLE-LEG KNEE DROP & BUTTERFLY CRUNCH

PHONETIC CUE 'Lower, extend, 1 Butterfly, crunch up, crunch down; lower, extend, 1 Butterfly, crunch up, crunch down'

Faster Double-Leg Knee Drop L. Arms down 1-8
Butterfly Crunch. Butterfly Arms 9-16
Repeat to the other side 17-32

- We increase the core work with a Double-Leg Extension
- Keep core locked

OPTION: Single-Leg Knee Drop & Butterfly Crunch Combo

SLOW WEIGHTED CROSS CRAWL

PHONETIC CUE 'Front, back; front, back'

Cross Crawl R then L. Plates to shoulders, elbows wide 1-8

- Lift one shoulder blade off the floor at a time
- Arms and elbows stay wide
- Move the shoulder towards the inside of the knee

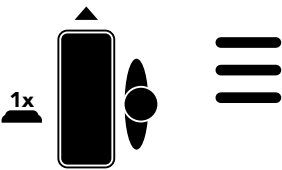
FAST WEIGHTED CROSS CRAWL

CUE 'Front, back; front, back'

Cross Crawl R then L. Plates to shoulders, elbows wide 1-4

- A little faster
- Feel tension build in the core
- Are you still breathing?

OPTION: Slow Weighted Cross Crawl



11. COOLDOWN / STRETCH

TRACK FOCUS

Coach your class step by step where each body part goes to get into the stretch position and then how to make the most out of every stretch.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS
0:00	Intro /		Cross R leg over L leg	16
0:09	V1 / I've been feeling	4x8 A	Hip Stretch R	32
0:26	PC / Now you	2x8 B	Lower legs towards L	16
0:35		2x8 B ¹	Return legs to center	16
0:43	C / Living in a haze	4x8 C	Figure 4 Stretch R	32
1:01	Instr /	2x8 D	Hamstring Stretch R	16
1:10	V2 / Can I get an amen	4x8 A	 Hip Stretch L	32
1:27	PC / Ain't no worries	2x8 B	 Lower legs towards R	16
1:36	Let's get	2x8 B ¹	 Return legs to center	16
1:45	C / Living in a haze	4x8 C	 Figure 4 Stretch L	32
2:02	Instr /	2x8 D	 Hamstring Stretch L	16
2:10		2x8	Transition to the back of the step, slightly to the R side	16
2:20	Ref / Oh no	2x8 E	Hip Flexor Stretch L	16
2:28	Br / Better days _	½x8	Transition to lie on the step, on your L side	4
2:30	V3 / Remember last night	3x8 F	Side-lying Quad Stretch R	24
2:43	If you locked in	1x8	Transition to lie on your R side	8
2:48	Let's get	2x8 F	 Side-lying Quad Stretch L	16
2:56	C / Living in a haze	1x8	Transition to the L side of the step	8
3:01	Sit around	3x8 E	 Hip Flexor Stretch R	24
3:14	Instr / Sit around and wait	4x8 G	Down Dog Active Calf Stretch L&R	32
3:32	Outro / Oh no	4x8	Knees soft Walk feet towards hands Roll up Deep breath in then out Shake out arms and legs, and then twist L&R to finish	6 2 8 16



11. BETTER DAYS 3:51mins

TECHNIQUE AND COACHING

HIP STRETCH

- Lying on your back, cross R leg over L leg
- Lower legs towards the L, keep ankle stacked on knee (avoid crossing knees)
- Return legs to center

OPTION: Gently push R knee away from L leg

FIGURE 4 STRETCH

- Keep legs where they are from the Hip Stretch. Reach through and grab behind the knee or stay in Hip Stretch

HAMSTRING STRETCH

- Keep lying on your back and extend L leg to the ceiling. Grab behind the calf or hamstring. Gently pull towards you

OPTION: Keep extended leg slightly bent

SIDE-LYING QUAD STRETCH

- Transition to lie on the step on your L side
- Prop up on your elbow and grab hold of your R ankle
- Chest up, core braced

DOWN DOG AND ACTIVE CALF STRETCH

- Hands on the bench under shoulders, hips up and pedal the calves out L then R
- Knees soft, walk feet towards hands
- Roll up
- Deep breath in and out
- Shake out arms and legs, and twist L then R to finish



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.

