



BODYSTEP **UNITED**

MUSIC

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07. PARTY STEP

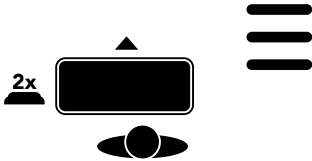
08. ATHLETIC CIRCUIT

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01. WARM-UP

TRACK FOCUS

Start strong, use clear visual cues and countdowns to teach the Pulse Lunge and Pulse Squat pattern. When the music changes to ‘You Make Me Feel Good’, relax a little and change your teaching style to create a happy and uplifting vibe.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:06	Intro /	4x8	Stand behind the step, slightly toward the R side Upper body stretch out, what ever feels good. Prepare to move	32	
0:20	Instr / (Heavy Beat)	12x8	A 4x Pulse Lunge & Pulse Squat Combo L then R	64	½x
1:04	C /	8x8	A¹ 2x Pulse Lunge & Pulse Squat Combo R then L	32	2x
1:33	Ahhhhh	2x8	B Bounce L&R. <i>Relaxed Arms</i>	2	8x
1:40	Ahhhhh	2x8	C Up Tap L then R. RA 👁️ Next move on last 8cts	8	2x
1:47	Instr / (Heavier Beat)	4x8	D Hip Extension L then R. <i>Bent Arm Raise F</i>	8	4x
2:02	V1 / I like the way	4x8	E 4x Wide March On Top L. RA	8	4x
2:16	PC / Never need to	4x8	F 3x Repeater Knee Lift L then R. RA 👁️ Next move on last 8cts	16	2x
2:32	Rep / Don't you ever	4x8	F¹ T-Step L then R. RA	16	2x
2:46	C / Make me feel good	8x8	G T-Step & 4x Wide March On Top Combo L then R	32	2x
3:15	Br / _ You make me want to spell	1x4	D¹ Hip Extension L. <i>Relaxed arms</i>	4	
3:17	Instr / Ahhhh	4x8	D  Hip Extension R then L	8	4x
3:31	V2 / Love me cause	4x8	E  4x Wide March On Top R. RA	8	4x
3:46	PC / Never need to	4x8	F  3x Repeater Knee Lift R then L. RA 👁️ Next move on last 8cts	16	2x
4:00	Rep / Don't you ever	4x8	F¹  T-Step R then L	16	2x
4:15	C / Make me feel good	8x8	G  T-Step & 4x Wide March On Top Combo R then L	32	2x
4:44	Br / _ You make me want to spell	1x4	D¹  Hip Extension R. <i>Relaxed arms</i>	4	
4:46	Instr / Ahhhh	4½x8	D  Hip Extension L then R	8	4x



02. STEP WARM-UP

TRACK FOCUS

This track is all about maintaining a natural walking rhythm, from the Basic Step through to the 4 Point Jog. Then relax and bring out the flava in the Cha-cha-cha.

Teach Flava

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Tap Down R then L. RA	8	4x
0:14	V1 / I'm in love	4x8	B	Basic Step R. RA 👁️ Next move on last 8cts	4	8x
0:29	PC / This won't be the last	4x8	C	4x March On Top R. RA 👁️ Next move on last 8cts	8	4x
0:44	Ref / I got MJ in my	2x8	D	4 Point March R. RA 👁️ Next move on last 8cts	8	2x
0:51	C / What the funk	4x8	D ¹	4 Point Jog with Extension R. RA 👁️ Next move on last 8cts	8	4x
1:06	C / What the funk	4x8	D ²	4 Point Jog with Extension R. Slice arms	8	4x
1:21	Br / Tonight	1x4	A	🔁 Tap Down R. RA	4	
1:23	Rep / Everybody's looking	4x8	A ¹	Cha-Cha-Cha L then R. Natural arms	8	4x
1:38	V2 / I'm in love	4x8	B	🔁 Basic Step L. RA 👁️ Next move on last 4cts	4	8x
1:52	PC / This won't be the last	4x8	C	🔁 4x March On Top L. RA 👁️ Next move on last 8cts	8	4x
2:07	Ref / I got MJ in my	2x8	D	🔁 4 Point March L. RA 👁️ Next move on last 8cts	8	2x
2:15	C / What the funk	4x8	D ¹	🔁 4 Point Jog with Extension L. RA 👁️ Next move on last 8cts	8	4x
2:29	C / What the funk	4x8	D ²	🔁 4 Point Jog with Extension L. Slice arms	8	4x
2:44	Br / Tonight	1x4	A	🔁 Tap Down L. RA	4	
2:46	Rep / Everybody's looking	4x8	A ¹	🔁 Cha-Cha-Cha R then L. Natural arms	8	4x
3:00	Outro /	1x4		Step R onto step. Look at watch on your R wrist	4	



03. PEAK 1

TRACK FOCUS

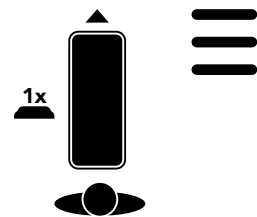
Use clear visual cues to show the direction of the move and the leading leg, especially in the OTT's. Work with the music to bring out the retro aerobics vibe.

Teach Athletic

Come into this track

Strong, athletic, energized and ready to work your way to the first cardio peak.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Who needs	1x8		Prepare to move	8	
0:03	Instr /	8x8	A	Knee Lift & OTT Combo L	32	2x
0:31	C / _ All night	8x8	A ¹	Propulsive Knee Lift & Propulsive OTT Combo L	32	2x
1:00	Rep / Physical	4x8	B	Propulsive Hamstring Curl L then R. <i>Bent arm raise F</i>	8	4x
1:14	Instr /	1x8	C	Bounce L&R. <i>Relaxed arms</i>	2	4x
1:17	V1 / Common love	4x8	D	3x Basic Step & Side Tap Combo L	16	2x
1:31	V1 / You got me	4x8	D ¹	3x Basic Jog & Jumping Jack Combo L	16	2x
1:45	QC / _ All night	4x8	E	Knee Lift, Basic Step & Side Tap Combo L	32	
1:59	C / _ All night	8x8	E ¹	Propulsive Knee Lift, Basic Jog & Jumping Jack Combo L	32	2x
2:26	Rep / Physical	4x8	F	Propulsive OTT L then R. <i>Reach up and down</i>	8	4x
2:41	Br / Let's get physical	1x4	B	Hamstring Curl L. <i>Relaxed arms</i>	4	
2:43	Rep 2 / _ Hold on	4x8	B	 Propulsive Hamstring Curl R then L	8	4x
2:57	Instr /	1x8	C	 Bounce R&L. <i>Relaxed arms</i>	2	4x
3:00	V2 / Adrenalin keeps	4x8	D	 3x Basic Step & Side Tap Combo R	16	2x
3:14	V2 / _ I don't want	4x8	D ¹	 3x Basic Jog & Jumping Jack Combo R	16	2x
3:28	QC / _ All night	4x8	E	 Knee Lift, Basic Step & Side Tap Combo R	32	
3:42	C / _ All night	8x8	E ¹	 Propulsive Knee Lift, Basic Jog & Jumping Jack Combo R	32	2x
4:11	Rep / Physical	4x8	F	 Propulsive OTT R then L. <i>Reach up and down</i>	8	4x
4:24	Br / Let's get physical	1x4	B	 Hamstring Curl R. <i>Relaxed arms</i>	4	
4:26	Rep 2 / _ Hold on	4x8	B	 Propulsive Hamstring Curl L then R	8	4x
4:40	Outro / Who needs	1x8		Create your own finale	8	



04. MIXED STRENGTH

TRACK FOCUS

Be sure to show the standing option for the Rotating Burpee and coach the body weight transfer from the Down Tap Combo (Weight on the step) to the Squat Combo (Weight on the floor).

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Behind your step, prepare to move. Explain that the option for Burpees in this track, are Alt Step Lunges.	32	
0:14	V1 / _ Sound off the	3x8 A	Alt Step Lunge L then R. RA	8	3x
0:25	V1 / Hand up in the	1x8 B	Move on last 8cts to the L side of the step, to prepare for Slow Rotating Burpees.	8	
0:28	PC / Put up your	4x8 C	Slow Rotating Burpee L then R	32	
		4x8 A	Continue with Alt Step Lunges	8	4x
0:43	C /	8x8 C ¹	 Rotating Burpee L then R	16	4x
		8x8 A	Continue with Alt Step Lunges	8	8x
1:11	Br /	1x4	Freeze	4	
1:13	Instr / (Greek)	2x8 D	Transition to the top of your step  Next move on last 8cts	16	
1:20		2x8 E	Freeze Down Tap & Speed Down Tap Combo L	8	2x
1:27	Instr / (Heavier)	4x8 E ¹	Alt Squat & Speed Up Tap Combo L	8	4x
1:42	Instr / (Quiet)	2x8 F	Transition down to the floor and prepare for Mountain Climbers	16	
1:48	Instr / (Builds)	8x8 G	Mountain Climber L&R	4	
2:06	Instr /	2x8 H	Transition to stand on top of the step	16	
2:12	Br /	1x7	Prepare to move	7	
2:15	C /	4x8 E	 Freeze Down Tap & Speed Down Tap Combo L	8	4x
2:29		4x8 E ¹	 Alt Squat & Speed Up Tap Combo L	8	3x
2:43	Br /	1x4	Freeze Squat L. RA	4	
2:45	V2 / _ Sound off	2x8	Transition to the back of the step	16	
2:52	V2 / _ Whole party	1x8 A	 Alt Step Lunge L then R. RA	8	
2:56	V2 / Hand up in the	1x8 A	Continue with Alt Step Lunges	8	
		B	Move to the L side of the step, to prepare for Slow Rotating Burpees	8	
2:59	PC / Put up your	4x8 C	 Slow Rotating Burpee L then R	32	
		4x8 A	Continue with Alt Step Lunges	8	4x
3:14	C /	8x8 C ¹	 Rotating Burpee L then R	16	4x
		8x8 A	Continue with Alt Step Lunges	8	4x



04. MIXED STRENGTH

MUSIC			EXERCISE		CTS	REPS
3:43	Instr / (Greek)	2x8	D	 Transition to the top of your step  Next move on last 8cts	16	
3:50	Instr /	2x8	E	 Freeze Down Tap & Speed Down Tap Combo L	8	2x
3:57	Instr / (Heavier)	4x8	E¹	 Alt Squat & Speed Up Tap Combo L	8	4x
4:11	Instr / (Quiet)	2x8	F	 Transition down to the floor and prepare for Mountain Climbers	16	
4:17	Instr / (Builds)	8x8	G	 Mountain Climber L, R	4	
4:37		2x8	H	 Transition to stand on top of the step	16	
4:42	Br	1x7		Prepare to move	7	
4:44	C	4x8	E	 Freeze Down Tap & Speed Down Tap Combo L	8	4x
4:58		4x8	E¹	 Alt Squat & Speed Up Tap Combo L	8	4x
5:13	Outro	1x8		Freeze Squat L. RA	4	



05. PEAK 2



TRACK FOCUS

For class success, let your class know the same foot steps onto the step for the Knee Lifts, and the Rotating Knee Lifts. Each Rotating Knee Lift rotates a quarter turn, so 4 Rotating Knee Lifts create a full 360 degree rotation. For lower leg safety, coach your class to release their heel off the step when rotating the Knee Lifts.

Teach Athletic

Come into this track

Strong, a little out of breath, legs burning and ready to flush out the legs and smash the cardio.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	5x8	Use this time to turn the step to horizontal position, and set up to the R side of the step	40	
0:16	Rep / Turn it up	4x8	A 4x Knee Lift & ATT Combo L	32	
0:30	C / Turn it up	8x8	A ¹ 4x Propulsive Knee Lift & Propulsive ATT Combo L	32	2x
0:58	Br / Whoa	1x4	B ATT L. <i>HOH</i>	4	
1:00	Rep / _Let's get a	4x8	C Power ATT with reach towards the step R then L	8	4x
1:14	V1 / It's good to whisper	4x8	D 6x March Across The Step R then L. <i>RA</i>	16	2x
1:28	Don't want to be	4x8	D ¹ 6x Jog Across The Step R then L. <i>RA</i>	16	2x
1:42	PC / _Let's get a	4x8	E Knee Lift R. <i>Relaxed by sides</i> 👁 Next move on last 16cts	4	8x
1:55	Ref / Turn it up	4x8	A ² 4x Quarter Turn Knee Lift & ATT Combo R	32	
2:09	C / Turn it up	8x8	A ³ 4x Propulsive Quarter Turn Knee Lift & Propulsive ATT Combo R	32	2x
2:37	Br / Whoa	1x4	B  ATT R	4	
2:39	Rep / _Let's get a	4x8	C  Power ATT with reach towards the step L then R	8	4x
2:53	V2 / Let's get this heartbeat	4x8	D  6x March Across The Step L then R	16	2x
3:07	Don't want to be	4x8	D ¹  6x Jog Across The Step L then R	16	2x
3:21	PC / _Let's get a	4x8	E  Knee Lift L. <i>Relaxed by sides</i> 👁 Next move on last 16cts	4	8x
3:34	Ref / Turn it up	4x8	A ²  4x Quarter Turn Knee Lift & ATT Combo L	32	
3:48	C / Turn it up	8x8	A ³  4x Propulsive Quarter Turn Knee Lift & Propulsive ATT Combo L	32	2x
4:16	Br / Whoa	1x4	B  ATT L	4	
4:18	Rep / _Let's get a	4x8	C  Power ATT with reach towards the step R then L	8	4x
4:32	Outro / Turn it up , let's	1x8	Leap R on to the step. <i>Punch both fists O/H & hold</i>	8	

1x Weight Plate ●
2.5kg or 5kg



06. CONDITIONING 1

TRACK FOCUS

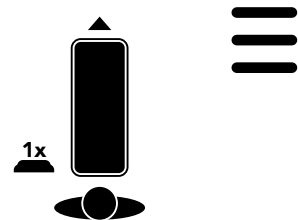
Coach your class to keep their chest lifted throughout this track. Get squat depth by bending your knees and sitting your hips back & down, with abs braced, and a slight tip forward from the hips. Notice what’s happening on the floor, and advise members to put the weight down if they lose correct and safe form.

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
		Pre-Track Collect 1x 2.5kg or 1x 5kg weight plate			
0:00	Intro /	2¼x8	Stand on top of the step, feet wide. Hold weight close to top of chest	18	
0:11	C / They say he	4x8 A	4x Squat Pulse Combo. Hold weight close to top of chest	32	
0:29	V1 / _A little bit	4x8 A ¹	2x Squat Pulse Combo. Hold weight close to top of chest	16	2x
0:46	_I swear on my	6x8 A ²	2x Squat Pulse Combo. Weighted Press O/H & Pull to top of chest	16	3x
1:13	Rep / Look_I’m the	2x8 B	Double Squat Pulse with Extension L then R. Hold weight close to top of chest 👁️ Next move on last 8cts	8	2x
1:22	She came with you	4x8 B ¹	Double Squat Pulse with Extension L then R. Weighted Press F then B	8	4x
1:39	PC / _I swear on my	2x8 A ¹	 2x Squat Pulse Combo. Hold weight close to top of chest	16	
1:48	C / They say he	4x8 A ²	 2x Squat Pulse Combo. Weighted Press O/H & Pull to top of chest	16	2x
2:06	Rep / My my my	2x8 B	 Double Squat Pulse with Extension L then R. Hold weight close to top of chest	8	2x
2:15	My my my	6x8 B ¹	 Double Squat Pulse with Extension L then R. Weighted Press F then B	8	6x



07. PARTY STEP

TRACK FOCUS

We learn the combo in this track by using clear phonetic cues and movement repetition, so when the chorus kicks in, you can add lots of flava to groove to your own personal style.

You can increase the intensity as you have fun, by traveling further forward and backward, and being explosive in the Propulsive Hamstring Curls.

Teach Flava

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / <i>_Higher</i>	1x8		Prepare to move	8	
0:03	Rep / Love love	4x8	A	Tap Down L then R. <i>RA</i> 👁️ Next move on last 8cts	8	4x
0:17	C / <i>Stupid Love</i> love	4x8	A ¹	Cha-Cha-Cha L then R. <i>Natural</i> 👁️ Next move on last 8cts	8	4x
0:31	<i>Stupid Love</i> love	4x8	A ²	Traveling Cha-Cha-Cha F then B L. <i>Push the ceiling</i>	8	4x
0:45	Br / <i>_Gotta have</i>	1x4	B	Hamstring Curl L. <i>Relaxed by sides</i>	4	
0:47	Rep / Freak out	4x8	B ¹	Propulsive Hamstring Curl R then L	8	4x
1:02	Ref / <i>_I don't need</i>	4x8	C	3x Repeater Knee Lift R then L. <i>RA</i> 👁️ Next move on last 8cts	16	2x
1:16	V1 / You're the	4x8	C ¹	T- Step with cross back R then L. <i>RA</i> 👁️ Next move on last 8cts	16	2x
1:30	PC / freak out	4x8	C ²	T- Step with cross back R then L. <i>Side Sweep L then R</i>	16	2x
1:44	Ref / love	8x8	D	T-Step & Tap Down Combo R then L 👁️ Next move on last 8cts	32	2x
2:13	C / <i>Stupid Love</i> love	8x8	D ¹	T-Step & Cha-Cha-Cha F&B Combo R then L	32	2x
2:41	Br / <i>_Gotta have</i>	1x4	B	🔁 Hamstring Curl R. <i>Relaxed by sides</i>	4	
2:43	Rep / Freak out	4x8	B ¹	🔁 Propulsive Hamstring Curl L then R	8	4x
2:57	Ref / <i>_I don't need</i>	4x8	C	🔁 3x Repeater Knee Lift L then R. <i>RA</i> 👁️ Next move on last 8cts	16	2x
3:11	V1 / Now it's time	4x8	C ¹	🔁 T- Step with cross back L then R. <i>RA</i> 👁️ Next move on last 8cts	16	2x
3:26	PC / <i>I freak</i> out	4x8	C ²	🔁 T- Step with cross back L then R. <i>Side Sweep L then R</i>	16	2x
3:40	Ref / love	8x8	D	🔁 T-Step & Tap Down Combo L then R 👁️ Next move on last 8cts	32	2x
4:08	C / <i>Stupid Love</i> love	8x8	D ¹	🔁 T-Step & Cha-Cha-Cha F&B Combo L then R	32	2x
4:37	Br / <i>_Gotta have</i>	1x4	B	🔁 Hamstring Curl L. <i>Relaxed by sides</i>		
4:39	Rep / Freak out	4x8	B ¹	🔁 Propulsive Hamstring Curl R then L	8	4x
4:52	Outro / <i>Stupid love love</i>	1x4		Leap R on to the step. <i>Thump R fist to heart</i> 2x	4	



08. ATHLETIC CIRCUIT

TRACK FOCUS

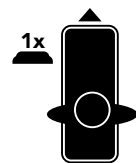
Start by coaching the semi relaxed ‘1, 2, 3’ rhythm in the Power ATT’s, maintaining a Squat position in the Rotating Squat, and keeping your body weight over the step in the Repeaters & Split Shuffles. Look after those in your class that need the lighter options.

Teach Athletic

Come into this track

Strong and authoritative.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Prepare to move	16	
0:05	Ref / _Ooh feels so	4x8 A	ATT & Double Pulse Lunge Combo L then R 👁️ Next move on last 8cts	16	2x
0:17	C / I am who I	8x8 A ¹	Power ATT & Double Pulse Lunge Combo L then R	16	4x
0:40	Rep / I am	4x8 B	Power ATT L then R	8	4x
0:51	V / _Follow me,	2x8	Transition to the back of the step	16	
0:57	_Cheoncheonhi	2x8 C	👁️ Standing Squat option	16	
1:04	PC / Banjjagineun	12x8 D	Rotating Squat & Burpee Combo L OR	16	6x
		C	Standing Squat option	8	12
1:42	V /	4x8	Transition to the top of the step	32	
1:56	PC /	4x8 E	2x Repeater & Narrow Pulse Lunge Combo L	8	4x
2:09	C /	8x8 E ¹	2x Repeater & Split Shuffle Combo L	8	8x
2:37	PC / _Ooh feels so	4x8	Transition to the side of the step 👁️ Next move on last 8cts	32	
2:48	C / I am who I	8x8 F	6x Speed Jog ATT Combo L then R	16	4x
3:10	Rep / I am	4x8 B	🔁 Power ATT L then R	8	4x
3:21	V / _Follow me,	2x8 C	Transition to the back of the step	16	
3:27	_Cheoncheonhi	2x8	👁️ Standing Squat option	16	
3:34	PC / Banjjagineun	12x8 D	🔁 Rotating Squat & Burpee Combo R OR	16	6
		C	🔁 Standing Squat option	8	12x
4:12	V /	4x8	Transition to the top of the step	32	
4:25	PC /	4x8 E	🔁 2x Repeater & Narrow Pulse Lunge Combo R	8	4x
4:39	C /	8x8 E ¹	🔁 2x Repeater & Split Shuffle Combo R	8	8x
5:07	PC / _Ooh feels so	4x8	Transition to the side of the step	32	
5:18	C / I am who I	8x8 F	🔁 6x Speed Jog ATT Combo L then R	16	4x
5:40	Rep / I am	4x8 B	🔁 Power ATT L then R	8	4x
5:51	Outro / I am	1x4	Step L foot on to the step: Hook Punch R	4	



09. PEAK 3

TRACK FOCUS

Be aware that there are 2 start positions in this track. The Down Taps start from the top of the step, then in the OTT's there is a natural bridge in the music that naturally gets you to transition to the floor for the upcoming Up Taps. Avoid freaking out in at the start of the OTT's. Just naturally move, trust your feet, trust the music, and trust the choreography.

Teach Athletic

Come into this track

Strong with contained energy, ready to be released. Show excitement for the final cardio blast.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Oops , get	1x4		Standing on top of the step, prepare to move	4	
0:01	Instr /	2x8	A	Tap Down L then R. RA	4	4x
0:08	Rep / Oops , oops	4x8	B	Tap Down & 2x Repeater Combo L	16	2x
0:22	C / Hey ladies	8x8	B ¹	Propulsive Tap Down & 2x Repeater with Jab Combo L	16	4x
0:49	Instr /	1x6	C	OTT L then R	6	
0:52	Rep / Oops , oops	4x8	C ¹	Propulsive OTT L then R	8	4x
1:05	C / Hey ladies	1x8	D	Up Tap L (Facing F). RA	4	2x
1:09	Instr /	1x8	D ¹	Up Tap L (Facing Step). RA	4	2x
1:13	V1 / While he	4x8	E	3x Basic & Bounce Combo L	16	2x
1:26	Rep / Oops , oops	4x8	E ¹	3x Basic & Bounce Combo with Jab L 👁️ Next move on last 8cts	16	2x
1:41	C / Hey ladies	8x8	E ²	3x Jump Squat On Top & Bounce Combo with Jab L	16	4x
2:08	Hey ladies	1x8		Transition to the top of the step	8	
2:11	Hey ladies	1x8	A	🔄 Tap Down R then L	4	2x
2:15	Hey ladies	8x8	B ¹	🔄 Propulsive Tap Down & 2x Repeater with Jab Combo R	16	4x
2:43	Instr /	1x6	C	🔄 OTT R then L	6	
2:45	C / Hey ladies	4x8	C ¹	🔄 Propulsive OTT R then L	8	4x
2:59	Instr /	1x8	D	🔄 Up Tap R (Facing F). RA	4	2x
3:02	Cash	1x8	D ¹	🔄 Up Tap R (Facing Step). RA	4	2x
3:06	V2 / While he	4x8	E	🔄 3x Basic & Bounce Combo R	16	2x
3:20	Rep 2 / Oops , oops	4x8	E ¹	🔄 3x Basic & Bounce Combo with Jab R 👁️ Next move on last 8cts	16	2x
3:35	C / Hey ladies	8x8	E ²	🔄 3x Jump Squat On Top & Bounce Combo with Jab R	16	4x
4:01	Instr /	1x8		Transition to the top of the step	8	
4:04		1x8	A	🔄 Tap Down L then R	4	2x
4:10	C / Hey ladies	8x8	B ¹	🔄 Propulsive Tap Down & 2x Repeater with Jab Combo R	16	4x
4:35	Br / _Get your	1x6	C	🔄 OTT L then R	6	
4:37	Rep / Oops , oops	4x8	C ¹	🔄 Propulsive OTT L then R	8	4x
4:51	Outro / Hey ladies	1x4		Step L to the floor. Make it rain	4	

10. CONDITIONING 2

TRACK FOCUS

Coach correct upper body posture in the Squats, and advise members to press with both arms if they lose good form.

Then in the Crouch Combo, aim to sit your butt back towards your heels, then brace your abs super hard and try not to twist your torso as your tap your hand to your shoulder.

Create some fun imagery to the 'Hole In The Roof' lyrics to keep an uplifting feel, as you head towards the end of the workout.

Teach Athletic

Come into this track

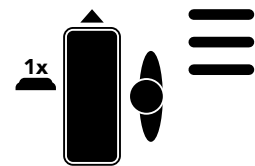
Out of breath and in need of cardio recovery.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Collect 1x 2.5kg or 5kg weight plate & stand on top of the step. Weight in R hand by R shoulder, L arm out to L side Prepare to move 👁️ Next move on last 8cts	32	
0:13	V1 / On your phone	4x8	A Triple Squat Pulse Combo L. Weight in R hand by R shoulder, L arm out to L side 👁️ Next move on last 8cts	8	4x
0:28	PC / _Used to be	4x8	A ¹ Triple Squat Pulse Combo L with R O/H Press, L arm out to L side	8	4x
0:43	Instr /	4x8	A ² Single Squat Combo L with R O/H Press, L arm out to L side	4	8x
0:58	Ref / Mama	2x8	B Transition to Plank, with hands on the step	16	
1:05	Like you dumb	2x8	C Slow Crouch & Hand Tap Combo L	16	
1:12	Instr /	8x8	C ¹ Crouch & Hand Tap Combo L	8	8x
1:42	V2 / On your phone	2x8	Transition to pickup weight plate and stand on top of the step	16	
1:50	To yourself	2x8	A  Triple Squat Pulse Combo R. Weight in L hand by L shoulder, R arm out to R side 👁️ Next move on last 8cts	8	2x
1:57	PC / _Used to be	4x8	A ¹  Triple Squat Pulse Combo R with L O/H Press, R arm out to R side	8	4x
2:12	Instr /	4x8	A ²  Single Squat Combo R with L O/H Press, R arm out to R side	4	8x
2:27	Ref / Mama	2x8	B  Transition to Plank, with hands on the step	16	
2:35	Like you dumb	2x8	C  Slow Crouch & Hand Tap Combo R	16	
2:42	Instr /	8x8	C ¹  Crouch & Hand Tap Combo R	8	8x
3:11		1x8	Transition		
3:15	Intro /	2x8	Transition to collect weight plate, and prepare for floor core work with feet on the step	16	



10. CONDITIONING 2

MUSIC		EXERCISE		CTS	REPS
3:23	C / There's a hole	8x8	D	Hole In The Roof Crunch Combo L then R	16 4x
3:54	Rep /	4x8	E	Extension & Crunch Combo L	8 4x
4:10	V1 / There's a hole	8x8	D	 Hole In The Roof Crunch Combo L then R	16 4x
4:41	C / There's a hole	4x8	E	 Extension & Crunch Combo R	8 4x
4:57	Br /	1x8		Feet on the step, hold weight in to chest	8
5:01	Ref / Oh , I feel	4x8	F	Slow Weighted Oblique Crunch L then R	16 2x
5:16	Instr / See I'm ill	2½x8	F¹	Weighted Oblique Crunch L then R	8 2½x
5:26	C / There's a hole	4x8	D	 Hole In The Roof Crunch Combo L then R	16 2x
5:42	Instr /	4x8	E	 Extension & Crunch Combo R or L	8 4



11. COOLDOWN/STRETCH

TRACK FOCUS

Clearly teach body part, and direction to get your members in the correct stretch positions, so they get the most out of these stretches.

Then relax and enjoy this awesome tune, sending positive vibes to your class participants.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS
0:01	V1 / Has left now	4x8	A Hip Stretch L	32
0:18	Feel my face	4x8	B Spine Rotation & Open Book Sequence L	32
0:34	Glitter's sparkling	4x8	B ¹ Rainbow & Open Book Sequence L	32
0:51	C / Getting late	4x8	C Hamstring Stretch L	32
1:06	Instr /	2x8	Hug Knees in to chest	16
1:15	V2 / Against the sunlight	4x8	A  Hip Stretch R	32
1:31	Glitter's sparkling	4x8	B  Spine Rotation & Open Book Sequence R	32
1:48	C / Getting late	4x8	B ¹  Rainbow & Open Book Sequence R	32
2:04	Getting late	4x8	C  Hamstring Stretch R	32
2:20	Instr /	1x8	Transition to sit on the edge of the step. L butt cheek on the step, R butt cheek off the step.	
2:24		3x8	D 90/90 Stretch L	24
2:37	Ref / Has left now	3x8	E Quad Stretch R	24
2:49	let it burn out	1x8	Transition to sit on the edge of the step. R butt cheek on the step, L butt cheek off the step.	
2:53	Fade /	2x8	D  90/90 Stretch R	16
3:02	Instr /	3x8	E  Quad Stretch R	24
3:14	Ref / Has left now	1x8	Transition to Downward Facing Dog, hands on the step	
3:18	stressed out	2x8	Active Calf Stretch L&R	16
3:26	let it burn out	1x8	Walk feet in towards the step Roll body up to standing Circle arms outward	8



01. FUTURE NOISE / YOU MAKE ME FEEL G-O-O-D 5:01mins

TECHNIQUE AND COACHING

4X PULSE LUNGE & PULSE SQUAT COMBO

PHONETIC CUE ‘Lunge 4, 3, 2 step to the side, squat 4, 3, 2, leg back lunge 4, 3, 2, step wide, squat 4, 3, 2, other side’

Start behind and slightly across towards the R side of the step

4x Pulse Lunge L. RA	1-7
Lift R Knee. Fists to hips	8
4x Pulse Squat R. Hands to top of thighs	9-15
Lift R Knee. Fists to hips	16
4x Pulse Lunge L. RA	17-23
Lift L Knee. Fists to hips	24
4x Pulse Squat on the floor behind the step. Hands to top of thighs	25-31
Lift R Knee. Fists to hips	32
Repeat to the other side	33-64

- Use visual cues to the leading leg and the direction to move

Lunge

- **Long step onto the step**
- Back heel lifted
- **Front knee above ankle and in line with toes**
- **Front thigh to parallel**
- **Abs braced**
- **Chest up**

Squat

- **Sit butt back and down**
- **Butt just above knee line**
- **Knees in line with toes**
- **Chest up**

2X PULSE LUNGE & PULSE SQUAT COMBO

PHONETIC CUE ‘2 lunge, 2 squat, 2 lunge, squat on the floor, other side; lunge, squat, lunge, floor’

2x Pulse Lunge L. RA	1-3
Lift R Knee. Fists to hips	4
2x Pulse Squat R. Hands to top of thighs	5-7
Lift R Knee. Fists to hips	8
2x Pulse Lunge L. RA	9-11
Lift L Knee. Fists to hips	12
2x Pulse Squat on the floor behind the step. Hands to top of thighs	13-15
Lift R Knee. Fists to hips	16
Repeat to the other	17-32

- Use visual cues to the leading leg and the direction to move

Lunge

- **Long step onto the step**
- Back heel lifted
- **Front knee above ankle and in line with toes**
- **Chest up**

Squat

- **Sit butt back and down**
- **Knees in line with toes**
- **Chest up**

BOUNCE

PHONETIC CUE ‘Hold and bounce’

Bounce L. Arms relaxed by sides	1
Bounce R. Arms relaxed by sides	2

- Use a visual cue to hold OTS
- Feet hip-width apart
- Shift your weight from one leg to the other
- **Abs braced**
- Hips level and square
- This is what will help prevent people from shaking what their butt



01. FUTURE NOISE / YOU MAKE ME FEEL G-O-O-D 5:01mins

TECHNIQUE AND COACHING

UP TAP

PHONETIC CUE 'Up tap right foot on, left foot on; right foot, left foot'

- Use a visual cue to show the leading leg
- **Whole foot on the step**

HIP EXTENSION

PHONETIC CUE 'Hip extension right foot, left foot; right foot, left foot'

- **Squeeze your glutes** to lift the leg
- Hips Level
- Keep the free leg low
- Lift your elbows to feel a stretch in your Lats

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'

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

- Natural walking rhythm
- **Whole foot on the step**
- Feet outside hip-width apart

3X REPEATER KNEE LIFT

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

- **Abs braced**
- Tip from the hip
- **Knee out** on standing leg
- Use a visual cue to the leading leg
- Aim to lift your knee to hip level to get warmer quicker

T-STEP

PHONETIC CUE 'Lift your knee, tap the step, lift your knee, change side, knee, tap the step, knee, change side'

Step L to the step, then lift R knee. RA 1-2
Step R to R side on the floor. RA 3
Tap L to the step. RA 4
Step L to the step, then lift R knee. RA 5-6
Step R, L to the back of the step. RA 7-8
Repeat to the other side 9-16

- Use a visual cue to show the leading leg and the direction to travel
- Maintain the '3' rhythm from the x3 Repeater Knee Lift

T-STEP & 4X WIDE MARCH ON TOP COMBO

PHONETIC CUE 'Knee, side, knee, march on top 4, 3, 2, 1, walk on the floor, other side; knee, side, knee, march on top 4, 3, 2, 1, walk on the floor'

L-Step L. RA 1-8
4x Wide March On Top R. RA 9-16
Repeat to the other side 17-32

- Use visual cues to show the direction to move and to hold the wide march on top of the step



02. WHAT THE FUNK 3:08mins

TECHNIQUE AND COACHING

TAP DOWN

PHONETIC CUE *‘Tap the floor, change side; tap the floor, change side’*

- Use a visual cue to show the direction to move

BASIC STEP

PHONETIC CUE *‘Walk up, walk down; walk up, walk down’*

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

4X MARCH ON TOP

PHONETIC CUE *‘4 march on top, 4, 3, 2, 1, walk on the floor; 4, 3, 2, 1, walk on the floor’*

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

- Use a visual cue to hold the 4x Marches on top of the step

4 POINT MARCH

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

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

- Maintain a natural walking rhythm

OPTION 4x Marches On Top

4 POINT JOG WITH EXTENSION

PHONETIC CUE *‘Jump down, down, jump, walk on the floor; jump down, down, jump, walk on the floor’*

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

- Maintain a natural L, R, L, R, walking rhythm
- Avoid pausing on the jumps
- **Soft knee landings**
- **Knees in line with toes**

OPTIONS 4x March On Top or 4 Point March

4 POINT JOG WITH EXTENSION WITH SLICE ARMS

PHONETIC CUE *‘Slice, slice, walk on the floor; slice, slice, walk on the floor’*

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

- Maintain a natural L, R, L, R, walking rhythm
- **Abs braced**
- Avoid pausing on the jumps
- **Soft knee landings**
- **Knees in line with toes**
- Strong slice arms, like a sword

OPTIONS 4x March On Top or 4 Point March

CHA-CHA-CHA

PHONETIC CUE *‘Cha-cha-cha, change side, cha-cha-cha, change side’*

- Relax a little and let your feet move to the quick 1-2-3 beat of the music

OPTION Tap down



03. PHYSICAL 4:52mins

TECHNIQUE AND COACHING

KNEE LIFT & OTT COMBO

PHONETIC CUE 'Single knee 4, 3, 2, 1, over the top, 4, 3, 2, 1, knee lift'

Single Knee Lift L then R x2. RA (to the corners) 1-16
OTT L then R. HOH x2 17-32

- Knee to hip height
- Use a visual cue to show the direction to travel

PROPULSIVE KNEE LIFT & PROPULSIVE OTT COMBO

PHONETIC CUE 'Bigger, 4, 3, 2, 1, over the top, 4, 3, 2, 1, knee lift'

Propulsive Knee Lift L then R x2. RA (to the corners) 1-16
Propulsive OTT L then R x2. Reach up & down 17-32

- Focus on teaching the pattern, not the technique
- **Soft knee landings**

OPTION Knee Lift & OTT Combo

HAMSTRING CURL

CUE 'Hamstring curl...'

- Heel towards butt
- Use a visual cue to show direction to travel

PROPULSIVE HAMSTRING CURL

CUE 'Bigger, add a jump'

- Heel towards butt
- Roll through the foot and push off the step
- **Soft knee landing**

OPTION No propulsion

BOUNCE

Bounce L. Arms relaxed by sides 1
Bounce R. Arms relaxed by sides 2

- Use a visual cue to hold OTS and to show the direction to Bounce
- Feet hip-width apart
- Shift your body weight from one leg to the other
- Avoid wiggling your butt side to side

3X BASIC STEP & SIDE TAP COMBO

PHONETIC CUE '3, 2, 1, hold and tap, left, right, basic; 3, 2, 1, hold and tap, left, right'

3x Basic L. RA 1-12
Side Tap L then R. Reach both arms O/H 2x 13-16

- Teach the pattern

3X BASIC JOG & JUMPING JACK COMBO

PHONETIC CUE 'Jog 3, 2, 1, 2 jumping jacks, jack, jack; again 3, 2, 1, jack, jack'

3x Basic Jog L. RA 1-12
2x Jumping Jacks. Reach both arms O/H 2x 13-16

- Flick heels towards butt in the jogs

Jumping Jacks

- **Knees in line with toes**
- Toes turned out slightly
- **Soft knee landings**

OPTION 3x Basic Step & Side Tap Combo

KNEE LIFT, BASIC STEP & SIDE TAP COMBO

PHONETIC CUE 'Single knee 4, 3, 2, 1, basic step, 3, 2, 1 side tap, left, right'

Single Knee Lift L then R x2. RA (to the corners) 1-16
3x Basic Step L. RA 17-28
Side Tap L then R. Reach both arms O/H 2x 29-32

- Teach the pattern
- Hips level
- **Knee bent and over toes**



03. PHYSICAL 4:52mins

TECHNIQUE AND COACHING

PROPULSIVE KNEE LIFT, BASIC JOG & JUMPING JACK COMBO

PHONETIC CUE ‘Bigger, 4, 3, 2, 1, jog, 3, 2 jumping jacks, jack, jack’

- Propulsive Knee Lift L then R x2. RA (to the corners) 1-16
- 3x Basic Jog L. RA 17-28
- 2x Jumping Jacks. Reach both arms O/H x2 29-32

- **Soft knee landings** in all moves
- OPTION Knee Lift, Basic Step & Side Tap Combo

PROPULSIVE OTT

PHONETIC CUE ‘Go up, go down; go up, go down’

- Step down to the floor with control

OPTION OTT



04. SHOOT N MISS / OPA 5:21mins

TECHNIQUE AND COACHING

ALT STEP LUNGE

PHONETIC CUE 'Lunge left, right; left, right'

- Long step onto the step
- Front knee above the ankle
- **Front knee in line with toes**
- **Chest lifted**
- **Back knee towards floor**

SLOW ROTATING BURPEE

PHONETIC CUE 'Hands down, jump your feet back, left leg forward, stand tall; hands down, jump back, right leg forward, stand tall'

Bend knees, hands to the step	1-4
Jump feet back to Plank position	5-8
Swing R leg forward to Squat position. Hands on the step	9-12
Stand tall. HOH	13-16
Repeat to the other side	17-32

- Start to the L side of the step
- Body on the R diagonal
- R foot behind the step, L foot to the L side, feet wide
- **Bend knees in Squat phases**
- **Strong ab brace** into Plank
- Pull your leg through to Squat position
- **Chest up**

OPTION Alt Step Lunge

ROTATING BURPEE

PHONETIC CUE 'Down, jump back, left forward, stand; down, jump back, right forward, stand'

Bend knees, hands to the step	1-2
Jump feet back to Plank position	3-4
Swing R leg forward to Squat position. Hands on the step	5-6
Stand tall. HOH	7-8
Repeat to the other side	9-16

- **Bend knees in Squat phases**
- **Strong ab brace** into Plank
- Pull your leg through to Squat position
- **Chest up**

OPTION Alt Step Lunge

FREEZE DOWN TAP & SPEED DOWN TAP COMBO

PHONETIC CUE 'Freeze, freeze, fast 4, 3, 2, 1; freeze, freeze, fast 4, 3, 2, 1'

Freeze Tap Down L. RA	1-2
Freeze Tap Down R. RA	3-4
Quick Tap Down L the R x2. RA	5-8

- Keep your body weight on the step
- Lightly tap your toes to the floor

OPTION Freeze Tap L then R

ALT SQUAT & SPEED UP TAP COMBO

PHONETIC CUE 'Squat, squat, tap 4, 3, 2, 1; squat, squat, 4, 3, 2, 1'

Squat L. RA	1-2
Squat R. RA	3-4
Quick tap Down L the R x2. RA	5-8

- Shift your body weight to the floor
- Lightly tap your toes to the top of the step
- **Bend your knees to get deeper**
- **Strong ab brace**
- **Chest up**

OPTIONS Freeze Tap L then R OR Squat L then R

MOUNTAIN CLIMBER

PHONETIC CUE 'Run left, right; left right'

- Move with the tempo of the music. As the music speeds up, aim to stay on the beat and move faster
- Hips in line with shoulders to increase intensity
- Hips up a little higher for decreased intensity
- **Strong ab brace**
- Eye gaze between hands

OPTION Straddle

STRADDLE

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

Step L foot to L side. RA	1
Step R foot to R side. RA	2
Step L foot on to the step. RA	3
Step R foot on to the step. RA	4

- This is the standing option for the Mountain Climbers
- Move with the tempo of the music. As the music speeds up, aim to stay on the beat and move faster



05. TURN IT UP 4:41mins

TECHNIQUE AND COACHING

4X KNEE LIFT & ATT COMBO

PHONETIC CUE 'Knee lift 4, 3, 2, across the top low, 4, 3, 2, 1, knee lift; 4, 3, 2, across the top low, 4, 3, 2, 1'

Knee Lift L x4. RA 1-16
ATT L then R x2. HOH 17-32

- Teach the pattern
- Advise participants that this is the light option they can revert to at any time in the track

4X PROPULSIVE KNEE LIFT & PROPULSIVE ATT COMBO

PHONETIC CUE 'Bigger, 4, 3, 2, 1, across the top 4, 3, 2, 1, knee lift; 4, 3, 2, across the top; 4, 3, 2, 1'

Propulsive Knee Lift L x4. RA 1-16
Propulsive ATT L then R x2. HOH 17-32

- Propel upwards to increase intensity
- **Soft knee landing**

OPTION 4x Knee Lift & ATT Combo

ATT

CUE 'Low across'

POWER ATT

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

Power across L, R. Bent Raise F 1-2
Step L to the floor. Pull fists towards hips 3
Bend L knee & Tap R back long. Reach R hand downwards 4

- **Strong ab brace**
- **Tip forward from the hips with chest lifted**
- **Bend knee to get deeper**
- Reach towards the step

OPTION ATT

6X MARCH ACROSS THE STEP

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

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

- Use a visual cue to show the direction to travel
- Use this to achieve some cardio recovery

6X JOG ACROSS THE STEP

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

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

- Flick your heels towards your butt for increased intensity, or midway to ease up the intensity slowly

OPTION 6x March Across The Step

KNEE LIFT

CUE 'Knee lift, hold it here'

- Use a visual cue to hold the Knee Lift OTS
- Be calm, reset

4X QUARTER TURN KNEE LIFT & ATT COMBO

PHONETIC CUE 'Quarter turn 4, quarter turn 5, quarter turn 2, quarter turn 1, across the top 4, 3, 2, 1'

Quarter Turn Knee Lift R. RA 1-4
Quarter Turn Knee Lift R. RA 5-8
Quarter Turn Knee Lift R. RA 9-12
Quarter Turn Knee Lift R. RA 13-16
Across the Top R then L x2. HOH 17-32

- **Release your heel and pivot on the ball of your foot** for each quarter turn

OPTION No turn



05. TURN IT UP 4:41mins

TECHNIQUE AND COACHING

4X PROPULSIVE QUARTER TURN KNEE LIFT & PROPULSIVE ATT COMBO

PHONETIC CUE ‘Quarter turn 4, 3, 2, quarter 1, across the top 4, 3, 2, 1’

Propulsive Quarter Turn Knee Lift R. RA	1-4
Propulsive Quarter Turn Knee Lift R. RA	5-8
Propulsive Quarter Turn Knee Lift R. RA	9-12
Propulsive Quarter Turn Knee Lift R. RA	13-16
Propulsive Across the Top R then L 2x. HOH	17-32

- Jump & release your foot for each quarter turn
- Let your class know that each knee lift:
 - Rotates a quarter turn
 - The same foot steps on to the step each time
 - The 4 knee lifts travel ‘forwards’ around the step in a circular motion.

OPTION 4x Knee Lift & ATT Combo



06. MY OH MY 2:49mins

TECHNIQUE AND COACHING

4X SQUAT PULSE COMBO

PHONETIC CUE ‘Squat on top 4, 3, 2, left foot down, 4, 3, 2, both feet up; 4, 3, 2, right foot down, 4, 3, 2, both feet up’

- 4x Squat on top. Hold weight to top of chest 1-7
- Step L foot close to the R foot. Hold weight to top of chest 8
- Step R foot to the floor & Squat x4. Hold weight to top of chest 9-15
- Step R foot on to the step. Hold weight to top of chest 16
- Repeat to the other side 17-32

- Use a visual cue to show the direction to move
- Set up the pattern
- **Chest up**
- **Sit the butt back and down**
- **Knees in line with toes**

2X SQUAT PULSE COMBO WITH WEIGHT CLOSE TO THE TOP OF THE CHEST

PHONETIC CUE ‘2 squat top, 2 squat left, 2 squat top, 2 squat right’

- 2x Squat on top. Hold weight to top of chest 1-3
- Step L foot close to the R foot. Hold weight to top of chest 4
- Step R foot to the floor & Squat x2. Hold weight to top of chest 5-7
- Step R foot on to the step. Hold weight to top of chest 8
- Repeat to the other side 9-16

- It’s the same pattern, but cut the reps in half
- Set up the ‘2’ pattern

2X SQUAT PULSE COMBO WITH WEIGHTED PRESS O/H & PULL TO THE TOP OF CHEST

PHONETIC CUE ‘Weight up, weight down, weight up, weight down’

- 2x Squat on top. Press weight O/H 1-3
- Step L foot close to the R foot. Hold weight O/H 4
- Step R foot to the floor & Squat x2. Pull weight to top of chest 5-7
- Step R foot on to the step. Hold weight to top of chest 8
- Repeat to the other side 9-16

- Keep the weight slightly in front of the body through out. Avoid pressing the weight directly O/H or behind
- **Abs braced**

OPTION 2x Squat Pulse Combo with weight close to top of chest

DOUBLE SQUAT PULSE WITH EXTENSION HOLDING WEIGHT CLOSE TO THE TOP OF THE CHEST

PHONETIC CUE ‘Squat, squat lift right, squat, squat lift left’

- 2x Squat Pulse on top. Hold weight close to chest 1-3
- Squat up & Extend L on L diagonal. Hold weight in close to chest 4
- Repeat to the other side 5-8

- Set up the pattern
- **Free leg low**
- Squeeze the butt to lift the leg with control
- Free leg on the rear diagonal
- Pull the weight in to open across the chest, squeeze the upper back muscles



06. MY OH MY 2:49mins

TECHNIQUE AND COACHING

**DOUBLE SQUAT PULSE WITH EXTENSION
WITH WEIGHTED PRESS F THEN B**

PHONETIC CUE ‘Push, pull, push, pull’

- 2x Squat Pulse on top. *Press weight forward* 1-3
- Squat up & Extend L on L diagonal. *Pull weight in to chest* 4
- Repeat to the other side 5-8

- Free leg low
- Squeeze the butt to lift the leg with control
- Free leg on the rear diagonal
- **Abs braced**
- **Hips square to the front**
- Push the weight forward and squeeze the chest, as well as stretch across the upper back
- Pull the weight in to open across the chest, squeeze the upper back muscles

OPTION Double Squat Pulse with Extension holding weight close to the top of the chest



07. STUPID LOVE 5:01mins

TECHNIQUE AND COACHING

TAP DOWN

PHONETIC CUE 'Tap down, change side; tap down, change side'

- Set up the rhythmic side to side pattern

CHA-CHA-CHA

PHONETIC CUE 'Cha-cha-cha, change side; cha-cha-cha, change side'

Cha-cha-cha L. *Natural* 1-2
Step R, L behind the step. *Natural* 3-4
Repeat to the other side 5-8

- Relax a little and move your feet to the quick 1-2-3 rhythm of the music

OPTION Tap Down

TRAVELING CHA-CHA-CHA F THEN B

PHONETIC CUE 'Cha-cha-cha forward, step down, cha-cha-cha back, step down; cha-cha-cha forward, step down, cha-cha-cha back, step down'

Cha-cha-cha L traveling forward. *Push the ceiling* 1-2
Straddle down R, L. *Hands down* 3-4
Cha-cha-cha R traveling backward. *Push the ceiling* 5-6
Step behind the step L, R. *Hands down* 7-8

- Highlight the 'step down' phases of the cha-cha-cha

OPTIONS Cha-cha-cha Or Tap Down

HAMSTRING CURL

CUE 'Hold and curl'

- Use a visual cue to show the direction to move next

PROPULSIVE HAMSTRING CURL

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

Propulsive Hamstring Curl R. Scoop & Clap 1-4
Propulsive Hamstring Curl L. Scoop & Clap 5-8

- Heel towards butt
- Roll through the foot and push off the step
- **Soft knee landing**

OPTION Alt Hamstring Curl

3X REPEATER KNEE LIFT

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

- Use a visual cue to show leading leg

T- STEP WITH CROSS BACK

PHONETIC CUE 'Lift your knee, cross behind, lift your knee, change side; lift your knee, cross behind, lift your knee, change side'

Step R then lift L Knee. RA 1-2
Step L to the floor (L side). RA 3
Tap R behind L foot. RA 4
Step R then lift L Knee. RA 5-6
Step L, R behind the step. RA 7-8
Repeat to the other side 9-16

- Continue the '3, 2, 1, change side' pattern
- Body square to the front

OPTION 3x Repeater Knee Lift



07. STUPID LOVE 5:01mins

TECHNIQUE AND COACHING

T- STEP WITH CROSS BACK WITH SIDE SWEEP ARMS

PHONETIC CUE ‘Lift your knee, swipe, lift your knee, change side; lift your knee, swipe, lift your knee, change side’

- Step R then lift L Knee. RA 1-2
- Step L to the floor (L side). L flexed hand to R shoulder 3
- Tap R behind L foot. Slice L flexed hand to L side 4
- Step R then lift L Knee. RA 5-6
- Step L, R behind the step. RA 7-8
- Repeat to the other side 9-16

- Keep the body square to the front
- Strong and precise side sweep arm

OPTIONS T-Step with cross back or 3x Repeater Knee Lift

T-STEP & TAP DOWN COMBO

PHONETIC CUE ‘Knee, swipe, knee, 2 taps, 2, 1, again; knee, swipe, knee, 2 taps, 2, 1’

- T-Step with cross back R. Side Sweep Arms 1-8
- Tap Down L then R. Relaxed by sides 9-16
- Repeat to the other side 17-32

- Teach calm with a gentle ROM

T-STEP & CHA-CHA-CHA F&B COMBO

PHONETIC CUE ‘Knee, swipe, knee, move forward, cha-cha-cha forward, cha-cha-cha back, again; knee, swipe, knee, move forward, cha-cha-cha forward, cha-cha-cha back’

- T-Step with cross back R. Side Sweep Arms 1-8
- Cha-cha-cha L traveling forward. Push the ceiling 9-10
- Straddle down R, L. Hands down 11-12
- Cha-cha-cha R traveling backward. Push the ceiling 13-14
- Step behind the step L, R. Hands down 15-16
- Repeat to the other side 17-32

- Feed off the music. Energetic, empowering, uplifting, party mode

OPTION T-Step & Tap Down Combo



08. I AM / ME / NASTY 5:58mins

TECHNIQUE AND COACHING

ATT & DOUBLE PULSE LUNGE COMBO

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

- Step Across The Top L, R. *Relaxed arms* 1-2
- Step L foot to the floor, with R knee lifted. *HOH* 3-4
- Step R foot B, 2x Pulse Lunge. *RA* 5-8
- Repeat to the other side 9-16

- Teach the pattern and the '1, 2, 3' rhythm of the ATT

OPTION Smaller ROM from the back of the step

POWER ATT & DOUBLE PULSE LUNGE COMBO

PHONETIC CUE 'Bigger! 1, 2, 3, lunge, lunge; 1, 2, 3, lunge, lunge'

- Power Across The Top L, R. *Bent Raise F* 1-2
- Step L foot to the floor, with R knee lifted. *HOH* 3-4
- Step R foot B, 2x Pulse Lunge. *RA* 5-8
- Repeat to the other side 9-16

- Drive upward in the ATT
- Step back long in the Pulse Lunge to get deeper
- **Long step back**
- **Front knee in line with toes**

OPTION ATT & Double Pulse Lunge Combo

POWER ATT

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

- Power Across The Top L, R. *Bent Raise F* 1-2
- Step L foot to the floor, with R knee lifted. *HOH* 3-4
- Repeat to the other side 5-8

- This has a 'Cha-cha-cha' rhythm
- Lift your knee as soon as your foot lands on the floor, on count 3
- Drive upward to get across the step

OPTION Smaller ROM from the back of the step

ROTATING SQUAT & BURPEE COMBO

PHONETIC CUE 'Down, rotate, back, stand; squat, jump back, jump in, stand; down, rotate, back, stand; squat, jump back, jump in, stand'

- Bend knees and place hands on the step 1-2
- Rotate the Squat a quarter turn clockwise. *Hands on the step* 3-4
- Rotate the Squat a quarter turn counter clockwise. *Hands on the step* 5-6
- Stand tall. *Fists to hips* 7-8
- Squat. *Hands stacked forward* 9-10
- Jump feet back to Plank position. *Hands on the step* 11-12
- Jump feet in to Squat position. *Hands on the step* 13-14
- Stand tall. *Fists to hips* 15-16

- **Bend your knees a lot**
- **Strong ab brace**
- **Chest lifted**
- Landing in a Squat position from quarter rotation
- Body moves as one
- Eye gaze between the hands

OPTION Standing Squat Option

STANDING SQUAT OPTION

PHONETIC CUE 'Squat 3, 2, 1, step back; 3, 2, 1, step back'

- Staggered Squat on to the step. *Bent Raise F* 1-2
- 2x Squat Pulse On Top. *Hold Bent Raise F* 3-6
- Step down L, R to the back of the step. *Fists to hips* 7-8

- Soft staggered landing on to the step



08. I AM / ME / NASTY 5:58mins

TECHNIQUE AND COACHING

2X REPEATER & NARROW PULSE LUNGE COMBO

PHONETIC CUE *'Knee, knee, narrow lunge; knee, knee, narrow lunge'*

2x Repeater Back Tap L. RA	1-4
2x Pulse Lunge L. Freeze RA	5-7
Lift L Knee. RA	8

- Start by standing on top of the step
- Short stance Lunge position to set up the foot strike position of the upcoming split shuffle

2X REPEATER & SPLIT SHUFFLE COMBO

PHONETIC CUE *'Knee, knee split 4, 3, 2, 1; knee, knee split 4, 3, 2, 1'*

2x Repeater Back Tap L. RA	1-4
Tap L to the floor. RA	5
Split Shuffle R to the floor, L to the step. RA	6
Split Shuffle L to the floor, R to the step. RA	7
Split Shuffle R to the floor, L to the step. RA	8

- **Keep your body weight on top of the step**
- Lightly tap your toes to the floor
- Avoid shifting your body weight to the floor and tapping the step. Be on the step and tap the floor

OPTION 2x Repeater & Narrow Pulse Lunge Combo

6X SPEED JOG ACROSS THE TOP COMBO

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

Jog L, R, L, R, L, R across the step L. RA	1-6
Freeze L to the floor with R knee up. Freeze RA	7-8
Repeat to the other side	9-16

- Use a visual cue to show the direction to travel
- **Soft knee landing as you hit the floor**

OPTIONS Smaller ROM or On the floor, behind the step



09. HIT 'EM UP STYLE (OOPS!) 5:01mins

TECHNIQUE AND COACHING

TAP DOWN

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

- Be light on your feet
- Toes lightly tap the floor

TAP DOWN & 2X REPEATER COMBO

PHONETIC CUE *'Tap 4, 3, 2, 2, repeater, 2, 1, 2, 1'*

Tap Down L then R 2x. RA 1-8
2x Repeater Knee Lift L then R. RA 9-16

- Tap Downs face front
- Repeaters on the L then R diagonals

PROPULSIVE TAP DOWN & 2X REPEATER WITH JAB COMBO

PHONETIC CUE *'Tap 4, 3, 2, 1 repeater, jab jab, jab jab'*

Propulsive Tap Down L then R 2x. *Single Punch O/H* 1-8
2x Repeater Knee Lift L then R. *Double Jab L then R* 9-16

- Body remains square to the front for the entire combo
- Avoid turning to the diagonals in the repeaters
- Swift sharp jabs forward AND a quick snap back to guard position

OPTIONS Tap Down & 2x Repeater Combo or RA instead of Double Jabs

OTT

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

- These OTT's will naturally get you to transition from the top of the step, to the floor for the upcoming Up Taps

PROPULSIVE OTT

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

- Step down to the floor with control.

OPTION OTT

UP TAP L (FACING F)

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

- Use a visual cue to hold OTS

UP TAP L (FACING STEP)

CUE *'Turn your body to face the step'*

- Use a visual cue to show that your body is turning in towards the step

3X BASIC & BOUNCE COMBO

PHONETIC CUE *'Basic step 3, 2, 1, hold and bounce; 3, 2, 1, hold and bounce'*

3x Basic Step L. RA 1-12
Bounce L&R 2x. *Guard Up* 13-16

- Teach the pattern

3X BASIC & BOUNCE COMBO WITH JAB

PHONETIC CUE *'3, 2, 1 hold and bounce, throw a punch; 3, 2, 1, bounce, jab'*

3x Basic Step L. RA 1-12
Bounce L&R 2x. *Guard Up* 13-14
Bounce L. *Jab L* 15
Bounce R. *Jab Guard Up* 16

OPTION No Jab

3X JUMP SQUAT ON TOP & BOUNCE COMBO WITH JAB

PHONETIC CUE *'Jump 3, 2, 1 hold and bounce, jab; 3, 2, 1, bounce, jab'*

3x Jump Squat L. *Bent raise* 1-12
Bounce L&R 2x. *Guard Up* 13-14
Bounce L. *Jab L* 15
Bounce R. *Jab Guard Up* 16

- Swift sharp jabs forward AND a quick snap back to guard position
- The Jabs aren't everyone's cup of tea. Avoid 'hating on' this track because of the 'Hit em up' theme. Simply change the Jabs to RA

OPTION 3x Basic & Bounce Combo



10. MAMA (JUST KIDDING REMIX) / HOLE IN THE ROOF 6:04mins

TECHNIQUE AND COACHING

TRIPLE SQUAT PULSE

PHONETIC CUE ‘Squat 3, 2, 1, lift your knee; 3, 2, 1, knee’

Start on top of the step. Weight in R hand, above R shoulder. L arm extended to L side

Step L on the floor, R on the step, Squat

Pulse x3. Hold arm position 1-6

Lift L Knee. Hold arm position 7-8

- **Maintain a strong ab brace**
- **Chest up**
- Sit butt back and down
- **Knees in line with toes**

OPTION No weight plate

TRIPLE SQUAT PULSE COMBO WITH O/H PRESS

PHONETIC CUE ‘Press, lower, press, knee; press, lower, press, knee’

Step L on the floor & Squat Pulse down then up. Press weight O/H 1-2

Squat Pulse down then up. Lower weight down towards shoulder 3-4

Squat Pulse down then up. Press weight O/H 5-6

Lift L Knee. Lower weight down towards shoulder 7-8

- **Keep the weight slightly in front of your body**
- Avoid trying, or coaching the weight to press directly above you
- **Maintain a strong ab brace**
- **Chest up**
- Sit butt back and down
- **Knees in line with toes**

OPTIONS Triple Squat Pulse or Press weight O/H with both arms

SINGLE SQUAT COMBO

PHONETIC CUE ‘Singles, Squat, stand; squat, stand’

Step L on the floor & Squat down. Press weight O/H 1-2

Squat up & lift L Knee. Lower weight down towards shoulder 3-4

- Keep the weight slightly in front of your body
- Avoid trying, or coaching the weight to press directly above you
- **Maintain a strong ab brace**
- **Chest up**
- Sit butt back and down
- **Knees in line with toes**

OPTION No Press O/H

SLOW CROUCH & HAND TAP COMBO

PHONETIC CUE ‘Walk down, down, up, up, tap right, tap left; down, down, up, up, tap, tap’

Start in Plank position, with hands on the step
Bend knees heaps and sit heels towards butt. Walk L hand to the floor 1-2

Bend knees heaps and sit heels towards butt. Walk R hand to the floor 3-4

Push forward to Plank position. Walk L hand to the step 5-6

Push forward to Plank position. Walk R hand to the step 7-8

Hold Plank. Tap L hand to R shoulder 9-10

Hold Plank. Place L hand to the step 11-12

Hold Plank. Tap R hand to L shoulder 13-14

Hold Plank. Place R hand to the step 15-16

- Start in Plank position
- As you walk your hands down, **bend your knees** a lot and sit your butt towards your heels
- Press hands into the step
- **Maintain a strong ab brace**
- Hips and shoulders as square to the front as possible

OPTION On hands and knees



10. MAMA (JUST KIDDING REMIX) / HOLE IN THE ROOF 6:04mins

TECHNIQUE AND COACHING

CROUCH & HAND TAP COMBO

PHONETIC CUE ‘Walk down down, up up, tap, tap; down down, up up, tap, tap’

- Bend knees heaps and sit heels towards butt.
Walk L hand to the floor1
- Bend knees heaps and sit heels towards butt.
Walk R hand to the floor2
- Push forward to Plank position. Walk L hand
to the step3
- Push forward to Plank position. Walk R hand
to the step4
- Hold Plank. Tap L hand to R shoulder5
- Hold Plank. Place L hand to the step6
- Hold Plank. Tap R hand to L shoulder7
- Hold Plank. Place R hand to the step8

- As you walk your hands down, **bend your knees** a lot and sit your butt towards your heels
 - **Maintain a strong ab brace**
 - Keep your body as square as possible
- OPTION On hands and knees

HOLE IN THE ROOF CRUNCH COMBO

PHONETIC CUE ‘Crunch, rotate, center, lower; crunch, rotate, center, lower’

- Start lying on the floor with knees bent, feet on the step. Hold weight with both hands, weight to chest
- Crunch up. Press weight towards the roof1-2
- Oblique crunch L. Rotate weight in the pressed position3-4
- Return crunch to center, shoulders lifted. Rotate weight to center in the pressed position5-6
- Lower crunch down. Lower weight to chest7-8
- Repeat to the other side9-16

- **Keep lower back pressing towards the floor**
 - Move **ribs towards hips** in the crunch AND the oblique crunch
 - Maintain a steady breathing rhythm
 - Hook in to the lyrics of the song
- OPTION No weight plate

EXTENSION & CRUNCH COMBO

PHONETIC CUE ‘Extend weight back, switch weight forward; weight back, weight forward’

- Crunch up, extend R leg F, L leg bent. Lower weight back with straight arms, biceps by ears1-4
- Crunch down, switch L leg F, R leg bent. Move weight above R knee with straight arms5-8
- Aim to place your biceps by your ears when the arms are extended back
 - **Ribs towards hips**
 - **Lower back pressed towards the floor**
 - Maintain a steady breathing rhythm
 - **Leg extends to 45 degree angle**
 - OPTION Tap toes to the step or no weight plate

SLOW WEIGHTED OBLIQUE CRUNCH

PHONETIC CUE ‘Crunch side, lower down, other side, and lower’

- Slow oblique crunch L. Hold weight in to chest1-4
- Lower crunch down. Hold weight in to chest5-8
- Repeat to the other side9-16

- Peel your shoulder blade off the floor
 - Elbows wide and **rotate from center of chest**
 - Move your ribs towards your hips
 - Maintain a steady breathing rhythm
- OPTION No weight plate

WEIGHTED OBLIQUE CRUNCH

- PHONETIC CUE ‘Faster lift, lower, lift, lower’
- Slow oblique crunch L. Hold weight in to chest1-2
- Lower crunch down. Hold weight in to chest3-4
- Repeat to the other side5-8

- Peel your shoulder blade off the floor
 - Move your ribs towards your hips
 - Maintain a steady breathing rhythm
- OPTION No weight plate



11. GLITTER 3:37mins

TECHNIQUE AND COACHING

HIP STRETCH

CUE 'Push your knee forward with your hand'

L ankle crossed over R knee. L hand on R knee, gently push the knee forward 1-32

- Feel the stretch around your hip joint

OPTION Smaller ROM

SPINE ROTATION & OPEN BOOK SEQUENCE

CUE 'Lower your legs to the side, and stack your hands to the side'

Then

'Extend the top arm out to the side, like you're a book being opened'

L ankle crossed over R knee, lower knees to the L. Closed book arms 1-8

Hold position. Open book arms 9-32

- Extend the open book arm right through to the fingers
- Aim to get both shoulders on the floor
- Look away from your legs
- Feel the stretch around your lower back, hips and glutes
- Maintain a steady breathing rhythm

OPTION Smaller ROM

RAINBOW & OPEN BOOK SEQUENCE

CUE 'Keeping leg crossed over, rainbow your legs to the other side, taking your arm with you'

Then

'Extend the top arm out to the side, open the book'

L ankle crossed over R knee, lower knees to the R. Closed book arms 1-8

Hold position. Open book arms 9-32

- Extend the open book arm right through to the fingers
- Aim to get both shoulders on the floor
- Look away from your legs
- Feel the stretch around your lower back, hips and glutes

OPTION Smaller ROM

HAMSTRING STRETCH

CUE 'Extend your leg straight up'

- Aim to keep the tail bone down
- Feel the stretch down the back of the leg

OPTION With a soft knee

HUG KNEES IN TO CHEST

CUE 'Hug your knees in towards your chest'

90/90 STRETCH

CUE 'Both legs at 90 degree angles. Reach your arms forward, and tip forward from your hips'

- Move to sit side saddle on top of the step. Sit towards the center, with both legs in 90/90 position
- Reach your arms forward
- **Tip your upper body forward from the hips**
- **Keep chest lifted**
- Feel this in your glutes, hips and lower back

OPTION Smaller ROM

QUAD STRETCH

CUE 'Left hand to the floor, hold your ankle with your other hand. Pull your heel towards your butt'

- Lying on your side
- Pull heel towards butt
- Aim to keep hips square, small squeeze in the glute
- Close the legs together as you pull your heel closer towards your butt

OPTION Smaller ROM

ACTIVE CALF STRETCH

CUE 'Walk your heels towards the floor in your own time'

- Roll through the foot
- Press your heel towards the floor
- **Draw belly button in towards spine**
- Eye gaze between hands

OPTION Bend knees slightly



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 Les Mills.

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.





MUSIC

01 **Future Noise (Extended Mix)** (1:32)
Kaaze & Maddix
© 2019 Revealed Music B.V under licensed to Central Station Records.
Written by: Kastenholt, Rindt

02 **You Make Me Feel G-O-O-D (Club Junkies Radio Edit)** (3:29)
Pat Hodges
© 2001 Seth Mario Tomasini.
Written by: Angell, Ramsey

03 **What The Funk** (3:08)
Oliver Heldens feat. Danny Shah
© 2017 Oliver Heldens.
Written by: Larsson, Lundgren, Shah, Heldens

04 **Physical** (4:52)
Light Up
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Written by: Lipa, Coffee, Evigan, Hudson

05 **Shoot N Miss** (1:13)
Rob & Jack, Sanjin & Mike Bond feat. Richie Loop
© 2019 Revealed Music B.V under licensed to Central Station Records.
Written by: Kljucanin, Milo, Stiernspetz, Webb

06 **Opa** (1:30)
Dimitri Vegas & Like Mike & KSHMR
© 2018 Smash The House, exclusively licensed to Epic Amsterdam, a division of Sony Music Entertainment Netherlands BV.
Written by: Hollowell, D. Thivaos, M. Thivaos

07 **Shoot N Miss** (0:59)
Rob & Jack, Sanjin & Mike Bond feat. Richie Loop
© 2019 Revealed Music B.V under licensed to Central Station Records.
Written by: Kljucanin, Milo, Stiernspetz, Webb

08 **Opa** (1:39)
Dimitri Vegas & Like Mike & KSHMR
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Written by: Hollowell, D. Thivaos, M. Thivaos

09 **Turn It Up** (4:41)
Memory Land
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Written by: Pannell, Wells

10 **My Oh My** (2:49)
Camilla Cabello (feat. DaBaby)
© 2019 Simco Ltd. under exclusive license to Epic Records, a division of Sony Music Entertainment.
Written by: Kotecha, Bell, Cabello, Clemons, Feeney, Kirk

11 **Stupid Love** (5:01)
Lazer Dream
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Written by: Tchami, Germanotta, Rise, Schroeder, Tucker

12 **I Am** (0:51)
Club Yoko
© 2018 Concord Music Publishing LLC.
Written by: Costanza, Brown, Eckford

13 **ME** (0:51)
CLC
Courtesy of the Universal Music Group.
Written by: Ferdy, Jay, Son, Cho, Jang

14 **Nasty** (0:55)
Wood Glaze
© 2020 Les Mills Music Licensing Ltd.
Written by: Unknown

15 **I Am** (0:45)
Club Yoko
© 2018 Concord Music Publishing LLC.
Written by: Costanza, Brown, Eckford

16 **ME** (0:51)
CLC
Courtesy of the Universal Music Group.
Written by: Ferdy, Jay, Son, Cho, Jang

17 **Nasty** (0:54)
Wood Glaze
© 2020 Les Mills Music Licensing Ltd.
Written by: Unknown

18 **I Am** (0:51)
Club Yoko
© 2018 Concord Music Publishing LLC.
Written by: Costanza, Brown, Eckford

19 **Hit 'Em Up Style (Oops!)** (5:01)
Lamp Cloud
© 2020 Les Mills Music Licensing Ltd.
Written by: Austin

20 **Mama (Just Kidding Remix)** (3:14)
Ella Eyre & Banx & Ranx feat. Kiana Lede
Courtesy of the Universal Music Group.
Written by: Brown, McMahon, Olatunji, Philip, Raymond, Rastogi

21 **Hole In The Roof** (2:50)
AronChupa & Little Sis Nora
© 2019 House Of Albatraoz under exclusive license to Sony Music Entertainment Sweden AB.
Written by: A. Ekberg, N. Ekberg, Johnsson

22 **Glitter** (3:37)
BENEE
Courtesy of the Universal Music Group.
Written by: Fountain, Schoushkoﬀ, Bennet



BODYSTEP UNITED

Welcome to BODYSTEP UNITED.

This special release has been designed to uplift and bring hope, happiness, passion and unity in these uncertain times.

Extra attention has been paid to select a music playlist and feel great choreography that will deliver a joyous vibe that organically puts a smile on your face and a bounce in your step as you workout.

I hope that this special release creates a ripple effect of good vibes from my incredible presenting team, to our global trainers, instructors, members, and outward further to friends and your families.

Here are a few of my personal highlights in this release:

We have a fun 'Greek' theme in the Mixed Strength track to the song *Opa*. As we stomp our feet, squat and run, I like to strike up imagery 'as if you're in Greece, stomping around in a big barrel of grapes to make fine wine' or 'smashing plates with dynamic arm lines'

Peak 1 to *Physical* has a retro vibe, so I added some old school Jumping Jacks to bring out the Jazzercise vibe. Leg warmers are a must when launching this release.

Peak 2 has a fun & energetic rotating combo that matches the lyrics and song title *Turn It Up*.

Peak 3, *Hit 'Em Up Styles* also has great connection to the lyrics, with BODYCOMBAT styled Jabs and Guards.

I hope that you like the Cooldown track, *Glitter*, which is one of my favorite songs from our past New Zealand summer.

United, we can change the world.

PRESENTER

Mark Nu'u-Steele (New Zealand) is the BODYSTEP Program Director, a Creative Director for BODYCOMBAT™, and an International Presenter for LES MILLS TONE™. He is a former international and national aerobics competitor, based in Auckland.

SHADOWS

Amanda Scales (United States)

Demetria Wilson (United States)

Fred Kung (Canada)

Infi Wu (China)

Julie Duverger-Buissiere (France)

Kamesha Myers (United States)

Lotte Wijnen (Netherlands)

Maria Estevez Reguera (Spain)

Michiyo Matsunaga (Japan)

Mikhail Afus (Russia)

Nancy Hua (China)

Nick Kraut (Australia)

Pernilla Andersson (Sweden)

Robert van Dieën (Netherlands)

Susie Bianco (Canada)

Vicky Fdez (Spain)

Vivian Tai (China Taiwan)

Wendy Elphinstone (Australia)

Ziya Burke (Australia)

CREDITS

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Production Coordinator – Ellen Tocher

Special Thanks

Kaylah-Blayr Fitzsimons-Nu'u

Mikhail Afus



EXPRESS FORMATS

BODYSTEP UNITED

45-MINUTE FORMAT – Option 1

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 07	Party Step
Track 09	Peak 3
Track 10	Conditioning 2
Total Time	43:58

45-MINUTE FORMAT – Option 2

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 08	Athletic Circuit
Track 09	Peak 3
Track 10	Conditioning 2
Total Time	44:55

30-MINUTE FORMAT – Option 1

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Total Time	27:52

30-MINUTE FORMAT – Option 2

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 06	Conditioning 1
Track 08	Athletic Circuit
Total Time	29.09

As there is no Cooldown/Stretch in the 30-minute and 45-minute formats, please advise your class to do their own stretches and keep moving until their breathing and heart rate return to normal.

MIXING RELEASES WITH

BODYSTEP UNITED

When mixing older releases with BODYSTEP UNITED use:

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 07	Party Step
Track 08	Athletic Circuit
Track 09	Peak 3
Track 10	Conditioning 1
Track 11	Cooldown/Stretch

- Always substitute like for like.
- Do not teach Step Orientation CLASSIC tracks, Step Orientation ATHLETIC tracks or Speed Step tracks.
- Always teach the Athletic Circuit BEFORE Peak 3.
- Be aware of your class playlist length when mixing and matching releases.

KEY

Alt	Alternating	Intro	Introduction
PC	Pre-chorus	V	Verse
ATT	Across The Top	Med	Medium
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		



FORMATS FOR RELEASES 114 AND EARLIER

When teaching Releases 114 and earlier, you now have 3 options to choose from, to suit your class.

- 1. BODYSTEP Classic format (55-minute, 45- minute, or 30- minute format)
- 2. BODYSTEP Athletic format (55-minute, 45 minute, or 30-minute format)
- 3. New combined format (as per above).

NOTE: Please follow the guidelines on the previous page when mixing releases with BODYSTEP 110 onwards.

CLASSIC 55 MINUTES		ATHLETIC 55 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Step Warm-up	Track 03	Step Orientation ATHLETIC
Track 03	Step Orientation CLASSIC	Track 04	Peak 1
Track 04	Peak 1	Track 05	Mixed Strength
Track 05	Mixed Strength	Track 06	Peak 2
Track 06	Peak 2	Track 07	Conditioning 1
Track 07	Conditioning 1	Track 10	Peak 3
Track 08	Party Step	AC	Athletic Circuit
Track 09	Speed Step	Track 11	Conditioning 1
Track 10	Peak 3	Track 12	Cooldown/ Stretch
Track 11	Conditioning 1		
Track 12	Cooldown/ Stretch		

ATHLETIC 45 MINUTES	
Track 01	Warm-up
Track 03	Step Orientation ATHLETIC
Track 04	Peak 1
Track 05	Mixed Strength
Track 06	Peak 2
Track 07	Conditioning 1
AC	Athletic Circuit ATHLETIC
Track 11	Conditioning 2

1. CLASSIC 45 MINUTES		2. CLASSIC 45 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Step Warm-up	Track 02	Step Warm-up
Track 03	Step Orientation CLASSIC	Track 03	Step Orientation CLASSIC
Track 04	Peak 1	Track 04	Peak 1
Track 05	Mixed Strength	Track 05	Mixed Strength
Track 06	Peak 2	Track 06	Peak 2
Track 07	Conditioning 1	Track 08	Party Step
Track 08	Party Step	Track 10	Peak 3
Track 10	Peak 3	Track 11	Conditioning 2

3. CLASSIC 45 MINUTES		4. CLASSIC 45 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Step Warm-up	Track 02	Step Warm-up
Track 03	Step Orientation CLASSIC	Track 03	Step Orientation CLASSIC
Track 04	Peak 1	Track 04	Peak 1
Track 05	Mixed Strength	Track 05	Mixed Strength
Track 06	Peak 2	Track 06	Peak 2
Track 07	Conditioning 1	Track 09	Speed Step
Track 09	Speed Step	Track 10	Peak 3
Track 10	Peak 3	Track 11	Conditioning 2

ATHLETIC 30 MINUTES		CLASSIC 30 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 03	Step Orientation ATHLETIC	Track 02	Step Warm-up
Track 04	Peak 1	Track 03	Step Orientation CLASSIC
Track 05	Mixed Strength	Track 04	Peak 1
AC	Athletic Circuit ATHLETIC	Track 06	Peak 2

As there is no Cooldown/Stretch in both the Classic and Athletic 30-minute and 45-minute formats, please advise your class to do their own stretches and keep moving until their breathing and heart rate return to normal.

Tell us what you think of this release. Visit <http://www.lesmills.com/release-feedback>