



BODYSTEP

131

MUSIC

01. MOBILITY WARM-UP

02. STEP WARM-UP

03. STEADY STATE CARDIO

04. PEAK 1

05. MIXED STRENGTH

06. PEAK 2

07. CONDITIONING 1 HIP STRENGTH

08A. MOVE

08B. GROOVE

09. PEAK 3 – ATHLETIC CIRCUIT

10A. CONDITIONING 2 GLUTE STRENGTH

10B. CORE

11. COOLDOWN / STRETCH

DECLARATION OF INTENT

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MUSIC

01

HyperParadise (Flume Remix) [Ganz Flip] (1:12)

Hermitude

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Written by: Stuart, Dubber, Streten, Saämena

02

Badgal (2:05)

Rob & Jack feat. Sanjin

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Written by: Algren, Stiernspetz, Kjulcanin

Hot In It (Tiësto's Hotter Mix) (3:02)

Tiësto & Charli XCX

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Written by: Verwest, Charli XCX, HIGHT, KIDDO, Nobel, Nordstrom

03

Say My Name (Afrojack & Chasner Remix) (3:48)

David Guetta feat. Bebe Rexha & J

Balvin

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Written by: Holmes, Schwartz, Balvin, Ramirez, Guetta, Tuinfort, Burton, Leigh, van de Beatz, Troelsen

04

Reach (CLIQUES. Remix) (4:03)

Paper Dragon

© 2021 Our Space.

Written by: Savage, Turner, Royall, Burton

05

Like This (1:20)

Merk & Kremont x Too Many Zooz

© 2022 Future House Music.

Written by: Mercuri, Cremona, Falconelli

Frenzy (1:42)

Chocolate Puma feat. Kris Kiss

© 2022 Heldeep Records.

Written by: DJ Zki, Dobre, Kiss

Like This (1:18)

Merk & Kremont x Too Many Zooz

© 2022 Future House Music.

Written by: Mercuri, Cremona, Falconelli

Frenzy (1:45)

Chocolate Puma feat. Kris Kiss

© 2022 Heldeep Records.

Written by: DJ Zki, Dobre, Kiss

06

Turn Me Loose, I'm Dr. Feelgood (1:52)

James Brown

© 1986 Volcano Entertainment II, L.L.C.

Written by: Kaufman, Hartman

Turn Me Loose, I'm Dr. Feelgood (3:03)

James Brown

© 1986 Volcano Entertainment II, L.L.C.

Written by: Kaufman, Hartman

07

Push It To The Limit (5:47)

Mad Circuit

© 2019 Position Music.

Written by: Rygg, James, Noel

08A

Miss You (3:28)

Oliver Tree & Robin Schulz

© 2022 Atlantic Recording Corporation.

Written by: Nickell, Pramik, Marshmello

BONUS
08B

Give It To Me (4:57)

Lucky Luke

© 2022 LithuaniaHQ.com.

Written by: Furtado, Mosley

09

Unstoppable (Metrik Remix) (1:06)

Ayah Marar

© 2012 Transmission Recordings Limited.

Written by: Marar, Rietsch, Wagner

Let's Go (0:53)

JAXSON GAMBLE

© 2020 Silver Side Productions.

Written by: Stolar, van Alstine

Assassinate (1:11)

RVPTR feat. Godmode & Yunay

© 2021 Magic Records.

Written by: Sinha, Bouwer, Gogoi, Dey

Let's Go (0:54)

JAXSON GAMBLE

© 2020 Silver Side Productions.

Written by: Stolar, van Alstine

Assassinate (1:12)

RVPTR feat. Godmode & Yunay

© 2021 Magic Records.

Written by: Sinha, Bouwer, Gogoi, Dey

Unstoppable (Metrik Remix) (1:05)

Ayah Marar

© 2012 Transmission Recordings Limited.

Written by: Marar, Rietsch, Wagner



MUSIC

- 10A

First Body (1:07)

TNGHT, Lunice & Hudson Mohawke

© 2019 Warp Records.

Written by: Birchard, Pierre II

Bounce (1:11)

Mad Circuit

© 2019 Position Music.

Written by: Rygg, James, Noel

First Body (1:02)

TNGHT, Lunice & Hudson Mohawke

© 2019 Warp Records.

Written by: Birchard, Pierre II

Bounce (1:13)

Mad Circuit

© 2019 Position Music.

Written by: Rygg, James, Noel
- 10B

Villain (2:27)

Bella Poarch

© 2022 Warner Records Inc.

Written by: Rizk, Blair, Upsahl, Hufford, Nappi, Noll, Max, Poarch, Maisonneuve, Yanofsky

First Class (2:52)

Jack Harlow

© 2022 Generation Now/Atlantic Recording Corporation.

Written by: Velasquez, Raheem, Adams, Harris, Pabón, Jones, Bridges, Chahayed, Ferguson, Ford, Vojtesak, Harlow, Williams

First Class (0:46)

Jack Harlow

© 2022 Generation Now/Atlantic Recording Corporation.

Written by: Velasquez, Raheem, Adams, Harris, Pabón, Jones, Bridges, Chahayed, Ferguson, Ford, Vojtesak, Harlow, Williams
- ALT 02

Ring (3:02)

STRLGHT

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 11

Soliloquy (3:38)

Ballpoint

Courtesy of Epidemic Sound.

Written by: Unknown



EXPRESS FORMATS

BODYSTEP 131

45-MINUTE FORMAT – Option 1

Track 01	Mobility Warm-up
Track 02	Step Warm-up
Track 03	Steady State Cardio
Track 04	Peak 1
Track 05	Mixed Strength
Track 06	Peak 2
Track 07	Conditioning 1 Hip Strength
Track 09	Peak 3 – Athletic Circuit
Track 10a	Conditioning 2 Glute Strength
Total Time	41:51

45-MINUTE FORMAT – Option 2

Track 01	Mobility Warm-up
Track 02	Step Warm-up
Track 03	Steady State Cardio
Track 04	Peak 1
Track 05	Mixed Strength
Track 06	Peak 2
Track 07	Conditioning 1 Hip Strength
Track 08a	Move
Track 09	Peak 3 – Athletic Circuit
Track 10a	Conditioning 2 Glute Strength
Total Time	45:19

45-MINUTE FORMAT – Option 3

Track 01	Mobility Warm-up
Track 02	Step Warm-up
Track 03	Steady State Cardio
Track 04	Peak 1
Track 05	Mixed Strength
Track 06	Peak 2
Track 07	Conditioning 1 Hip Strength
Track 08b	Groove
Track 09	Peak 3 – Athletic Circuit
Total Time	42:15

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.

30-MINUTE FORMAT – Option 1

Track 01	Mobility Warm-up
Track 02	Step Warm-up
Track 03	Steady State Cardio
Track 04	Peak 1
Track 05	Mixed Strength
Track 06	Peak 2
Total Time	25:10

30-MINUTE FORMAT – Option 2

Track 01	Mobility Warm-up
Track 02	Step Warm-up
Track 03	Steady State Cardio
Track 04	Peak 1
Track 05	Mixed Strength
Track 09	Peak 3 – Athletic Circuit
Total Time	26:36

30-MINUTE FORMAT – Option 3

Track 01	Mobility Warm-up
Track 02	Step Warm-up
Track 03	Steady State Cardio
Track 04	Peak 1
Track 05	Mixed Strength
Track 07	Conditioning 1 Hip Strength
Total Time	26:02

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		



MIXING & MATCHING GUIDELINES FOR RELEASE 131

Ideas for integrating the new Functional Step Training format to your club timetable:

For the intention to attract new people to your BODYSTEP class and have them return to do more BODYSTEP classes.

Dedicate a minimum of 1 BODYSTEP class on your timetable for the new Functional Step Training format

- Advertise and show the class on your timetable as 'New BODYSTEP Functional Step Training'. This way, anyone that had previously tried BODYSTEP and found it too complex will see that this class is different to the 'regular BODYSTEP' class and may try this new advertised format.
- Teach BODYSTEP 131 as a whole class

Suggested Mixing & Matching Guidelines for Release 131

- Follow the new BODYSTEP Functional Step Training format
- Choose the least complex 'like for like' tracks from previous releases, and make the following changes to the arm-lines
- Think about switching out more complex combinations with Single Jogs, Propulsive Knees, Squats, Propulsive Down Taps and to avoid tracks with Burpees or ones that go to the floor. If there is a floor component, teach the standing variation
- Be guided by your class – remember we are promising them a class that is simple, functional, and modern

1: Mobility Warm-up

- Choose: Warm-up from previous releases
- Choose a low complexity track

2: Step Warm-up

- Choose: Step Warm-up from previous releases
- Choose a low complexity track

3: Steady State Cardio

- Choose: Mixed Strength from previous releases
- Choose a low complexity track
- Avoid tracks with Burpees, or tracks that go to the floor
- If the track has a floor component, teach the standing variation

4: Peak 1

- Choose: Peak 1 from previous releases
- Choose a low complexity track
- Change Single Punch O/H (As in Propulsive Knee Lifts) to Running Arms (As shown in track 4 'Reach')
- Simplify combos (See suggested changes below)

Change combos to a single athletic move

Example: Change a combo to a Single Jog or Single Propulsive Knee Lift

Change combos to have more reps

Example: 4x Propulsive Tap Down & 4x OTT's – Change to 8x Propulsive Tap Down & 8x OTT's

5: Mixed Strength – Teach Mixed Strength track from Release 131 only

6: Peak 2

- Choose: Peak 2 from previous releases
- Choose a low complexity track
- Change Reach Up & Down (As in OTT's) to: Bent Raise (As shown in Track 6 'Dr. Feelgood')
- Simplify combos

Change combos to a single athletic move

Example: Change a combo to a Single Jog or Single Propulsive Knee Lift

Change combos to have more reps

Example: 4x Propulsive Tap Down & 4x OTT's – Change to 8x Propulsive Tap Down & 8x OTT's

7: Conditioning 1 Hip Strength

- Teach Hip Strength track from Release 131 only



MIXING & MATCHING GUIDELINES FOR RELEASE 131

8a: Move

- Choose: Peak 3 from previous releases
- Change Single Punch O/H (As in Propulsive Tap Downs) to: Running Arms (As shown in track 8a 'Miss you')
- Change Reach Up & Down (As in OTT's) to: Bent Raise (As shown in Track 8a 'Miss You')
- Simplify combos

Change combos to a single athletic move

Example: Change a combo to a Single Jog or Single Propulsive Knee Lift

Change combos to have more reps

Example: 4x Propulsive Tap Down & 4x OTT's – Change to 8x Propulsive Tap Down & 8x OTT's

8b: Groove

- Choose: Party Step from previous releases
- Note: If your intention is to attract new people to class and have them come back to do more BODYSTEP classes, it's strongly suggested that you teach a 'Move' track instead

9: Peak 3 – Athletic Circuit

- Choose: Any Athletic Circuit from previous releases

10a: Conditioning 2 Glute Strength – Teach Glute Strength track from Release 131 only

10b: Core

- Choose: Any Core track from previous releases

11: Cooldown / Stretch

- Choose: Any Cooldown from previous releases
- Simplify combos

BODYSTEP 131 VERSION RESUPPLY V3 — Formats for Releases 114 and earlier removed. Additional 45-minute and 30-minute Express Format added.

Mixing & Matching Guidelines Peak 2 & Move: Changed from ATT to OTT

Mixing & Matching Guidelines Cooldown: Changed to Cooldown / Stretch



BODYSTEP 131



L-R: Mark Nu'u-Steele, Kaylah-Blayr Fitzsimons Nu'u, Grace Wallace, Martine Matapo-Kolisko, Otto Prodan

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

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Chief Creative Officer – Dr. Jackie Mills

Creative Team – Erin Maw & Kaylah-Blayr Fitzsimons-Nu'u

Technical Consultant – Andrew Newmarch

Production Coordinator – Laura Jackson

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Check out our Mixing & Matching Guidelines for Release 131. Then you will not only ensure variety in exercise sequencing and music but participants will still experience the magic, excitement and training effect of the new launch tracks.



BODYSTEP 131

Hey team! There are exciting changes to BODYSTEP coming in this release. We know you love the program as much as we do, so we wanted to give you a heads-up as to what's changed and why!

Why have we made changes?

We teach weekly classes here in Auckland, New Zealand. We noticed that after Covid-19 lockdowns, many of our pre-pandemic regulars hadn't returned to class. Most classes included new people, curious members who were trying BODYSTEP for the first time, or a younger demographic. We were disappointed when a lot of the new people said they found BODYSTEP too complex and difficult to learn, and wouldn't want to do the class again. The program is also marketed as a butt and thigh workout, but some people felt that these promises weren't delivered on.

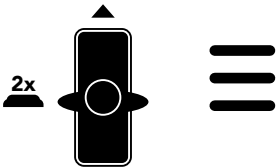
We know that it can also be challenging to get new people moving successfully from the get-go. We, Instructors, either focus on the new people too much – losing the feel of the class in the process – or we try not to get too distracted by them, and we may feel that we failed as coaches to get them moving successfully. We asked ourselves: "What can we do to pack our BODYSTEP classes and ensure new people feel successful the first time they try it?"

Here's what we came up with. We wanted to... Use the step as it was originally intended – for functional step training – and as a tool to strengthen the glutes, hips, and overall lower body.

Our aim was to: Make BODYSTEP feel 'cool' and less complex, include tracks dedicated to hip and glute strength, use more 'natural' feeling arm-lines, avoiding those that require more co-ordination, focus more on freedom of movement and less on perfection. For example, less emphasis on the angles of arms and whether hands are blades or fists. We felt that these aspects didn't hugely affect the results you get from the overall workout. Leave people feeling 'worked', not 'smashed'. Not leave them mentally fatigued from trying to follow complex choreography. Include steady state training and functional strength training (reflecting current fitness industry trends). Have a broader appeal and be more inclusive to the younger generation. Use 100% original music.

The vision was to create a cool class and attract those who may have previously thought that BODYSTEP was too tricky. Of course, we didn't want to exclude loyal members and Instructors, so we needed a broad approach offering something for everybody.

We made some changes and invited non-steppers to participate in this new class: BODYPUMPers, BODYCOMBATers, and BODYJAMers. Not only could they do it, but they loved it! We now have an epic new workout that feels amazing AND has broad appeal!



01. MOBILITY WARM-UP

TRACK FOCUS

Be warm and welcoming with a positive vibe as you introduce your class to our new BODYSTEP format.

We mobilize and warm around the joints of the body, preparing it for the workout ahead.

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 /	4x8		Twist L then R	4	8x
0:18	Instr /	8x8	A	Squat and Deep Lunge L then R	32	2x
0:45	C /	8x8	A ¹	Squat and Deep Lunge with Thoracic Twist L then R	32	2x
1:12	Instr / (Drums)	2x8	B	Bounce OTS L&R. <i>Relaxed arms by sides</i>	2	8x
1:19	V1 / (Vocals)	4x8	C	4x Straddle March On Top L. <i>RA</i>	8	4x
1:33	C / (Instr)	8x8	C ¹	4x Straddle March On Top & Bounce OTS Combo L	16	4x
2:02	Br / (Quiet instr)	1x8		Freeze OTS 👁 Tap, Hip Rotation & Squat Combo L	8	
2:05	V2 / (Vocals)	8x8	D	Tap, Hip Rotation & Squat Combo R then L	16	4x
2:34	Instr / (Drums)	4x8	C	 4x Straddle March On Top R. <i>RA</i>	8	4x
2:48	C / (Instr)	8x8	C ¹	 4x Straddle March On Top & Bounce OTS Combo R	16	4x



01. HYPERPARADISE / BADGAL (FLUME REMIX)

[GANZ FLIP] 3:17mins

TECHNIQUE AND COACHING

What’s different?

A new musical vibe

Addition of mobility exercises to mobilize and warm around the joints of the body

TWIST

PHONETIC CUE 'Right, left, right, left'

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

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

- Set up direction of the Twist
- Light Twist side to side
- **Chest lifted**
- **Core braced**
- Release your heel
- Take your knees with you as you twist
- Welcome to BODYSTEP 131 – we’re so excited to share this new format with you!

SQUAT AND DEEP LUNGE

PHONETIC CUE 'Right hand down, step back, step in, stand tall; left hand down, step back, step in, stand tall'

Squat & Reach L. Reach L to step, R on R thigh 1-4

Step back L. L hand on the step, R on R thigh 5-8

Step L to Squat. L hand on the step, R on R thigh 9-12

Stand up. Relaxed arms by sides 13-16

Repeat to the other side 17-32

- **Bend knees heaps**
- **Strong core brace**
- **Knees press out over toes**
- **Keep chest lifted**

SQUAT AND DEEP LUNGE WITH THORACIC TWIST

PHONETIC CUE 'Reach down, add a thoracic rotation, step in and stand, go again; reach down, big rotation, step in and stand'

Squat & Reach L. Reach L to step, R on R thigh 1-4

Step back L. L hand on the step, Thoracic Twist R 5-8

Step L to Squat. L hand on the step, R on R thigh 9-12

Stand up. Relaxed arms by sides 13-16

Repeat to the other side 17-32

- Big rotation
- Feels great through the spine, lower back and hips
- This is our Mobility Warm-up
- Warming up around the joints and big muscles

BOUNCE

PHONETIC CUE 'Side to side'

Bounce OTS L. Relaxed arms by sides 1

Bounce OTS R. Relaxed arms by sides 2

- Bounce to the right side
- **Shift body weight from one leg to the other**
- Feet hip-width apart

4x MARCH ON TOP

PHONETIC CUE 'Walk on top, walk back down; walk on top, walk back down'

4x March On Top of the step L. RA 1-4

4x March on the floor L. RA 5-8

- **Natural walking rhythm**
- **Whole foot on top of the step**
- Starting to feel a little warmer
- We’ve got some great functional training for you today



01. HYPERPARADISE / BADGAL (FLUME REMIX)

[GANZ FLIP] 3:17mins

TECHNIQUE AND COACHING

**4x STRADDLE MARCH ON TOP & BOUNCE
OTS COMBO**

PHONETIC CUE 'Walk up, walk down, hold and bounce; walk up, walk down, hold and bounce'

4x Straddle March on top of the step L. RA	1-4
4x Straddle March on the floor L. RA	5-8
Bounce OTS L. <i>Relaxed arms by sides</i>	9-16

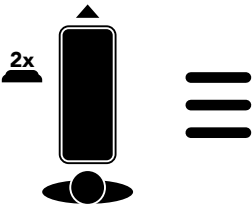
- Feels great to move
- Once participants are set up, try to use some silence to let the awesome music come through

TAP, HIP ROTATION & SQUAT COMBO

PHONETIC CUE 'Tap, rotate, squat; tap, rotate, squat'

Tap L onto the step. <i>Relaxed arms by sides</i>	1-2
Hip Rotation L. <i>Natural arms</i>	3-4
Squat. <i>Hands clasped in front</i>	5-6
Stand tall. <i>Relaxed arms by sides</i>	7-8

- **Chest lifted**
- **Big circular motion with the leg**
- **Use a visual cue to show the direction to move**
- Warming up and mobilizing around our hips
- Feel the great stretch through your glutes as we squat



02. STEP WARM-UP

TRACK FOCUS

This is a simple track with lots of space for you to teach all the basics of stepping correctly and safely and coach knee alignment and good posture.

Coach a small rotation from the sternum in the Thoracic Rotations, keeping the core braced and hips square to the front.

Teach Athletic

Come into this track

Calm, in control and loaded with important information to get your class stepping correctly for the rest of the workout.

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *Ring* with the same choreography.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Bounce R&L OTS	8	
0:03		1x8		Bounce R&L traveling B, behind the step	8	
0:07		3x8		Twist L then R	24	
0:16		½x8		Stop and face the front, prepare to move	4	
0:18	C / Rockin' it	4x8	A	4x March On Top L. RA	8	4x
0:33	Rockin' it	4x8	A ¹	Basic Step L. RA	4	8x
0:47	Instr / (Riff)	5x8	B	Step Lunge L then R. HOH	16	2½x
1:06	V1 / You won't see me crying	4x8	A	 4x March On Top R. RA	8	4x
1:21	C / Rockin' it	4x8	A ¹	 Basic Step R. RA	4	8x
1:36	Instr / (Quiet)	4x8	C	Triple Pulse Lunge R then L. HOH	16	2x
1:50	(Buzz)	2x8	C ¹	Triple Pulse Lunge R then L. Clasped hands F	16	
1:58	C / Rockin' it	4x8	C ²	Triple Pulse Lunge R then L. Thoracic Rotation R then L with clasped hands F	16	2x
2:13	Rockin' it	4x8	C ³	Triple Pulse Lunge R then L. Side Tilt R then L with clasped hands O/H	16	2x
2:28	Instr / (Riff)	8x8	D	Triple Pulse Lunge & 2x Basic Step Combo R then L	32	2x
2:57	Outro /			Step feet apart. Arms by sides	8	



02. HOT IN IT (TIËSTO'S HOTTER MIX) 3:02mins

TECHNIQUE AND COACHING

What’s different?

Decreased complexity to ensure that new participants feel successful

BOUNCE

PHONETIC CUE 'Side to side'

Bounce OTS R. *Relaxed arms by sides* 1

Bounce OTS L. *Relaxed arms by sides* 2

- Keep bouncing
- Bounce to the back of the step
- Clear the step completely

TWIST

PHONETIC CUE 'Twist left, right, left, right'

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

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

- Thoracic Rotation, twist it out
- Let’s warm up our stepping muscles

4x MARCH ON TOP

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

4x March On Top of the step L, R, L, R. RA 1-4

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

- Left foot leads
- Connect to the music with your participants.
For example, you could say, "How great’s this music, team?", "Love the musical vibe here" or "Such a good song, right?"

BASIC STEP

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

Basic Step L. RA 1-4

- **Natural walking rhythm**
- **Whole foot on the step**
- **Chest lifted**
- Enjoy the music

STEP LUNGE

PHONETIC CUE 'Step, lunge, lift, change legs; step, lunge, lift, change legs'

Step L onto the step. HOH 1-2

Lunge down L. HOH 3-4

Lunge up L. HOH 5-6

Step back L. HOH 7-8

Repeat to the other side 9-16

- **Long step onto the step**
- **Front knee parallel to step**
- **Front knee out over mid foot**
- **Back heel lifted**

TRIPLE PULSE LUNGE

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

Triple Pulse Lunge R. HOH 1-6

Step back R. HOH 7-8

Repeat to the other side 9-16

- As we’ve already set up the Lunge, if participants are moving well and safely, this is a great chance to explore space in your coaching

TRIPLE PULSE LUNGE WITH CLASPED HANDS FORWARD

PHONETIC CUE 'Extend your arms forward'

Triple Pulse Lunge R. *Clasped hands F* 1-6

Step back R. *Lower clasped hands down* 7-8

Repeat to the other side 9-16

- Push forward
- Let the drama in the music shine through



02. HOT IN IT (TIËSTO'S HOTTER MIX) 3:02mins

TECHNIQUE AND COACHING

TRIPLE PULSE LUNGE AND THORACIC ROTATION WITH CLASPED HANDS

PHONETIC CUE 'Lift, rotate, center, down; lift, rotate, center, down'

Triple Pulse Lunge R. <i>Extend clasped hands F</i>	1-2
Thoracic Rotation R with <i>clasped hands F</i>	3-4
<i>Clasped hands F</i>	5-6
Step back R. <i>Clasped hands down</i>	7-8
Repeat to the other side	9-16

- **Core braced and rotate from the sternum**
- **Hips square to the front**
- Mobility through the upper body

TRIPLE PULSE LUNGE WITH SIDE TILT

PHONETIC CUE 'Lift, tilt, center, down; lift, tilt, center, down'

Triple Pulse Lunge R. <i>Extend clasped hands O/H</i>	1-2
Side Tilt R with <i>clasped hands O/H</i>	3-4
<i>Clasped hands O/H</i>	5-6
Step R foot to the floor. <i>Clasped hands down</i>	7-8
Repeat to the other side	9-16

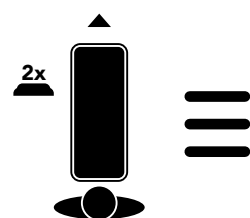
- Big stretch over head and to the side
- Crunch on one side, big stretch on the other

TRIPLE PULSE LUNGE WITH SIDE TILT AND 2x BASIC STEP

PHONETIC CUE 'Step, Tilt, 2x Basic Steps; Step Tilt, 2x Basic Steps'

Triple Pulse Lunge R. Side Tilt R with <i>clasped hands O/H</i>	1-6
Step back R. <i>HOH</i>	7-8
2x Basic Step L. <i>Natural RA</i>	9-16
Repeat to the other side	17-32

- Use a visual cue to show the leading leg for the Basic Steps
- Warming through the upper and lower body



03. STEADY STATE CARDIO

TRACK FOCUS

The beat in this track starts slowly and gradually speeds up. This is a perfect opportunity to teach and achieve success with the 4-Point Walk. Coach the natural walking rhythm, then as you transition to the Continuous 4-Point Walk, prompt your class to step up again, instead of walking on the floor. Explore the freedom of movement with the simple arm-lines in the 3x Alternating Squats.

Teach Athletic

Come into this track

A little more energized and ready to gradually lift the heart rate to a steady state. Let your class know that when you're in the Steady State Cardio zone you should be breathing a little heavier, but still able to hold a light conversation as you train.

	MUSIC			EXERCISE	CTS	REPS
0:01	V1 / You been dressing up the truth	2x8	A	March L OTS. <i>Relaxed RA</i> 👁️ 4-Point Walk and March OTS on the last 8cts	2	8x
0:10	/ Pour a glass and bite my tongue	4x8	B	4-Point Walk and March OTS L. <i>Relaxed RA</i>	8	4x
0:30	PC / Say my name	4x8	B ¹	4-Point Run with leap and March OTS L <i>Relaxed RA</i>	8	4x
0:49	Instr / (Tempo climbs)	6x8	B ²	Continuous 4-Point Run L	6	8x
1:12	Instr / (Build up)	4x8	C	Triple Squat Pulse L then R. <i>Hands clasped to chest</i> 👁️ 3x Alt Squat on the last 8cts	16	2x
1:26	Instr / (Riff)	8x8	C ¹	3x Alt Squat L then R. <i>Hands clasped to chest and open low</i>	16	4x
1:54	V2 / I got darkness in my head	1x8		Stop, reset and prepare to March R, L OTS	8	
1:58	In my bed	1x8	A	March R, L OTS. <i>Relaxed RA</i>	2	4x
2:02	Got too many different sides	2x8	B	🔄 4-Point Run and March OTS R. <i>RA</i>	8	2x
2:09	PC / Say my name	4x8	B ¹	4-Point Run with leap and March OTS L <i>Relaxed RA</i>	8	4x
2:23	Instr / (Build up)	6x8	B ²	🔄 Continuous 4-Point Run R	6	8x
2:44	/ (Build up)	4x8	C	🔄 Triple Squat Pulse R then L. <i>Hands clasped to chest</i> 👁️ 3x Alt Squat on the last 8cts	16	2x
2:59	/ (Riff)	8x8	C ¹	🔄 3x Alt Squat R then L. <i>Hands clasped to chest and open low</i>	16	4x
3:27	/ (Low)	4x8	C ²	Alt Squat R then L. <i>Hands clasped to chest and open low</i>	4	8x
3:41	Outro /	1x8		Squat R, then stand tall	8	



03. SAY MY NAME (AFROJACK & CHASNER REMIX)

3:48mins

TECHNIQUE AND COACHING

What’s different?

This is a new track!
It’s designed to gradually elevate the intensity and heart rate to a steady state before we approach our first cardio peak.
A good way to tell if you’re in the Steady State Cardio zone is if you can hold a light conversation or sing as you train. If you’re out of breath in this track, dial back on the ROM or intensity a little.

MARCH OTS

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

March L, R OTS. RA 1-2

4-POINT WALK AND MARCH OTS

PHONETIC CUE *'Up down, down up, walk on the floor; up down, down up, walk on the floor'*

Step L onto the step. RA 1
Step down R, L. RA 2-3
Step R onto the step. RA 4
March L, R, L, R on the floor 5-8

- **Natural walking rhythm**

4-POINT RUN AND MARCH OTS

PHONETIC CUE *'Leap down down leap, walk on the floor; leap down down leap, walk on the floor'*

Leap L on to the step. RA 1
Step down R, L. RA 2-3
Leap R onto the step. RA 4
March L, R, L, R on the floor. RA 5-8

CONTINUOUS 4-POINT RUN

PHONETIC CUE *'Up, go up again; go up again'*

Leap L onto the step. RA 1
Step down R, L. RA 2-3
Leap R onto the step. RA 4
Step back L, R. RA 5-6

- Up, down, down, up
- This is our Steady State Cardio track; we lift the heart rate to a steady level and maintain it there
- How do we know we’re in the Steady State Cardio zone? When we can talk but not sing, or you can chat to the person next to you

TRIPLE SQUAT PULSE

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

Drop Squat L on top of the step, R on the floor, Triple Squat Pulse. *Hands clasped to chest* 1-6
Step back R, L. *Low open* 7-8
Repeat to the other side 9-16

- **Knees out, in line with toes**
- **Chest lifted**

3x ALTERNATING SQUAT

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

Drop Squat L on top of the step, R on the floor, Squat L and then propel over towards the R. *Hands clasped to chest* 1-2
Drop Squat R on top of the step, L on the floor, Squat R, and then propel over towards the L. *Low open* 3-4
Drop Squat L on top of the step, R on the floor, Squat L. *Hands clasped to chest* 5-6
Step back R, L. *Low open* 7-8
Repeat to the other side 9-16

- **Bend knees to take off, bend knees to land**
- **Sit hips back and down**
- Loading the legs
- Feel the glutes and quads to power up

OPTION: Triple Squat Pulse



03. SAY MY NAME (AFROJACK & CHASNER REMIX)

3:48mins

TECHNIQUE AND COACHING

ALTERNATING SQUAT

PHONETIC CUE 'Squat and over, stay here, stay here, stay here'

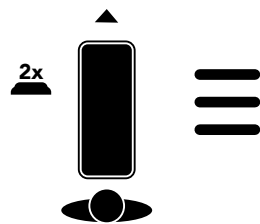
Drop Squat R on top of the step, L on the floor, Squat R and then propel over towards the L.

Hands clasped to chest 1-2

Repeat to the other side with *Low Open Arms* 3-4

- Repeatedly tell your class to stay here and keep squatting to the end
- Heart rate's lifted and steady
- Feeling heat in your legs
- Count down the reps to the end so that your class knows where the finish line is – push it

OPTIONS: Alternating Tap Down or non-Propulsive Alternating Squats



04. PEAK 1

TRACK FOCUS

This track has a faster tempo so coach your class to start the track moving with a smaller ROM to get a feel for the moves, then increase their ROM to work the moves as the song builds.

Also demonstrate the moves without impact to show your participants how to move if they need to work lighter.

Coach the natural walking rhythm in the 4-Point Run, then get your class to sit a little deeper to work the legs and glutes more.

Teach Athletic

Come into this track

A little breathless from Track 3. Strong, in control and ready to lift the cardio intensity.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Jog L, R OTS behind the step. RA 👁 Relaxed Freeze Extension on last 8cts	2	16x
0:11	V1 / _ Reach up	8x8	B	Relaxed Freeze Extension and Jog OTS L then R. RA	16	4x
0:34	Instr / (Riff)	4x8	B ¹	Freeze Knee Lift then Jog OTS L then R. RA	16	2x
0:46	C / _ Reach up	8x8	B ²	Propulsive Knee Lift then Jog OTS L then R. RA	16	4x
1:09	(Riff)	4x8	B ³	Alt Propulsive Knee Lift L then R. RA	8	4x
1:21	V2 / _ Reach up	2x8	A	 Jog L, R OTS behind the step. RA 👁 4-Point Run and Jog OTS L on the last 8cts	2	8x
1:27	/ _ We found love	6x8	C	4-Point Run and Jog OTS L	8	6x
1:44	C / (Riff)	8x8	B ²	 Propulsive Knee Lift then Jog OTS L then R. RA	16	4x
2:07	Instr / (Horns)	4x8	B ³	 Alt Propulsive Knee Lift L then R	8	4x
2:18	V3 / _ Reach up	2x8		Leap onto the step, then transition to the R side	16	
2:24	_ We found love	2x8	D	Low Abduction and Squat R. Clapsed Bent Raise O/H	4	4x
2:30	We can fall _	4x8	D ¹	Light Propulsive Abduction and Squat R. Clapsed Bent Raise O/H	4	8x
2:42	C / _ Reach up	4x8	D ²	Propulsive Abduction and Squat R. Clapsed Bent Raise O/H 👁 Light Propulsive OTT and Squat L then R on the last 8cts	4	8x
2:53	(Riff)	4x8	E	Propulsive OTT and Squat L then R. Clapsed Bent Raise O/H	8	4x
3:05	V4 / _ Reach up	2x8		Stop. Transition to the L side	16	
3:10	_ We found love	2x8	D	 Low Abduction and Squat L. Clapsed Bent Raise O/H	4	4x
3:16	That we can fall _	4x8	D ¹	 Light Propulsive Abduction and Squat L. Clapsed Bent Raise O/H	4	8x
3:28	C / _ Reach up	4x8	D ²	 Propulsive Abduction and Squat R. Clapsed Bent Raise O/H 👁 Light Propulsive OTT and Squat L then R on the last 8cts	4	8x
3:39	(Riff)	4x8	E	Repeat Propulsive OTT and Squat L then R. Clapsed Bent Raise O/H	8	4x
3:51	Outro /	2x8		Stop. Roll up out of the Squat	16	



04. REACH (CLIQUES. REMIX) 4:03mins

TECHNIQUE AND COACHING

What’s different?

Decreased complexity to ensure participants are successful.

Addition of more user-friendly arm-lines.

The tempo of this track is faster than our past Peak 1 songs.

Coach a smaller ROM to get a feel for the tempo, then increase the ROM as the song builds.

Revert back to a smaller ROM/light option often to keep those that need these options in the workout feeling catered for.

The cardio kicker is at the end of the track so encourage your participants to push harder in the Power Jumps and aim to end the track feeling a little breathless.

JOG

PHONETIC CUE 'Jog right, left; right, left'

Jog L, R OTS. RA 1-2

- Keep running, watch my feet
- We freeze, 6x Runs back, watch again, freeze, 6, 5, 4, let’s go together

RELAXED FREEZE EXTENSION AND JOG OTS

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

Freeze Extension L onto the step. RA 1-2

Jog R, L, R, L, R, L OTS. RA 3-8

Repeat to the other side 9-16

- **Soft knee landing**
- **Back leg low, squeeze glutes**
- **Hips level and square to the front**

FREEZE KNEE LIFT AND JOG OTS

PHONETIC CUE 'Freeze Knee and run; Freeze, run'

Freeze Knee Lift L onto the step. RA 1-2

Jog R, L, R, L, R, L OTS. RA 3-8

Repeat to the other side 9-16

- Catch the knee at hip height

OPTION: Smaller ROM

PROPULSIVE KNEE LIFT AND JOG OTS

PHONETIC CUE 'Jump the knee and run; jump and run'

Propulsive Knee Lift L onto the step. RA 1-2

Jog R, L, R, L, R, L OTS. RA 3-8

Repeat to the other side 9-16

- **Quick-reaction take-off, hop and jump**
- Bend knee to push off and to land
- Lift knees to drive intensity

OPTION: Low Knee Lift and light Jog OTS

ALTERNATIVE PROPULSIVE KNEE LIFT

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

Propulsive Knee Lift L onto the step. RA 1-2

Step down R, L. RA 3-4

Repeat to the other side 5-8

- **Soft knee landings**
- Quick-reaction take-off, touch and go
- Quick reactive training

OPTION: Low Knee Lift

4-POINT RUN AND JOG OTS

PHONETIC CUE 'Up, down, down, up, hold and run; up, down, down, up, hold and run'

Jog L onto the step. RA 1

Step down R, L. RA 2-3

Jog R onto the step. RA 4

Jog L, R, L, R on the floor 5-8

- Maintain the natural running rhythm
- OPTION: 4-Point Walk and March OTS

LOW ABDUCTION AND SQUAT

PHONETIC CUE 'Up, down; up, down'

R on top of the step, L on the floor, Squat up with R Abduction. *Clasped Bent Raise O/H* 1-2

Step R to the floor & Squat down. *Low open* 3-4

- Work both parts of this move:

- 1) The Lift
- 2) The Squat



04. REACH (CLIQUES. REMIX) 4:03mins

TECHNIQUE AND COACHING

LIGHT PROPULSIVE ABDUCTION AND SQUAT

PHONETIC CUE 'Add a small jump, up, down; up, down'

L foot on top of the step, R on the floor, Squat up and lightly jump with R Abduction. *Clasped Bent Raise O/H* 1-2

Step R to the floor and Squat down. *Low open* 3-4

- **Bend knees to land**

- Small jump

OPTION: Low Abduction and Squat

PROPULSIVE ABDUCTION & SQUAT

PHONETIC CUE 'Bigger! Drive up, Squat; drive up, Squat'

L on top of the step, R on the floor, Squat up and propel upwards with R Abduction. *Clasped Bent Raise O/H* 1-2

Step R to the floor & Squat down. *Low open* 3-4

- Big Jump
- Squat low
- Work the Jump AND the Squat

OPTION: Low Abduction and Squat

PROPULSIVE OTT AND SQUAT

PHONETIC CUE 'Over; over'

R foot on top of the step, L on the floor, propel up and over towards L. *Clasped Bent Raise O/H* 1-2

Squat down with R on the step, L on the floor. *Low open* 3-4

Repeat to the other side 5-8

- Big motivational drive to the end of the block
- This is the cardio kicker
- Let your class know how many reps there are so that they know where the finish line is

OPTION: Low open and Squat

05. MIXED STRENGTH

TRACK FOCUS

This track is now an integrated lower- and upper-body strength track. Encourage your class to explore using a heavier weight plate to work the lower body. We have Pushups to work the upper body. Get your class to try some Pushups on their toes, then move to their knees when they need to. Over time, their strength will improve, so get them to remember how many Pushups they did on their toes, and to see how many they can do in future classes.

Teach Athletic

Come into this track

A little breathless from Peak 1. Strong and in control, ready to do some functional strength training.

MUSIC		EXERCISE		CTS	REPS
0:01	Intro / Like this _	4x8	A	Holding weight plate, set up in a Squat stance 👁️ 4x Squat Pulse & Lunge Pulse Combo on the last 16cts	32
0:15	Instr / (Builds)	4x8	B	4x Squat Pulse & Lunge Pulse Combo L (small ROM)	162x
0:31	C / (Heavier)	4x8	B ¹	4x Squat Pulse & Lunge Pulse Combo L (deeper ROM)	162x
0:46		4x8	B ²	2x Squat Pulse & Lunge Pulse Combo L	84x
1:01	Ref / (Quiet)	1x8	C	Transition to the top of the step, weight to the top of chest	8
1:04	Rep / (Builds)	1x8	D	Repeater L. Hold weight to the top of chest	24x
1:08		3x8	D ¹	Repeater L. Press weight and hold O/H	212x
1:20	Instr /	4x8	E	Place weight down and set up for Bear Crawls 👁️ Bear Crawl on the last 8cts	32
1:35	V1 / (Vocals)	4x8	F	Bear Crawl L	84x
1:50	C / Causing a frenzy	8x8	F ¹	Bear Crawl and 2x Pushup L	164x
2:20	Instr / (Quiet)	4x8	G	Childs Pose	32
2:36	C / Causing a frenzy	6x8	F ²	Single Pushup	412x
3:01	Instr /	4x8	A	Stand up, pick up weight plate, set up Squat stance on the R side	32
3:16	Instr / Like this _	4x8	B	🔄 4x Squat & Lunge Combo R (small ROM)	162x
3:31	C / (Heavier)	4x8	B ¹	🔄 4x Squat Pulse & Lunge Pulse Combo R (deeper ROM)	162x
3:46	Instr / Like this _	4x8	B ²	🔄 2x Squat Pulse & Lunge Pulse Combo R	84x
4:01	Ref / (Quiet)	1x8	C	🔄 Transition to the top of the step, weight to the top of chest	2
4:05	Rep / (Builds)	1x8	D	🔄 Repeater R. Hold weight to the top of chest	24x
4:09		3x8	D ¹	🔄 Repeater R. Press weight and hold O/H	212x



05. MIXED STRENGTH

MUSIC				EXERCISE	CTS	REPS
4:20	Instr /	4x8	E	 Place weight down and set up for Bear Crawls  Bear Crawl on the last 8cts	32	
4:35	V2 / (Vocals)	4x8	F	 Bear Crawl R	8	4x
4:50	C / Causing a frenzy	8x8	F ¹	 Bear Crawl and 2x Pushup R	16	4x
5:21	Instr / (Quiet)	4x8	G	 Childs Pose	32	1x
5:36	C / Causing a frenzy	6x8	F ²	 Single Pushup	4	12x



05. LIKE THIS / FRENZY 6:05mins

TECHNIQUE AND COACHING

What’s different?

This track is now an integrated upper- and lower-body strength track. There is no longer a stepping component.

We have Pushups for the upper body and we now use a heavier weight plate to add load to work the lower body.

We encourage you to explore the use of a heavier weight plate to experience the real benefits of the new Mixed Strength training style.

4x SQUAT PULSE & LUNGE PULSE COMBO

PHONETIC CUE 'Squat 4, 3, release your heel and lunge; 4, 3, release your heel and squat'

R on top of the step, L on the floor, Squat Pulse down, up, down, up, down, up, down. *Hold weight with both hands* 1-7

R on top of the step, L on the floor, Squat Pulse up and pivot L on the floor to Lunge position. *Hold weight with R hand* 8

R on top of the step, L on the floor, Lunge Pulse down, up, down, up, down, up, down. *Hold weight with R hand L* 9-15

R on top of the step, L on the floor, Squat Pulse up and pivot L on the floor to Squat position. *Hold weight with both hands* 16

- Before you press play, let participants know that this is an upper- and lower-body integrated strength track. This track is designed to use a heavier weight plate than normal, but, of course, you can go for lighter or no plate
- Ensure participants set up with one foot on top of the step and one foot on the floor to Wide-Stance Squat. Knees turned out slightly, toes point to 11 o'clock and 1 o'clock. Hold the plate with both hands and hang it in front of the body
- **The foot on the floor pivots to Lunge position, then back to Squat position**
- **To pivot, release the heel from the floor, and twist on the ball of your foot**
- **In the Lunge, aim your body to face towards the front corner of the step (11 o'clock)**
- **Track front knee in line with toes**
- Shoulders back
- Bend knees more to sit deeper

2x SQUAT PULSE & LUNGE PULSE COMBO

PHONETIC CUE 'Squat 2, 1, turn; 2, 1, turn'

L on top of the step, R on the floor, Squat Pulse down, up, down. *Hold weight with both hands* 1-3

L on top of the step, R on the floor, Squat Pulse up and pivot L on the floor to Lunge position. *Hold weight with R hand* 4

L on top of the step, R on the floor, Lunge Pulse down, up, down. *Hold weight with R hand* 5-7

L on top of the step, pivot R on the floor to Squat position. *Hold weight with both hands* 8

- **Keep pushing the knees out over toes**
- **In the Lunge, keep aiming your body to face towards the front corner of the step (11 o'clock)**
- **Continue to release the R heel, and pivot on the ball of the foot**
- Build the heat in the legs by staying low throughout

REPEATER

PHONETIC CUE 'Repeater, tap and lift, tap and lift'

R on top of the step, Tap L back onto the floor. *Plate O/H* 1

R on top of the step, Lift L knee. *Plate O/H* 2

- Front leg bent to load the leg
- **Core braced, then tip forward from the hips**
- **Chest lifted**
- **Hips level and square to the front**
- Drive plate up, slightly to the front of the body
- **Front knee turned out slightly**
- Elbows tucked in
- Body weight over the step
- **Lightly tap toes to the floor**

OPTIONS: Hold weight into the chest, or place the weight on the floor



05. LIKE THIS / FRENZY 6:05mins

TECHNIQUE AND COACHING

BEAR CRAWL

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

Hands on top of the step under shoulders, knees bent towards the floor. Walk hands onto the floor L, R 1-4
Walk hands onto the step L, R 5-8

- Place weight over the step
- From the lower-body to upper-body
- Bend knees to Bear Crawl
- Hands wide on the step
- Knees close to the floor
- **Brace core**
- Closest hand to front moves

OPTION: Knees on the floor

BEAR CRAWL & 2x PUSHUP COMBO

PHONETIC CUE 'Hands walk down, down, up, up, 2x Pushups; down, down, up, up, 2x Pushups'

Hands on top of the step under shoulders, knees bent towards the floor. Walk hands onto the floor L, R 1-4
Walk hands onto the step L, R 5-8
2x Pushup 9-16

- **Chest no lower than elbow level**
- **Soft elbows at the top of the Pushup**
- Keep the core braced to support the spine
- Let your class know where the finish line is, so that they know how hard to push themselves

OPTION: Knees to the floor in the Bear Crawl & Pushups on the knees

CHILDS POSE

CUE 'Take a break, good work, Childs Pose back'

Knees out over toes, hips sit back towards the hips, arms extend long in front of the body 1-32

- Knees out over toes
- Push butt back toward the heels
- Extend long through the upper body
- Quick recovery
- Explain: Get ready for the final kicker. We've got 12x Pushups. You choose whether to do them on your knees, toes, or mix them up. Are you ready? Assume your position – let's go!
- Count down the last few Pushups so that your class knows where the finish line is

SINGLE PUSHUP

PHONETIC CUE 'Down, up; down, up'

Hands wide on top of the step, legs extend long, then Pushup, down and up 1-4

- 12x Pushups your way
- On knees, toes or mix it up
- Feel the pumping in the chest
- Squeeze every muscle in the body
- Feels great to work the upper-body at this stage of the workout
- That's your mixed upper- and lower-body strength

OPTIONS: On knees or toes

06. PEAK 2

TRACK FOCUS

Lateral training cardio for fitness, balance, stability and coordination. Coach your class to bend their knees and sit low to load their legs in the Low Loaded Skaters. Coach knees in line with toes and soft knee landings in the Propulsive Skater.

Teach Athletic

Come into this track

Worked, but feeling strong. Legs are burning, with an upper-body pump.

Ready for some lateral cardio training.

MUSIC		EXERCISE		CTS	REPS
0:02	Intro /	½x8	Start on top of the step, close to the R side	4	
0:05	Instr / (Quiet)	4½x8 A	Squat Tap R then L. <i>HOH</i>	8	4½x
0:16	/ (Riff)	4x8 B	Power ATT. <i>Clasped Bent Raise F</i>	8	4x
0:30	C / Turn me loose	8x8 C	3x Power ATT & Jog OTS Combo L then R 👁 Low Loaded Skater on last 4cts	32	2x
0:57	V1 / Wake me up	4x8 D	Low Loaded Skater L. <i>Across the chest RA</i>	4	8x
1:10	C / Turn me loose	4x8 C	🔄 3x Power ATT & Jog OTS Combo L then R	32	
1:23	V2 / Out of work	4x8 D	🔄 Low Loaded Skater L. <i>Across the chest RA</i>	4	8x
1:37	Rep / Give it up	4x8 D¹	Propulsive Skater L. <i>Extended Skater Arms</i>	4	8x
1:50		½x8	Skater onto the step and hold	4	
1:54	Instr / (Riff)	4½x8	Transition to the L side of the step, then Jog OTS	36	
2:08	C / Turn me loose	8x8 C	🔄 3x Power ATT & Jog OTS Combo R then L	32	2x
2:35	V3 / Wake me up	4x8 D	🔄 Low Loaded Skater R. <i>Across the chest RA</i>	4	8x
2:48	C / Turn me loose	4x8 C	🔄 3x Power ATT & Jog OTS Combo L then R	32	
3:01	V4 / Out of work	4x8 D	🔄 Low Loaded Skater R. <i>Across the chest RA</i>	4	8x
3:15	Rep / Give it up	4x8 D¹	🔄 Propulsive Skater R. <i>Extended Skater Arms</i>	4	8x
3:28		½x8	Skater onto the step Move across towards the R side	4	
3:35		2½x8	Down Tap and Up Tap R. <i>Relaxed Arms</i>	4	4½x
3:43	V5 / Got a job	12x8 E	7x Propulsive Skater & Power ATT Combo L then R	64	1½x
4:23	Instr / (Horns)	8x8 B	🔄 Power ATT L then R. <i>Clasped Bent Raise F</i>	8	8x
4:49	Outro /	1x8	Skate R and hold on top of the step	8	



06. TURN ME LOOSE, I'M DR. FEELGOOD 4:55mins

TECHNIQUE AND COACHING

What's different?

Reaching up and down while traveling ATT is quite challenging for inexperienced steppers, so we've incorporated more user-friendly arm-lines to decrease the complexity

SQUAT TAP

PHONETIC CUE 'Step, tap, step across; step, tap, step across'

Start on top of the step

Step R to the floor, then tap L to the floor. *Relaxed arms by sides* 1-2

Step up L, R to the middle of the step. *Relaxed arms by sides* 3-4

Repeat to the other side 5-8

- Lateral training cardio
- Move from one side of the step across to the other side

POWER ATT

PHONETIC CUE 'Up, down; up, down'

Step R onto the step and propel towards the L. *Clasped Bent Raise F* 1-2

Step down L, then Tap R to the floor. *Low open* 3-4

Repeat to the other side 5-8

- **Drive up and across laterally**
- **Bend knees as you step down to load the legs, and to soften the landing**

OPTION: Low ATT

3x POWER ATT & JOG OTS COMBO

PHONETIC CUE 'Across for 3, 2, 1, hold and run; again, 3, 2, 1, hold and run'

Power ATT L, R then L. *Bent Raise & Low open* 1-12

Jog OTS R, L, R, L. RA 13-16

Repeat to the other side 17-32

- Use a visual cue to hold the Jog OTS
- Lateral movement to build stability and coordination

OPTION: 3x Low ATT and March OTS

LOW LOADED SKATER

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

Low Loaded Skater L. Across the chest RA 1-4

- Bend knees lots
- **Body square to the front**
- **Chest lifted**
- Tip the hips back to load the legs
- Let's get low
- Keep hips level as you move up and down

PROPULSIVE SKATER

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

- Give participants a finish line by queuing the number of skaters they have left; for example, "Propulsive Skater – go! You have 9, 8, 7..." Just count down the first 2 or 3 numbers and then continue coaching
- Bend knees and land low to really work this move
- Big drive up and down
- Check that your knees stay in line with your toes
- Check that your free foot doesn't cross past the grounded leg. This may result in poor knee alignment

OPTION: Low Loaded Skater

JOG OTS

CUE 'Jog on the spot'

Jog OTS R, L. RA 1-32

- Use this time to check in with your team. Ask: "how are you feeling?"

OPTION: March OTS



06. TURN ME LOOSE, I'M DR. FEELGOOD 4:55mins

TECHNIQUE AND COACHING

DOWN TAP AND UP TAP

PHONETIC CUE 'Down, up; down, up'

Down Tap onto the floor. *Relaxed arms by sides* 1-2

Up Tap onto the step. *Relaxed arms by sides* 3-4

- It's the kicker we've been waiting for
- We have 7x Skaters and 1x Across The Top

7x PROPULSIVE SKATER & POWER ATT COMBO

PHONETIC CUE 'Skater 7, 6, 5, 4, 3, 2, 1, across, same again; 7, 6, 5, 4, 3, 2, 1, across'

Propulsive Skater x7 onto the step L. *Extended Skater Arms* 1-28

Power ATT R. *Clasped Bent Raise F and Low open* 29-32

- For participants to succeed, count down the 7x Skaters
- Lots of big vocal energy to create excitement with your members

OPTION: 7x Low Loaded Skater and Low ATT Combo

07. CONDITIONING 1 HIP STRENGTH

TRACK FOCUS

Encourage your class to explore using a heavier weight plate to assist in functionally strengthening around our hips.

Coach them to move their body as one unit in the Circular Squats and to shift their body weight from one leg across to the other.

Coach correct body alignment for the Clams: hips stacked, hips and heels in line, bent stacked knees forward.

Let your participants know that they can lose the weight plate at any time.

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
0:02	Intro /	4x8		Set up on top of the step, close to the L side. Hold weight to the top of the chest	32	
0:16	V1 / It's times two	8x8	A	Slow Circular Squat L. Hold weight to the top of chest	16	4x
0:45	C / Push it to the limit baby	4x8	A ¹	Circular Squat L. Hold weight to the top of chest	8	4x
1:00	Ref /	4x8	A ²	Circular Squat with Leg Abduction L. Hold weight to the top of chest	8	4x
1:15	C / Push it to the limit baby	6x8	A ³	Circular Squat with Leg Abduction L. Press O/H	8	6x
1:37	V2 / _ I wanna see you go far	4½x8	B	Transition to the L side of the step, set up for Clam L	36	
1:53	Ref / I wanna start a pretty rage	6x8	C	2/2 Weighted Clam L	8	6x
2:15	Go _	4x8	C ¹	1/3 Weighted Clam L	8	4x
2:30	Go _	6x8	C ²	Top-Range Unweighted Clam L	8	6x
2:52	Instr /	4x8		Stand up and transition to the top of the step, close to the R side	32	
3:06	V3 / Hey dust your shoes	8x8	A	 Slow Circular Squat L. Hold weight to the top of chest	16	4x
3:36	C / Push it to the limit baby	4x8	A ¹	 Circular Squat R. Hold weight to the top of chest	8	4x
3:50	Ref /	4x8	A ²	 Circular Squat with Leg Abduction R. Hold weight to the top of chest	8	4x
4:05	C / Push it to the limit baby	6x8	A ³	 Circular Squat with Leg Abduction R. Press O/H	8	6x
4:27	V3 / _ I wanna see you go far	4½x8	B	 Transition to the R side of the step, set up for Clam R	36	
4:43	Ref / I wanna start a pretty rage	6x8	C	 2/2 Weighted Clam R	8	6x
5:05	Go _	4x8	C ¹	 1/3 Weighted Clam R	8	4x
5:20	Go _	6x8	C ²	 Top-Range Unweighted Clam R	8	6x



07. PUSH IT TO THE LIMIT 5:47mins

TECHNIQUE AND COACHING

What's different?

The ongoing focus for this track is now Hip Strength.

We use a heavier weight plate to assist in functionally strengthening around our hips.

Think of this track as preventative therapy to build strong hips for everyday life and longevity.

Before you press play:

This track is designed to use a heavier weight. You can also use a lighter weight, or no weight at all.

We have a brand-new focus for this track – Hip Strength! This focus is a huge part of our functional strength training.

Set participants up by getting them to stand on top of the step, close to the left-hand side (participant's left).

Their right foot should be on the step, left foot on the floor. Set up a Mid-Stance Squat, feet just outside hip-width, knees and toes slightly turned out, and rack the weight plate to the chest.

SLOW CIRCULAR SQUAT

PHONETIC CUE 'Squat, shift weight to the right, up; Squat, shift weight to the left, up'

L on top of the step, R on the floor. Slow Circular Squat L. *Plate to the collarbones* 1-8
Repeat to the other side 9-16

- **Core braced**
- **Chest lifted**
- The entire body makes a 'U' shape
- Squat down with body weight on the left leg, shift across to the right leg, then squat up keeping body weight on the right leg. Then reverse the pattern
- This move is slow and smooth
- The entire body stays in a Squat to the front (including the weight) throughout the Circular Squat
- It's like a 1-Legged Squat down on the left leg, up on the right leg, then reversed
- The entire body moves as one unit

Common mistakes:

- Swirling the butt around
- Swooping the chest around
- Moving the weight plate side-to-side

OPTION: No weight

CIRCULAR SQUAT

PHONETIC CUE 'A little faster, Squat left, up; Squat right, up; left up, right up'

L on top of the step, R on the floor. Body weight on the L leg, squat down, then shift to the R leg. Squat up, keeping body weight on the R leg. *Hold weight to the top of chest* 1-4

Body weight on the R leg, squat down, then shift to the L leg. Squat up, keeping body weight on the L leg. *Hold weight to the top of chest* 5-8

- Keep shoulders stacked on top of the hips for good alignment
- This move improves our hip strength and mobility
- Keep pressing the knees outwards

OPTION: No weight

CIRCULAR SQUAT WITH LEG ABDUCTION

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

L on top of the step, R on the floor. Body weight on the L leg, squat down, then shift to the R leg. Squat up, keeping body weight on the R leg. *Hold weight to the top of chest* 1-4

Body weight on the R leg, squat down, then shift to the L leg. *Hold weight to the top of chest* 5-6

Squat up, keeping body weight on the L leg, and abduct R leg. *Hold weight to the top of chest* 7-8

- Keep the lifting leg low, and squeeze legs and glutes the entire time
- Single-leg strength
- Focus is to keep hips level
- Hip strength is important for walking, lifting, jumping and for everyday life
- Think of this type of training as preventative hip therapy for longevity

OPTION: No weight



07. PUSH IT TO THE LIMIT 5:47mins

TECHNIQUE AND COACHING

CIRCULAR SQUAT WITH LEG ABDUCTION AND PRESS O/H

PHONETIC CUE 'Squat, Press, Squat; Squat, Press, Squat'

L on top of the step, R on the floor. Body weight on the L leg, squat down, then shift to the R leg. Squat up, keeping body weight on the R leg. *Hold weight to the top of chest* 1-4

Body weight on the R leg, squat down, then shift to the L leg. *Hold weight to the top of chest* 5-6

Squat up, keeping body weight on the L leg and abduct R leg. *Press weight O/H* 7-8

- **Press the plate forward of the shoulder**
- **Elbows soft**
- Transfer power from the legs, into the core, then to the upper body
- Let your class know how many reps there are, so that they know where the finish line is, and can assess how hard to push themselves

OPTION: No weight

2/2 WEIGHTED CLAM

PHONETIC CUE 'Up, up; down, down'

Weighted Clam L up. *Plate hold R on R hip* 1-4

Weighted Clam L down. *Plate hold R on R hip* 5-8

- Keep your plate, come to the floor to set up for the Clam
- Right elbow onto the step, elbow under the shoulder, feet together, knees forward
- Check that your elbow, hips and feet are in one line
- Hold plate on the top leg
- 2/2 Clam
- **Keep feet together**, like a hinge
- **Hips square to the front**
- **Strong core brace**

OPTION: Hip on the floor and lift the top knee only / No weight

1/3 WEIGHTED CLAM

PHONETIC CUE 'Quick to the top, down slowly; quick, and slow'

Weighted Clam L up. *Plate hold R on R hip* 1-2

Hold Weighted Clam up. *Plate hold R on R hip* 3-4

Weighted Clam L down slowly. *Plate hold R on R hip* 5-8

- Big squeeze at the top
- Freeze, control down

OPTION: Hip on the floor and lift the top knee only / No weight

TOP-RANGE UNWEIGHTED CLAM

PHONETIC CUE 'Up, halfway, up, down'

Unweighted Clam L up 1-2

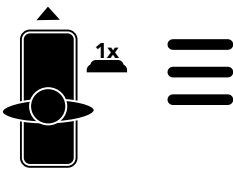
Unweighted Clam L halfway down 3-4

Unweighted Clam L up 5-6

Unweighted Clam L down to the floor 7-8

- Quickly place your weight on the floor
- For more of a challenge, keep hips off the floor
- Let your class know how many reps there are so that they know where the finish line is and can assess how hard to push themselves

OPTION: Hip on the floor, lift the top knee only



08A. MOVE

TRACK FOCUS

The hips will be feeling worked and a bit fatigued after the Hip Strength track, so ease into this track using a small ROM.

As the hips recover, start to lift the intensity to a Steady State Cardio zone. You should be breathing heavier, but able to hold a light conversation or sing as you train in this track.

Teach Athletic

Come into this track

Hips feel worked and need some recovery. Starting this track gently is a must.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Down Tap L then R. RA	4	8x
0:13	V1 / _ Don't remind me	8x8	B	Light 4x Down Tap & Repeater Combo L then R	32	2x
0:40	PC / Anyone else out there	4x8	B ¹	4x Down Tap & Repeater Combo L then R	32	
0:54	C / Like I'm worth nothin'	8x8	B ²	Propulsive 4x Down Tap & Repeater Combo L then R	32	2x
1:21	Instr / (Riff)	2x8	C	OTT L then R. HOH	8	2x
			C ¹	Propulsive OTT L then R. Bent Raise up and down	8	2x
1:34	V2 / _ Don't remind me	2x8	C ¹	 Light 4x Down Tap & Repeater Combo L then R	32	2x
2:01	PC / Anyone else out there	4x8	B ¹	 4x Down Tap & Repeater Combo L then R	32	2x
2:15	C / Like I'm worth nothin'	8x8	B ²	 Propulsive 4x Down Tap & Repeater Combo L then R	32	2x
2:42	Instr / (Riff)	8x8	B ²	 Propulsive OTT L then R	8	8x
3:09	Outro /	4x8	C	Stop. Relaxed shake out of arms and legs side to side	8	4x



08A. MISS YOU 3:28mins

What’s different?

This is a new track.

It’s a simple, steady state track designed to get us moving after being on the floor for the Hip Strength track.

The hips will feel a bit fatigued and worked, so we ease into this track gently, then gradually lift the intensity to a Steady State Cardio zone as the music builds. You’ll know that you’re in a Steady State Cardio zone if you can sing or hold a light conversation as you train.

If your aim is to attract and retain new people to your class, we suggest that you teach this track (Move) instead of the optional Track 8b (Groove).

DOWN TAP

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

Down Tap L, R. *Relaxed arms by sides* 1-4

- This is a new track – Move! It’s a short, energizing track designed to lift the heart rate and get us moving again
- **A light tap on the floor**
- **Chest lifted**
- **Body square to the front**
- Chill here
- Feels good to re-energize

LIGHT 4x DOWN TAP & REPEATER COMBO

PHONETIC CUE ‘Tap 4, 3, 2, Repeater, 4, 3, 2, tap; 4, 3, 2, Repeater, 4, 3, 2, Tap’

Down Tap L, R, L, R. *Relaxed arms by sides* 1-8
4x Knee Repeater L. RA 9-16
Repeat to the other side 17-32

- **Body square to the front, then body turns to face the corner**

4x DOWN TAP & REPEATER

PHONETIC CUE ‘4, 3, 2, Knee Repeater, 4, 3, 2, Down Tap; 4, 3, 2, Knee Repeater, 4, 3, 2, Down Tap’

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

- Starting to feel a lift
- OPTION: Light 4x Down Tap & Repeater Combo

PROPULSIVE 4x DOWN TAP & REPEATER COMBO

PHONETIC CUE ‘Let’s go bigger, Tap 4, 3, 2, Knee Repeater, 4, 3, 2, Down Tap; 4, 3, 2, Knee Repeater, 4, 3, 2, Down Tap’

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

- Music lifts us up
- Build the energy by lifting your feet in the Tap and driving the knee up in the Repeater
- Even though we’re jumping, stay light on your feet by bending your knee to land softly and controlling the taps to the floor

OPTION: 4x Down Tap & Repeater

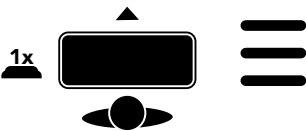
PROPULSIVE OTT

PHONETIC CUE ‘Step down, up; down, up’

Propulsive OTT L. *Bent Raise Up and Down* 1-4
Repeat to the other side 5-8

- Heart rate’s lifting
- Energy is up
- Make it bigger to take it home
- More drive out of the step
- Stop. Relaxed shake out of arms and legs side to side; celebrate your participants and team

OPTION: OTT



BONUS

08B. GROOVE

TRACK FOCUS

This is a Bonus track that you can do INSTEAD of Track 8a, Move.

If your class enjoys the Party Step vibe, this is the track for them.

Your hips will be feeling worked and a bit fatigued after the Hip Strength track, so the intensity and hip mobility aspect is perfect to get some recovery, and ease back into the stepping zone.

Coach your class to release the heel and pivot on the ball of the foot in the Hip Rotation and to say the words "right, left, up and down" when doing the Vogue Arms. This will help them succeed and have fun in this track.

Teach Flava

Come into this track

Hips feel worked and need some recovery. Starting this track gently is a must.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Prepare to move 👁 T-Step R on the last 8cts	16	
0:07	V1 / _ I'm the type of girl	4x8	A ¹	T-Step L then R. <i>Natural arms</i> 👁 T-Step with Hip Rotation on the last 8cts	16	2x
0:22	/ _ I'm a supermodel	4x8	A ²	T-Step with Hip Rotation L then R	16	2x
0:37	C / _ If you see us in the club	8x8	B	Stylized T-Step with Hip Rotation L then R	16	4x
1:06	Instr / (Quiet)	2x8	C	4x March On Top L. <i>Relaxed arms</i> 👁 Step Tap L on top of the step on the last 8cts	8	2x
1:14	V2 / _ When Timbo is in the party	4x8	C ¹	4x March On Top and Step Tap Base L 👁 Chest-level Scoop Arms on the last 8cts	16	2x
1:28	Way down to Japan	8x8	C ¹	4x March On Top and Step Tap L. <i>Natural Arms and chest-level Scoop Arms</i> 👁 Vogue Arms on the last 8cts	16	4x
1:58	C / _ If you see us in the club	8x8	C ²	4x March On Top and Step Tap L. <i>Vogue Arms and chest-level Scoop Arms</i>	16	4x
2:27	Br / Oh	1x8	A	🔁 T-Step L. <i>Natural Arms</i>	8	
2:31	Rep / Give it to me _	8x8	A ²	🔁 Stylized T-Step with Hip Rotation R then L	16	4x
3:01	Instr / (Quiet)	2x8	B	🔁 4x March On Top R. <i>Relaxed Arms</i> 👁 Step Tap on top of the step L with <i>chest-level Scoop Arms</i> on the last 8cts	8	2x
3:08	V3 / _ Could you speak up	4x8	C ¹	🔁 4x March On Top and Step Tap R. <i>Natural Arms and chest-level Scoop Arms</i> 👁 Behind-the-head Scoop Arms on the last 8cts	16	2x
3:23	_ If s-sexy never left	8x8	C ³	4x March On Top and Step Tap R. <i>Natural Arms & behind-the-head Scoop Arms</i>	16	4x
3:52	C / _ If you see us in the club	8x8	C ⁴	🔁 4x March On Top & Step Tap R. <i>Vogue Arms and behind-the-head Scoop Arms</i>	16	4x
4:22	Br / Oh	1x8	A	🔁 T-Step R. <i>Natural arms</i>	8	
4:25	Rep / Give it to me _	8x8	A ²	🔁 Stylized T-Step with Hip Rotation L then R	16	4x
	Outro /			Step feet apart on the last ct		



BONUS

08B. GIVE IT TO ME 4:57mins

TECHNIQUE AND COACHING

What's different?

This is a Bonus track that you can do **INSTEAD** of Track 8a, Move. It's a good option if your class likes a bit of the Party Step vibe.

We're going for a cool, modern dance vibe with our 'Groove' tracks.

If 'Groove' isn't your thing, please teach the 'Move' track.

And remember, you can teach either 'Move' or 'Groove', not both.

T-STEP

PHONETIC CUE 'Tap the step, tap the step, tap the step, change sides; tap the step, tap the step, tap the step, change sides'

Step L on top of the step towards the R side, then tap R on top of the step. *Relaxed arms by sides* 1-2

Step R onto the floor on the R side, then tap L onto the step. *Relaxed arms by sides* 3-4

Step L onto the step, then tap R on the step. *Relaxed arms by sides* 5-6

Step down R, L behind the step, towards the L side. *Relaxed arms by sides* 7-8

Repeat to the other side 9-16

- This is Groove, a track that you can swap out with Move if you want more of a party vibe
- Focus on moving the legs
- Arms relaxed
- We then release the heel and rotate the knee in

T-STEP WITH HIP ROTATION

PHONETIC CUE 'Tap, rotate; tap, rotate'

Step L on top of the step towards the R side, then tap R on top of the step. *Relaxed arms by sides* 1-2

Step R onto the floor on the R side, then Hip Rotation L on top of the step. *Relaxed arms by sides* 3-4

Step L onto the step, then tap R on the step. *Relaxed arms by sides* 5-6

Step down R, L behind the step, towards the L side. *Relaxed arms by sides* 7-8

Repeat to the other side 9-16

- Lift the heel, pivot on the ball of the foot, moving from the hip joint to rotate the knee inwards
- Keep knees soft throughout

OPTION: T-Step

STYLIZED T-STEP WITH HIP ROTATION

PHONETIC CUE 'Snap, push; snap, push'

Step L on top of the step towards the R side, then tap R on top of the step. *Snap L on ct 2* 1-2

Step R onto the floor on the R side, then Hip Rotation L on top of the step. *Push stacked hands downwards, to the R* 3-4

Step L onto the step, then tap R on the step. *Relaxed arms by sides* 5-6

Step down R, L behind the step, towards the L side. *Relaxed arms by sides* 7-8

Repeat to the other side 9-16

• Soft knees

- Moving any way you want to – maybe take the arms away
- Your workout, your way (hey!)
- If you want a little more intensity, bend your knees and sit a little deeper
- We've got a good rotation and great hip mobility
- If you want to elevate this even more, add a Booty Pop on count 4
- Allow the music to come through with the lyrics "give it to me"

OPTION: T-Step with Hip Rotation / T-Step

4x MARCH ON TOP

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

March L, R, L, R on top of the step. *Relaxed arms by sides* 1-4

March L, R, L, R on the floor. *Relaxed arms by sides* 5-8

- Watch my legs



BONUS

08B. GIVE IT TO ME 4:57mins

TECHNIQUE AND COACHING

4x MARCH ON TOP AND STEP TAP BASE

PHONETIC CUE 'Walk up, walk down, then step tap, step tap, step tap; walk up, walk down, the step tap, step tap, step tap'

March L, R, L, R on top of the step. *Relaxed arms by sides* 1-4

March L, R, L, R on the floor. *Relaxed arms by sides* 5-8

Step L wide on the step, then Tap R beside the L foot. *Relaxed arms by sides* 9-10

Step R wide on the step, then Tap L beside the R foot. *Relaxed arms by sides* 11-12

March L, R, L, R on the floor 13-16

- How relaxed can you get in this walk?

4x MARCH ON TOP AND STEP TAP WITH CHEST-LEVEL SCOOP ARMS

PHONETIC CUE 'Walk up, walk down, Step Tap, around, around; walk up, walk down, Step Tap, around, around'

March L, R, L, R on top of the step. *Relaxed arms by sides* 1-4

March L, R, L, R on the floor. *Relaxed arms by sides* 5-8

Step L wide on the step, then Tap R beside the L foot. *Scoop R arm over towards the L* 9-10

Step R wide on the step, then Tap L beside the R foot. *Scoop L arm over towards the R* 11-12

March L, R, L, R on the floor 13-16

- It's a scoop of the hand at chest level
- Hand goes over, over

4x MARCH ON TOP AND STEP TAP WITH VOGUE ARMS & CHEST-LEVEL SCOOP ARMS

PHONETIC CUE 'Right, left, up and down, step tap, over, over; Right, left, up and down, step tap, over, over'

March L, R, L, R on top of the step. *Vogue Arms* 1-4

March L, R, L, R on the floor. *Relaxed arms by sides* 5-8

Step L wide on the step, then Tap R beside the L foot. *Scoop R arm over towards the L* 9-10

Step R wide on the step, then Tap L beside the R foot. *Scoop L arm over towards the R* 11-12

March L, R, L, R on the floor 13-16

Vogue Arms:

- L arm opens to the L, R hand to R shoulder 1
- R arm opens to the R, L hand to L shoulder 2
- Both hands roll to ear level, elbows open 3
- Roll both arms down by sides 4
- Tell your class to say the words "Right, left, up and down" as they do the arms. This will help them nail the Vogue Arms

OPTION: 4x March On Top and Step Tap Base

4x MARCH ON TOP AND STEP TAP WITH BEHIND-THE-HEAD SCOOP ARMS

PHONETIC CUE 'Walk up, walk down, around, around, walk on the floor; walk up, walk down, around, around, walk on the floor'

March L, R, L, R on top of the step. *Relaxed Arms* 1-4

March L, R, L, R on the floor. *Relaxed arms by sides* 5-8

Step L wide on the step, then Tap R beside the L foot. *Scoop R arm behind and around the head* 9-10

Step R wide on the step, then Tap L beside the R foot.

Scoop L arm behind and around the head 11-12

March L, R, L, R on the floor 13-16

- Hand goes around your head
- To get the look and feel, drop chin and look at the outside of your foot as you scoop your hand behind your head

OPTION: 4x March On Top and Step Tap Base



BONUS

08B. GIVE IT TO ME 4:57mins

TECHNIQUE AND COACHING

4x MARCH ON TOP & STEP TAP WITH VOGUE ARMS & BEHIND-THE-HEAD SCOOP ARMS

PHONETIC CUE 'Right, left, up and down, step tap, around, around; right, left, up and down, step tap, around, around'

March L, R, L, R on top of the step. *Vogue Arms* 1-4

March L, R, L, R on the floor. *Relaxed arms by sides* 5-8

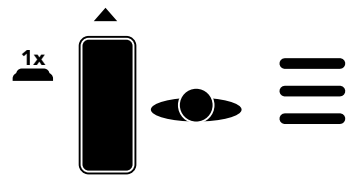
Step L wide on the step, then Tap R beside the L foot. *Scoop R arm behind and around the head* 9-10

Step R wide on the step, then Tap L beside the R foot. *Scoop L arm behind and around the head* 11-12

March L, R, L, R on the floor 13-16

- Once you've set up the movement pattern, let participants immerse themselves into the moves and music
- Feels so good!

OPTION: 4x March On Top and Step Tap Base



09. PEAK 3 – ATHLETIC CIRCUIT

TRACK FOCUS

Let your class know that this is the final cardio peak. There is no other cardio work after this track. Encourage them not to conserve energy and aim to absolutely empty the tank.

Coach soft knee landings in the Double Hops in the Energized OTTs, big ROM in the speed work, and core control in the Burpee section.

Coach a bigger ROM for those who choose the lighter options so that they can still achieve great cardio training as well.

Teach Athletic

Come into this track

Strong with contained energy, ready to be released. Prepared to go hard and empty the tank.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Standing to the R side of the step. Jog L, R OTS 👁 Light OTT & Knee Lift Combo on the last 16cts	2	16x
0:11	Out of control	4x8	B	Light OTT & Knee Lift Combo L then R 👁 Light OTT & Knee Lift Combo on the last 16cts	16	2x
0:22	C / I'm unstoppable yeah _	8x8	B ¹	Energized OTT & Knee Lift Combo L then R	16	4x
0:43	Rep / I'm unstoppable yeah _	4x8	C	Energized OTT L then R. RA 👁 Power Jump and Squat on the last 8cts	8	4x
0:55		4x8	C ¹	Power Jump and Squat L then R. Clapsed Bent Raise O/H	8	4x
1:06	Instr /	4x8		Move to the back of the step, Jog L, R OTS. RA 👁 4x Jog On Top L on the last 8cts	32	
1:16	V1 / No one pulls up like we do	8x8	D	4x Jog On Top L. RA 👁 Drop Squat Combo L then R on the last 16cts	8	8x
1:37	C / Let's go	8x8	E	Drop Squat Combo L then R	16	4x
1:59	Instr / (Quiet)	1x8		Reset, then demonstrate	8	
2:02		3x8	F	Alt Lunges as the standing option for this sequence	8	3x
2:11	V2 / _ I just see ya'll sit	8x8	G F	8/8 Power Burpee Or Alt Lunge L then R	8 16	4x 2x
2:35	PC / Cause I come like a killer	4x8	G ¹ F ¹	2/6 Power Burpee Or 2/6 Lunge L then R 👁 2/2 Power Burpee & 2x Mountain Climber Combo on the last 8cts	8 16	4x 4x
2:47	C / Gotta grab and bring 'em down _	8x8	G ² F ³	2/2 Power Burpee & 2x Mountain Climber Combo Or 2/2 and 4x Jog OTS L then R	8 16	8x 4x
3:11	Instr /	4x8		🔁 Jog R, L OTS. RA 👁 4x Jog On Top L on the last 8cts	32	
3:22	V3 / No one pulls up like we do	8x8	D	🔁 4x Jog On Top R. RA 👁 Drop Squat Combo L then R on the last 16cts	8	8x
3:43	C / Let's go	8x8	E	🔁 Drop Squat Combo R then L	16	4x



09. PEAK 3 – ATHLETIC CIRCUIT

MUSIC			EXERCISE		CTS	REPS
4:04	Instr / (Quiet)	1x8		Reset, then demonstrate	8	
4:07		3x8	F	Alt Lunges as the standing option for this sequence	8	3x
4:16	V4 / Yeah I really came to bring this	8x8	G	 8/8 Power Burpee	16	4x
			F	Or Alt Lunge L then R	8	4x
4:40	PC / That's really gonna do it	4x8	G ¹	 2/6 Power Burpee	8	4x
			F ¹	Or 2/6 Lunge L then R	16	2x
				 2/2 Power Burpee & 2x Mountain Climber Combo on the last 8cts		
4:52	C / I be coming for my destiny _	8x8	G ²	 2/2 Power Burpee & 2x Mountain Climber		8x
			F ³	Combo	8	
				Or 2/2 and 4x Jog OTS L then R	16	4x
5:16	PC / Out of control	4x8	A	 Move to the R side of the step. Jog L, R OTS	2	16x
				 Light OTT & Knee Lift Combo on the last 16cts		
5:22		4x8	B	 Energized OTT & Knee Lift Combo R then L	16	2x
				 Light OTT & Knee Lift Combo on the last 16cts		
5:27	C / unstoppable yeah	8x8	B ¹	 Energized OTT & Knee Lift Combo R then L	16	4x
5:49	Rep / unstoppable yeah _	4x8	C	 Energized OTT R then L. RA	8	4x
				 Power Jump and Squat on the last 8cts		
6:00		4x8	C ¹	Power Jump and Squat R then L. <i>Clasped Bent Raise O/H</i>	8	4x
6:11	Outro / Control control	2x8		Rise out of the final Squat, then shake out arms and legs / walk it out	16	



09. UNSTOPPABLE (METRIK REMIX) / LET'S GO / ASSASSINATE 6:21mins

TECHNIQUE AND COACHING

What's different?

This track is now the final cardio peak.
Let your class know this so that they don't conserve energy for another peak cardio after this track, as it is no longer there.
Encourage your members to give this track EVERYTHING that they have got to empty the tank.

LIGHT OTT & KNEE LIFT COMBO

PHONETIC CUE 'Over, on, down; over, on down'

- Light Jog up L, R. RA 1-2
- Light Double Hop L to the floor. RA 3-4
- Light Double Hop Knee Lift R onto the step. RA 5-6
- Light Double Hop L to the floor. RA 7-8
- Repeat to the other side 9-16

- Set up the pattern

ENERGIZED OTT & KNEE LIFT

PHONETIC CUE 'Over, hop up, down; over, hop up, down'

- Energized Jog up L, R. RA 1-2
- Energized Double Hop L to the floor. RA 3-4
- Energized Double Hop Knee Lift R onto the step. RA 5-6
- Energized Double Hop L to the floor. RA 7-8
- Repeat to the other side 9-16

- Pump arms and knees
- Catch both knees on and off the step with a soft, aligned knee
- **Core braced** to catch the landings
- Last chance, it's our final peak

OPTION: Light OTT and Knee Lift

ENERGIZED OTT

PHONETIC CUE 'Over, straight back'

- Energized Jog up L, R. RA 1-2
- Energized Double Hop L to the floor. RA 3-4
- Repeat to the other side 5-8

- Drive the knee up to hip level
- Time to push, time to accelerate

OPTION: Light OTT

POWER JUMP AND SQUAT

PHONETIC CUE 'Go up, down; up down'

Power Jump & Squat L. *Clasped Bent Raise O/H* 1-4
Repeat to the other side 5-8

- Soft knee landings
- Knees in line with toes
- Drive upwards and over
- Let your class know how many reps there are
- Only 8, 7, 6, 5

OPTION: Low Over and Squat

JOG OTS

PHONETIC CUE 'Right, left; right, left'

Jog OTS L, R. RA 1-2

- Stay here, watch my feet

4x JOG ON TOP

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

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

- Stay close to the back of the step
- Whole foot on
- **Core braced**
- Chest lifted
- Just breathe, we need it

DROP SQUAT COMBO

PHONETIC CUE 'Drop, back and run; drop, back and run'

Drop Squat L. *Clasped Bent Raise F* 1-2
6x Jog on the floor R, L, R, L, R, L. RA 3-8
Repeat to the other side 9-16

- **Chest lifted**
- Drop low, drive the knees in the Run
- Knees in line with toes
- Listen to the accents in the music as you do the Drop Squat

OPTION: Step Squat and Light Jog OTS



09. UNSTOPPABLE (METRIK REMIX) / LET'S GO / ASSASSINATE 6:21mins

TECHNIQUE AND COACHING

ALTERNATING LUNGES

PHONETIC CUE 'Right, left; right, left'

Lunge on top of the step L. RA 1-2
Step back L. HOH 3-4
Repeat to the other side 5-8

- Starting at the back of the step – Alternating Lunges
- Long step onto the step
- Knee in line with toes
- Back heel up
- Stay standing in Lunges, or come down to a Plank for Power Burpee
- One more time to experience the Power Burpee

8/8 POWER BURPEE

PHONETIC CUE 'Up hold, plank hold; up hold, plank hold'

Squat Snatch hold. Bent Raise F 1-8
Plank hold 9-16

- **Heels down, knees out over toes, chest lifted**
- **Brace core**, squeeze glutes in the Plank

OPTION: Alternating Lunges

2/6 POWER BURPEE

PHONETIC CUE 'Up, back, hold; up, back, hold'

Squat Snatch. Bent Raise F 1-2
Plank hold 3-8
Lunge Option: Lunge L. RA 1-2
Step L foot to the floor and hold 3-8
Repeat to the other side 9-16

- It's building up
 - We add on the Mountain Climbers
- OPTION: Lunge, then freeze L then R

2/2 POWER BURPEE & 2x MOUNTAIN CLIMBER COMBO

PHONETIC CUE 'Up, back, right, left, set; up, back, right, left, set'

Squat Snatch. Bent Raise F 1-2
Plank hold 3-4
Mountain Climber L then R 5-6
Plank hold 7-8
Lunge and Jog Option: Lunge L. RA 1-2
Step L foot to the floor 3-4
Jog R, L, R, L OTS. RA 5-8
Repeat to the other side 9-16

- Drive the knees hard, towards chest
- If you're lunging – we lunge, back, run
- Great training, jump in
- Power time
- How dynamic and athletic do you feel?

OPTION: Lunge and Jog

10A. CONDITIONING 2 GLUTE STRENGTH

TRACK FOCUS

Even though we have been stepping for 45 minutes, many of us may not have engaged our glutes much. In this track, we focus on strengthening our glutes.

Encourage your class to explore using a heavy plate to assist in working the glutes and train them to fire up when we step.

Coach the three-quarter rise in the Offset Deadlift variations.

Let your class know that they can put the weight down at any time. Their glute strength will increase as they do this track more.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Prepare to move	8	
0:05	Instr /	4x8	A Weighted 4/4 Offset Deadlift L (L heel lifted) 👁️ Weighted Slow Offset Deadlift with Rear Extension Combo on the last 8cts	8	4x
0:25	C / _ uh	4x8	A ¹ Weighted Slow Offset Deadlift with Rear Extension Combo L 👁️ Weighted Offset Deadlift with Rear Extension Combo x2 on the last 8cts	8	4x
0:45	/ _ uh	4x8	A ² Weighted Offset Deadlift with Rear Extension Combo L	4	8x
1:06	Instr /	4x8	B Transition to lie down at side of the step, feet onto the step, prepare for Weighted Narrow Hip Bridge	32	
1:18	V1 / _ Oh ah ah	8x8	C 8/8 Weighted Narrow Hip Bridge	16	4x
1:41	C / Bounce	8x8	C ¹ Top, half, top, lower-range Weighted Narrow Hip Bridge	8	8x
2:04	Bounce on this whip	4x8	C ² Top, half-range Weighted Narrow Hip Bridge	4	8x
2:15	Instr / (Quiet)	2x8	Transition to stand and move to the top of the step, close to the R side. Prepare for Weighted 4/4 Offset Deadlift R (R heel lifted)	16	
2:25		2x8	A Weighted 4/4 Offset Deadlift R	8	2x
2:36	C / _ uh	8x8	A ¹  Slow Weighted Offset Deadlift with Rear Extension Combo R 👁️ Weighted Offset Deadlift with Rear Extension Combo x2 on the last 8cts	16	4x
2:56	/ _ uh	8x8	A ²  Weighted Offset Deadlift with Rear Extension Combo R	8	8x
3:17	Instr /	4x8	B Transition to lie down at side of the step, feet onto the step. Prepare for Weighted Narrow Hip Bridge	32	
3:28	V2 / _ When I come through	8x8	C  8/8 Weighted Narrow Hip Bridge	16	4x
3:52	C / Bounce	8x8	C ¹  Top, half, top, lower-range Weighted Narrow Hip Bridge	8	8x
4:15	Bounce on this whip	4x8	C ²  Top, half-range Weighted Narrow Hip Bridge	4	8x



10A. FIRST BODY / BOUNCE 4:33mins

TECHNIQUE AND COACHING

What’s different?

The ongoing focus for this track is now Glute Strength.

We use a heavier weight plate to assist in functionally strengthening our glutes.

Even though we’ve been stepping for the past 45 minutes, our glutes can still be lazy as we step.

Think of this track as preventative therapy to build strong glutes for everyday life and longevity.

WEIGHTED 4/4 OFFSET DEADLIFT

PHONETIC CUE 'Down, down, three-quarter rise; down, down, three-quarter rise'

Weighted 4/4 Offset Deadlift L down. *Hold weight with both hands* 1-4

Weighted 4/4 Offset Deadlift L up. *Hold weight with both hands* 5-8

- Conditioning 2 track and we have a brand-new focus – Glute Strength. We’ve designed this track to use a heavy weight plate. You can also use a lighter plate or no plate at all
- Set up on top of the step, close to the L side
- The R leg is loaded, L heel lifted and holding the weight plate straight down with both hands
- Soften the right leg
- **Core braced**
- **Lock shoulder blades down and back**
- Tip forward from the hips, fists travel down towards the tops of knees, then rise halfway up the thigh
- Only come up three-quarters of the way
- Keep the weight and hands close to the thighs as you tip forward and rise

SLOW WEIGHTED OFFSET DEADLIFT WITH REAR EXTENSION COMBO

PHONETIC CUE 'Tip, kick back, tap, rise; tip, kick back, tap, three-quarter rise'

Weighted Offset Deadlift L down. *Hold weight with both hands* 1-2

Rear Extension R. *Hold weight with both hands* 3-4

Weighted Offset Deadlift L down. *Hold weight with both hands* 5-6

Three-quarter rise up. *Hold weight with both hands* 7-8

- Keep the lifting leg low, and squeeze the glutes
- **Core braced** to support the lower back
- Keep the chest lifted
- Feel the beautiful glute work

WEIGHTED OFFSET DEADLIFT WITH REAR EXTENSION COMBO

PHONETIC CUE 'Tip, kick, in, stand up; tip, kick, in, stand up'

Weighted Offset Deadlift L down. *Hold weight with both hands* 1

Rear Extension R. *Hold weight with both hands* 2

Weighted Offset Deadlift L down. *Hold weight with both hands* 3

Three-quarter rise up. *Hold weight with both hands* 4

- Soft knees to load the glutes
- **Core braced** to support the lower back
- Keep the chest lifted
- When you kick back, leg is straight; squeeze glutes hard



10A. FIRST BODY / BOUNCE 4:33mins

TECHNIQUE AND COACHING

8/8 WEIGHTED NARROW HIP BRIDGE

PHONETIC CUE 'Hips up 4, 3, 2, 1, and lower; 4, 3, 2, 1, and lower'

Weighted Narrow Hip Bridge up. *Plate on thighs* 1-8

Weighted Narrow Hip Bridge down. *Plate on thighs* 9-16

- Come off your step and down to the floor, Hip Bridge set-up
- Side-on, hold the plate and place on top of the thighs, feet hip-width apart on the step
- Hips close to the step
- Feet stay flat on the floor
- **Knees press out over toes, glutes squeezed**
- We know this track is all about glute strength so we isolate the glute max – our biggest glute muscle!

OPTIONS: Lighter weight plate or no weight

TOP, HALF, TOP, LOWER-RANGE WEIGHTED NARROW HIP BRIDGE

PHONETIC CUE 'Up, halfway, up and down; up, halfway, up and down'

Weighted Narrow Hip Bridge up. *Plate on thighs* 1-2

Weighted Narrow Hip Bridge halfway down. *Plate on thighs* 3-4

Weighted Narrow Hip Bridge up. *Plate on thighs* 5-6

Weighted Narrow Hip Bridge down. *Plate on thighs* 7-8

- Hips are the first to lift off the floor and the last to roll back down
- Big squeeze to the top, keep driving through the heels
- Press your knees outwards
- **Core braced** to keep a neutral spine

OPTIONS: Lighter weight plate or no weight

TOP, HALF-RANGE WEIGHTED NARROW HIP BRIDGE

PHONETIC CUE 'Up, halfway; up, halfway'

Weighted Narrow Hip Bridge up. *Plate on thighs* 1-2

Weighted Narrow Hip Bridge halfway down. *Plate on thighs* 3-4

- Feel free to take a break if you need to, then join back in when you feel ready
- Let your class know how many reps there are so that they know where the finish line is
- Building functional strength for all our everyday activities like walking and running
- Even though we have been stepping for 45 minutes, our glutes can still be lazy as we step. This is great training to wake up and strengthen our glutes

OPTIONS: Lighter weight plate or no weight

10B. CORE

TRACK FOCUS

Ask your class to imagine that they are riding a bicycle backwards with one leg.

Coach them to press their lower back towards the step and shift their lower ribs towards their hips to engage their core more.

Teach Athletic

Come into this track

Feeling worked and seeing the light at the end of the tunnel. We're almost at the end of this amazing functional step training journey.

MUSIC			EXERCISE		CTS	REPS
			Lying on top of the step, hands back, holding on to the back of the step			
0:00	V1 / _ I don't know why	4x8	A	Slow Reverse Cycle R. Holding onto the back of the step	8	4x
0:18	C / I'll be the villain tonight	4x8	B	Reverse Cycle R. Holding onto the back of the step	4	8x
0:35	V2 / _ I know that you get jealous	4x8	A	 Slow Reverse Cycle L. Holding onto the back of the step	8	4x
0:53	C / I'll be the villain tonight	4x8	B	 Reverse Cycle L. Holding onto the back of the step	4	8x
1:11	Ref / I'll be _	4x8	A ¹	Slow Alt Reverse Cycle R then L. Arms extended F by sides	16	2x
1:28	QC / _ What's you and I	4x8	B ¹	Alt Reverse Cycle R then L. Arms extended F by sides Note: Move fingertips to temples on the last 16cts	8	4x
1:46	C / I'll be the villain tonight	4x8	B ²	Alt Reverse Cycle R then L. Fingertips by temples, Cross Crawl L then R	8	4x
2:03	Rep / I'll be _	4x8	B ³	Faster Alt Reverse Cycle R then L. Fingertips by temples, Cross Crawl L then R	4	8x



10B. VILLAIN 2:27mins

TECHNIQUE AND COACHING

What's different?

No change

Set-up:

- Time for core training!
- Sit on top of the step towards the edge, lie on your back and grab behind the step. Lift knees above hips and press lower back down towards the step

SLOW REVERSE CYCLE

PHONETIC CUE 'Down, around, in; down around in'

Slow Reverse Cycle R. *Holding onto the back of the step* 1-8

- **Lower back pressed down towards step** so lower back stays down
- Crunch your lower ribs towards your hips
- To add more load, try to make your leg longer by squeezing your core tightly and pointing the toes
- It's like you're slowly riding a bike backwards with one leg

OPTION: Non-moving foot on the floor

REVERSE CYCLE

PHONETIC CUE 'Around, in; around, in'

Reverse Cycle R. *Holding onto the back of the step* 1-4

- If your lower back starts lifting, put one foot down to keep you stable

OPTION: Non moving foot on the floor

SLOW ALTERNATING REVERSE CYCLE

PHONETIC CUE 'Down, around, in, switch legs; down, around, in, switch legs'

Slow Alternating Reverse Cycle R. *Arms extended F by sides* 1-8

Repeat to the other side 9-16

- Keep moving the legs and release the arms so the palms face up
- Lift shoulders up
- **Chin tucked in**

OPTION: Smaller ROM / Take a break any time you need to

ALTERNATING REVERSE CYCLE

PHONETIC CUE 'Around, in, switch; around, in, switch'

Alternating Reverse Cycle R. *Arms extended F by sides* 1-4

Repeat to the other side 5-8

- We are teaching the pelvis and lower back how to stabilize as we move the legs by switching on the core. That's our functional core training!

OPTION: Smaller ROM / Take a break any time you need to

ALTERNATING REVERSE CYCLE WITH CROSS CRAWL

PHONETIC CUE 'Back, front; back, front'

Alternating Reverse Cycle with Cross Crawl R. *Fingertips by temples* 1-4

Repeat to the other side 5-8

- **Elbows wide**
- Lift the shoulder up and across
- **Rotate from the center of your chest**
- Keep hips still

OPTION: Smaller ROM / Take a break any time you need to

FASTER ALTERNATING REVERSE CYCLE WITH CROSS CRAWL

PHONETIC CUE 'Back, front; back, front'

Alternating Reverse Cycle with Cross Crawl R. *Fingertips by temples* 1-2

Repeat to the other side 3-4

- We are teaching the pelvis and lower back how to stabilize as we move the legs by switching on the core. That's our functional core training!

OPTION: Smaller ROM / Take a break any time you need to

11. COOLDOWN / STRETCH

TRACK FOCUS

This track focuses on some great functional stretches to stretch out our worked muscles.

Let your class know that the intention of this new format is to have our participants feeling ‘worked’ and ‘strong’, not smashed. They should feel like they’ve had a great butt, thigh and leg workout with some Steady State Cardio training and some challenging cardio spikes along the way.

Training this way will allow both your class members and you to have longevity doing and teaching this program for many years to come.

Job well done.

Teach Neutral

Come into this track

Feeling ‘worked’ and ready to chill out with some well-deserved functional stretches.

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *Soliloquy* with the same choreography.

MUSIC			EXERCISE		CTS
0:00	Intro /	1x8		Prepare to stretch	8
0:04	C / I been a G	8x8	A	90/90 Hip Stretch L	64
0:40	V1 / _ I can see the whole city	4x8	B	Quad Stretch R	32
0:58	/ Hard drive full of heat	4x8	B	Quad Stretch L	32
1:16	C / I been a G	4x8	A	 90/90 Hip Stretch R	32
1:34	V2 / _ Are you ready	4x8	A	Hold 90/90 Hip Stretch R	32
1:52	V2 / This lifestyle	4x8	C	Figure 4 Glute Stretch L	32
2:10	C / I been a G	4x8	C	Figure 4 Glute Stretch R	32
2:28	/ I been a G	4x8	D	Seated Double Hamstring Stretch	32
2:46	Br /	1½x8		Transition to Deep Lunge L	12
2:52	C / I been a G	2x8	E	Deep Lunge L with Thoracic Rotation	16
3:01	/ First class	2x8	F	Down Dog	16
3:10	/ I been a G	2x8	E	Deep Lunge R with Thoracic Rotation	16
3:19	/ First class	2x8	F	Down Dog	16
3:28	Outro /	1x8		Walk hands back towards feet, then roll up	8



11. FIRST CLASS 3:38mins

TECHNIQUE AND COACHING

What’s different?

No change

90/90 HIP STRETCH

90/90 Hip Stretch L. *Hands on the floor* 1-64

- Let’s stretch, team. Turn your body into a 90/90 position, 90 degrees in the front leg and 90 degrees in the side leg
- Square body to your front leg and gently tip forward from the hips, fingers on the floor
- Feel this stretch in the glutes
- Take a deep breath in and as you exhale, lower a little more and feel this in the lower back
- Just go as far as feels good for you
- Take long exhales to lower your heart rate
- Whole body has worked hard in our new functional training class

QUAD STRETCH

Quad Stretch R, L on the floor behind the step 1-32

- Roll onto the right hip, top leg lifts, bend the knee and grab the ankle, bringing heel towards butt, push the knee down
- Try rolling around and see where you feel the stretch most
- Quads and hips have worked hard today

FIGURE 4 GLUTE STRETCH

Figure 4 Glute Stretch L. *Hands on the edge of the step* 1-32

- Facing the front, right leg comes up and over, cross heel on top of the left knee, press the knee open, take butt over the step and gently lower
- Chest Stretch as well by peeling shoulders back
- Such a great workout – we feel worked!

SEATED DOUBLE HAMSTRING STRETCH

Seated Double Hamstring Stretch. *Double-arm reach towards ankles* 1-32

- Both legs out long in front of you, reach towards the knees or ankles
- Feel the stretch through your hamstrings

DEEP LUNGE

Deep Lunge L 1-12

- Take a long step back

DEEP LUNGE WITH THORACIC ROTATION

Deep Lunge L. Thoracic rotation L 1-16

- Big rotation around
- Feel it through your back and hips

DOWN DOG

Down Dog. *Hands on the step* 1-16

- Hips up, stretch out through the calves
- Bend your knees, walk your hands towards your feet, give yourselves a bit of a shake
- And that is our new format class! Legs, glutes, and hips should feel worked. We hope you enjoyed the workout



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, color 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.