



BODYSTEP

132

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

Fresh (3:33)

Jillionaire & Salvatore Ganacci feat. Sanjin

Courtesy of the Universal Music Group.

Written by: Leacock, Kljucanin, Ganacci
- 02

This Is What You Came For (R3hab Vs Henry Fong Remix) (3:06)

Calvin Harris & Rihanna

© 2016 Sony Music Entertainment UK Limited / Westbury Road Entertainment LLC.

Written by: Harris, Sjoberg
- 03

REWiND (4:11)

Knock2

© 2023 NIGHTMODE.

Written by: Nakhonethap
- 04

Fiesta! (4:24)

Mashd N Kutcher & Reece Low

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Written by: Low, Ough, Morris
- 05

Bow Chika Wow It (1:59)

Kali J & LiTTIE

© 2022 Kali J.

Written by: Arnott, Lit, Jeanette

Shut It Down (1:36)

Party Favor & Dillon Francis

© 2016 Mad Decent.

Written by: Francis, Ragland

Bow Chika Wow It (2:03)

Kali J & LiTTIE

© 2022 Kali J.

Written by: Arnott, Lit, Jeanette

Shut It Down (1:44)

Party Favor & Dillon Francis

© 2016 Mad Decent.

Written by: Francis, Ragland
- 06

Louder (Hamilton Remix) (3:46)

Neon Jungle

© 2014 Sony Music Entertainment UK Limited.

Written by: Argyle, Hartley, Blackwell
- 07

I'm Not Cool (2:53)

HyunA

Courtesy of the Universal Music Group.

Written by: Park, Hyuna, Space 1, Space 2, Dawn, Yoo Gun

I'm Not Cool (2:57)

HyunA

Courtesy of the Universal Music Group.

Written by: Park, Hyuna, Space 1, Space 2, Dawn, Yoo Gun

- 08A

Baddest Things (3:36)

Party Favor & NYMZ feat. Bunji Garlin

© 2015 Mad Decent.

Written by: Ragland, Nemethy
- BONUS 08B

I Want You (4:54)

DJ Kuba x Neitan & Skytech

© 2022 SpinninRecords.com.

Written by: Moten
- 09

Holdin' On (1:12)

Never Let Me Go

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Written by: Moore, Sandilands, Christopher, Morris, Ray, Stephens
- Cobrastyle** (1:01)

Teddybears

© 2004 Sony Music Entertainment (Sweden) AB.

Written by: Arve, Torsson, J. Ahlund, K. Ahlund
- Keep Pushin' (Extended Mix)** (1:15)

Tujamo feat. Inaya Day

© 2016 SpinninRecords.com.

Written by: Rennels, Mousse-Tee, Dlugosch, Davis, Richter
- Cobrastyle** (1:02)

Teddybears

© 2004 Sony Music Entertainment (Sweden) AB.

Written by: Arve, Torsson, J. Ahlund, K. Ahlund
- Keep Pushin' (Extended Mix)** (1:15)

Tujamo feat. Inaya Day

© 2016 SpinninRecords.com.

Written by: Rennels, Mousse-Tee, Dlugosch, Davis, Richter
- Holdin' On** (1:17)

Never Let Me Go

© 2022 Les Mills Music Licensing Ltd.

Written by: Moore, Sandilands, Christopher, Morris, Ray, Stephens



MUSIC

10A

Feeling Good (Austin Millz Remix)
(1:07)
Nina Simone
Courtesy of the Universal Music Group.
Written by: Hume, Halpern, Hawley-Weld

BOOM! (2:03)
Tujamo
© 2016 SpinninRecords.com.
Written by: Wagemyr, Richter

Feeling Good (Austin Millz Remix)
(1:09)
Nina Simone
Courtesy of the Universal Music Group.
Written by: Hume, Halpern, Hawley-Weld

BOOM! (2:09)
Tujamo
© 2016 SpinninRecords.com.
Written by: Wagemyr, Richter

10B

Shut Down (2:57)
BLACKPINK
Courtesy of the Universal Music Group.
Written by: Park, Seo, Chung, Lee

11

Boyfriend (2:33)
Dove Cameron
© 2022 Disruptor Records/Columbia Records.
Written by: Blair, Stonestreet, Cameron, Amaradio

ALT
04

Fiesta! (Instrumental) (4:24)
Aprieta
© 2023 Les Mills Music Licensing Ltd.
Written by: Low, Ough, Morris



EXPRESS FORMATS

BODYSTEP 132

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	42:45

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	46:21

Please note: You can shorten Peak 3 and do ½ or ¾ of the track to meet the 45-minute time limit.

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	41:11

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	26:22

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	29:38

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	25:29

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 132

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 132 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 '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 Release 132 only



MIXING & MATCHING GUIDELINES FOR RELEASE 132

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 '*Baddest Things*')
- Change Reach Up & Down (As in OTT's) to: Bent Raise (As shown in Track 8a '*Baddest Things*')
- 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 132



L–R: Kaylah-Blayr Fitzsimons-Nu'u, Dee Rowell, Mark Nu'u-Steele, Ethan Morrow-Wilson, Otto Prodan, Manami Sato

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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 132. 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 132

Welcome to BODYSTEP 132, our second release featuring our new Functional Step Training format.

I'm pretty excited for you all to take this new class for a spin, and also happy that you have another Functional Step Training release for you to train to and deliver to your participants.

So, what's new in this release?

We've added some short pockets of **off-the-beat training** to 3 of our tracks. These are approx. 15 to 20 seconds in duration and designed to do 2 things:

- 1) Allow people to reach their desired intensity in the short block.
- 2) Showcase that the workout is inclusive for people that find it hard to move to the beat of the music or have timing issues. So, if people do have timing issues throughout the class, we want to normalize that and not view them as uncoordinated, making BODYSTEP even more inclusive for all!

Our message is "You're moving and training with us, and that's all that matters. It's OK to move to your own beat."

We have 3 modes of **off-the-beat training**:

- 1) Moving in time with the beat of the music. This is great for people with good rhythm and the feeling of moving in time with the music.
- 2) Moving faster than the beat of the music. This is great for the people that want the challenge of pushing themselves a little harder for that extra cardio kick at that time in the track.
- 3) Moving slower than the beat of the music and with a fuller ROM. This is great for the people that want to move with more control and sit a bit deeper into exercises for more muscle recruitment.

All 3 speeds are 100% acceptable and should be celebrated throughout this workout, so get ready to give praise to participants moving to their own beat in these short bouts of **off-the-beat training**.

These short bursts of **off-the-beat training** feel GREAT with the music too. It creates excitement in the class. We love to call it 'organized chaos'.

The 3 tracks that have these pockets of **off-the-beat training** are:

Track 5 Mixed Strength – 2x 15-second blocks of Pushups

Track 6 Peak 2 – 2x 12-second blocks of 1x Power Jump and Power ATT, and 1x 12 second block of Power ATT's

Track 9 Peak 3 Athletic Circuit/Speed Step section – 2x 12 second blocks of 2x Straddles traveling forward, and Jog, traveling backward

Another innovation for BODYSTEP is in Peak 2. We offer participants the option to have their step turned to '**portrait mode**'. This makes the track more inclusive for those who find it difficult to leap across the length of the step in '**landscape mode**'.

So, these are the fresh training concepts for this release.

We know you'll also enjoy the fun vibes in the Steady State and Cardio tracks, and also thrive from all the benefits of strengthening and training the quads, hips, glutes and upper-body in our Functional Step Training tracks.

Wishing you all the best – I hope that you love this release as much as I do.

01. MOBILITY WARM-UP

TRACK FOCUS

Let your class know that we’re mobilizing around the joints and warming the big muscles of the body. Coach knee alignment, soft landings and options to stay light on your feet in this track, and for them to choose their preferred option throughout the workout.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	4x8	A	Twist L then R	4	8x
0:19	Instr / (Heavier beat)	4x8	B	4x Straight-Arm Shoulder Rotations L then R	32	
0:33	(Quiet)	2x8		Squat down and hold. Hands clasped to chest 👁 Hip Rotation and Triple Squat Pulse	16	
0:41	V1 / _ Fresh hunting	8x8	C	Hip Rotation and Triple Squat Pulse L then R	16	4x
1:09	C / Push up your hand and _	4x8	D	4x March On Top L. RA 👁 4x Jog On Top and 4x Bounce On The Floor on the last 8cts	8	4x
1:23	Push up your hand and woo	4x8	D¹	4x Jog On Top and 4x Bounce On The Floor L. RA	8	4x
1:38	Rep / _ Fresh	4x8	E	2x Lunge L then R. Hands clasped to chest then low open 👁 Lunge and Extension on the last 8cts	16	2x
1:52	C / Push up your hand and _	4x8	E¹	Lunge and Extension L then R. Hands clasped to chest then low open	16	2x
2:07	Instr / (Quiet)	2x8		Stop, transition to Down Dog with hands on the step	16	
2:14		2x8	F	Wide Deep Lunge L then Down Dog	16	
2:21	V2 / _ Fresh hunting	2x8	F	🔁 Wide Deep Lunge R then Down Dog	16	
2:28	_ Fresh hunting	2x8	F¹	Wide Deep Lunge with Thoracic Rotation & Downward Sequence L then R	32	2x
2:57	Build up / _ Fresh hunting	2x8		Walk feet in towards the step Slowly roll the body up to standing position	8 8	
3:04	C / Push up your hand and _	4x8	D	🔁 4x March On Top R. RA 👁 4x Jog On Top and 4x Bounce On The Floor on the last 8cts	8	4x
3:19		4x8	D¹	🔁 4x Jog On Top and 4x Bounce On The Floor R. RA	8	4x



01. FRESH 3:33mins

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**
- BODYSTEP 132 – your ultimate butt and thigh workout plus more!
- Let’s get the body moving

4x STRAIGHT-ARM SHOULDER ROTATIONS

PHONETIC CUE 'Shoulder rotations, 4, 3, 2, 1 change arms; 4, 3, 2, 1'

4x Straight-Arm Shoulder Rotation L. *R arm by side* 1-16

Repeat to the other side 17-32

- **Body square to the front**
- **Chest lifted**
- **Core braced**
- Let’s get warm, team
- Big Arm Circle
- Time to mobilize around the joints, warm up big muscles and have a great time doing it
- Open up the shoulders

SQUAT AND HOLD

PHONETIC CUE 'Squat down and hold'

Squat down. *Hands clasped to chest* 1-8

Squat hold. *Hands clasped to chest* 9-16

- **Hips back and down**
- **Knees in line with toes**
- **Core braced**
- **Chest lifted**
- Let participants know to hold the Squat and watch for the next move

HIP ROLL AND TRIPLE SQUAT PULSE

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

Hip Roll L. *Natural RA* 1-2

Triple Squat Pulse. *Hands clasped to chest* 3-8

Repeat to the other side 9-16

- Knees towards hip height
- Core braced
- Open hip
- **Knees in line with toes**
- **Chest up**
- **Core braced**
- **Push butt back and down**, like you’re sitting in a chair

4x MARCH

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**
- Feels good to get the body warmer



01. FRESH 3:33mins

TECHNIQUE AND COACHING

4x JOG AND 4x BOUNCE

PHONETIC CUE 'Jog on top, Bounce down; Jog on top, Bounce down'

- 4x Jog On Top of the step L. RA 1-4
- 4x Bounce On The Floor L. RA 5-8

- It's important for instructors to coach soft knee landings for this move AND for every jumping move throughout the class

- **Whole foot on top of the step**

- Lift heels up

OPTION: 4x March

2x LUNGE

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

- Step L onto the step, Lunge down. Hands clasped to chest 1-2
- L on the step, Lunge up. Hands clasped to chest 3-4
- L on the step, Lunge down. Hands clasped to chest 5-6
- Lunge up and step back L. Low open 7-8
- Repeat to the other side 9-16

- Light Lunge as we're still warming up

LUNGE AND EXTENSION

PHONETIC CUE 'Lunge, lift, Lunge, change; Lunge, lift, Lunge, change'

- Step L onto the step, Lunge down. Hands clasped to chest 1-2
- L on the step, Leg Extension R. Low open 3-4
- L on the step, Lunge down. Hands clasped to chest 5-6
- Lunge up and step back L. Low open 7-8
- Repeat to the other side 9-16

- **Free leg low and squeeze glutes**
- **Hips level and square to the front**
- **Core braced**
- **Squeeze back of the body** to warm up the posterior chain

OPTION: 2x Lunge

DOWN DOG

PHONETIC CUE 'Down Dog, hands on the step, hips high'

- Down Dog. Press hands into the step 1-16
- Lift hips towards ceiling

WIDE DEEP LUNGE AND DOWN DOG

PHONETIC CUE 'Wide Deep Lunge right leg, step back to Down Dog; Wide Deep Lunge left leg'

- Wide Deep Lunge L. Hands on the step 1-8
- Down Dog. Hands on the step 9-16
- Repeat to the other side 17-32

- Step wide to Deep Lunge

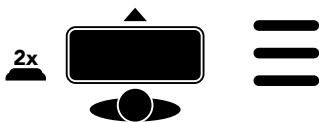
WIDE DEEP LUNGE WITH THORACIC ROTATION AND DOWN DOG

PHONETIC CUE 'Lunge, rotate, step back; Lunge, rotate, step back'

- Wide Deep Lunge L 1-4
- Thoracic Rotation L 5-8
- R hand to step 9-12
- Down Dog 13-16
- Repeat to the other side 17-32

- Add a thoracic rotation
- Hands push into the floor to help drive the twist
- Feel the stretch through the spine and lower back

OPTION: Wide Deep Lunge and Down Dog



02. STEP WARM-UP

TRACK FOCUS

Warm up the stepping muscles with basic patterns, Lunges and Repeaters. Coach soft knee landings in the Freeze Knee Lift and the concept of using your core muscles to move the upper body in the Cable Pulls.

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	V1 / _ Baby	4x8	A	Basic Step R	4	8x
0:14	She's looking at you	4x8	B	Triple Pulse Lunge R. Hands clasped to chest then low open	8	4x
0:29	_ Baby	8x8	B ¹	Triple Pulse Lunge R. Cable Pull R then R	8	8x
0:58	C / But she's looking at _	4x8	C	3x Repeater Knee Lift R then L. RA 👁️ Freeze 3x Repeater Knee Lift on the last 8cts	16	2x
1:12	But she's looking at you	5x8	C ¹	Freeze 3x Repeater Knee Lift R then L. Freeze RA and RA	16	2½x
1:31	V2 / _ We go	4x8	A	🔄 Basic Step L	4	8x
1:45	_ We say, nothing	4x8	B	🔄 Triple Pulse Lunge L. Hands clasped to chest then low open	8	4x
2:00	_ Baby	8x8	B ¹	🔄 Triple Pulse Lunge L. Cable Pull L then R	8	8x
2:29	C / But she's looking at _	4x8	C	🔄 3x Repeater Knee Lift L then R. RA 👁️ Freeze 3x Repeater Knee Lift on the last 8cts	16	2x
2:43	But she's looking at you	4x8	C ¹	🔄 Freeze 3x Repeater Knee Lift L then R. Freeze RA and RA	16	2x



02. THIS IS WHAT YOU CAME FOR (R3HAB VS HENRY FONG REMIX) 3:06mins

TECHNIQUE AND COACHING

What’s different?

Decreased complexity to ensure that new participants feel successful

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

- Visually show and coach the leading leg
- **Natural walking rhythm**
- **Whole foot on the step**
- **Chest lifted**
- Like you’re walking up and down the stairs
- Time to warm up our stepping muscles

TRIPLE PULSE LUNGE

PHONETIC CUE 'Triple Lunge Pulse, 3, 2, 1, same leg on; 3, 2, 1, same leg on'

Triple Lunge Pulse down, up, down, up, down, R. Hands clasped to chest 1-6
Lunge up R and Side Tap R. Low open 7-8

- **Front knee presses out over toes**
- Thigh parallel to step
- Long step back
- **Chest lifted**

TRIPLE PULSE LUNGE WITH CABLE PULL

PHONETIC CUE 'Cable, 3, 2, 1, tap; Cable, 3, 2, 1, tap'

Triple Pulse Lunge down, up, down, up, down, R. Cable Pull R, L, R 1-6
Lunge up R and Side Tap R. Cable Pull L 7-8

- **Brace core**
- **Hips square to the front**
- **Small rotation from center of chest**
- Use core muscles to move the ribcage
- Aiming corner to corner

OPTION: Triple Pulse Lunge

3x REPEATER KNEE LIFT

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

Step L on top of the step, then 3x Repeater Knee R. RA 1-6
Step back L, R. RA 7-8
Repeat to the other side 9-16

- **Whole foot on top of the step**
- Knee towards hip height

FREEZE 3x REPEATER KNEE LIFT

PHONETIC CUE 'Freeze, 2 Knees; Freeze, 2 Knees'

Freeze L on top of the step and Repeater Knee R. Freeze RA 1-2
L on top of the step, 2x Repeater Knee R. RA 3-6
Step back L, R. RA 7-8
Repeat to the other side 9-16

- **Soft knee landing**
 - Hips square to the front
 - Drop lower in the Freeze to warm up the legs
- OPTION: 3x Knee Repeater

03. STEADY STATE CARDIO

TRACK FOCUS

Time to lift the heart rate to a steady state. Coach staggered soft knee landings in the Squats to soften the landing impact. Also coach knee alignment in the Squats: butt back and down, chest lifted, and the light option to rotate and Squat. Run option: squeeze glutes – then bend knee to lower down and tap the floor. In the Split Shuffles and the Rear Extended Jog & Slow Tap Combo, coach body over the step, whole foot on the step and soft knee landings.

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	Intro / _ You gonna know	12x8	A	Triple Squat Pulse Sequence L, center, R, center. Hands clasped to chest then open	32 3x
0:44	C / It’s rewind _	8x8	A ¹	Single Squat Sequence L, center, R, center. Hands clasped to chest then open	16 4x
1:13	Rep / _ Run it up	4x8	A ²	Staggered Squat to center L. Hands clasped to chest then open	4 8x
1:27	Ref / _ Bring it back	2x8	B	Staggered Squat to center L, stay on top of the step Feet hip-width apart, bend knees, slight tip F from the hips	16
1:34	You got that _	2x8	C	Back Tap L then R. RA Rear Extended Jog Combo L then R on the last 8cts	4 4x
1:41	C / It’s rewind _	4x8	D	Rear Extended Jog & Slow Tap Combo L then R Split Shuffle Combo on the last 4cts	8 4x
1:56	It’s rewind _	4x8	D ¹	Split Shuffle Combo L then R	8 4x
2:10	V / _ Y’all aint ready	2x8		Recover, shake out arms and legs	16
2:17	_ Y’all aint ready	6x8	A	REPEAT Triple Squat Pulse Sequence L, center, R, center. Hands clasped to chest then open	32 1½x
2:39	C / It’s rewind _	8x8	A ¹	REPEAT Single Squat Sequence R, center, L, center. Hands clasped to chest then open	16 4x
3:07	Rep / _ Run it up	4x8	A ²	REPEAT Staggered Squat to center R. Hands clasped to chest then open	4 8x
3:22	Ref / _ Bring it back	2x8	B	REPEAT Staggered Squat to center R, stay on top of the step Feet hip-width apart, bend knees, slight tip F from the hips	16
3:29	You got that _	2x8	C	REPEAT Back Tap R then L. RA Rear Extended Jog Combo R then L on the last 8cts	4 4x
3:36	C / It’s rewind _	4x8	D	REPEAT Rear Extended Jog & Slow Tap Combo R then L Split Shuffle Combo on the last 4cts	8 4x
3:50	It’s rewind _	4x8	D ¹	REPEAT Split Shuffle Combo R then L	8 4x



03. REWIND 4:11mins

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.

TRIPLE SQUAT PULSE SEQUENCE L, CENTER, R, CENTER

PHONETIC CUE 'Triple Squat Pulse 3, 2, 1, on top, 3, 2, 1, to the right, 3, 2, 1; on top, 3,2, 1, to the left, 3, 2, 1'

- Triple Squat Pulse L. *Hands clasped to chest* 1-6
- Step back R, L. *Low open* 7-8
- Triple Squat Pulse center on top of the step. *Hands clasped to chest* 9-14
- Step back R, L. *Low open* 15-16
- Triple Squat Pulse R. *Hands clasped to chest*17-22
- Step back L, R. *Low open* 23-24
- Triple Squat Pulse center on top of the step. *Hands clasped to chest* 25-30
- Step back L, R. *Low open* 31-32

- It's important for instructors to demonstrate and coach staggered landings on top of the step, to soften the impact
- Use visual cues to show direction
- Time to lift the heart rate to a steady state
- **Feet outside hip-width**
- **Knees out, in line with toes**
- **Hips sit back and down** to knee height or just above
- **Chest lifted**
- Breathe and reset
- What is Steady State training? We lift the heart rate to a place where we can hold a conversation while we train
- Feeling 'worked' but not 'smashed'

SINGLE SQUAT SEQUENCE L, CENTER, R, CENTER

PHONETIC CUE 'Side, top; side, top'

- Single Squat L. *Hands clasped to chest* 1-2
- Step back R, L. *Low open* 3-4
- Single Squat center on top of the step. *Hands clasped to chest* 5-6
- Step back R, L. *Low open* 7-8
- Single Squat R. *Hands clasped to chest* 9-10
- Step back L, R. *Low open* 11-12
- Single Squat enter on top of the step. *Hands clasped to chest* 13-14
- Step back L, R. *Low open* 15-16

- Give participants the option of the Turn, Squat and Stagger. Make sure to coach in a way that’s inclusive, eg “Anytime, turn and stagger” rather than “Your option is...”, “If you can’t jump today...”
- **Soft knee landings**
- Bend knees heaps to sit deeper

OPTION: Turn Squat L, Stagger Center, Turn Squat R, Stagger Center

STAGGERED SQUAT CENTER

PHONETIC CUE 'Squat on top, 8, 7, 6'

- Staggered Squat center L. *Hands clasped to chest* 1-2
- Step back L, R. *Low open* 3-4

- Let participants know that there is one more and to hold on top
- OPTION: Staggered Squat

BACK TAP

PHONETIC CUE 'Right, left; right, left'

- Back Tap L then R. *RA* 1-4
- Before you start the Back Taps, set up **feet hip-width apart, brace core and tip slightly forward from the hips, chest lifted**



03. REWIND 4:11mins

TECHNIQUE AND COACHING

REAR EXTENDED JOG & SLOW TAP COMBO

PHONETIC CUE 'Back, back, sink; back, back, sink'

- Rear back Extended Jog L then R. RA 1-2
- R on top of the step, Slow Tap L. RA 3-4
- Repeat to the other side 5-8

- Maintain the position of **feet hip-width apart, brace core and tip slightly forward from the hips, chest lifted**
- Make sure to gradually lower yourself down to tap the floor in the Slow Tap. Like you're going down an elevator
- **Squeeze back body** to warm up the posterior chain
- Catch the landing with controlled muscles to sink

SPLIT SHUFFLE COMBO

PHONETIC CUE 'Split Shuffle, 3, 2, hold; 3, 2, hold'

- Split Shuffle L then R. RA 1-2
- Freeze L on the floor, R on top of the step. RA 3-4
- Repeat to the other side 5-8

- Show and coach that if the Split Shuffle Combo is too intense, revert back to the Rear Extended Jog & Slow Tap Combo
- **Tip forward from the hips**
- Whole foot lands on the step
- Land softly on the step
- Pump arms to drive the legs

OPTION: Rear Extended Jog & Slow Tap Combo

04. PEAK 1

TRACK FOCUS

Time to lift our heart rates to our 1st cardio peak. Coach the natural walking rhythm in the 4x March On Top to set up for success in the layers that follow. We move quickly for agility, like you’re training for team sports, like football. In the Jacks, coach core braced, slight tip forward, chest up, reach toward the step, knees in line with toes. The lighter Squat option will still keep participants working hard.

Teach Athletic

Come into this track

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

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

MUSIC			EXERCISE		CTS	REPS
			Start position: Behind the step, close to the R side			
0:01	Intro /	6x8	A	4x March On Top L. RA 👁 Walking Half Stomp and Wide March on the last 8cts	8	6x
0:21	B up /	4x8	A ¹	Walking Half Stomp & Wide March L. RA 👁 Jogging Half Stomp and Agility Bounce on the last 8cts	8	4x
0:34	C / Fiesta _ (Instr)	8x8	A ²	Jogging Half Stomp and Agility Bounce L. RA 👁 Squat Pulse on the last 4cts	8	8x
1:01	Instr (Quiet)	4x8	B	Squat Pulse. <i>Clasped hands to chest</i> 👁 Knee Lift & Squat Pulse Combo L then R on the last 16cts	2	16x
1:14	B up /	4x8	C	Knee Lift and Squat Pulse Combo L then R 👁 Propulsive Knee Lift and Jack Combo on the last 8cts	16	2x
1:27	C / Fiesta _ (Instr)	8x8	C ¹	Propulsive Knee Lift and Jack Combo L then R	16	4x
1:54	Br / Uno, Dos, Tres	½x8	D	Knee Lift L	4	
1:55	Build up /	4x8	D ¹	Propulsive Knee Lift R then L. RA	8	4x
2:09	Rep / Fiesta _	2x8		March R, L behind the step, close to the L side	2	8x
2:15	Rep /	4x8	A	🔁 4x March On Top R. RA 👁 Walking Half Stomp and Wide March on the last 8cts	8	4x
2:28	B up /	4x8	A ¹	🔁 Walking Half Stomp & Wide March R. RA 👁 Jogging Half Stomp and Agility Bounce on the last 8cts	8	4x
2:42	C / Fiesta _ (Instr)	8x8	A ²	🔁 Jogging Half Stomp and Agility Bounce R. RA 👁 Squat Pulse on the last 4cts	8	8x
3:08	Instr / (Quiet)	4x8	B	🔁 Squat Pulse. <i>Clasped hands to chest</i> 👁 Knee Lift and Squat Pulse Combo L then R on the last 16cts	2	16x
3:22	B up /	4x8	C	🔁 Knee Lift and Squat Pulse Combo R then L 👁 Propulsive Knee Lift and Jack Combo on the last 8cts	16	2x



04. PEAK 1

MUSIC		EXERCISE		CTS	REPS
3:35	C /	8x8	C ¹  Propulsive Knee Lift & Jack Combo R then L	16	4x
4:01	Br / Uno, Dos, Tres	½x8	D  Knee Lift R	4	
4:03	B up /	4x8	D ¹  Propulsive Knee Lift L then R. RA	8	4x



04. FIESTA! 4:24mins

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.

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 onto the floor L. RA 5-8

- Power, speed and agility focus (and a fun vibe!)
- Peak 1! Move to the right-hand side; we start with 4x March On Top
- **Natural walking rhythm**
- Stay close to the edge of your step
- Recover here, before we turn it up again!

WALKING HALF STOMP AND WIDE MARCH

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

L on top of the step, then step R onto the floor, on R side. RA 1-2

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

Wide March 4x L. RA 5-8

- Team-teach with the music – it feels good, especially as it builds during the Half Stomp and Wide March!
- Train power, agility and speed

OPTION: 4x March On Top

JOGGING HALF STOMP AND AGILITY BOUNCE

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

Leap L on top of the step, then leap R onto the floor, on R side. RA 1-2

Leap L on top of the step, then leap R onto the floor, behind the step. RA 3-4

Agility Bounce 4x L. RA 5-8

- Bounce L to the side AND tap the R leg in closer towards the L leg. Imagery: Like you’re playing soccer (football) and you’re trying to confuse your opposing team
- In the Bounce, **bend the knees** and **stay low**
- Use glutes to shift body side to side

OPTION: Walking Half Stomp and Wide March

SQUAT PULSE

PHONETIC CUE 'Squat Pulse hold'

Squat Pulse. Hands clasped to chest 1-2

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

KNEE LIFT & SQUAT PULSE COMBO

PHONETIC CUE 'Knee, squat; knee, squat'

Knee Lift L. RA 1-2

Step back L, R. RA 3-4

Jump feet wide and squat down, up, down. Hands clasped to chest 5-7

Squat up and jump feet together. RA 8

Repeat to the other side 9-16



04. FIESTA! 4:24mins

TECHNIQUE AND COACHING

PROPULSIVE KNEE LIFT & JACK COMBO

PHONETIC CUE 'Jump knee, jack; jump knee, jack'

Propulsive Knee Lift L. RA	1-2
Step back L, R. RA	3-4
Jump feet wide and Jack down. <i>Reach L towards the step</i>	5
Jump feet together. RA	6
Jump feet wide and Jack down. <i>Reach R towards the step</i>	7
Jump feet together. RA	8
Repeat to the other side	9-16

- In the Jacks, make sure to coach and show to reach fingertips ‘towards’ the step, not ‘to’ the step
- **Soft knee landings**
- **Knees push out over toes**
- 15 seconds of cardio spike
- Reach towards the step – 1 inch lower!

OPTION: Knee Lift & Squat Pulse Combo

PROPULSIVE KNEE LIFT

PHONETIC CUE 'Single knees, left foot, right foot, left, right'

Propulsive Knee Lift L. RA	1-2
Step back R, L. RA	3-4
Repeat to the other side	5-8

- **Roll through the foot**
- Pump the knees
- Use everything you’ve got

OPTION: Knee Lift

05. MIXED STRENGTH

TRACK FOCUS

Educate your class on the benefits of this track: building functional strength in the legs and upper body for everyday life. Let your participants know that they can manage the intensity and training effect by choosing to use a heavier weight plate, or even no weight at all if that suits them better. Educate them about the benefits of moving down to the floor and getting back up to standing again. We do this in everyday life, like cleaning under furniture, or playing with our children/ grandchildren. Coach all the options for the Pushups and encourage your participants to take breaks whenever they need to, then to try a couple more when they’ve had enough recovery time.

Normalize and celebrate those that are working lighter. This type of training is for everybody.

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 / Bow chika	3x8		Holding weight plate in your R hand, set up Lunge position. Close to the R side, L foot on the step 👁️ Weighted Triple Pulse Lunge on the last 8cts	24	
0:12	V1 / _ Watch out	4x8	A	Weighted Triple Pulse Lunge L 👁️ Weighted Rear Leg Lift on the last 2cts	8	4x
0:30	C / Bow chika	8x8	A ¹	Weighted Triple Pulse Lunge with Rear Leg Lift L 👁️ Up Tap on the last 2cts	8	8x
1:05	Rep / Can you handle this _	4x8	A ²	Weighted Single Lunge with Up Tap L	4	8x
1:22	Ref / _ Whoa	2x8	B	Standing on top of the step Step R foot to the floor and set up Wide Squat position Weight plate to mid-line, L arm out to the L side Squat down	16	
1:31	_ Whoa	2¼x8	C	Weighted Squat Pulse L 👁️ Weighted Row on the last 4cts	2	9x
1:41	C / Bow chika	4x8	C ¹	Weighted Squat Pulse L. R Gorilla Arm Row	4	8x
1:59	Ref / (Quiet instr)	4x8	D	Place weight plate down. Transition to Down Dog	32	
2:07	B up / (Instr)	4x8	E	Plank and Shin Tap L Plank and Shin Tap R 👁️ Pushup and Shin Tap R on the last 8cts	8 8	
2:25	C / 'bout to shut it down	4x8	E ¹	Pushup and Shin Tap L then R	16	2x
2:42	All my ladies in the _	4x8	E ²	Faster Tempo Pushup and Shin Tap L then R	8	4x
3:00	Ref / 'bout to shut it down	4x8	F	Childs Pose	32	



05. MIXED STRENGTH

MUSIC			EXERCISE		CTS	REPS
3:17	B up / 'bout to shut it down	4x8	E ³	Off-The-Beat Pushup		AMRAP
3:35	Intro 2 / Bow chika	4x8		Jump feet in and stand up Pick up weight plate Holding weight plate in your L hand, set up Lunge position. Close to the L side, R foot on the step	32	
3:52	V2 / _ I know you like	4x8	A	 Weighted Triple Pulse Lunge R  Weighted Rear Leg Lift on the last 2cts	8	4x
4:10	C / Bow chika	8x8	A ¹	 Weighted Triple Pulse Lunge with Rear Leg Lift R  Up Tap on the last 2cts	8	8x
4:44	Rep / Can you handle this _	4x8	A ²	 Weighted Single Lunge with Up Tap R	4	8x
5:02	Ref / _ Whoa	2x8	B	 Standing on top of the step. Step L foot to the floor and set up Wide Squat position Weight plate to mid-line, R arm out to the R side Squat down	16	
5:11	_ Whoa	2¼x8	C	 Weighted Squat Pulse R  Weighted Row on the last 4cts	2	9x
5:21	C / Bow chika	4x8	C ¹	 Weighted Squat Pulse R. L Gorilla Arm Row	4	8x
5:39	Ref / 'bout to shut it down	2x8	D	 Place weight plate down Transition to Plank	32	
5:57	B up / (Instr)	4x8	E	 Plank and Shin Tap L Plank and Shin Tap R  Pushup and Shin Tap R on the last 8cts	8 8	2x
6:05	C / 'bout to shut it down	4x8	E ¹	 Pushup and Shin Tap L then R	16	2x
6:22	All my ladies in the _	4x8	E ²	 Faster Tempo Pushup & Shin Tap L then R	8	4x
6:40	Ref / 'bout to shut it down	4x8	F	 Childs Pose	32	
6:57	B up / 'bout to shut it down	4x8	E ³	 Off-The-Beat Pushup		AMRAP
7:14	Outro / bout to shut it down	½x8		Jump feet in towards the step, then stand up	4	



05. BOW CHIKA WOW IT / SHUT IT DOWN 7:22mins

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.

WEIGHTED SQUAT PULSE

PHONETIC CUE 'Pulse; pulse'

Weighted Squat Pulse L. *Weight plate in L hand, center of body* 1-2

- **Feet wider than hip-width, weight plate at center of body, bend knees, core braced, tip forward from the hips**
- **Knees and toes turned out slightly**
- **Eye gaze forward**

WEIGHTED SQUAT PULSE WITH GORILLA ARM ROW

PHONETIC CUE 'Reach and pull; reach and pull'

Weighted Squat Pulse L. *Gorilla Arm Row R* 1-2

- **Squeeze shoulder blades together**
- **Elbow pulls past ribcage**, up towards the ceiling
- Only 8 Rows to finish this set
- Working our upper and lower body together to get strong
- The challenge is to get the weight plate to almost kiss the floor with each pulse (while maintaining correct form)

OPTION: Weighted Squat Pulse

PLANK AND SHIN TAP

PHONETIC CUE 'Plank, right hand Shin Tap; Plank, left hand Shin Tap'

Plank. *Hands on the step* 1-4
Down Dog with Shin Tap L. *R hand stays on top of the step* 5-8
Repeat to the other side 9-16

- Plate out of the way at the front of the step, come behind the step
- From lower body to upper body
- **Hands shoulder-width apart**
- **Core braced** to find Plank position

OPTION: Slow Plank on knees and Tap

PUSHUP AND SHIN TAP

PHONETIC CUE 'Pushup, Shin Tap; Pushup, Shin Tap'

Pushup down and up. *Hands on the step* 1-4
Down Dog with Shin Tap L, *R hand stays on top of the step* 5-8
Repeat to the other side 9-16

- It's important to coach and normalize all levels of Pushups
- Pushup, **chest to elbow height**
- Shin Tap, **core braced, lift hips towards ceiling**
- Stabilize the body with 3 points of contact while upside down, which is super challenging!

OPTION: Plank and Childs Pose

FASTER TEMPO PUSHUP AND TAP

PHONETIC CUE 'Push, Tap; Push, Tap'

Pushup down and up. *Hands on the step* 1-2
Down Dog with Shin Tap L. *R hand stays on top of the step* 3-4
Repeat to the other side 5-8

- Important to coach and normalize, slowing the Pushups down if needed. Praise all levels like Otto did in the Masterclass footage. "There are so many ways to do this move: fast, slow, on the knees or toes – your choice!"
- Using the shoulders, chest and core to create stability

OPTION: Pushup and Shin Tap



05. BOW CHIKA WOW IT / SHUT IT DOWN 7:22mins

TECHNIQUE AND COACHING

CHILDS POSE

CUE *'Sit back and recover'*

Childs Pose 1-32

- Recover, team
- Explain what you are about to do: "As many Pushups as you can do in 10 seconds. Choose on your knees, on your toes, on the beat, slower than the beat, or race the beat. Do it your way."

OFF-THE-BEAT PUSHUP

PHONETIC CUE *'As many reps as possible'*

Pushup down and up AMRAP

- Off-The-Beat training in this track is designed to allow people to reach their desired intensity in the short block
- Pushups – as many reps as possible in 15 seconds! On the knees or toes, or off the beat
- Do your best
- How many can you do?

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 across the length of the step in 'landscape mode'. In this track, we've introduced some Off-The-Beat training so that your participants can choose to slow down, speed up, or stay in time with the music to help them manage their desired intensity level. This is a great opportunity to be more inclusive by slowing down, showing them it's normal to work lighter if they feel that they need to.

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	V1 / Stepping outside	4x8		Standing to the R side of the step Jog L, R OTS. RA	2	16x
0:12	I'm climbing	6x8	A	6x Light Jog Across The Step L then R. RA	16	3x
0:29	QC / Make everything louder	8x8	B	6x Bigger ROM Jog Across The Step L then R. RA 👁 Rise and Squat on the last 4cts	16	4x
0:51	Instr / Louder louder _	4x8	B¹	Rise and Squat L. <i>Clasped Bent Raise up then wide open down</i>	4	8x
1:02		4x8	C	Light Power Jump Up and Squat down L. <i>Clasped Bent Raise up then wide open down</i>	4	8x
1:13	C / Make everything louder	8x8	C¹	3x Power Jump and Power ATT Combo L then R	32	2x
1:35	Rep / Make everything louder	4x8	D	1x Off-The-Beat Power Jump and Power ATT Combo L then R		AMRAP
1:46	V2 / Put me in a soundproof	2x8		Stop, then move to the R side of the step		
1:51	My ears would still	2x8	A	🔄 Jog R, L OTS. RA	2	16x
1:57	Still seeping through	4x8	B	🔄 6x Light Jog Across the step R then L. RA	16	2x
2:08	QC / Make everything louder	8x8	B¹	🔄 6x Bigger ROM Jog Across the step R then L. RA 👁 Rise and Squat on the last 4cts	16	4x
2:30	Instr / Louder louder _	4x8	C	🔄 Rise and Squat R. <i>Clasped Bent Raise up, then wide open down</i>	4	8x
2:41		4x8	C¹	🔄 Light Power Jump Up and Squat down R. <i>Clasped Bent Raise up then wide open down</i>	4	8x
2:52	Rep / Make everything louder	8x8	D	🔄 3x Power Jump and Power ATT Combo R then L	32	2x
3:14	Make everything louder	4x8	D¹	🔄 1x Power Jump and Power ATT Combo R then L		AMRAP
3:25	Outro / Louder louder _	4x8	E	Power ATT R then L. <i>Clasped Bent Raise up, then wide open down</i>		AMRAP



06. LOUDER (HAMILTON REMIX) 3:46mins

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.

JOG OTS

PHONETIC CUE 'Right, left; right, left'

Jog OTS L. RA 1-2

- Peak 2. Time for lateral training
- Work harder or work light, however you feel like working today

6x LIGHT JOG ACROSS THE STEP

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

6x Light Jog Across The Step L. RA 1-6
Step L to the floor. RA 7-8
Repeat to the other side 9-16

- The music is super uplifting in this track. Where will you, as an instructor, let the music shine through?
- **Quiet landing across the step**
- **Core braced**

6x BIGGER ROM JOG ACROSS THE STEP

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

6x Bigger ROM Jog Across The Step L. RA 1-6
Step L to the floor. RA 7-8
Repeat to the other side 9-16

- Make it a little louder; drive the knees up
- Opportunity for Off-The-Beat training – you can go fast, slow or anywhere in between
- Peak track is for the heart rate – as high as YOU can get it!

OPTION: 6x Light Jog Across The Step

RISE AND SQUAT

PHONETIC CUE 'Rise, Squat; Rise, Squat'

L on top of the step, R on the floor, Rise up. 1-2
Clasped Bent Raise O/H
Squat down. *Wide open* 3-4

- **Bend knees**
- **Push hips back and down**
- Load the legs and drive the arms

LIGHT POWER JUMP UP & SQUAT

PHONETIC CUE 'Lift; lift'

L on top of the step, R on the floor, Light Power 1-2
Jump Up. *Clasped Bent Raise O/H*
Squat down. *Wide open* 3-4

- Little push off the step
- If jumping's not for you today, stay grounded

3x POWER JUMP & POWER ATT COMBO

PHONETIC CUE 'Squat Jump 3, 2, 1, across; 3, 2, 1, across'

L on top of the step, R on the floor, Power Jump 1-2
up. *Clasped Bent Raise O/H*
Squat down. *Wide open* 3-4
L on top of the step, R on the floor, Power Jump 5-6
up. *Clasped Bent Raise O/H*
Squat down. *Wide open* 7-8
L on top of the step, R on the floor, Power Jump 9-10
up. *Clasped Bent Raise O/H*
Squat down. *Wide open* 11-12
Propulsive ATT L. *Clasped Bent Raise O/H* 13-14
Squat down. *Wide open* 15-16
Repeat to the other side 17-32

- We shift into sports mode here



06. LOUDER (HAMILTON REMIX) 3:46mins

TECHNIQUE AND COACHING

1x OFF-THE-BEAT POWER JUMP & POWER ATT COMBO

PHONETIC CUE 'Jump, across; jump, across'

1x Off-the-beat Power Jump and Power ATT **AMRAP**

- Off-The-Beat training in this track is designed to showcase that the workout is inclusive for people that find it hard to move to the beat of the music or have timing issues. If participants do have timing issues throughout the entire class, we want to normalize that, and not view them as uncoordinated. You're moving and that's all that matters! So, be sure to celebrate this in your coaching and praise the different timings you see in your class
- Your chance for Off-The-Beat training – you can go slower, faster, or even without a Jump
- Higher, wider, longer

POWER ATT

PHONETIC CUE 'Jump, across; jump, across'

Power ATT. *Clasped Bent Raise O/H up and wide open down* **AMRAP**

- Off-The-Beat training in this track is designed to showcase that the workout is inclusive for people that find it hard to move to the beat of the music or have timing issues. If participants do have timing issues throughout the entire class, we want to normalize that, and not view them as uncoordinated. You're moving and that's all that matters! So, be sure to celebrate this in your coaching and praise the different timings you see in your class
- Final 10 seconds!

07. CONDITIONING 1 HIP STRENGTH

TRACK FOCUS

Let your class know that they can choose a light to medium weight plate, or use no weight at all. In the Triple Zigzag Squat, coach your class to stack their hips above their knees, and shoulders above their hips, then shift their entire body side to side as one unit. Coach knee alignment and options to lift the weight plate to chest, shoulder level, or above shoulder level. In the side-lying position, coach your participants to stack one hip on top of the other. If you can lift your leg higher than hip level, your top hip is most likely not stacked on top of the bottom hip. Manage the intensity by moving the weight plate down towards the knee for more load, or up higher towards the hip for less load. Or, even placing the weight plate down on the floor if you feel that your technique is being compromised.

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
			<i>Holding a weight plate into the chest.</i> Start to the L side of the step, R foot on the step, L foot on the floor. Feet slightly wider than hip-width apart			
0:00	Intro / (Q Instr)	2x8	Squat down and prepare to move 👁 Triple Zigzag Squat on the last 8cts		16	
0:08	V1 / 말투와 행동을	4x8	A	Triple Zigzag Squat with Leg Abduction L. Low side to side then <i>pull weight plate to chest</i>	8	4x
0:24	Money , honey, I'm so greedy	4x8	A ¹	Triple Zigzag Squat with Leg Abduction L. Low side to side then <i>raise weight plate diagonally to shoulder height</i>	8	4x
0:41	C / Mmm , I'm not cool	8½x8	A ²	Single Zigzag Squat with Leg Abduction L. Low side then <i>raise weight plate diagonally to head level</i>	4	9x
1:00	V2 / 뼈가뻥뻥해	3x8	B	Transition to lie on your R side on top of the step. <i>R elbow to step, weight plate to mid-thigh</i>	24	
1:08	That's the way I like it	5½x8	C	Reverse Leg Circles L	4	11x
1:35	C / I'm not cool	8x8	D	Triple Pulse Leg Lift then lower L	8	8x
2:09	Ref / Yeah -eh-eh	2x8	E	Transition to standing (same side) L side of the step, R foot on the step, L foot on the floor. Feet in a narrow stance, <i>holding a weight plate to the chest</i>	16	
2:16	Br / Mmm	½x8	Squat down and prepare to move			
2:18	C / I'm not cool	8x8	A ¹	 Triple Zigzag Squat with Leg Abduction L. Low side to side then <i>raise weight plate diagonally to head height</i>	8	8x
2:52	Intro 2 / (Q Instr)	2x8	Move across to the R side of the step L foot on the step, R foot on the floor. Feet in a narrow stance, <i>holding a weight plate to the chest.</i> Squat down		16	



07. CONDITIONING 1 HIP STRENGTH

MUSIC			EXERCISE		CTS	REPS
3:01	V3 / 말투와 행동을	4x8	A	 Triple Zigzag Squat with Leg Abduction R. Low side to side then <i>pull weight plate to chest</i>	8	4x
3:17	Money , honey, I'm so greedy	4x8	A ¹	 Triple Zigzag Squat with Leg Abduction R. Low side to side then <i>raise weight plate diagonally to shoulder height</i>	8	4x
3:34	C / Mmm , I'm not cool	8½x8	A ²	 Single Zigzag Squat with Leg Abduction R. Low side then <i>raise weight plate diagonally to head level</i>	4	9x
3:52	V4 / 뽀까뽀쩍해	3x8	B	 Transition to lie on your L side on top of the step. L elbow to step, weight plate to mid thigh	24	
4:05	That's the way I like it	5½x8	C	 Reverse Leg Circles R	4	11x
4:28	C / I'm not cool	8x8	D	 Triple Pulse Leg Lift then lower R	8	8x
5:01	Ref / Yeah -eh-eh	2x8	E	 Transition to standing (same side) R side of the step, L foot on the step, R foot on the floor. Feet in a narrow stance, <i>holding a weight plate into the chest</i>	16	
5:09	Br / Mmm	½x8		 Squat down and prepare to move		
5:11	C / I'm not cool	8x8	A ¹	 Triple Zigzag Squat with Leg Abduction R. Low side to side then <i>raise weight plate diagonally to head height</i>	8	8x



07. I'M NOT COOL 5:50mins

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. 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 (their 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 turned out slightly, and rack the weight plate to the chest.

TRIPLE ZIGZAG SQUAT

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

R foot on the step, L foot on the floor, Squat down and shift bodyweight to the L. Low side L 1-2

R foot on the step, L foot on the floor. Hold the squat down and shift bodyweight across to the R. Low side R 3-4

R foot on the step, L foot on the floor. Hold the squat down and shift bodyweight across to the L. Low side L 5-6

R foot on the step, Low Abduction L. *Pull weight plate to chest* 7-8

- Suggest a medium weight plate in this track. If participants are using a heavy weight, ask them to have a medium weight as well, just in case they lose form or technique
- One foot on, one foot off, for offset training
- **Stack shoulders on top of hips**
- **Strong core brace**
- **Move body as one unit** in a zigzag pattern
- What could you do a little differently on this side? Squat deeper or push further side to side
- It's all about experimenting with what feels strong and good for your body

OPTION: No weight

TRIPLE ZIGZAG SQUAT WITH LEG ABDUCTION

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

R foot on the step, L foot on the floor, Squat down and shift bodyweight to the L. Low side L 1-2

R foot on the step, L foot on the floor. Hold the squat down and shift bodyweight across to the L. Low side R 3-4

R foot on the step, L foot on the floor. Hold the squat down and shift bodyweight across to the R. Low side L 5-6

R foot on the step, Low Abduction L. *Diagonal plate raise to shoulder height* 7-8

- If you want to hit the shoulders, extend the weight plate to shoulder height
- **Squeeze shoulder blades back and down** to keep great posture

OPTION: Triple Zigzag Squat

SINGLE ZIGZAG SQUAT WITH LEG ABDUCTION

PHONETIC CUE 'Down, up; down, up'

R foot on the step, L foot on the floor, Squat down and shift bodyweight to the L. Low side L 1-2

Low Abduction L. *Diagonal plate raise to head level* 3-4

- Depending on how heavy your weight plate is, it may be too challenging to lift it above shoulder level, so offer the 3x levels: 1) Pull weight to chest 2) Lift weight to shoulder height 3) Lift weight above shoulder height.

Note: the number 1 priority for having a heavier weight is to load the lower body and glutes

- **Big knee bend**
- **Knees stay in line with toes**
- **Butt back and down**
- Push off from one leg to the other
- **Squeezing quads and glutes to lift the side leg**
- Feel the power from heels to knuckles



07. I'M NOT COOL 5:50mins

TECHNIQUE AND COACHING

REVERSE LEG CIRCLES

PHONETIC CUE 'Back, around, forward; back, around, forward'

Reverse Leg Circles L. *Weight to mid-thigh* 1-4

- Lying on top of the step, set up the correct position first: **Elbow under shoulder**, muscle tension around chest and shoulder, **brace under side of body, stack one hip on top of the other**

Note: if you can lift your leg higher than your top hip, it's most likely that your hips aren't stacked correctly

- Let's dig deeper into those beautiful muscles around your hip joint
- Work harder by sliding the weight plate down the leg, or work lighter by bringing the weight plate higher on your leg
- Drive elbow into the step to support your upper body

TRIPLE PULSE LEG LIFT THEN LOWER

PHONETIC CUE '3, 2, lower leg towards the floor; 3, 2, 1, lower'

3x Leg Abduction L. *Weight plate to mid-thigh* 1-6

Lower L towards the floor. *Weight plate to mid-thigh* 7-8

- Coach and show that if you fatigue, take a break then join in when you feel OK. Avoid pushing through with poor posture or technique
- **Hips stacked on top of each other**
- **Strong core brace**
- **Lift to hip level only**

TRIPLE ZIGZAG SQUAT WITH LEG ABDUCTION

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

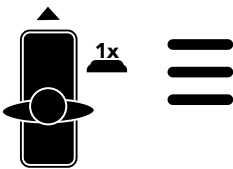
R foot on the step, L foot on the floor, Squat down and shift bodyweight to the L. Low side L 1-2

R foot on the step, L foot on the floor. Hold the squat down and shift bodyweight across to the R. Low side R 3-4

R foot on the step, L foot on the floor. Hold the squat down and shift bodyweight across to the L. Low side L 5-6

R foot on the step, Low Abduction L. *Diagonal plate raise to head level* 7-8

- We're not done with this side yet
- Single-leg training as life's not always balanced
- Functional everyday training, like you're picking up a box from the floor and putting it up on the top shelf – we won't get injured doing that, no way!
- Strong hips for today, tomorrow, and in 15 years' time
- How's your posture? Good? Then go a little higher!



08A. MOVE

TRACK FOCUS

Use a visual cue to show that the Straddles and Repeaters all lead to the same side. Create a successful track early on, so that when you add the arms and intensity in the chorus, you can let loose, really feel the music and release the big energy.

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 / _ Check check	4x8	A	Standing on top of the step Down Tap L then R. RA 👁 Straddle L on the last 4cts	4 8x
0:13	Rep / Keep your hands	4x8	B	Straddle L. RA	4 8x
0:25	V1 / _ When I go in	8x8	C	2x Straddle and 4x Repeater Knee Lift L. RA 👁 Arms on the last set of Repeaters	16 4x
0:51	C / (Instr)	8x8	C ¹	2x Straddle Jogs and 4x Repeater Knee Lift L. RA and Clasped Diagonal Pulldown	16 4x
1:17	Ref / Keep your hands	2x8	D	OTT L then R. Relaxed by sides	8 2x
1:23	Hands hands hands	2½x8	D ¹	OTT L then R. Hold Clasped Bent Arms O/H 👁 Clasped Pulldown on the last 4cts	8 2½x
1:31	C / Rock it _	4x8	D ²	Propulsive OTT R then L. Clasped Diagonal Pulldown	8 4x
1:44	Ref / _ Everyone do me	4x8	A	🔄 Down Tap R then L. RA	4 8x
1:50	_ Reach	2x8	B	🔄 Straddle R. RA	4 4x
1:57	V2 / Yow, I don't care	8x8	C	🔄 2x Straddle and 4x Repeater Knee Lift R. RA 👁 Arms on the last set of Repeaters	16 4x
2:22	C / Rock it _	8x8	C ¹	🔄 2x Straddle Jogs and 4x Repeater Knee Lift R. RA and Clasped Diagonal Pulldown	16 4x
2:48	Ref / Keep your hands	2x8	D	🔄 OTT R then L. Relaxed arms by sides	8 2x
2:54	Hands hands hands	2½x8	D ¹	🔄 OTT R then L. Hold Clasped Bent Arms O/H 👁 Clasped Diagonal Pulldown on the last 4cts	8 2½x
3:02	C / Rock it _	8x8	D ²	🔄 Propulsive OTT L then R. Clasped Diagonal Pulldown	8 8x



08A. BADDEST THINGS 3:36mins

TECHNIQUE AND COACHING

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 the 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 'Right, left; right, left'

Down Tap L then R. RA 1-4

- **Square body to the front**
- **Core braced**
- **Chest lifted**

STRADDLE

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

Straddle down L, R. RA 1-2

Straddle up L, R. RA 3-4

- **Body square to the front**

2x STRADDLE AND 4x REPEATER KNEE LIFT

PHONETIC CUE 'Straddle, 2, 1, Repeater hold, 4, 3; 2; same side Straddle, 2, 1, Repeater hold, 4, 3, 2'

2x Straddle March L. RA 1-8

4x Repeater Knee R. RA 9-16

- Use visual cues to show that the Straddles and Repeaters all lead to the same side
- Reset the core brace, lift and breathe

2x STRADDLE JOG AND 4x REPEATER KNEE LIFT

PHONETIC CUE 'Straddle, 2, 1, Repeater hold, 4, 3; 2; Straddle, 2, 1, Repeater hold, 4, 3, 2'

2x Straddle Jog L. RA 1-8

4x Repeater Knee R.

Clasped Diagonal Pulldown 9-16

- BODYCOMBAT flavor in the Repeaters. Pull hands diagonally down towards your hip bone
- **Body square to the front** to reduce twisting and turning
- Lift heels up and then pull to the hip
- Make it bigger!
- Use the arms to lift the intensity

OPTION: 2x Straddle and 4x Repeater Knee Lift

OTT

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

Step L onto the floor then lift R knee. Arms by sides 1-2

Step R onto the step then step L onto the step. Arms by sides 3-4

Repeat to the other side 5-8

- Build in the arms
- Breathe here

PROPULSIVE OTT

PHONETIC CUE 'Down, up; down, up'

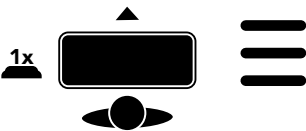
Step R onto the floor then lift L knee. Clasped Diagonal Pulldown 1-2

Step L onto the step then step R onto the step. Clasped Bent Arms O/H 3-4

Repeat to the other side 5-8

- BODYCOMBAT flavor in the OTTs. Pull hands diagonally down towards your hip bone
- Use the arms to create resistance
- Feel the core react to the impact

OPTION: OTT



BONUS

08B. GROOVE

TRACK FOCUS

This is a fun, dance-inspired optional track that you can switch out for 8a (Move), to add a little more light-hearted fun to the workout. Get the look and feel by using imagery for the moves, eg:

Squat = Feeling cute

Half Crown Arms = One hand to your head, the other hand like you’re holding a phone and taking a selfie

4-Point Walk with Shoulder Roll = Giving the cold shoulder

4-Point Walk with Arm Circle = Make it bigger

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 / (Instr)	8x8	A	Small ROM Drop Squat and 6x March On The Floor L then R 👁 Tap Down L & Side Tap R then L on the last 8cts	16 4x
0:30	C / (Riff)	4x8	A ¹	Small ROM Drop Squat and Side Tap R then L Repeat to the other side 👁 Arm Push Down R then L on the last 4cts	8 8 4x
0:45		4x8	A ²	Small ROM Drop Squat L and Side Tap R then L. Arm Push Down R then L Repeat to the other side	8 8 2x
1:00	Rep /	4x8	B	4x March On Top L. Relaxed Arms 👁 4-Point Walk on the last 8cts	8 2x
1:15		2x8	B ¹	4-Point Walk L. Relaxed arms by sides	8 2x
1:22		2x8	B ²	4-Point Walk L. Shoulder Roll L then R	8 2x
1:30	V1 / _ And the beat don't stop	6x8	C	4-Point Walk L. Shoulder Roll L then R 4x March On Top L. Relaxed Arms 👁 Half Crown Arms on the last 8cts	8 8 3x
1:52	_ And the beat don't stop	10x8	C ¹	4-Point Walk L. Shoulder Roll L then R 4x March On Top L.	8 8 5x
2:30	C / (Riff)	8½x8	A ²	🔁 Small ROM Drop Squat L and Side Tap R then L. Arm Push Down R then L Repeat to the other side 👁 Drop Squat on the last 8cts	8 8 4½x
3:03	Ref /	4x8	B	🔁 4x March On Top R. Relaxed Arms 👁 4-Point Walk with Arm Circle on the last 8cts	8 4x
3:18		4x8	B ³	4-Point Walk R. Arm Circle R then L	8 4x
3:33	V2 / _ And the beat don't stop	12x8	C ²	🔁 4-Point Walk R. Arm Circle R then L 4x March On Top R. Half Crown Arms	8 8 6x
4:18	Outro / (Riff)	8x8	A ³	🔁 Drop Squat L and Side Tap L then R. Arm Push Down R then L Repeat to the other side	8 8 4x



BONUS

08B. I WANT YOU 4:54mins

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 the Move or Groove track, not both in the same class.

SMALL ROM DROP SQUAT AND 6x MARCH

PHONETIC CUE 'Drop Squat, March, 6, 5, 4, 3, 2, 1; Drop Squat, March, 6, 5, 4, 3, 2, 1'

Drop Squat L. *Stack hands on top of L thigh* 1-2
6x March behind the step OTS R, L. RA 3-8
Repeat to the other side 9-16

- Small ROM Squat

SMALL ROM DROP SQUAT AND SIDE TAP

PHONETIC CUE 'Drop, Tap, 2, 1; Drop, Tap, 2, 1'

Drop Squat R. *Stack hands on top of R thigh* 1-2
Step behind the step L, R. RA 3-4
Side Tap R then L. RA 5-8
Repeat to the other side 9-16

- **Chest lifted**
- **Knees soft**

OPTION: Small ROM Drop Squat and 6x March

SMALL ROM DROP SQUAT AND SIDE TAP WITH ARM PUSH DOWN

PHONETIC CUE 'Drop, Tap, 2, 1; Drop, Tap, 2, 1'

Drop Squat L. *Stack hands on top of L thigh* 1-2
Step behind the step R, L 3-4
Side Tap R then L. *Arm Push R then L* 5-8
Repeat to the other side 9-16

- If you’re looking for more Groove, add the click
- Arm circles towards the body
- Your workout your way. If you feel more comfortable, rock it out or keep it 'chill'

OPTION: Small ROM Drop Squat and Side Tap

4x MARCH

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

4x March on top of the step L. *Relaxed Arms* 1-4
4x March on the floor L. *Relaxed Arms* 5-8

- Channel that big confident energy

4-POINT WALK

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

L steps onto the step towards R corner, Low Abduction R. *Relaxed arms by sides* 1
Step down R, L. *Relaxed arms by sides* 2-3
R steps onto the step, towards L corner, Low Abduction L. *Relaxed arms by sides* 4
Walk on the floor L. *Relaxed RA* 5-8



BONUS

08B. I WANT YOU 4:54mins

TECHNIQUE AND COACHING

4-POINT WALK WITH SHOULDER ROLL

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

- L steps onto the step towards R corner, Low Abduction R. *Shoulder Roll L* 1
- Step down R, L. *Relaxed by sides RA* 2-3
- R steps onto the step, towards L corner, Low Abduction L. *Shoulder Roll R* 4
- Walk on the floor L. *Relaxed RA* 5-8

4x MARCH ON TOP WITH HALF CROWN ARMS

PHONETIC CUE 'Crown to your head, 4, 3, 2, 1'

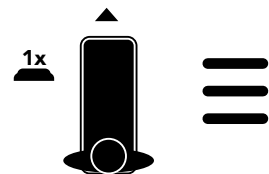
- 4x March on top of the step L. *Half Crown Arms* 1-4
- 4x March on the floor L. *Relaxed Arms* 5-8

- Get the look and feel of the Half Crown Arms: One hand goes to the side of your head (like you have a headache). The other hand up on a diagonal, like you're holding a smartphone and taking a selfie
- Push wrist to the ceiling
- Make it your own

4-POINT WALK WITH ARM CIRCLE AND 4x MARCH ON TOP WITH HALF CROWN ARMS

PHONETIC CUE 'Up, down, down, up, 4 march on top with the arms, 4,3,2,1, walk on the floor'

- R steps onto the step towards L corner, Low Abduction L. *Arm Circle R* 1
- Step down L, R 2-3
- L steps onto the step towards R corner, Low Abduction R. *Arm Circle L* 4
- Walk on the floor R 5-8
- 4x March on top of the step L. *Half Crown Arms* 9-12
- 4x March on the floor L. *Relaxed Arms* 13-16



09. PEAK 3 – ATHLETIC CIRCUIT

TRACK FOCUS

Encourage your class to give this track everything that they’ve got, even if they're doing light options. For those that are doing the lighter options, show them how they can get the most out each move by moving with a bigger ROM. In the Off-The-Beat speed section, encourage your participants to move at a pace that feels good for them.

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		Standing on top of the step Prepare to move	16	
0:05	V1 / _ Broken footsteps	8x8	A	Slow Single Single Double Squat Sequence L then R. RA	32	2x
0:27	PC / I’m a king	4x8	A ¹	Fast Single Single Double Squat Sequence L then R. RA 👁 Double Plyo Squat on the last 4cts	16	2x
0:38	C / (Instr)	8x8	A ²	Fast Single Single Double Plyo Squat Sequence L then R. RA	16	4x
1:00	Rep / My hope will never die	4x8	A ³	Fast Single Squat L then R. RA	4	8x
1:11	Instr /	4x8	B	Move to the back of the step Jog L, R OTS. RA 👁 2x Basic Jog and Jog OTS on the last 16cts	32	
1:22	V / _ Mi press trigger	8x8	C	2x Basic Jog and Jog OTS L 👁 Traveling F then B on the last 16cts	16	4x
1:44	Anytime you're ready	6x8	C ¹	2x Straddles L traveling F. RA Jog L, R 4x traveling B. RA	8 8	3x
2:00	C / My style is di bom	4½x8	C ²	Race The Beat 2x Straddles L traveling F. RA Jog L, R 4x traveling B. RA		AMRAP
2:13	Instr /	4x8	D	Transition to straddle the step 👁 Straddle and 2x Squat Pulse Sequence on the last 8cts	32	
2:27	V / _ Keep pushin’	4x8	E	Straddle and 2x Squat Pulse Sequence L 👁 Straddle Jump and 2x Squat Pulse Sequence L on the last 8cts	8	4x
2:42	PC / Keep on pushin’	4x8	E ¹	Straddle Jump and 2x Squat Pulse Sequence L 👁 Straddle Jump and Snatch Burpee on the last 8cts	8	4x
2:57	C / _ Woo!	8x8	E ²	Straddle Jump and Snatch Burpee	8	8x
3:28	Instr /	4x8	B	🔁 Move to the back of the step Jog R, L OTS. RA 👁 2x Basic Jog & Jog OTS on the last 16cts	32	
3:39	V / _ Mi press trigger	8x8	C	🔁 2x Basic Jog and Jog OTS R 👁 Traveling F then B on the last 16cts	16	4x



09. PEAK 3 – ATHLETIC CIRCUIT

MUSIC			EXERCISE		CTS	REPS
4:00	Anytime you're ready	6x8	C ¹	 2x Straddle R traveling F. RA Jog R, L 4x traveling B. RA	8 8	3x
4:17	C / My style is di bom	4½x8	C ²	 Race The Beat 2x Straddle R traveling F. RA Jog R, L 4x traveling B. RA		AMRAP
4:29	Instr /	4x8	D	 Transition to straddle the step  Straddle & 2x Squat Pulse Sequence on the last 8cts	32	
4:44	V / _ Keep pushin'	4x8	E	 Straddle & 2x Squat Pulse Sequence R  Straddle Jump & 2x Squat Pulse Sequence R on the last 8cts	8	4x
4:59	PC / Keep on pushin'	4x8	E ¹	 Straddle Jump & 2x Squat Pulse Sequence R  Straddle Jump and Snatch Burpee on the last 8cts	8	4x
5:14	C / _ Woo!	8x8	E ²	 Straddle Jump and Snatch Burpee	8	8x
5:44	V2 / _ Broken footsteps	2½x8	A	Transition to the top of the step	20	
5:51	_ Pick myself	6x8	A	 Slow Single Single Double Squat Sequence R then L. RA	32	1½x
6:07	I'm a king	4x8	A ¹	 Fast Single Single Double Squat Sequence R then L. RA	16	2x
6:18	C / (Instr)	8x8	A ²	 Fast Single Single Double Plyo Squat Sequence R then L. RA  Double Plyo Squat on the last 4cts	16	4x
6:40	Rep / My hope will never die	4x8	A ³	 Fast Single Squat R then L. RA	4	8x



09. HOLDIN' ON / COBRASTYLE / KEEP PUSHIN' (EXTENDED MIX) 7:02mins

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 included.
Encourage your members to give this track EVERYTHING that they have to empty the tank.

SLOW SINGLE SINGLE SQUAT DOUBLE SQUAT

PHONETIC CUE 'Single, single, double; single, single, double'

- Single Squat L. RA 1-2
- Step R on top of the step. RA 3-4
- Single Squat R. RA 5-6
- Step L on top of the step. RA 7-8
- Double Squat L down, up, down. RA 9-14
- Step R on top of the step. RA 15-16
- Repeat to the other side 17-32

- Final Peak Cardio! Whatever's left in the tank, it's time to empty it

FAST SINGLE SINGLE DOUBLE SQUAT

PHONETIC CUE 'Side, side, double; side, side, double'

- Single Squat L and propel towards the L. RA 1-2
- Single Squat R and propel towards the R. RA 3-4
- Double Squat L down, up, down, and propel towards the L. RA 5-8
- Repeat to the other side 9-16

- Knees press out over toes
- **Soft knee landings**
- **Chest lifted**

OPTION: Slow Single Single Double Squat

FAST SINGLE SINGLE DOUBLE PLYO SQUAT

PHONETIC CUE 'Side, side, down, up, down; side, side, down, up, down'

- Single Squat L and propel towards the L. RA 1-2
- Single Squat R and propel towards the R. RA 3-4
- Squat Jump L down, up, down, and propel towards the L. RA 5-8
- Repeat to the other side 9-16

- **Soft knee landings**
 - Swing arms high
 - Think athletic and light
- OPTION: Fast Single Single Double Squat

FAST SINGLE SQUAT

PHONETIC CUE 'Side; side'

- Single Squat L and propel towards the L. RA 1-2
- Single Squat R and propel towards the R. RA 3-4

- Don't quit now, we're with you to the finish line

JOG OTS

PHONETIC CUE 'Run, right, left; right left'

- Jog OTS L, R. RA 1-2

- Speed time

2x BASIC JOG AND JOG OTS

PHONETIC CUE '2, 1, hold and run; 2, 1, hold and run'

- 2x Basic Jog on top of the step L. RA 1-8
- Jog on the floor L. RA 9-16

- Active recovery – make this as big or as small as you need to
- **Whole foot on the step**
- Nice and light on the feet



09. HOLDIN' ON / COBRASTYLE / KEEP PUSHIN' (EXTENDED MIX) 7:02mins

TECHNIQUE AND COACHING

2x STRADDLE TRAVEL FORWARD

PHONETIC CUE 'Run forward, move back'

2x Straddle L and travel forward. RA 1-8
Jog on the floor L, R 4x and travel backward. RA 9-16

- This is our Ladder Run – we run inside the ladder and outside the ladder

RACE THE BEAT 2x STRADDLE TRAVEL FORWARD

PHONETIC CUE 'Run forward, move back'

2x Straddle L and travel forward. RA AMRAP
Jog on the floor L, R 4x and travel backward. AMRAP
RA AMRAP

- Off-the-beat Training in this track is designed to allow people to reach their desired intensity
- Similar to other tracks that have off-the-beat training, we want to celebrate and include all people in the workout, and to normalize different timings and intensity

STRADDLE & 2x SQUAT PULSE SEQUENCE

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

Straddle on top of the step L. RA 1-2
Straddle down L. RA 3-4
Squat Pulse. Hands clasped together 5-6
Hold Squat down. Hands clasped together 7-8

- **Push knees out in the Squat**
- **Chest lifted**
- Low-impact option here, without the Jump
- There's a pause at the bottom of the Squat; use the muscles to slow down the movement

STRADDLE JUMP & 2x SQUAT PULSE SEQUENCE

PHONETIC CUE 'Jump, hold, Double Squat; jump, hold, Double Squat'

Straddle Jump on top of the step L. 1-2
Double-Arm Circle 1-2
Land Squat on the floor. Low open 3-4
Squat Pulse. Hands clasped to chest 5-6
Hold Squat down. Hands clasped together 7-8

- Use the Squat to take off and to land
- Drive out of the floor; think about pushing away from the ground
- At the bottom of the movement we have an isometric hold to generate power from the bottom up

STRADDLE JUMP AND SNATCH BURPEE

PHONETIC CUE 'Jump, hold, Burpee, Snatch; jump, hold, Burpee, Snatch'

Straddle Jump on top of the step L. 1-2
Double-Arm Circle 1-2
Land Squat on the floor. Low open 3-4
Jump back to Plank. Hands on the step 5-6
Snatch. Hands open to chest 7-8

- **Core braced** as you jump the feet back
- In the Snatch, keep your **chest lifted**
- Use the step to drive up for power

10A. CONDITIONING 2 GLUTE STRENGTH

TRACK FOCUS

In the Around The World Combo, coach your class to move with control and to negotiate their balance. Offer the option keep their foot off the floor, or if they are tapping the floor, make the tap super light, aiming to only tap the tip of the toes to the floor. Be sure to get your participants to move to the opposite side of the step when moving down to the Reverse Straight-Leg Circles. Then get them to lift the leg that is closest to you (the instructor). This ensures that they continue to keep training the correct side in both moves. Remind your class to check that they keep their core active to support their lower back throughout the floor moves. Let them know that they can stop and reset anytime, especially if they lose good form or if they fatigue. This floor section is challenging!

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC			EXERCISE		CTS	REPS
			Holding weight plate with both hands, stand on top of the step, close to the front, R toes lightly touch the floor			
0:00	Intro / Sun in the sky	2½x8		Prepare to move	20	
0:10	C / Feeling good	14x8	A	Offset Deadlift with Back Tap & Around The World Combo R	16	7x
1:11	Ref / Bom boom bom	4x8	B	Transition to the L side of the step Place weight plate down on the floor On knees and with elbows on the step, hands clasped together Lift L leg	32	
1:26	Beat /	8x8	C	Reverse Straight-Leg Circle L	4	16x
1:56	C / Rewind, bom boom bom	12x8	D	4x Rear Leg Lift and 4x Scorpion Leg Lift L	16	6x
2:41	Ref / Rewind, bom boom bom	8x8	C	 Reverse Straight-Leg Circle L	4	16x
3:11	Intro 2 / Sun in the sky	2½x8		Stand up Pick up weight plate Stand on top of the step, close to the front, L toes lightly touch the floor Prepare for Offset Deadlift combo L	20	
3:22	C / Feeling good	14x8	A	 Offset Deadlift with Back Tap & Around The World Combo L	16	7x
4:23	Ref / Bom boom bom	4x8	B	 Transition to the R side of the step Place weight plate down on the floor On knees and with elbows on the step, hands clasped together Lift R leg	32	
4:38	Beat / Rewind, bom boom bom	8x8	C	 Reverse Straight Leg Circle R	4	16x



10A. CONDITIONING 2 GLUTE STRENGTH

	MUSIC			EXERCISE	CTS	REPS
5:08	C / Rewind, bom boom bom	12x8	D	 4x Rear Leg Lift and 4x Scorpion Leg Lift R	16	6x
5:52	Ref / Rewind, bom boom bom	8x8	C	 Reverse Straight-Leg Circle R	4	16x



10A. FEELING GOOD (AUSTIN MILLZ REMIX) / BOOM! 6:31mins

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 weak as we step.

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

OFFSET DEADLIFT WITH BACK TAP & AROUND THE WORLD COMBO

PHONETIC CUE 'Deadlift, 2, 1, weight plate orbits closely and slowly around the body; Deadlift, 2, 1, weight plate circles closely around the body'

2x Offset Deadlift with Back Tap R. *Plate in front of body* 1-8

Around The World R. *Plate Circle* 9-16

- Set up on top of the step, close to the front, L foot on the step, toes of the R foot lightly touch the floor, weight plate at the front of body
- Around The World: LOTS of internal focus to feel all of the different muscles engaging and to maintain balance. BIG core brace, eye gaze approx. 2 feet ahead towards the floor. For more challenge, lift the toes off the floor. If you choose to tap your toes to the floor, add intensity by tapping as lightly as possible
- **Chest lifted**
- **Core braced**
- **Weight plate circles closely around the body**
- Level up by hovering the foot off the floor
- Sink through supporting knee to **keep hip square and level to the front**
- Aim the back foot towards the back of the step
- Squeeze shoulder blades together to keep chest lifted
- We love this type of functional training in BODYSTEP for every stage of life – like picking up toddlers off the floor
- Embrace the burn

REVERSE STRAIGHT-LEG CIRCLE

PHONETIC CUE 'Back and around; back and around'

Reverse Straight-Leg Circle L. *Elbows on the step* 1-4

- Important: When you go down to the floor, make sure that you 1) Tell your class to go down to the opposite side of the step. Be VERY clear and make sure that everyone moves to that side of the step. 2) Once you're down on elbows and knees, ask participants to extend their leg that is the closest to you. That is the leg that moves, so that we continue to train the same muscles that we did in the standing position
- Normalize taking a break if participants fatigue or lose good form and technique
- **Hips square to the floor and level**
- **Core braced** to keep lower back safe
- **Squeeze glutes** to initiate the lift
- Toes flexed to work quads and glutes or heel flexed to work calves and glutes
- Drive elbows into the step for great upper body posture
- 16, 15, 14 – you heard it right!
- Anytime you need to, shake it out, then come back in
- Strengthening sleepy glutes – they're not sleepy anymore!

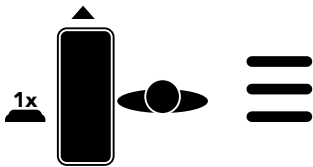
4x REAR LEG LIFT AND 4x SCORPION LEG LIFT

PHONETIC CUE 'Straight-leg pulse, 4, 3, bend your knee, Scorpion Pulse, 4, 3; straight-leg pulse, 4, 3, bend your knee, Scorpion Pulse'

4x Rear Leg Lift L. *Elbows on the step* 1-8

4x Scorpion Leg Lift L. *Elbows on the step* 9-16

- **Hips square to the floor**
- Isolated glute training
- We can't step for 55 minutes with sleepy glutes, so that's why we make sure our glutes are activated and strengthened
- Strong glutes helps us to be more agile and fit for everyday life – like picking things up, putting things down and for balance



10B. CORE

TRACK FOCUS

Coach technique and options for these core moves. Let your class know that they can stop at any time to reset if they lose their form or fatigue.

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 / _ Blackpink in	2½x8	Lie down on the floor Butt close to the step, feet up, knees bent to 90° Fingertips to temples	20	
0:15	V1 / 컴백이 아냐	6x8	A Moonwalk & 2x Basic Crunch Combo up then down	16	3x
0:54	C / When we pull up	4x8	B Single Single Double Cross Crawl Sequence L then R	8	4x
1:21	V2 / Nah, you don't wanna be	6x8	A  Moonwalk & 2x Basic Crunch Combo up then down	16	3x
2:00	C / When we pull up	4x8	B  Single Single Double Cross Crawl Sequence L then R	8	4x
2:26	Outro / Shut it down _	4x8	A  Moonwalk & 2x Basic Crunch Combo up then down	16	2x



10B. SHUT DOWN 2:57mins

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

MOONWALK & 2x BASIC CRUNCH COMBO

PHONETIC CUE '4, 3, 2, Basic Crunch up, down, walk backwards, 4, 3, 2, Basic Crunch, up, down'

Moonwalk up. <i>Fingertips to temples</i>	1-4
2x Basic Crunch. <i>Fingertips to temples</i>	5-8
Moonwalk down. <i>Fingertips to temples</i>	9-12
2x Basic Crunch. <i>Fingertips to temples</i>	13-16

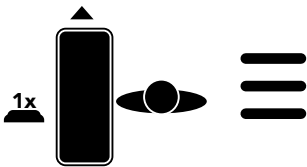
- Moonwalk – walk feet above the body and crunch up and down
- Walk for 4 counts and crunch for 2 counts
- **Core braced**
- **Lower back towards the floor**
- If you need to recover, shake it out and come back in when you’re ready
- Push your shoes away from the body
- Try to fully extend the legs
- You will feel 'over the moon' once you're done

SINGLE SINGLE HOLD CROSS CRAWL

PHONETIC CUE 'Single, single, hold; single, single, hold'

Cross Crawl Single L. <i>Fingertips to temples</i>	1
Cross Crawl Single R. <i>Fingertips to temples</i>	2
Hold Cross Crawl L. <i>Fingertips to temples</i>	3-4
Repeat to the other side	5-8

- Normalize taking a break if participants fatigue or lose good form and technique
- Lift shoulder up and across the body, for big crunch and rotation
- Squeeze obliques hard
- Hold at the top just a little longer
- Light tap on your foot
- Can you feel the burn?



11. COOLDOWN / STRETCH

TRACK FOCUS

Recap and commend your class on all the incredible Functional Step Training they have just completed: the worked feeling of the lower body, hips, glutes, upper body, steady state and cardio spikes, and the optional fun Groove track. Let's give some love to our body with some gentle stretches.

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 / (Instr)	2x8	A	Leg-Crossed Hip Stretch R	16
0:16	What are the chances	1x8	B	Windshield Wiper to the L	8
0:24	PC / The universe	2x8	C	Figure 4 Glute Stretch R	16
0:40	Thinking I'm	1x8	D	Figure 5 Hamstring Stretch R	8
0:48		1x8		Slowly release, then cross L heel on top of R knee	8
0:56	V2 / I don't need	1x8	A	Leg-Crossed Hip Stretch L	8
1:04	The universe	1x8	B	Windshield Wiper to the L	8
1:12	C / I could be a	2x8	C	Figure 4 Glute Stretch R	16
1:28	Rep / Ooh	1x8	D	Figure 5 Hamstring Stretch R	8
1:36	Ooh /	1x8		Bend knees then lower them to the R, transition to lie sideways on the step, on R hip	8
1:44	Ref / I never would	2x8	E	Side-lying Quad Stretch L	16
2:00	QC / I could be	2x8	E	Side-lying Quad Stretch R	16
2:16	C / I could be	1½x8	F	Down Dog, walk heels to the floor L&R	12
2:28	Be a better gentleman	½x8		Walk feet in towards the step, stand tall	4



11. BOYFRIEND 2:33mins

TECHNIQUE AND COACHING

What's different?

No change

LEG-CROSSED HIP STRETCH

Leg-Crossed Hip Stretch R 1-16

- Time for your well-deserved Cooldown
- Cross the front leg's heel over your back knee, pop your hand on your front knee and gently push open to give your hips a gentle stretch

WINDSHIELD WIPER

Windshield Wiper L. *Arms wide on the floor* 1-8

- Lower the sole of the foot to the floor, arms wide, shoulders flat to the floor
- Feel the beautiful stretch down the spine

FIGURE 4 GLUTE STRETCH

Figure 4 Glute Stretch R 1-16

- Thread hand through the leg, grab knee, hug in and relax your head down towards the floor
- Stretch around glutes and lower back, as the glutes worked super hard today
- Breathe easy here

FIGURE 5 HAMSTRING STRETCH

Figure 5 Hamstring Stretch R 1-8

- Leg goes up, grab behind the back of the leg

SIDE-LYING QUAD STRETCH

Side-Lying Quad Stretch L 1-16

- Uncross legs, lower knees towards front, set yourself up on top of the step on your side, let's stretch the quads
- Grab top ankle, pull heel to your butt, push up onto the hand or stay down on the elbow – whatever feels good for you
- Stretch the quads
- What a great workout, feeling super worked!

DOWN DOG

Down Dog. Walk heels to the floor L, R 1-12

- Hips to the ceiling, pedal heels to the floor, the calves have worked hard today too
- Soften knees, walk feet into the step, rise up, take a deep breath in
- That's the end of BODYSTEP 132 – the new functional training format. The legs, hips and glutes feel worked. We had Steady State and we had Peaks – we feel sweaty but awesome!



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.