



BODYSTEP

134

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

09. PEAK 3 – ATHLETIC CIRCUIT

10A. CONDITIONING 2 GLUTE STRENGTH

10B. CORE

11. COOLDOWN / STRETCH

08B. GROOVE

DECLARATION OF INTENT

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MUSIC

01	Catch Me (3:33) Those Glory Days © 2016 Les Mills Music Licensing Ltd. Written by: Oude, Faria, Mohammad, Mirzazadeh, Roelandschap, Rondhuis, Steele, Taihuttu	07	Work (Freemasons Radio Edit) (3:09) Kelly Rowland © 2007 SONY BMG MUSIC ENTERTAINMENT. Written by: Boyd, Rowland, Storch
02	Goodies (Knock2 Remix) (1:54) Dillon Francis Courtesy of the Universal Music Group. Written by: Love, Garrett, Smith, Jefferson	07	Work (Freemasons Radio Edit) (3:12) Kelly Rowland © 2007 SONY BMG MUSIC ENTERTAINMENT. Written by: Boyd, Rowland, Storch
03	Goodies (Knock2 Remix) (1:55) Dillon Francis Courtesy of the Universal Music Group. Written by: Love, Garrett, Smith, Jefferson	08A	Hot Right Now (Radio Edit) (3:08) DJ Fresh feat. Rita Ora © 2012 Ministry of Sound Recordings Limited. Written by: Shave, Stein, The Invisible Men
04	Let Me Think About It (Celebration Mix – Radio Edit) (4:35) Ida Corr & Fedde Le Grand © 2017 Lifted House. Written by: Corr, Von Staffeldt, Genc	09A	Run The Show (1:28) Freaks & Geeks feat. Flowdan © 2022 Elevate Records. Written by: Brockhurst, Desborough, Veira
05A	DJ Turn It Up (Ben Nicky Remix) (3:49) Dimension © 2023 Dimension. Written by: Etheridge, Harper	09B	Jump In (1:52) Knock2 © 2023 NIGHTMODE. Written by: Nakhonethap
05B	Bun Up the Dance (1:56) Dillon Francis & Skrillex © 2015 Columbia Records, a Division of Sony Music Entertainment. Written by: Francis, Moore	09C	Run The Show (1:29) Freaks & Geeks feat. Flowdan © 2022 Elevate Records. Written by: Brockhurst, Desborough, Veira
05C	Lean Back (NGHTMRE Remix) (1:34) Terror Squad Courtesy of the Universal Music Group. Written by: Cartagena, Remy, Storch	10A	Slang Bang (2:54) Greeko Courtesy of the Universal Music Group. Written by: Lagji
05D	Bun Up the Dance (1:56) Dillon Francis & Skrillex © 2015 Columbia Records, a Division of Sony Music Entertainment. Written by: Francis, Moore		Slang Bang (2:58) Greeko Courtesy of the Universal Music Group. Written by: Lagji
06	Lean Back (NGHTMRE Remix) (1:34) Terror Squad Courtesy of the Universal Music Group. Written by: Cartagena, Remy, Storch	10B	Mek It Bunx Up (Radio Mix) (2:23) DeeWunn feat. Marcy Chin © 2018 Ministry of Sound Recordings Limited. Written by: McCarthy, Walker, Chin
	Rhyme Dust (Dimension Remix) (3:24) MK & Dom Dolla © 2023 Area 10/Big On Blue Entertainment Inc under exclusive license to Sony Music Entertainment Uk Limited / Ultra Records LLC. Written by: Kinchen, Smith, Westfield, Horne, Brown, Redd, Handy, Thomas, Ronald Bell, Mickens, Fareed, Yancey, Matheson, Robert Bell	11	Numb Little Bug (2:47) Em Beihold Courtesy of the Universal Music Group. Written by: Lopez, De Carlo, Beihold
	Rhyme Dust (Dimension Remix) (0:31) MK & Dom Dolla © 2023 Area 10/Big On Blue Entertainment Inc under exclusive license to Sony Music Entertainment Uk Limited / Ultra Records LLC. Written by: Kinchen, Smith, Westfield, Horne, Brown, Redd, Handy, Thomas, Ronald Bell, Mickens, Fareed, Yancey, Matheson, Robert Bell	08B	Numb Little Bug (1:28) Em Beihold Courtesy of the Universal Music Group. Written by: Lopez, De Carlo, Beihold
			Hype (3:27) Dizzee Rascal & Calvin Harris Courtesy of the Universal Music Group. Written by: Harris, Mills
		08B	Hype (0:41) Dizzee Rascal & Calvin Harris Courtesy of the Universal Music Group. Written by: Harris, Mills
		ALT 07	Everything You Want (6:21) Gloria Tells Courtesy of Epidemic Sound. Written by: Unknown



EXPRESS FORMATS BODYSTEP 134

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	41:21

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	44:33

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	42:40

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	26:50

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	27:44

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	29:16

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	OTS	On The Spot
OTF	On The Floor		



MIXING & MATCHING GUIDELINES FOR RELEASE 134

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

For the intention of attracting 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 134 as a whole class

Suggested Mixing & Matching Guidelines for Release 134

- 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 Releases 131, 132, 133 and 134 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 'Louder (Hamilton Remix)')
- 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 the Hip Strength track from Releases 131, 132, 133 and 134 only



MIXING & MATCHING GUIDELINES FOR RELEASE 134

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)
- Change Reach Up & Down (As in OTT's) to: Bent Raise (As shown in Track 8a)
- 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 Releases 131, 132, 133 and 134 only

10b: Core

- Choose: Any Core track from previous releases

11: Cooldown / Stretch

- Choose: Any Cooldown from previous releases



BODYSTEP 134



L-R: Kaylah-Blayr Fitzsimons-Nu'u, Mark Nu'u-Steele, Dr Emma Alcock

PRESENTERS

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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 134. Then you will not only ensure variety in exercise sequencing and music but participants will also still experience the magic, excitement and training effect of the new launch tracks.



BODYSTEP 134

Welcome to BODYSTEP 134

This is our 5th release that features our Functional Step Training format!

The playlist is exceptional, and whilst keeping the workout simple and functional, we've slipped in a few of our favourite Bodystep moves in between our functional training tracks to help boost the fun factor as we train.

In this release, you'll notice that there are standing variations for the Warm-up, Mixed Strength, Hip Strength, and the Athletic Circuit for you to offer to participants that, (for whatever reason) prefer not to move down to the floor. But also remember that moving to the floor and standing up is a function that we all do daily, so as a trainer, try to encourage your participants to join in with this training aspect of the class.

Here are some of my highlights in this new release.

The feel of the Staggered Squat to the music in Track 01 *Catch Me*, the Triple Pulse Lunge and the musical vibe of Track 02 *Goodies*.

The remix of Track 03 *Let Me Think About It* together with the Pendulum Swings feels SO great!

In Peak 1 – *DJ Turn It Up* – the music, moves and energy just keep building as the track progresses.

The Bolt Complex Pushup, which starts in the 'Down' position fits the *Lean Back* lyrics in the Mixed Strength track perfectly.

Cardio training and moving laterally to the banger *Rhyme Dust*, then there is controlled global hip strengthening work to the song *Work*.

The T-Straddle pattern in our Move track, or the for the Groovers, the T-Step pattern in our bonus track to *Hype*.

The Athletic Circuit features my favourite song in this release, *Run The Show*. This time, the duration is shorter, so you have the autonomy to choose your desired intensity level in this track. We're going for quality, not quantity.

From the warming mobility work, steady state and cardio training, hip strength to glute strength, there's so much to love about training this way. Build a stronger 'you' for today, tomorrow and beyond.

Happy training everyone 😊

01. MOBILITY WARM-UP

TRACK FOCUS

We learn the Staggered Wide To Narrow Squat On Top pattern that we revisit in Peak 1.

Coach staggered landings on the jumps to soften the landing impact, and coach knees in line with toes.

We have also included a Standing option for you to offer to participants that prefer not to move to plank position (for whatever reason).

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 /	1x8	Move behind the step Prepare to move	8	
0:08		3x8 A	Twist L then R. Arms stacked in line with chest	4	6x
0:18	V1 / Hey	4x8 B	Slow Arm Circle L then R	16	2x
0:32	In another world	8x8 C	2x Squat & Hip Roll L then R. Hands clasped & RA 👁 Staggered Wide to Narrow Squat On Top & March OTS	16	4x
0:59	C / Catch me _	8x8 D	Staggered Wide to Narrow Squat On Top & March OTS L. Hands clasped & low open then RA	16	4x
1:27	Catch me _	4x8 E	4x March On Top L. RA	8	4x
1:40	Catch me _	4x8 E¹	4x Jog On Top L. RA	8	4x
1:54	(Instr)	1x8	Feet wide, R hand forward	8	
1:57	PC / Dreams	4x8 F	Squat & Deep Lunge L then R	32	
2:11	In another world	8x8 F¹	Squat & Deep Lunge L then R with Thoracic Twist	32	2x
2:38	C / Catch me _	8x8 D	🔄 Staggered Wide to Narrow Squat On Top & March OTS R. Hands clasped & low open then RA	16	4x
3:05	Catch me _	4x8 E	🔄 4x March On Top R. RA	8	4x
3:19	(Instr)	4x8 E¹	🔄 4x Jog On Top R. RA	8	4x



01. CATCH ME 3:33mins

TECHNIQUE AND COACHING

TWIST

PHONETIC CUE 'Right, left, right, left'

Twist L then R. Hands stacked in line with chest 1-4

- Light twist side to side
- Welcome participants to the workout – it's awesome to train with you today!
- **Chest lifted**
- **Core braced**

SLOW ARM CIRCLE

PHONETIC CUE 'Up, over and around; up, over and around'

Slow Arm Circle L then R. R hand on L shoulder, then L hand on R shoulder 1-16

- Mobilize the shoulder joint

2X SQUAT AND HIP ROLL

PHONETIC CUE 'Squat 2, 1, Hip Roll right and left; Squat 2, 1, Hip Roll right and left '

Squat down then stand up. Hands clasped then low open 1-4

Squat down then stand up. Hands clasped then low open 5-8

Hip Roll L. RA 9-12

Hip Roll R. RA 13-16

- Take feet a little wider, 2 Squats here
- **Knees in line with toes**
- **Chest lifted**
- **Core braced**
- Sit hips back and down
- Roll the hip open
- Warming up big muscles in the lower body

STAGGERED WIDE TO NARROW SQUAT ON TOP AND MARCH OTS

PHONETIC CUE 'Wide, Narrow, March on the floor; Wide, Narrow, March on the floor'

Staggered Squat On Top Wide L. Hands clasped 1-2

Squat up. Low open 3-4

Staggered Squat On Top Narrow L. Hands clasped 5-6

Squat up. Low open 7-8

4x March on the floor L 9-16

Important: Coach participants that it's a staggered landing. The left leg lands just before the right leg. We want to absorb all of the impact, keep us safe in the movement pattern and remember, we're just getting warm

- **Soft knee landings**
- **Land whole foot on the step**
- **Chest lifted**
- Sit hips back and down

4X MARCH ON TOP

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

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

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

- **Natural walking rhythm**
- **The whole foot on top of the step**
- Little bit of space between the feet
- Like you're walking up and down a flight of stairs
- Let participants know there's lots of ways to work out today – walking or jogging

4X JOG ON TOP

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

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

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

- **Heels up**
- Feeling warmer now

OPTION: 4x March On Top



01. CATCH ME 3:33mins

TECHNIQUE AND COACHING

SQUAT AND DEEP LUNGE

PHONETIC CUE 'R hand down, R leg back, R leg in, stand tall; L hand down, L leg back, L leg in, stand tall'

Squat. L hand on top of the step, R hand on R thigh	1-4
Deep Lunge L. L hand on top of the step, R hand on R thigh	5-8
Step L into Squat. L hand on top of the step, R hand on R thigh	9-12
Stand up. Arms by side	13-16
Repeat to the other side	17-32

- Warm the legs more by staying at one level; there's no down and up
- Knees press out in line with toes in the Squat

OPTION: Squat & Reach Toward The Step

SQUAT AND DEEP LUNGE WITH THORACIC TWIST

Squat. L hand on top of the step, R hand on R thigh	1-4
Deep Lunge L. L hand on top of the step, Thoracic Twist R	5-8
Step L into Squat. L hand on top of the step, R hand on R thigh	9-12
Stand up. Arms by sides	13-16
Repeat to the other side	17-32

- Knees out over toes
- Strong core brace
- Feel the stretch right around the spine

OPTION: Standing Squat and Thoracic Rotation

02. STEP WARM-UP

TRACK FOCUS

In the Triple Pulse Lunge & Stand On Top, use a visual cue to show that we step wide on top of the step, then change legs.

Set the pattern first, then coach a longer step back to get a little deeper in the Lunges, to warm the legs more.

In the Back Tap & Leg Extension, coach your participants to squeeze their glutes & back muscles to warm their posterior chain.

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.

MUSIC			EXERCISE		CTS	REPS
0:00	V / _ I bet you want the goodies	4x8	A	Basic Step R. RA 👁 Wide V-Step on the last 4cts	4	8x
0:14	B up / _ I bet you want the goodies	4x8	A¹	Wide V-Step R. RA	4	8x
0:29	Drop / I bet you want the (Ow) _	8x8	B	Triple Pulse Lunge & Stand On Top R then L. Hands clasped & low open 👁 Triple Pulse Lunge & Stand On Top with Small Thoracic Twist on the last 8cts	16	4x
0:59	B up / Mad 'cause I talk about it _	4x8	B¹	Triple Pulse Lunge & Stand On Top with Small Thoracic Twist	16	2x
1:13	Drop / Got you all hot and bothered	1x8		Move towards the R side of the step. Prepare for Back Tap & Leg Extension	8	
1:17	Wa-watch me pull up	8x8	C	Back Tap & Leg Extension L. Hands clasped & low open	8	8x
1:46	(Low)	2x8		Shake it out	16	
1:54	V2 / _ I bet you want the goodies	4x8	A	🔄 Basic Step L. RA 👁 Wide V Step on the last 4 cts	4	8x
2:09	B up / _ I bet you want the goodies	4x8	A¹	🔄 Wide V Step L. RA	4	8x
2:23	Drop / I bet you want the (Ow) _	8x8	B	🔄 Triple Pulse Lunge & Stand On Top L then R. Hands clasped & low open 👁 Triple Pulse Lunge & Stand On Top with Small Thoracic Twist on the last 8cts	16	4x
2:53	B up / Mad 'cause I talk about it _	4x8	B¹	🔄 Triple Pulse Lunge & Stand On Top then R with Small Thoracic Twist, L then R	16	2x
3:08	Drop / Got you all hot and bothered	1x8		Move towards the L side of the step Prepare for Back Tap & Leg Extension	8	
3:12	Wa-watch me pull up	8x8	C	🔄 Back Tap & Leg Extension R. Hands clasped & low open	8	8x



02. GOODIES (KNOCK2 REMIX) 3:49mins

TECHNIQUE AND COACHING

BASIC STEP

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

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

- Let's keep warming our stepping muscles
- **Natural walking rhythm**
- **Whole foot on the step**
- **Chest lifted**
- Whenever we step today, step with purpose – step on strong, squeeze quads and glutes, lock in the core

WIDE V-STEP

PHONETIC CUE 'Walk out, walk in; walk out, walk in'

Wide-V Step R, L on top of the step. RA 1-2
Narrow-V Step R, L on the floor. RA 3-4

- Feet go wider to warm around the hips more
- You know you're getting warmer when you start to breathe a little deeper, or maybe when you get a light glow on your face

TRIPLE PULSE LUNGE AND STAND ON TOP

PHONETIC CUE 'Lunge, 3, 2, stand on top, change legs; Lunge, 3, 2, stand on top, change legs'

Triple Pulse Lunge R on top of the step on the R side. *Hands clasped* 1-6
Stand on top of the step L, keep R leg on top of the step. *Low open* 7-8
Repeat to the other side 9-16

Important: Make sure to pre-cue participants to stand on top of their step and use clear visual cues to show this.

- **Front knee out in line with toes**
- **Long step backward**, like you're going to do the splits
- **Back heel lifted**
- **Body upright**
- Drive out of the front heel to engage the glutes
- Activating the lower body for all the power and multi-directional training coming up

TRIPLE PULSE LUNGE AND STAND ON TOP WITH SMALL THORACIC TWIST

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

Triple Pulse Lunge R on top of the step on the R side. *Hands clasped* then Small Thoracic Twist on cts 3-4 1-6
Stand on top of the step L, keep R leg on top of the step. *Low open* 7-8
Repeat to the other side 9-16

Important: Coach participants that it's a small thoracic rotation.

- **Core braced**
- **Small rotation from the center of the chest**
- Feel the spinal mobility as we rotate
- Move from the ribcage
- A little more activation in the core as we brace tightly to facilitate the movement

OPTION: Triple Pulse Lunge and Stand On Top

BACK TAP AND LEG EXTENSION

PHONETIC CUE 'Tap, lift, tap, on top; tap, lift, tap, on top'

Back Tap L to the floor. *Hands clasped* 1-2
Leg Extension L, R. *Low open* 3-4
Back Tap L to the floor. *Hands clasped* 5-6
Tap L on to the step. *Hands clasped* 7-8

- **Front knee bent and turned out**
- Heel up, tip forward from hips
- Warming posterior chain now
- Squeeze back muscles as arms go back
- Squeeze glutes harder to lift the leg
- Are you feeling warm team?
- Warm up done!

03. STEADY STATE CARDIO

TRACK FOCUS

Coach the 3, 2, 1 rhythm in the Triple Pulse Squat to set up for the Squat variation to follow.

Take note of what’s happening on the floor, and offer the variations to those that need them to stay successful in the workout.

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
0:00	Intro /	2x8		Prepare to move	16
0:07	Drop /	8x8	A	Triple Pulse Squat L then R. <i>Hands clasped & low open</i> 👁️ Squat, Freeze Tap & Squat Combo	16 4x
0:36	Drop /	8x8	A ¹	Squat, Freeze Tap & Squat Combo L then R. <i>Hands clasped & low open</i>	16 4x
1:05	Low /	2x8	B	Basic Step L. RA 👁️ 4x Wide March on the last 8cts	4 4x
1:12	V1 / You saying baby	5x8	C	4x Wide March On Top, L. RA 👁️ Squat Wide, Narrow & March OTF Combo on the last 8cts	8 5x
1:30	B Up / Baby I got the cure	6x8	D	Squat On Top Wide, Narrow & March OTF L. <i>Hands clasped & RA</i>	8 6x
1:52	PC / _ You say you want me	½x8	E	Squat On Top Wide & Hold. <i>Hands clasped</i>	4
1:54	/ _ You say you need me	½x8	E ¹	Squat On Top Narrow & Hold. <i>Hands clasped</i>	4
1:55	/ _ You say you love me	2x8	E ²	Stop, shake out 👁️ Squat, Freeze Tap & Squat L on the last 8cts	16
2:02	C / Let me think about it	4x8	A ¹	🔁 Squat, Freeze Tap & Squat R then L. <i>Hands clasped & low open</i> 👁️ Squat, Swing & Squat on the last 8cts	16 2x
2:17	Drop /	8x8	A ²	Squat, Swing & Squat R then L. <i>Hands clasped & low open</i>	16 4x
2:45	Low /	2x8	B	🔁 Basic Step R. RA 👁️ Wide March on the last 8cts	4 4x
2:53	V2 / Come on girl	5x8	C	🔁 4x Wide March On Top R. RA 👁️ Squat Wide and Narrow & March OTF Combo R on the last 8cts	8 5x
3:11	B Up / Baby I got the cure	6x8	D ¹	🔁 Squat On Top Wide, Narrow & March OTF R. <i>Hands clasped & RA</i>	8 6x
3:33	PC / _ You say you want me	½x8	E	Squat Wide On Top & Hold. <i>Hands clasped</i>	4
3:34	/ _ You need me	½x8	E ¹	Squat Wide, Narrow & March OTF Combo for last 8cts	4
3:37	/ _ You say you love me	2x8	E ²	Shake it out 👁️ Squat, Freeze Tap & Squat R on the last 8cts	16
3:44	C / Let me think about it	4x8	A ¹	🔁 Squat, Freeze Tap & Squat L then R. <i>Hands clasped & low open</i> 👁️ Squat, Swing & Squat on the last 8 cts	16 2x
3:58	Drop /	8x8	A ²	🔁 Squat, Swing & Squat L then R. <i>Hands clasped & low open</i>	16 4x
4:27	Outro / Let me think about it	1½x8		Jump Squat On Top & slow rise	4



03. LET ME THINK ABOUT IT (CELEBRATION MIX – RADIO EDIT) 4:35mins

TECHNIQUE AND COACHING

TRIPLE PULSE SQUAT

PHONETIC CUE '3, 2, 1, step back and change sides; 3, 2, 1, change sides'

Triple Pulse Squat L. Hands clasped 1-6
Step back R, L. Low open 7-8
Repeat to other side 9-16

- **Knees out in line with toes**
- **Sit hips back and down** to knee height or above
- Feet slightly wider than hips
- We have levels to progress this, so you choose a level that's good for you

SQUAT, FREEZE, TAP & SQUAT COMBO

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

Drop Squat L. Hands clasped 1-2
Propel R foot on top of the step, Freeze Tap L. Low open 3-4
Drop Squat L. Hands clasped 5-6
Step back R, L. Low open 7-8
Repeat to other side 9-16

- Anytime, come back to the Triple Pulse Squat
- **Core braced**
- **Squeeze glutes to extend the leg out**

OPTION: Triple Pulse Squat

BASIC STEP

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

Step L, R on top of the step. RA 1-2
Step L, R on to the floor. RA 3-4

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

4X WIDE MARCH ON TOP

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

4x Wide March On Top L. RA 1-4
4x March on the floor L. RA 5-8

- **Natural walking rhythm**
- Enjoy the music – how can you bring this fun song alive with your participants?

SQUAT ON TOP WIDE, NARROW & MARCH ON THE FLOOR

PHONETIC CUE 'Wide, Narrow, March it back; Wide, Narrow, arch it back'

Jump Squat Wide on top of the step. Hands clasped 1-2
Jump Squat Narrow on top of the step. Hands clasped 3-4
4x March on the floor RA 5-8

- **Soft knee landings**
- Choice to stagger the landings
- Check in with your participants – are they still landing softly?

OPTION: Staggered Squat Wide, Narrow & March OTS

SQUAT, SWING & SQUAT

PHONETIC CUE 'Squat, Swing, Swing, Squat, Change Side; Squat, Swing, Swing, Squat, Change Side'

Drop Squat R. Hands clasped 1-2
Pendulum Swing L then R 3-4
Drop Squat R. Hands clasped 5-6
Step back L, R. Low open 7-8
Repeat to the other side 9-16

- Core braced
- Squeeze glutes
- Soft knee landings
- Coach your participants to remember this combo is saying "Squat, Swing, Swing, Drop"

OPTION: Squat, Freeze Tap & Squat Combo

04. PEAK 1

TRACK FOCUS

Coach the natural running rhythm of the Half Stomp, and then the ROM and options to increase or decrease the intensity for your participants.

Use the highs and lows in the music to connect to the energy of this track.

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			Move towards the R side of the step Prepare to move			
0:01	Intro / When I step into the club	3x8 A	Jog OTS L, R. RA 👁 Half Stomp & Jog OTS on the last 8cts		2	12x
0:09	V1 / DJ turn it up	5x8 B	Half Stomp & Jog OTS L, R. RA 👁 Half Stomp, Jog OTS & Light Skater on the last 16cts		8	5x
0:24	Drop / When I step into the club	8x8 B ¹	Half Stomp, Jog OTS & Light Skater L. RA 👁 Half Stomp, Run OTS & Athletic Skater on the last 16cts		16	4x
0:47	/ When I step into the club	8x8 B ²	Half Stomp, Jog OTS & Athletic Skater L. RA & Athletic Arms 👁 Basic Jog On Top on the last 8cts		16	4x
1:10	B up / (Lasers)	4x8 C	Basic Jog L. RA 👁 Bigger ROM Basic Jog L on the last 4cts		4	8x
1:22	Drop / Rock your body, don't stop	4x8 C ¹	Bigger ROM Basic Jog L. Athletic RA 👁 Plyometric Lunge R then L on the last 4cts		4	8x
1:33	/ When I step into the	4x8 D	Plyometric Lunge L then R. Athletic RA		4	8x
1:45	(Low)	2x8	Stop and shake out Move towards the L side of the step		16	
1:51	Interlude / When you see me in the club	2x8 A	REPEAT Jog OTS R, L. RA 👁 Half Stomp & Jog OTS on the last 8cts		2	8x
1:57	V2 / When I step into the club	5x8 B	REPEAT Half Stomp & Jog OTS R. RA 👁 Half Stomp, Jog OTS & Light Skater on the last 16cts		8	5x
2:20	Drop / When I step into the club	8x8 B ¹	REPEAT Half Stomp, Jog OTS & Light Skater R. RA 👁 Half Stomp, Run OTS & Athletic Skater on the last 16cts		16	4x
2:43	/ When I step into the club	8x8 B ²	REPEAT Half Stomp, Jog OTS & Athletic Skater R. RA & Athletic Arms 👁 Basic Jog on the last 8cts		16	4x
3:07	B up / (Lasers)	4x8 C	REPEAT Basic Jog R. RA 👁 Bigger ROM Basic Jog R on the last 4cts		4	8x
3:18	Drop / Rock your body, don't stop	4x8 C ¹	REPEAT Bigger ROM Basic Jog Athletic RA 👁 Plyometric Lunge R then L on the last 4cts		4	8x
3:30	Drop / When I step into the _	4x8 D	REPEAT Plyometric Lunge R then L. Athletic RA		4	8x



04. DJ TURN IT UP (BEN NICKY REMIX) 3:49mins

TECHNIQUE AND COACHING

JOG OTS

PHONETIC CUE 'Right, left; right, left'

Jog OTS L, R. RA 1-2

- Breathe, watch my feet

HALF STOMP & JOG OTS

PHONETIC CUE 'Up, side, up, back, run; up, side, up, back, run'

Half Stomp L. RA 1-4

4x Jog OTS L. RA 5-8

Important: Some participants may find it challenging to get the timing of the Half Stomp. It's important to coach the phonetic cues and revisit Layer 1 cues.

- **Natural running rhythm**
- Remember team, natural run – we're running left, right, left, right
- Use this time to recover

HALF STOMP, JOG OTS AND 4X LIGHT SKATER

PHONETIC CUE 'Half Stomp, run, Light Skater; Half Stomp, run, Light Skater'

Half Stomp L. RA 1-4

4x Jog OTS L. RA 5-8

4x Light Skater L then R 9-16

- **Body square to the front**
- **Whole foot on top of the step**
- **Soft knees**
- **Squeeze glutes**

HALF STOMP, JOG OTS AND 4X ATHLETIC SKATER

PHONETIC CUE 'Half Stomp, run, big Skater; Half Stomp, run, big Skater'

Half Stomp L. RA 1-4

4x Jog OTS L. RA 5-8

4x Athletic Skater L then R 9-16

- Big or small Skater
- **Knees out over toes**
- **Core braced**
- **Glutes engaged**
- If you want more momentum, swing the arms
- "8, 7, 6 more!"

OPTION: Half Stomp, Jog OTS and 4x Light Skater

BASIC JOG

PHONETIC CUE 'Up, down; up, down'

Jog On Top L, R. RA 1-2

Step down L, R. RA 3-4

- 'Chill'
- We're about to 'crank' this up
- Whole foot on the step

Important: Let the music come through when the Jogs start. It's an epic build – try not to talk over it, then come in strongly for the Run On Top.

BIGGER ROM BASIC JOG

PHONETIC CUE 'Up, down; up, down'

Bigger ROM Basic Jog On Top L, R. RA 1-2

Step down L, R. RA 3-4

- Level 2
- Pump the arms, pump the legs
- Keep heels on top of the step

Important: Coach the Run On Top inclusively by revisiting the alternatives in an empowering way eg. "Or take a lighter jog. Take your heart rate up your way!"

OPTION: Jog On Top



04. DJ TURN IT UP (BEN NICKY REMIX) 3:49mins

TECHNIQUE AND COACHING

SINGLE PLYOMETRIC LUNGE

PHONETIC CUE 'Right, left; right, left'

Single Plyometric Lunge, L foot on top of the step, R foot on the floor in Lunge position. RA 1-2

Single Plyometric Lunge, R foot on top of the step, L foot on the floor in Lunge position. RA 3-4

- Heels on
- Knees press out

Important: Let participants know where the finish line is – are there 9 more reps? Or 100?

OPTION: Forward-Stepping Lunge

05. MIXED STRENGTH

TRACK FOCUS

Use countdowns and phonetic cues to set up the Squat patterns.

Let your participants know that for the new Pushup with Bolt Complex, we start in the ‘down’ position, and push ‘up’ first. Use the phonetic cue ‘Pushup, lean back, forward, and down’ to coach this new pattern.

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
0:00	Intro /	½x8	Move to the R side of the step, on top of the step Step R foot on the floor, then set up Wide Squat Pulse position L Weight in both hands at the front of the body	4	
0:02		1½x8 A	Wide Squat Pulse L. <i>Plate in both hands</i> 👁 High Pull on the last 2cts	2	6x
0:09	_ I want to little fire	8x8 B	4x Wide Squat Pulse Side & Top with High Pull L. <i>Weight in both hands</i>	16	4x
0:44	Bun up the _	4x8 B¹	Wide Double Squat Pulse Side & Top with High Pull Combo L. <i>Weight in both hands</i>	8	4x
1:02	Bun up the _	4x8 B²	Wide Double Squat Pulse Side with High Pull L. <i>Weight in both hands</i>	4	8x
1:20	_ I want a little fire	1x8	Pivot R foot into Lunge position Turn to the 45° angle. <i>Weight in R hand</i>	8	
1:24	Now give me the light	3x8 C	Weighted Single Lunge L. <i>Weight in R hand</i>	4	6x
1:37	Bun up the _	4x8 C¹	Weighted Double Pulse Lunge L. <i>Weight in R hand</i>	4	8x
1:55	C / Bun up the _	2x8	Shake out, <i>place weight at the front of the step</i> Move down to the floor at the back of the step Set up in the bottom range of Pushup	16	
2:04	Instr /	6x8 D	Pushup with Bolt Complex. <i>Both hands on top of the step</i>	8	6x
2:32	Build / Come on	2x8	Shake it out Bring knees to the floor for Childs Pose Set up in the bottom range of Pushup	16	
2:42	Drop / Lean back	8x8 D¹	3x Pushup with Bolt Complex	16	4x
3:20	Low /	2x8	Stop Bring knees to the floor for Childs Pose Move onto your feet	16	
3:30		2x8	<i>Pick up your plate</i> Move towards the L hand side of the step Step L foot on the floor, then set up Wide Squat Pulse position R <i>Weight in both hands at the front of the body</i>	16	
3:38	_ I want to little fire	8x8 B	REPEAT 4x Wide Squat Pulse Top & Side with High Pull Combo R. <i>Weight in both hands</i>	16	4x

05. MIXED STRENGTH

MUSIC			EXERCISE		CTS	REPS
4:13	Bun up the _	4x8	B ¹	REPEAT Wide Double Squat Pulse Top & Side with High Pull Combo R. <i>Weight in both hands</i>	8	4x
4:31	Bun up the _	4x8	B ²	REPEAT Wide Double Squat Pulse Side with High Pull R. <i>Weight in both hands</i>	4	8x
4:50	_ I want a little fire	1x8		REPEAT Pivot L foot into Lunge position Turn to the 45° angle, <i>weight in L hand</i>	8	
4:54	Now give me the light	3x8	C	REPEAT Weighted Single Lunge R. <i>Weight in L hand</i>	4	6x
5:07	Bun up the _	4x8	C ¹	REPEAT Weighted Double Pulse Lunge R. <i>Weight in L hand</i>	4	8x
5:25	Instr /	2x8		Shake it off, <i>place weight at the front of the step</i> Move down to the floor at the back of the step Set up in the bottom range of Pushup	16	
5:34		6x8	D	REPEAT Pushup with Bolt Complex	8	6x
6:02	Lean back	2x8		Stop Bring knees to the floor for Childs Pose Set up in the bottom range of Pushup	16	
6:11	Lean back	8x8	D ¹	REPEAT 3x Pushup with Bolt Complex	16	4x
6:50	Outro /	2x8		Stop Bring knees to the floor for Childs Pose, stretch it out	16	



05. BUN UP THE DANCE / LEAN BACK 7:09mins

TECHNIQUE AND COACHING

WEIGHTED WIDE SQUAT PULSE

PHONETIC CUE 'Down; down'

L foot on top of the step, R foot on the floor wide to Squat position, Weighted Wide Squat Pulse L. *Weight in both hands* 1-2

Important: Set participants up for success by coaching them to stand on top of the step towards the left side, then step out wide.

- **Knees turn out in line with toes**
- **Core braced**
- **Chest up**

4X WEIGHTED WIDE SQUAT PULSE SIDE & TOP WITH HIGH PULL COMBO

PHONETIC CUE '4, 3, 2, High Pull, step on top, 4, 3, 2, step down on same side'

4x Squat Pulse L. *Weight in both hands* 1-7
Step R on top of the step. *High Pull* 8
Step L wide on top of the step & Squat Pulse 4x. *Weight in both hands* 9-15
Step L in close to the R foot. *High Pull* 16

- **Feel the burn in the glutes and the legs**

Important: Authentically motivate participants to stay in the workout as the reps get tough.

2X WEIGHTED WIDE SQUAT PULSE SIDE & TOP WITH HIGH PULL COMBO

PHONETIC CUE ''Cut it in half, 2 to the side, High Pull, 2 on top, high pull: 2 to the side, 2 on top'

2x Squat Pulse L. *Weight in both hands* 1-3
Step R on top of the step. *High Pull* 4
Step L wide on top of the step & Squat Pulse 4x. *Weight in both hands* 5-7
Step L in close to the R foot. *High Pull* 8

WEIGHTED SINGLE LUNGE

PHONETIC CUE 'Down, up; Down, up'

L foot on top of the step, turn body on the 45-degree angle, R foot back to Lunge position, Weighted Single Lunge L down. *Weight in R hand* 1-2
Weighted Single Lunge L up. *Weight in R hand* 3-4

- **Front knee out over toes**
- **Chest lifted**
- **Back heel lifted off floor**

WEIGHTED DOUBLE PULSE LUNGE

PHONETIC CUE 'Down, halfway, down, up; Down, halfway, down, up '

Weighted Lunge L down. *Weight in R hand* 1
Weighted Lunge L halfway up. *Weight in R hand* 2
Weighted Lunge L down. *Weight in R hand* 3
Weighted Lunge L up. *Weight in R hand* 4

- **Front thigh parallel to the floor**
- **Stay strong everyone – the burn is real!**

PUSHUP WITH BOLT COMPLEX

PHONETIC CUE 'Up, push back, go forward, go down, Pushup'

Start with chest to elbow height, then Pushup. *Both hands on top of the step* 1-2
Bolt back, hips towards heels. *Both hands on top of the step* 3-4
Move forward to Plank. *Both hands on top of the step* 5-6
Push down, chest to elbow height. *Both hands on top of the step* 7-8

- Shoulders no lower than elbows
- Strong core brace
- Knees or toes
- Keep elbows soft as you move through Pushup



05. BUN UP THE DANCE / LEAN BACK 7:09mins

TECHNIQUE AND COACHING

3X PUSH UP WITH BOLT COMPLEX

PHONETIC CUE 'Up, down, up, down, now lean back'

Start with chest to elbow height, then Pushup x3.
Both hands on top of the step 1-10

Bolt back, hips towards heels. *Both hands on top of the step* 11-12

Move forward to Plank. *Both hands on top of the step* 13-14

Push down, chest to elbow height. *Both hands on top of the step* 15-16

- Keep elbows soft
- If you're not doing the Pushups today, we can mirror this movement with a Standing Row

OPTION: Standing Weight Plate Row

06. PEAK 2

TRACK FOCUS

Before the track starts, let your participants know that they can turn their step to 'Portrait Mode' if they find it difficult to move laterally across the step in 'Landscape Mode'.

Coach the '1, 2, 3' rhythm of the ATT's, and then coach the ROM variations to increase or decrease the intensity.

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
0:00	Instr /		Set up on the R side of the step		
0:02		4x8 A	Jog L, R OTS. RA 👁 Low ATT & Jog OTS on the last 16cts	2	16x
0:11	B Up / Here right	4x8 B	Low ATT & Jog OTS L. Hands clasped O/H then low open & RA	16	2x
0:23	V1 / Rhyme dust	8x8 B ¹	Medium ATT & Jog OTS L. Hands clasped O/H then low open & RA 👁 Power ATT & High Knee Run OTS	16	4x
0:45	Rhyme dust	8x8 B ²	Power ATT & High Knee Run OTS L. Hands clasped O/H then low open & RA 👁 Low Freeze Tap with Step Down on the last 4cts	16	4x
1:08	Drop	4x8 C	Low Freeze Tap with Step Down L. RA 👁 Freeze Knee with Step Down on the last 4cts	4	8x
1:19	Here right	4x8 C ¹	Freeze Knee with Step Down L. RA	4	8x
1:31	Rhyme dust	8x8 B ²	🔁 Power ATT & High Knee Run OTS L. Hands clasped O/H then low open & RA	16	4x
1:53	Low /	2x8	Stop, shake out Move to the L side of the step	16	
1:59	Instr /	2x8 A	🔁 Jog R, L OTS. RA	2	8x
2:05	B Up / Here right	4x8 B	🔁 Low ATT & Jog OTS R. Hands clasped O/H then low open & RA	16	2x
2:16	V2 / Rhyme dust	8x8 B ¹	🔁 Medium ATT & Jog OTS R. Hands clasped O/H then low open & RA	16	4x
2:39	Rhyme dust	8x8 B ²	🔁 Power ATT & High Knee Run OTS R. Hands clasped O/H then low open & RA 👁 Low Freeze Tap with Step Down on the last 4cts	16	4x
3:01	Drop /	4x8 C	🔁 Low Freeze Tap with Step Down R. RA 👁 Freeze Knee with Step Down on the last 4cts	4	8x
3:13	Here right	4x8 C ²	🔁 Freeze Knee with Step Down R. RA	4	8x
3:24	Rhyme dust	8x8 B ²	🔁 Power ATT & High Knee Run OTS R. Hands clasped O/H then low open & RA	16	4x
3:47	Outro /	2x8	Stop, shake out	16	



06. RHYME DUST (DIMENSION REMIX) 3:55mins

TECHNIQUE AND COACHING

JOG

PHONETIC CUE 'Light jog on the spot'

Jog L, R. RA 1-2

- Light jog on the spot
- Recover – how good was that?! So good we have to do it on the other side!

LIGHT ATT AND JOG OTS

PHONETIC CUE 'Across, across, hold and jog; across, across, hold and jog'

Low Across L then R. Hands clasped 1-8
Jog L, R 4x OTS. RA 9-16

- Lateral cardio – drive across the step, focusing on the side of the body
- Breathe – you should need this time, not want it!

Important: Coach participants the '1, 2, 3' rhythm of the Across The Top, just as Emma does on the Masterclass footage. This will help them get a good feel of the Across The Top movement.

MEDIUM ATT & JOG OTS

PHONETIC CUE 'A little bigger; across, across, hold and jog'

Med Across L then R. Hands clasped 1-8
Jog L, R 4x OTS. RA 9-16

- **Hips square to the front**
- **Soft landings**
- **Stay light on the toes**
- We work lateral cardio to ignite the side glutes and the legs
- Improving our lateral agility and power – like side-stepping on the sports field, or trying to dodge someone in your 'DM's'

OPTION: Light ATT and Jog OTS

POWER ATT AND HIGH KNEE RUN OTS

PHONETIC CUE 'Make it even bigger! Across, across, run; knees up'

Power Across L then R. Hands clasped 1-8
High Knee Run L, R 4x OTS. RA 9-16

- **Strong core brace** to drive the knees high towards hip height
- High knees equals high heart rate!
- Use your arms – big swing to get momentum
- The step is your platform, explode off it!

Important: This piece of choreography is a great chance for you to shine your Layer 2 and 3 coaching. Ask yourself: What are the benefits of cardio training? How do YOU like to be motivated to stay in the workout? When you really put your 'foot on the gas pedal' during a workout, how does it make you feel? Allow these questions to prompt you in exploring your Layer 2 and 3 in your BODYSTEP coaching.

OPTION: Medium ATT and Jog OTS

LOW FREEZE TAP WITH STEP DOWN

PHONETIC CUE 'Quick, down, down; quick, down, down'

Low Freeze Tap on top of the step L. RA 1-2
Step down R, L. RA 3-4

- **Knee out over toes**
- **Sit low**
- The second movement is a great chance in the choreography to use silence – let the music come through, then coach participants to hit the Freeze Knee and the final ATT combo

FREEZE KNEE WITH STEP DOWN

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

Freeze Knee on top of the step L. RA 1-2
Step down R, L. RA 3-4

- Drive the knee up towards hip height
- Use hip flexor power to drive the knee

OPTION: Low Freeze Tap with Step Down

07. CONDITIONING 1 HIP STRENGTH

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Everything You Want* with the same choreography.

TRACK FOCUS

Coach a small rotation in the Lunge Quarter Turn Lunge sequences. To keep everyone’s knees safe, it’s super important that the knee of the foot on the step keeps pushing outward, and doesn’t buckle inward.

If you see this happening on the floor, coach an even smaller rotation to Squat position.

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 / This ain’t gon’ be easy	4x8	Grab a medium to heavy weight plate Step on top of the step on L side Front rack plate to collarbones 👁️ Lunge, Quarter-turn Squat, Lunge Combo L	16	
0:20	V1 / Tables turnin’	8x8	A Lunge, Quarter-turn Squat, Lunge Combo L. Weight to front rack 👁️ Lunge & Quarter-turn Squat Pulse	8	8x
0:57	C / Check it	4x8	A¹ Lunge, Quarter-turn Squat Pulse L. Weight to front rack	4	8x
1:15	I wanna see ya work	3x8	Stop, shake out Place weight on top of the step Move to the floor towards the L side of the step	24	
1:30	V2 / You better leave a	14x8	B 4x Fire Hydrant with Global Hip Rotation L. Both hands on top of the step	16	7x
2:35	C / Put it in	2x8	Stop Move to lie on R side Place weight on top of L thigh	16	
2:45	Check it	4x8	C Weighted Lying Leg Extension Pulse L. Weight on top of L thigh	2	16x
3:03	See ya work	1x8	Stop, shake it off	8	
3:09	Intro / This ain’t gon’ be easy	4x8	Move to the R side of the step Weight to front rack	32	
3:28	V1 / Tables turnin’	8x8	A  Lunge, Quarter-turn Squat, Lunge Combo R Weight to front rack	8	8x
4:05	C / Check it	4x8	A¹  Lunge, Quarter-turn Squat Pulse R. Weight to front rack	4	8x
4:23	I wanna see ya work	3x8	Stop, shake out Place weight on top of the step Move to the floor towards the R side of the step	24	
4:38	V2 / You better leave a	14x8	B  4x Fire Hydrant with Global Hip Rotation R. Both hands on top of the step	16	7x
5:44	C / Put it in	2x8	Stop Move to lie on L side Place weight on top of R thigh	16	
5:53	Check it	4x8	C  Weighted Lying Leg Extension Pulse R. Weight on top of R thigh	2	16x
Outro /			Stop, shake out 90/90 Hip Rolls		

ALT

07. CONDITIONING 1 HIP STRENGTH

Please use **Everything You Want** in place of **Work (Freemasons Edit)** when teaching Track 07 with the same choreography.

TRACK FOCUS

Coach a small rotation in the Lunge Quarter Turn Lunge sequences. To keep everyone’s knees safe, it’s super important that the knee of the foot on the step keeps pushing outward, and doesn’t buckle inward.

If you see this happening on the floor, coach an even smaller rotation to Squat position.

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 / Instr	4x8	Grab a medium to heavy weight plate Step on top of the step on L side Front rack plate to collarbones 👁️ Lunge, Quarter-turn Squat, Lunge Combo L	16	
0:20	V1 / Curiosity is killing me	8x8	A Lunge, Quarter-turn Squat, Lunge Combo L. Weight to front rack 👁️ Lunge & Quarter-turn Squat Pulse on the last 8cts	8	8x
0:57	C / Looking for	4x8	A¹ Lunge, Quarter-turn Squat Pulse L. Weight to front rack	4	8x
1:15	Baby	3x8	Stop, shake out Place weight on top of the step Move to the floor behind the step, towards the L side	24	
1:30	V2 / What to do	14x8	B 4x Fire Hydrant & Global Hip Rotation L. Both hands on top of the step	16	7x
2:35	C / Everything you want babe	2x8	Stop Move to lie on R side Place weight on top of L thigh	16	
2:45	Everything you want	4x8	C Weighted Lying Leg Extension Pulse L. Weight on top of L thigh	2	16x
3:03	Instr / Oh oh	1x8	Stop, shake it off	8	
3:09	Intro / This ain’t gon’ be easy	4x8	Move to the R side of the step Weight to front rack	32	
3:28	V1 / Curiosity is killing me	8x8	A  Lunge, Quarter-turn Squat, Lunge Combo R Weight to front rack	8	8x
4:05	C / Looking for love	4x8	A¹  Lunge, Quarter-turn Squat Pulse R. Weight to front rack	8	8x
4:23	Baby	3x8	Stop, shake out Place weight on top of the step Move to the floor behind the step, towards the R side	24	
4:38	V2 / What to do	14x8	B  4x Fire Hydrant & Global Hip Rotation R. Both hands on top of the step	16	7x
5:44	C / Everything you want babe	2x8	Stop Move to lie on L side Place weight on top of R thigh	16	
5:53	Everything you want	4x8	C  Weighted Lying Leg Extension Pulse R. Weight on top of R thigh	2	16x
	Outro /		Stop, shake out 90/90 Hip Rolls		



07. WORK (FREEMASONS RADIO EDIT) 6:21mins

TECHNIQUE AND COACHING

LUNGE, QUARTER-TURN SQUAT, LUNGE COMBO

PHONETIC CUE 'Lunge, pivot Squat, pivot Lunge, tap up; Lunge, Squat, Lunge, tap up'

- Lunge L. Weight to front rack 1-2
- Pivot to Squat L. Weight to front rack 3-4
- Pivot back to Lunge position L. Weight to front rack 5-6
- Tap L foot on top of the step beside R. Weight to front rack 7-8

Important: It's key to reiterate the Layer 1 cues, especially the knee staying in line with the toes, as it doesn't turn inward. This keeps the movement safe as well as making sure we target the muscles around our hips.

- **Chest lifted**
- **Core braced**
- **Front knee stays in line with toes the entire time, we do not turn the knee inwards**
- Pivot on the back foot by keeping heel up, down, then up again
- Imagine you're trying to corkscrew your back toes into the floor. This means we have to squeeze our hips and glutes as we turn the toes out
- Hold. Grab a plate if you want it
- Feel the movement – we go up, then we go down and we stay down

LUNGE, QUARTER-TURN SQUAT PULSE

PHONETIC CUE 'Lunge, pivot Squat, pivot Lunge pivot Squat'

- Lunge Pulse L. Weight to front rack 1-2
- Pivot L to Squat Pulse L. Weight to front rack 3-4

- Remember, keep front knee in line with toes. This means our rotation is a little smaller, but that's what we want
- Squeeze glutes tightly to stabilize
- Time for the burn, time for the benefits
- Feel the burn by keeping hips low to Lunge AND low to Turn

4X FIRE HYDRANT & GLOBAL HIP ROTATION

PHONETIC CUE '4, 3, 2, 1, Global Hip Rotation, lift, rotate to the front, rotate to the back'

- Tabletop position (hands underneath shoulders, knees underneath hips) on the L side of the step
- 4x Fire Hydrant L. Both hands on top of the step 1-8
 - Global Hip Rotation L, rotate to the front. Both hands on top of the step 9-12
 - Global Hip Rotation L, rotate to the back. Both hands on top of the step 13-16

- **Core braced to keep hips stable and level**
- This is a slow and controlled movement
- If the Fire Hydrant isn't for you, that's OK; try it with the Leg Extension
- This move is great to work all those little stabilizing muscles around the hips
- Focus on muscular control – it's as if you're stepping onto a thin sheet of glass and you're trying not to break it
- Try as hard as you can to keep your hips square to the floor – this is super tough! But the more we train this way, the stronger and more mobile our hips will be
- Drive hands firmly into the step to keep upper body strong and to support this movement

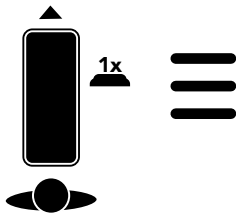
OPTION: 4x Fire Hydrant with Leg Extension

WEIGHTED LYING LEG EXTENSION PULSE

PHONETIC CUE 'Up; up'

Lie on R side, Weighted Lying Leg Extension Pulse up, down. Weight on top of the L thigh 1-2

- **Elbow underneath shoulder**
- **Chest lifted to keep posture strong**
- **Stack hips on top of each other**
- Keep lifted through the waistline
- This is great for longevity – tomorrow, next week, next 15 years and forever
- If you want to work harder, slide the plate further down the leg



08A. MOVE

TRACK FOCUS

Coach the natural running rhythm of the T-Straddle, and use phonetic cue, 'Up, straddle, up, back' to describe the running pattern, together with visual cues, to show the leading leg and the direction to move.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
Intro / _ Throw your hands up			Stand behind the step Prepare to move			
0:00	_ Throw your hands up	4x8	A	Light Jog OTS L. RA 👁️ 4x Jog T-Straddle on the last 16cts	2	16x
0:11	V1 / _ Got your hands up	8x8	B	4x Jog T-Straddle L. RA	16	4x
0:33	C / You know you're only in it	10x8	B ¹	Single Jog T-Straddle L. RA 👁️ Freeze Leg Extension L then R on the last 8cts	8	10x
1:02	V2 / _ You got the latest places	4x8	C	Freeze Leg Extension L then R. <i>Hands clasped & low open</i> 👁️ Propulsive Leg Extension R on the last 4cts	8	4x
1:13	_ You got the magic numbers	4x8	C ¹	Propulsive Leg Extension L then R. 👁️ Single Jog T-Straddle & Propulsive Leg Extension Combo on the last 16cts	8	4x
1:24	C / You know you're only in it	8x8	D	Single Jog T-Straddle & Propulsive Leg Extension Combo L. <i>RA then Hands clasped & low open</i>	16	4x
1:47	Right now	2x8		Stop, shake out	16	
1:53	Br / Let me see the club get hotter	8x8	B	🔄 4x Jog T-Straddle R. RA 👁️ Single Jog T-Straddle & Propulsive Leg Extension Combo	16	4x
2:15	C / You know you're only in it	8x8	D	🔄 Single Jog T-Straddle & Propulsive Leg Extension R Combo. <i>RA then Hands clasped & low open</i>	16	4x
2:37	Ref / _ Throw your hands up	8x8	B ¹	🔄 Single Jog T-Straddle R. RA	8	8x
3:00	Outro / Hot right now	1x8		Jump on top and shake out	8	



08A. HOT RIGHT NOW (RADIO EDIT) 3:08mins

TECHNIQUE AND COACHING

LIGHT JOG OTS

PHONETIC CUE 'Right, left; right, left'

- Light Jog OTS L, R. RA1-2
- Light tread of the feet on the spot
 - This is an energizing track

4x JOG T-STRADDLE

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

- 4x Jog on top of the step L. RA1-4
- 4x Straddle Jog down L. RA5-8
- 4x Jog on top of the step L. RA9-12
- 4x Jog off the back L. RA13-16

- **Natural running rhythm**

SINGLE JOG T-STRADDLE

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

- Jog on top of the step L, R. RA1-2
- Straddle Jog down L, R. RA3-4
- Straddle Jog on top of the step L, R. RA5-6
- Jog off the back L, R. RA7-8

- Every now and again, take a look down at your feet and make sure you're centered on your step

FREEZE LEG EXTENSION

PHONETIC CUE 'Right, left; right, left'

- Freeze Leg Extension L. Clasped to the front1-2
- Step back R, L. Low A-Frame3-4
- Repeat to the other side5-8

- **Chest up**
- Catch the landing with a soft knee
- Squeeze glutes

PROPULSIVE LEG EXTENSION

PHONETIC CUE 'Up; up'

- Propulsive Leg Extension L. Clasped Raise1-2
- Step back R, L. Clasped Raise3-4
- Repeat to the other side5-8

- Light push off the step
- A little more cardio

OPTION: Freeze Leg Extension

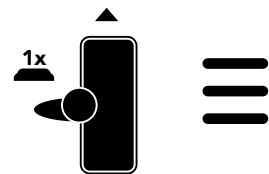
SINGLE JOG T-STRADDLE & PROPULSIVE LEG EXTENSION COMBO

PHONETIC CUE 'T-Straddle, 2 Leg Lifts, right, left; T-Straddle, Leg Lift, right, left'

- Single Jog T-Straddle L. RA1-8
- Propulsive Leg Extension L then R. Clasped Raise9-16

- Choice to make this combo a little smaller
- Feeling the heart rate more now
- Lift the legs, pump the arms

OPTION: Low Single Jog T-Straddle & Propulsive Leg Extension Combo



09. PEAK 3 – ATHLETIC CIRCUIT

TRACK FOCUS

This Athletic Circuit has a shorter duration from past Athletic Circuits, focusing on quality, not quantity. Let your class know, and encourage them to push hard to empty the tank and get that cardio high.

For the Burpee section, let your class know that they can choose to do the Triple Pulse Squat & Jump On Top, if Burpees aren't their thing.

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 /	2x8		Move to the L side of the step Set up R foot on top of the step, L foot on the floor 👁 Squat Up & Down on the last 4cts	16	
0:05	V1 / _ Run walk	4x8	A	Squat Up & Down R. <i>Hands on thighs</i> 👁 Squat Up & Down <i>with Arms</i> on the last 4cts	4	8x
0:16	_ Lock them off	2x8	A ¹	Squat Up & Down R. <i>Hands clasped O/H then low open</i>	4	4x
0:22	Drop / Run the show now _	6x8	A ²	Jump Squat R. <i>Hands clasped O/H then low open</i> 👁 Jump Squat OTT on the last 8cts	4	12x
0:38	We run the show now _	6x8	A ³	Jump Squat OTT R then L. <i>Hands clasped O/H then low open</i>	8	6x
0:54	Low / Run the show now _	2x8		Stop. Stand on top of the step 👁 Light Straddle on the last 4cts	16	
1:00	B up / (Stomp)	4x8	B	Light Straddle L. RA	4	8x
1:11	Drop / getting locked off _	6x8	B ¹	Speed Straddle L. RA	48	AMRAP
1:28	Low / Run the show now _	3x8		Stop. Stand on top of the step 👁 Triple Pulse Squat & Straddle On Top	24	
1:39	V2 / Jump in _	3x8	C	Staggered Triple Pulse Squat & Straddle On Top L. <i>Hands on thighs then Hands clasped</i> 👁 Triple Pulse Squat & Jump On Top	8	3x
1:50	Drop / Everybody jump in _	6x8	C ¹	Propulsive Triple Pulse Squat & Jump On Top. <i>Hands on thighs then Hands clasped</i>	8	6x
2:12	B up / (Sirens)	4x8		Stop Explain to class that they can continue with the Triple Squat Pulse, or can choose the Burpee 👁 Straddle Jump Burpee and Jump On Top	32	
2:27	Drop / Everybody jump in _	6x8	C ²	Burpee and Jump On Top	8	6x
2:49	B up / (Sirens)	4x8		Stop Set up AMRAP	32	
3:04	Drop / Everybody jump in _	4x8	C ³	Straddle Jump Burpee and Jump On Top	32	AMRAP
3:19	V1 / _ Run walk	2x8		Stop Move to the R side of the step 👁 Squat Up & Down	16	



09. PEAK 3 – ATHLETIC CIRCUIT

MUSIC		EXERCISE		CTS	REPS
3:24	Drop / _ Lock them off	4x8 A	 Squat Up & Down L. Hands on thighs  Squat Up & Down with Arms	4	4x
3:30	Lock them off _	2x8 A ¹	 Squat Up & Down L. Hands clasped O/H then low open	4	4x
3:35	We run the show now_	6x8 A ²	 Jump Squat L. Hands clasped O/H then low open  Jump Squat OTT on the last 8cts	4	12x
3:52	Low / We run the show now	6x8 A ³	 Jump Squat OTT L then R. Hands clasped O/H then low open	8	6x
4:09	B up / (Stomp)	2x8	Stop Stand on top of the step  Light Straddle on the last 4cts	16	
4:14	Build / (Instr)	4x8 B	 Light Straddle R. RA	4	8x
4:25	Drop / Getting locked off _	6x8 B ¹	 Speed Straddle R. RA	48	AMRAP
4:41	Outro /	1x8	Stop, shake off and celebrate	8	



09. RUN THE SHOW / JUMP IN 4:49mins

TECHNIQUE AND COACHING

SQUAT UP AND DOWN

PHONETIC CUE 'Squat up, down; up, down'

L foot on the floor on the L side, R foot on top of the step. Squat Up & Down R. *Hands on thighs* 1-4

- One foot on the step, one foot off
- Press knees out over toes
- Chest lifted
- Lots of options, we're aiming for quality over quantity
- This move is about the up AND the down
- Breathe and recover here

SQUAT UP AND DOWN WITH ARMS

PHONETIC CUE 'Up, down; up, down'

L foot on the floor on the L side, R foot on top of the step, Squat Up. *Hands clasped O/H* 1-2
Squat Down. *Low open* 3-4

- **Use the arms to gain more momentum**
- **Maintain great posture**
- **Are we ready for power?!**

OPTION: Squat Up and Down

JUMP SQUAT

PHONETIC CUE 'Over, down; Over, down'

L foot on the floor on the L side, R foot on top of the step, Jump Squat Up. *Hands clasped O/H* 1-3
Land in Squat position. *Low open* 4

- **Bend knees to land** every Squat
- Sit low to explode
- Maximum power here

OPTION: Squat Up and Down with Arms

JUMP SQUAT OTT

PHONETIC CUE 'Over, down; over, down'

L foot on the floor on the L side, R foot on top of the step. Jump Squat OTT R. *Hands clasped O/H* 1-2

Land in Squat position, L on the step, R on the floor. *Low open* 3-4

Repeat to the other side. RA 5-8

- Push across
- Choices – no jumping today
- If it doesn't challenge you, it won't change you

OPTION: Squat OTT

LIGHT STRADDLE

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

Light Straddle onto the floor L, R. RA 1-2

Light Straddle on top of the step L, R. RA 3-4

- **Bend knees**
- **Head at one level**
- After the countdown, we have 15 seconds to go as fast as we can

SPEED STRADDLE

PHONETIC CUE 'Go; go'

Straddle onto the floor L, R. RA AMRAP

Straddle on top of the step L, R. RA AMRAP

- Slow, low and loaded, or fast
- Race is on! Against yourself, to be your best. OR race someone else, to be THEIR best!

OPTION: Light Straddle

STAGGERED TRIPLE PULSE SQUAT AND STRADDLE ON TOP

PHONETIC CUE '3, 2, 1, Straddle up; 3, 2, 1, Straddle up'

Staggered Straddle down, feet wide on the floor straddling the step, Triple Pulse Squat. *Hands on thighs* 1-6

Staggered Straddle On Top of the step L, R. *Hands clasped* 7-8

- This is option one; you can stay here OR Jump On Top



09. RUN THE SHOW / JUMP IN 4:49mins

TECHNIQUE AND COACHING

PROPULSIVE TRIPLE PULSE SQUAT AND JUMP ON TOP

PHONETIC CUE '3, 2, 1, Jump up; 3, 2, 1, Jump up '

Straddle Jump down, feet wide on the floor straddling the step, Triple Pulse Squat. *Hands on thighs* 1-6
Jump On Top of the step. *Hands clasped* 7-8

- **Soft knee landings**
- **Knees press out over toes**
- **Chest lifted**
- We are feeling athletic!

OPTION: Triple Pulse Squat and Straddle On Top

STRADDLE JUMP BURPEE AND JUMP ON TOP

PHONETIC CUE 'Down, Plank, in, on; Down, Plank, in, on'

Squat down. *Hands clasped* 1-2
Jump back to Plank. *Hands on top of the step* 3-4
Jump in to Squat. *Hands on top of the step* 5-6
Jump On Top of the step. *Hands clasped* 7-8

Important: In the short recovery before this move starts, let participants know that we're moving into the floor movements now. So, they can choose to stay with the Triple Pulse Squat OR they can try the Burpee.

- **Hands under shoulders**
- **Core braced** to jump into Plank

OPTION: Triple Pulse Squat and Jump On Top

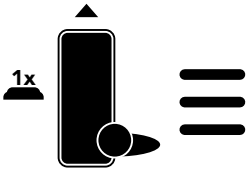
OFFBEAT BURPEE AND JUMP ON TOP

PHONETIC CUE 'Down, Plank, in, on; down, Plank, in, on'

Offbeat Burpee and Jump On Top

Important: Encourage participants to move their way, on or off the beat of the music. This is about training with your best effort, no matter what that looks like.

- Use the Squat to transition in and out of the Burpee



10A. CONDITIONING 2 GLUTE STRENGTH

TRACK FOCUS

This track is all about the ‘Offset’ position. Clearly coach the set-up positions for each exercise, stating which heel is lifted, and the percentage of body weight to allocate to each leg (eg: 80% on the left leg, 20% on the right leg).

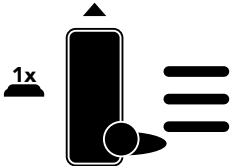
Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Fade away	2x8	Move to the R side of step Place L foot on top of the step, heel up R foot on the floor Weight to front rack 👁 Offset Squat with Halfway Pulse	16	
0:07	C / _ Hold that vibe	8x8	A Offset Squat with Halfway Pulse R. Weight to front rack	8	8x
0:36	(Bassline)	2x8	Stop Shift body weight into L foot Place R foot on the floor, heel up Set up for Offset Deadlift	16	
0:44	V1 / _ They all wanna flow	6x8	B Offset Deadlift with Halfway Pulse L. Weight in both hands 👁 Offset Deadlift with 2x Leg Extension on the last 8cts	8	6x
1:07	C / _ Bass explode	8x8	B ¹ Offset Deadlift with Halfway Pulse & 2x Leg Extension R. Weight in both hands	16	4x
1:36	Instr / (Bassline)	1x8	C Leg Extension R. Weight in both hands	4	2x
1:40	(Bassline)	3x8	C ¹ Fast Leg Extension R. Weight in both hands	2	12x
1:52	Low / Fade away	5x8	Stop Move to the floor on the R side of the step, close to the front of the step Set up for Offset Glute Bridge	40	
2:10	C / Let the music touch your soul	7x8	D Offset Glute Bridge with Halfway Pulse L. Plate on L thigh in L hand, R arm on the floor	8	7x
2:36	V2 / _ Know you wanna vibe	4x8	D ¹ Fast Offset Glute Bridge Pulse L. Plate on L thigh in L hand, R arm on the floor	2	16x
2:53	Low / Fade away	2½x8	Stop. Stand up Move to the L side of step Place R foot on top of the step, heel up L foot on the floor Weight to front rack	20	
3:00	C / _ Hold that vibe	8x8	A  Offset Squat with Halfway Pulse L. Weight to front rack	8	8x

1x Light-Heavy
Weight Plate



10A. CONDITIONING 2 GLUTE STRENGTH

MUSIC			EXERCISE		CTS	REPS
3:30	Instr / (Bassline)	2x8		Stop Shift body weight into R leg Place L foot on the floor, heel up Set up for Offset Deadlift	16	
3:37	V1 / _They all wanna flow like me	6x8	B	Offset Deadlift R. <i>Weight in both hands</i> Offset Deadlift with 2x Leg Extension on the last 8cts	8	6x
4:00	C / _Bass explode	8x8	B ¹	Offset Deadlift with 2x Leg Extension L. <i>Weight in both hands</i>	16	4x
4:29	Instr / (Bassline)	1x8	C	Leg Extension L. <i>Weight in both hands</i>	4	2x
4:33	(Bassline)	3x8	C ¹	Fast Leg Extension L. <i>Weight in both hands</i>	2	12x
4:46	Low / Fade away	5x8		Stop Move to the floor on the L side of the step, close to the front of the step Set up for Offset Glute Bridge	40	
5:03	C / Let the music touch your soul	7x8	D	Offset Glute Bridge with Slow Halfway Pulse R. <i>Plate on R thigh in R hand, L arm on the floor</i>	8	7x
5:29	V2 / _ Know you wanna vibe	4x8	D ¹	Fast Offset Glute Bridge Pulse R. <i>Plate on R thigh in R hand, L arm on the floor</i>	2	16x
5:43	V2 / Roll with a G _	1x8		Stop, shake out	8	



10A. SLANG BANG 5:52mins

TECHNIQUE AND COACHING

OFFSET SQUAT WITH HALFWAY PULSE

PHONETIC CUE 'Down, halfway, down, rise; down, halfway, down, rise'

L foot on top of the step with heel lifted, R foot on the floor on the R side, Offset Squat down. *Weight to front rack* 1-2
Offset Squat halfway up. *Weight to front rack* 3-4
Offset Squat down. *Weight to front rack* 5-6
Offset Squat up. *Weight to front rack* 7-8

Important: This is an Offset Squat which means the heel on top of the step is lifted, so we can focus on loading the outside leg on the floor.

- **Sit hips back and down to knee level or above**
- **Chest up**
- **Core braced**
- **Knees press out over toes**
- Heel lifted on the step
- 80% of body weight is in the outside leg
- Anytime, you can drop the plate
- Squeeze glutes to stabilize and work the back body
- Push hips forward slightly as you rise
- If you need more recovery, take it, and join us when you're ready

OFFSET DEADLIFT WITH HALFWAY PULSE

PHONETIC CUE 'Down, halfway, down, rise; down, halfway, down, rise'

Body weight in L foot on top of the step, R toes tap lightly on the floor on the R side, Offset Deadlift down. *Weight in both hands* 1-2
Offset Deadlift halfway up. *Weight in both hands* 3-4
Offset Deadlift down. *Weight in both hands* 5-6
Offset Deadlift up. *Weight in both hand* 7-8

Important: This is an Offset Squat which means the heel on top of the step is lifted, so we can focus on loading the outside leg on the floor.

- Weight down, shift body weight on top of the step, lightly tap the floor with your right leg, same tempo in Deadlift position
- This time, 80% body weight on top of the step, keep the outside leg low and free
- Outside leg is only there to stabilize, not to load
- Slight tip forward from the hips
- Spine is long and straight
- Fists come to knee level or just above
- Keep plate close to the body



10A. SLANG BANG 5:52mins

TECHNIQUE AND COACHING

OFFSET DEADLIFT WITH 2X LEG EXTENSION

PHONETIC CUE 'Down, halfway, down, 2 Back Kicks, 2, 1, Deadlift; down, halfway, down, 2 Back Kicks, 2, 1, Deadlift'

Body weight in L foot on top of the step, R toes tap lightly on the floor on the R side, Offset Deadlift sequence L. *Weight in both hands* 1-8
Leg Extension R back, then in 2x. *Weight in both hands* 9-16

- **Core braced super tightly to keep hips and shoulders square to the front**
- **Balance challenge coming in now**
- **Choice to not tap the foot down**

LEG EXTENSION

PHONETIC CUE 'Out, in; Out, in'

Body weight in L foot on top of the step, R toes tap lightly on the floor on the R side, Leg Extension R back then in. *Weight in both hands* 1-4

- Stay here – don't go anywhere!

FAST LEG EXTENSION

PHONETIC CUE 'Pulse; Pulse'

Body weight in L foot on top of the step, R toes tap lightly on the floor on the R side, Fast Leg Extension R back then in. *Weight in both hands* 1-4

- Squeeze glutes to lift leg
- Maintain tall posture
- Pulse to the finish

OPTION: Leg Extension

OFFSET GLUTE BRIDGE

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

Lying on your back on the R side towards the front of the step, L foot on top of the step, R foot on the floor, Offset Glute Bridge up. *Plate on L thigh in L hand, R arm on the floor* 1-2
Offset Glute Bridge halfway down. *Plate on L thigh in L hand, R arm on the floor* 3-4
Offset Glute Bridge up. *Plate on L thigh in L hand, R arm on the floor* 5-6
Offset Glute Bridge down. *Plate on L thigh in L hand, R arm on the floor* 7-8

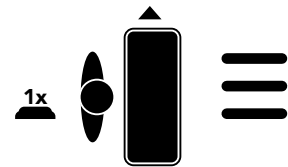
- Stay on the same side, come down to the front, we've got an Offset Glute Bridge. One foot on, one foot off, and if you're using a plate, it goes on top of the leg that's on the step
- **Core braced to maintain neutral spine**
- **Whole foot on top of the step**
- **Feet hip-width apart**
- Tuck hips under to lift hips up
- We focus on glutes and hamstrings
- Less than a minute between us and the finish line
- Not only are we strengthening glutes and hamstrings here, but also the back, which will protect our spine and improve our posture, helping us to stand tall every day

FAST OFFSET GLUTE BRIDGE PULSE

PHONETIC CUE 'Up; up'

Lying on your back on the R side towards the front of the step, L foot on top of the step, R foot on the floor. Fast Offset Glute Bridge Pulse up then down. *Plate on L thigh in L hand, R arm on floor* 1-2

- Hips drive up towards the ceiling
- We work into the stabilizing muscles in the core and hips
- Push through the burn so we can get stronger!



10B. CORE

TRACK FOCUS

A simple track, move A, move B, then join the 2 moves together.

For the Knee Drop, coach your class to anchor their shoulders and arms to the floor throughout.

If their shoulders peel off the floor, get them to lessen the ROM.

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
0:00	Intro / _ Strict club music	2x8	Move yourself to the middle of the step Set up for 2x Cross Crawl & Crunch		16	
0:11	C / Mi mek it bunk pan di lef	6x8	A	2x Cross Crawl Combo	8	6x
0:40	V1 / Kotch it pan di riddim	8x8	B	Knee Drop Combo	16	4x
1:18	C / Bubble shi a bubble	12x8	C	Cross Crawl & Knee Drop Combo F then B	32	3x
2:16	Outro /	1x8	Stop, shake out		8	



10B. MEK IT BUNX UP (RADIO MIX) 2:23mins

TECHNIQUE AND COACHING

CROSS CRAWL COMBO

PHONETIC CUE 'Front, back, crunch up, reset; front, back, crunch up, reset'

Knees above the hips with shins parallel to the ceiling, Cross Crawl L then R. *Fingertips to temples* 1-4
Legs vertical, Crunch Up. *Reach arms towards feet* 5-6
Reset head to the floor, knees above the hips with shins parallel to the ceiling. *Fingertips to temples* 7-8

- Fingertips to temples, knees over the hips
- Rear shoulder lifts up and across the body
- In the Crunch, both shoulders lift off, reach up
- Crunch ribs towards hips

KNEE DROP COMBO

PHONETIC CUE 'Knees to the front, extend top leg, bend, return to center; back, extend, bend, center'

Knees above the hips with shins parallel to the ceiling, Knee Drop to the front. *Arms wide on the floor, palms up.* 1-2
Top Leg Extension 3-4
Bend top leg 5-6
Return bent knees to center 7-8
Repeat to the other side 9-16

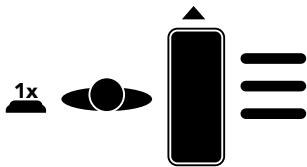
- Training control in the obliques
- How low can we drop but keeping BOTH shoulders down on the floor?
- Strong obliques will help us pick up our groceries or the kids

CROSS CRAWL & KNEE DROP COMBO

PHONETIC CUE 'Cross Crawl, front, back, reach for your toes, lower, knees front, extend, bend, return; Cross Crawl, back, front, reach for your toes, lower, knees back, extend, bend, return'

1x Cross Crawl & Crunch combo 1-8
1x Knee Drop with Top Leg Extension combo 9-16
Repeat to the other side 17-32

- Fatigue is kicking in, but can you lift those shoulders higher?
- Can you feel it in the core?
- The final reps are the ones that make us stronger – hold on!



11. COOLDOWN / STRETCH

TRACK FOCUS

A great new stretch for BODYSTEP, the Supported Scorpion, which is a great spinal, chest and shoulder stretch.

For safety and technique for this stretch, check out the tips in your Choreography Notes.

Teach Neutral

Come into this track

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

MUSIC			EXERCISE		CTS
0:00	Intro /	4x8		Move to lie on front Set up for Supported Scorpion	32
0:11	V1 / I don't feel a single thing	8x8	A	Supported Scorpion R. R hand on top of the step	64
0:33	PC / And I just wanna see	2x8	B	Childs Pose. R hand on top of the step	16
0:39	C / Do you ever get a little bit tired	4x8	C	Hip Flexor Stretch L. L hand on L knee, R hand on the step	32
0:50	Like your body's in the room	4x8	D	Hamstring Stretch L. Both hands frame L leg	32
1:02	Ref / A little bit tired of trying to care	4x8	E	Archilles Stretch L. Both hands frame L leg	32
1:13	A little bit tired of sinkin'	5x8	E	Archilles Stretch R. Both hands frame R leg	40
1:27	Instr /	4x8		Set up for Supported Scorpion on the L side of the step	32
1:38	V1 / I don't feel a single thing	8x8	A	Supported Scorpion L. L hand on top of the step	64
2:00	PC / And I just wanna see	2x8	B	Childs Pose. L hand on top of the step	16
2:06	C / Do you ever get a little bit tired	4x8	C	Hip Flexor Stretch R. R hand on R knee, L hand on the step	32
2:18	Like your body's in the room	4x8	D	Hamstring Stretch R. Both hands frame R leg	32
2:29	Ref / A little bit tired of trying to care	8x8	F	Side-Lying Quad Stretch R	64
2:51	Guess I'm just broken and broke	7x8	G	90/90 Stretch L. Both hands frame L leg	56
3:11	C / Do you ever get a little bit tired	8x8	G	90/90 Stretch R. Both hands frame R leg	64
3:34	Ref / A little bit tired of trying to care	8x8	F	Side-Lying Quad Stretch L	64
3:56	Do you ever get a little bit tired	4x8		Down Dog, walk the feet out	32
4:09	Outro / Instr	1x8		Walk feet in	8
4:11		1x8		Roll up, shake out and celebrate	8



11. NUMB LITTLE BUG 4:15mins

TECHNIQUE AND COACHING

SUPPORTED SCORPION

Lying on front, L arm to the side, R hand on top of the step, Supported Scorpion R.
R hand on top of the step 1-64

- Roll onto your front, nice and close to the step, right arm out to the side, left hand on top of the step, closest leg to the step lifts up and over
- Push hand into the step. If you want more of a spinal twist, open the knee out

CHILDS POSE

L arm on the floor, *R arm on top of the step*, Childs Pose 1-16

- Sit hips back towards heels, feel a release around the lower back

HIP FLEXOR STRETCH

Hip Flexor Stretch L. L hand on L knee, R hand on the step 1-32

- Knee over ankle
- Bring chest right over the top of your thigh
- Rock around and find that sweet spot for the hips – they’ve worked hard today!

HAMSTRING STRETCH

Hamstring Stretch L. *Both hands frame L leg* 1-32

- Keep hips lifted, feel a stretch right down the back of the leg
- And breathe here

ARCHILLES STRETCH

Archilles Stretch L. *Both hands frame L leg* 1-32

- Place foot by knee, push foot to the floor and bring body weight forward
- Feel all the little muscles around the Archilles

SIDE-LYING QUAD STRETCH R

- Come on top of the step, lie on your side, grab top leg, pull towards your butt, push the top knee down, stack hips on top of each other
- Quads have done a lot of work today!

90/90 STRETCH L

Sit on L hip on top of the step, L leg 90 degrees, R leg 90 degrees, 90/90 Stretch L. *Both hands frame L leg* 1-56

Important: Both hands frame L leg

- Let go of top leg and set up for 90/90. 90 degrees front and back leg, bring upper body down when you’re ready, feel the glutes and lower back

DOWN DOG

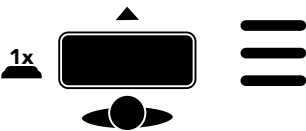
Down Dog, walk the feet out. *Hands on top of the step* 1-32

Walk feet in 1-8

Roll up, shake out and celebrate 9-16

Important: Add Alternating Active Calf Stretch. Peddle the feet and feel a stretch through the back of your legs

- Both hands on top of the step, hips towards the ceiling, walk the feet out in Down Dog
- Walk in, roll up, and that’s BODYSTEP 134! Thank you for training with us and we hope you love this release as much as we do



BONUS

08B. GROOVE

TRACK FOCUS

To get the correct look and feel of the T-Step variations, pay special attention to the ‘cts’ for each component of the T-Step. Eg: ‘Circle’ on ct 3, ‘yes’ on ct 4.

And then, to really succeed in this track, practice, film yourself, self assess, and maybe get some peer feedback!

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. Arms relaxed by sides on the last 8cts	16	
0.07	V1 / It'll cost ya	4x8	A	T-Step L then R. Arms relaxed by sides 👁 T-Step with YES Arms on the last 16cts	16	2x
0.23	Stunt so major _	6x8	A ¹	T-Step L then R. YES Arms 👁 T-Step Combo on the last 16cts	16	3x
0.46	Drop /	4x8	A ²	T-Step Combo L then R. Circle & YES Arms	16	2x
1.02	PC / Hype	4x8	B	4x Wide March On Top L. Arms relaxed by sides 👁 Step, Step, Squat, Stand on the last 8cts	8	4x
1.17	Drop /	4x8	C	Step, Step, Squat, Stand L. Zip Arms 👁 Step, Step, Squat, Stand Combo on the last 8cts	8	4x
1.33	(Bassline)	4x8	C ¹	Step, Step, Squat, Stand Combo L. Alt Reach & Zip Arms	8	4x
1.48	V2 / The whole place hype	4x8	A	 T-Step L then R. Arms relaxed by sides 👁 T-Step with YES Arms on the last 16cts	16	2x
2.03	Hype	4x8	A ¹	 T-Step L then R. YES Arms 👁 T-Step Combo on the last 16cts	16	2x
2.19	Drop /	5x8	A ³	 T-Step Combo L then R with Body Roll. Circle & YES Arms	16	2½x
2.38	PC / Hype	4x8	B	 4x Wide March On Top R. Arms relaxed by sides 👁 Step, Step, Squat, Stand R. Zip Arms on the last 8cts	8	4x
2.54	Drop /	4x8	C	 Step, Step, Squat, Stand R. Zip Arms 👁 Step, Step, Squat, Stand Combo R. Alt Reach & Zip Arms on the last 8cts	8	4x
3.09	(Bassline)	4x8	C ¹	 Step, Step, Squat, Stand Combo R. Alt Reach & Zip Arms	8	4x
3.25	(Quiet)	1x8	A	 T-Step R. Arms relaxed by sides	8	
3.28	(Bassline)	4x8	A ³	 T-Step Combo with Body Roll L then R. Circle & YES Arms 👁 T-Step Combo with Straight Arm Circle on the last 16cts	16	2x
3.44	Drop /	4x8	A ⁴	 T-Step Combo with Straight Arm Circle L then R. Circle & YES Arms	16	2x
4.00	The whole place hype	1x8		Jump on top of your step, throw your arms into the air O/H	8	



BONUS

08B. HYPE 4:08mins

TECHNIQUE AND COACHING

T-STEP

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

- Step L foot on top of the step towards the R side, then tap R foot beside L. *Arms relaxed by sides* 1-2
- Step R foot onto the floor towards the R side, then Knee Drop L. *Arms relaxed by sides* 3-4
- Tap L foot on top of the step towards the R side, then tap R foot beside the L. *Arms relaxed by sides* 5-6
- Step back R, L. *Arms relaxed by sides* 7-8
- Repeat to the other side 9-16

Important: Let participants know that this track is all about finding our groove, no matter what that looks like. There's options for everyone.

- Coach your class to release the heel, and pivot on the ball of the foot for the Knee Drop on ct4
- The entire bent leg should rotate from the hip joint
- We'll give you lots of levels so you feel comfortable
- If you want another level that's a little bit of fun, say 'YES'
- No arms, 'chill'
- Let's do everything again, with a bit more groove in it

T-STEP WITH YES ARMS

PHONETIC CUE 'Tap, say 'YES', tap, change sides; Tap, say 'YES', tap, change sides'

- Step L foot on top of the step towards the R side, then tap R foot beside L. *Arms relaxed by sides* 1-2
- Step R foot onto the floor towards the R side, then Knee Drop L. *YES Arms* 3-4
- Tap L foot on top of the step towards the R side, then tap R foot beside the L. *Arms relaxed by sides* 5-6
- Step back R, L. *Arms relaxed by sides* 7-8
- Repeat to the other side 9-16

- Once you've got the legs, try this...
- Tuck elbow into your ribcage, closed fist

OPTION: T-Step

T-STEP COMBO

PHONETIC CUE 'Tap, circle, pop, change sides; Tap, circle, pop, change sides'

- Step L foot on top of the step towards the R side, then tap R foot beside L. *Arms relaxed by sides* 1-2
- Step R foot onto the floor towards the R side, then Knee Drop L. *Circle then YES Arms* 3-4
- Tap L foot on top of the step towards the R side, then tap R foot beside the L. *Arms relaxed by sides* 5-6
- Step back R, L. *Arms relaxed by sides* 7-8
- Repeat to the other side 9-16

- Circle your inside arm, then elbow in

OPTION: T-Step

4x WIDE MARCH ON TOP

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

- 4x Wide March L. *Arms relaxed by sides* 1-4
- 4x Walk on the floor L. *Arms relaxed by sides* 5-8

- Walk it with some attitude if you like

STEP, STEP, SQUAT, STAND COMBO

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

- Wide Step L then R. *Arms relaxed by sides* 1-2
- Squat down. *Alternating Arm Reach down* 3-4
- Jump feet together narrow. *Alternating Arm Zip* 5-6
- 4x Walk on the floor. *Relaxed Arms* 7-8

- **Soft knees**

OPTION: 4x Wide March



BONUS

08B. HYPE 4:08mins

TECHNIQUE AND COACHING

T-STEP COMBO WITH BODY ROLL

PHONETIC CUE 'Tap, circle, pop, change sides; tap, circle, pop, change sides'

- Step L foot on top of the step towards the R side, then tap R foot beside L. *Arms relaxed by sides* 1-2
- Step R foot onto the floor towards the R side, then Knee Drop L. *Circle then YES Arms* 3-4
- Tap L foot on top of the step towards the R side, then tap R foot beside the L. *Arms relaxed by sides* 5-6
- Step back R, L. *Arms relaxed by sides* 7-8
- Repeat to the other side 9-16

- Once you’ve got it, add a little Body Roll

OPTION: T-Step

T-STEP COMBO WITH STRAIGHT ARM CIRCLE

PHONETIC CUE 'Tap, circle, pop, change; Tap, circle, pop, change'

- Step L foot on top of the step towards the R side, then tap R foot beside L. *Arms relaxed by sides* 1-2
- Step R foot onto the floor towards the R side, then Knee Drop L. *Straight Arm Circle then YES Arms* 3-4
- Tap L foot on top of the step towards the R side, then tap R foot beside the L. *Arms relaxed by sides* 5-6
- Step back R, L. *Arms relaxed by sides* 7-8
- Repeat to the other side 9-16

- If you want EVEN more hype, add the Head Roll

OPTION: T-Step



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.

