

CONTENTS

01. Warmup	2
02. Cardio 1	3
03. Cardio 2	4
04. Cardio 3	5
05. Peak Cardio	6
06. Intergrated Strength	7
07. Core Strength - Hips	8
08. Core Strength - Abs	9
09. Active Recovery	10
10. Bonus - Upper Body Strength	11
11. Bonus - Core Strength Back	12
12. Body Vitals	13
13. Music	14

01. WARMUP

MUSIC Five More Hours 4:15 mins

TRACK FOCUS

My class will get warm and begin to understand basic movement patterns and the choices between no impact and impact.

FEEL

Clear, Friendly, Informative

0:00 / V1 / _ What you wanna do
4x8 / A / **Tap Repeater** L. RA 2cts / 16reps

0:21 / PC / Even **when** we're apart
4x8 / A / **Tap Repeater** R. RA 2cts / 16reps

0:36 / PC / **This** right here
4x8 / B / **2-Steps Side** L&R. Arms reach F&B at shoulder height 8cts / 4reps

0:50 / C / **This** right here
4x8 / C / **Step Touch** L&R. Arms wide & clap 4cts / 8reps

1:05 / Instr
4x8 / D / **March Sequence** F&B L 4reps
3x March F, Knee Lift R. RA 4cts
3x March B, Hamstring Curl L. RA 4cts

1:20 / V2 / _How you wanna feel
4x8 / A¹ / **Knee Repeater** L. RA 2cts / 16reps

1:34 / PC / Even **when** we're apart
4x8 / A¹ / **Knee Repeater** R. RA 2cts / 16reps

1:49 / QC / **This** right here
4x8 / B / **2-Steps Side** L&R. Arms reach F&B at shoulder height 8cts / 4reps

2:03 / **This** right here
4x8 / C / **Step Touch** L&R. Arms wide & clap 4cts / 8reps

2:18 / Instr /
4x8 / D / **March Sequence** F&B L 4reps

2:33 / Br / The **sound**
4x8 / E / **Side Lunge** L. Hands on thighs 4cts / 8reps

2:47 / QC / **This** right here
4x8 / E / **Side Lunge** R. Hands on thighs 4cts / 8reps

3:02 / C / **This** right here
4x8 / F / **Hamstring Curl** R&L. Arms reach & pull 4cts / 8reps

3:16 / Instr
4x8 / D / **March Sequence** F&B R 4reps
3x March F, Knee Lift L. RA 4cts
3x March B, Hamstring Curl R. RA 4cts

3:31 / Br / The **sound**
4x8 / E¹ / **Side Lunge** R&L. Hands on thighs 8cts / 4reps

3:45 / QC / **This** right here
4x8 / F / **Hamstring Curl** R&L. Arms reach & pull 4cts / 8reps

4:00 / C / **This** right here
4x8 / D / **March Sequence** F&B R 8cts / 4reps

INSIGHT

Welcome everybody to the class. Make sure that their SMARTBAND is off to the side so that the floor space is clear. You can set up GREAT POSTURE before you press play or you can layer in postural cues throughout the warmup. Use clear body part and direction cues in your Layer 1 coaching to get your class moving together on the first set of moves. On the second set, add some Layer 2 cues to enhance the move and then layer some cues about what your participants can expect from the class.

This Warmup is an introduction to some of the moves that reappear in the cardio tracks, so coach basic body part and direction with postural cues so that when the class does them again they have a basic understanding of the move, then let them know where they will see the move again. Remember that for some people, this is their first experience of moving to music, so say one thing, leave time for them to hear and see it and time for them to do it. This will take at least 2 to 3 more reps after the cue, so don't be afraid to leave space.

TECHNIQUE & COACHING

GREAT POSTURE

- Feet under hips
- Knees soft
- Abs braced, chest lifted
- Shoulders away from ears

HEAR, SEE, DO

Hear: Hear the cue

See: See how to do the move

Do: Apply to their own body

BODYVIVE VITALS

Tap/Knee Repeater

2-Steps Side

Step Touch

Side Lunge

Hamstring Curl

02. CARDIO 1

MUSIC Glowing 5:52 mins

TRACK FOCUS

My class will experience a strong leg workout in the Single-Leg Squat sequences.

FEEL

Strong, Precise, Powerful

0:00 / Intro /
8x8 / A / **2-Steps Side** R&L. *Bicep Raise Arms.*
Arms reach O/H after 4 reps 8cts / 8reps

0:30 / PC / **You** make me
8x8 / B / **Squat Pulse & Knee Lift** L&R 8cts / 8reps
Double Squat Pulse & Knee Lift L. *Hands on thighs* 4cts
Double Squat Pulse & Knee Lift R. *Hands on thighs* 4cts

1:01 / V1 / **This** is my
16½x8 / C / **Single-Leg Squat Sequence (Slow)**
L&R 32cts / 4reps: *Hands on thighs 1st rep*
2x Single-Leg Squat, R leg B. RA 8cts
Squat Pulse. *Double Bicep Curl* 6cts
Tap in. After 2 reps, Knee Lift. *Fists to hips* 2cts
Repeat R 16cts
Hold Tap/Knee Lift on last 4 cts

2:00 / Instr / (Synth)
8x8 / C¹ / **Single-Leg Squat Sequence** L&R 16cts / 4reps

2:30 / Instr / (B up)
8x8 / A¹ / **2-Steps Side** R&L. *Arms reach O/H* 8cts / 8reps
Add propulsion after 4 reps

3:00 / PC / **You** make me
5x8 / B / **Squat Pulse & Knee Lift** L&R. *Hands on thighs* 8cts / 4reps
Hold, feet under hips, for last 8 cts

3:18 / C / **A** million hearts
12x8 / C² / **Single-Leg Squat Sequence (Slow)** L
(R leg B) 16cts / 6reps

4:02 / Instr / (Synth)
9x8 / C³ / **Single-Leg Squat Sequence** L 8cts / 8reps
Hold for last 8 cts

4:36 / C / **A** million hearts
12x8 / C² / **Single-Leg Squat Sequence (Slow)** R
(L leg B) 16cts / 6reps

5:20 / Instr / (Synth)
8x8 / C³ / **Single-Leg Squat Sequence** R 8cts / 8reps

INSIGHT

This Track is about loading one leg and challenging the core stabilizing muscles through balance. We work on keeping the weight on one leg in the Single-Leg Squat, transferring to both legs in the Squat, then to one leg for the Knee Lift. Throughout the track we keep the legs loaded with GREAT POSTURE. Using only body weight, we can put the legs to the test and work on a great Single-Leg Squat that requires core strength to control the body position and weight distribution. We teach the muscles of each leg to work correctly under load, which enables your participants to check for any imbalances they may have. One leg is usually stronger than the other and so we tend to favor the stronger side.

the muscles; but in order to get the maximum intensity from this track we need to stay low and loaded. This track will challenge even the strongest members of your class to maintain great technique throughout.

BODYVIVE VITALS

2-Steps Side
Squat Pulse & Knee Lift

TECHNIQUE & COACHING

SINGLE-LEG SQUAT SEQUENCES

TECHNIQUE

- Feet under hips, weight on one leg
- Tap toes behind shoulder, leg straight
- Hinge from hip so nose is forward of toes
- **Hips square to front, chest lifted**
- Weight is in front leg, knee bent and tracking over middle toe
- Running Arms
- Step foot outside hips-width and Squat after Back Taps
- **Butt just above knee height, knees tracking over middle toes**
- Body position stays low as you transition
- Arms in Bicep Raise, fists together
- Toe taps in or knee lifts to hip height with toes at standing knee
- Fists to hips



TEACHING TIPS

SINGLE-LEG SQUAT WITH TAP/KNEE LIFT SEQUENCES

We are teaching the leg muscles to move correctly so it is important that you cue alignment of the bending knee. Muscles remember how to move and we want them to remember the correct way. The weight is firmly on the standing leg. This is not a Lunge, but a Single-Leg Squat. As people fatigue they will move their weight backwards, so keep reminding them to stay forward. The extended leg needs to be activated with the quads pulled up tightly and the butt squeezed. When you transition from the Single-Leg Squat to the Squat, there will be a tendency to lift out of the standing leg, which releases tension in

03. CARDIO 2

MUSIC Let's Go Crazy 4:42 mins

TRACK FOCUS

I will clearly cue the options in the Drop Knee/ Step Jump Sequence to ensure my class chooses the best option for them and achieves a lift in their heart rate.

FEEL

Fun, Lifted, Simple

0:00 / Dearly beloved
2x8 / Breathe in *arms lift O/H* 8cts.
Breathe out *arms lower* 8cts
6x8 / A / Jog OTS L&R. RA 48cts

0:24 / Instr
8x8 / A¹ / **Drop Knee Sequence** L&R 16cts / 4reps
Drop Knee L. RA 2cts
6x Jog OTS. RA 6cts
Drop Knee R. RA 2cts
6x Jog OTS. RA 6cts

0:44 / V1 / If you
10x8 / A² / **Step Jump Sequence** L&R 16cts / 5reps
Step Knee Lift w. propulsion or Drop Knee

1:09 / C / **Let's** go crazy
8x8 / B / **Bounce Sequence** L 4reps
Step F L. Step B R. RA 4cts
Step Side L. Step R. RA 4cts
4x Bounce OTS. *After 2 reps, hands O/H* 8cts

1:29 / V2 / **All** excited
10x8 / A² / **Drop Knee/Step Jump Sequence** L&R
16cts / 5reps

1:54 / C / **Let's** go crazy
8x8 / B / **Bounce Sequence** L 16cts / 4reps

2:14 / Instr
14x8 / C / **Ladder Step Sequence** L
8x Ladder Step OTS L. RA 32cts
4x Ladder Step, travel F. RA 16cts
4x Ladder Step, travel B. RA 16cts
4x Ladder Step OTS L. RA 16cts
Ladder Step as fast as you can 32cts
♫Option: March Out, Out, In, In after Ladder Step
as fast as you can

2:49 / Br / **Let's** go crazy
12x8 / B / **Bounce Sequence** R 16cts / 6reps

3:19 / V3 / **All** excited
10x8 / A² / **Drop Knee/Step Jump Sequence** R&L
16cts / 5reps

3:44 / C / **Let's** go crazy
8x8 / B / **Bounce Sequence** R 16cts / 4reps

4:04 / Instr
14x8 / C¹ / **Ladder Step Sequence** R 112reps

INSIGHT

This track is about precision with speed. The Drop Knee and hold is quick, great for those who choose no impact as the legs will stay loaded and the work is in maintaining great knee alignment. There is the choice to jump, which changes the feel to light and lifted. The Bounce Sequence is about weight shift at speed and the Ladder Step finishes by going as fast as you can. All of these moves are designed to lift the heart rate, regardless of choice.

BODYVIVE VITALS

Drop Knee Sequence

Ladder Step

Bounce Sequence

TEACHING TIPS

Drop Knee Sequence

For a lot of people, moving at speed is a real challenge and this is why we do tracks like this. Phonetically cue the Drop Knee and how many Runs. Use a visual cue each time you do this move from leg to leg in the sequence, to help participants to remember what to do. As you drop the knee it's important to cue the ab brace to control the landing as well as draw attention to the knee tracking over the middle toe. The chest stays lifted throughout, with the shoulders level. There is a tendency to drop the body towards the supporting side so cue *abs braced* and *chest up*. Moving the arms with purpose will definitely lift the heart rate, regardless of jogging, treading or marching - so sell that to those who are choosing to do low impact.

Bounce Sequence

Giving clear visual cues as to the direction of each step is vital – and this needs to be done with time for the class to register which way they should step. Intensity comes from staying low in the steps and moving as far forward and back, then side to side as you can. The bounces are a heel lift with soft knees, which works the calves. This can be progressed to a jump, but only if that is appropriate for your members. Make sure you cue *feet under hips* for stability and a *good glute squeeze* to help track knees over middle toes.



Ladder Step

This can be done with treading or jogging but, either way, cue *arms pumping strongly* to lift the heart rate. When you go as fast as you can, it helps to keep the arms and body still and just move the legs. This is a great cardio kicker, regardless of fitness level.

04. CARDIO 3

MUSIC Call My Name 5:05 mins

TRACK FOCUS

My class will push their heart rate up by getting low and loaded in the Runs, Lunges and Side Steps.

FEEL

Strong, Energized, Lifted

0:00 / Intro
2x8 / Stand 16cts

0:12 / V1 / Instr
10x8 / A / **3-Step Run** L&R. RA 8cts / 10reps

0:36 / PC / **Breathe** me in
4x8 / B / **Step Calf Raise** L&R. *Arms wide, reach O/H* 8cts / 4reps

0:48 / C / Call my **name**
10x8 / C / **Back-Stepping Lunge** L&R. *Single Bicep Curl* 8cts / 8reps
Stand for last 16cts

1:19 / V2 / **Out** of time
8x8 / A / **3-Step Run** L&R. RA 8cts / 8reps
⬆Option: After 4reps, add impact – Up, Up, Down

1:43 / C / **Breathe** me in
4x8 / B / **Step Calf Raise** L&R. *Arms wide, reach O/H* 8cts / 4reps

1:56 / B up / **Breathe** me in
4x8 / B¹ / **Side Step Jump/Jump Calf Raise** L&R. *Arms wide, reach O/H* 8cts / 4reps
⬇Option: Step Calf Raise

2:08 / C / Call my **name**
20x8 / D / **Lunge/Side Step Sequence**
32cts / 5reps
3x Back-Stepping Lunge L&R. *Single Bicep Curl* 24cts
Side Step Jump L&R. *Arms wide, reach O/H* 8cts
⬇Option: Step Calf Raise

3:08 / C / Call my **name**
1x8 / Rest 8cts

3:12 / V2 / **Out** of time
8x8 / A / **3-Step Run** L&R. RA 8cts / 8reps

3:36 / C / **Breathe** me in
4x8 / B² / **Side Step Calf Raise** L&R 8cts / 4reps
4x8 / B¹ / **Side Step Jump** L&R 8cts / 4reps

4:01 / C / Call my **name**
20x8 / D / **Lunge/Side Step Sequence** 32cts / 5reps

INSIGHT

This track is designed to push the limits with levels, traveling and endurance. It will challenge technique under fatigue. The Step Calf Raise Sequence is about encouraging depth and height to maximize the movement. If your class wants to jump then the workout comes from controlling the landing using the feet, ankles, quads, hamstrings and glutes.

This is extremely challenging when transferring to the Back-Stepping Lunge but will definitely build great strength if you use your feet to minimize the shock of the landing, and your joints will be much happier too!

TEACHING TIPS

3-Step Run

This move is about staying low and loaded. Remember to cue GREAT POSTURE, as a common fault is to let the shoulders and upper back round forward in an attempt to get lower. We want the class to use their legs – bending the knees as much as they can, hinging forward from the hips, then bracing the abs and lifting the chest. As you run from side to side, cue *hips square to front* by bracing to avoid twisting of the lower limbs. This also works the muscles around the hips. Coach your class to soften through the ankles to control the impact on the joints. This will help to develop leg strength and control.

Step Calf Raise/Jump Sequence

Depth and speed with control are the focus here. We want to teach how to move with power. Depth is important, then driving up through the heels to straighten the legs in preparation for the Calf Raise or Jump. In the Calf Raise, the quads should be pulled up to keep the legs engaged. We practised this in Track 3 with the Bounce Sequence. This is an important preparation for jumping but also the muscles are still working, so energy is being spent and calories are being burned. Reaching the arms high lifts the heart rate and aids with jumping, and controlling the arms on the downward phase gives the appearance of jumping higher and staying up for longer. The landing from the Jumps is where we develop strength to jump. Using the glutes to control the knees, and the feet and ankles to help absorb impact, means we move with control and safe execution. Choose what is right for your class and sell the benefits of both moves.



Back-Stepping Lunge

This move is challenging in terms of execution and endurance. The key here is to step back to the same place each time, keeping the body position upright and strong. The weight is between the feet on each step and it helps if you maintain a small knee bend each time you step in under the hip. This ensures the leg muscles are engaged and ready to bear the weight as you step back.

This track is big and powerful. People will be fatigued so you need to be clear and concise with your cues. Short and sharp, to get them moving in the right direction, then remind them that they know the move already. Let them work on the move themselves by leaving space between your cues. Remember the SEE, HEAR, DO coaching model. Give some Layer 2 cues to help them execute the moves better and then, leave them to it.

BODYVIVE VITALS

3-Step Run
Step Calf Raise/Jump
Back-Stepping Lunge

05. PEAK CARDIO

MUSIC I Don't Care 4:42 mins

TRACK FOCUS

My class will reach their cardio peak through single-leg training in the Knee Repeaters, Skaters and Squats.

FEEL

Expansive, Energetic, Driving

0:00 / Intro
4x8 / Side Tap L&R. *Hands on thighs* 4cts / 8reps
After 4 reps, *arms in a high 'V' and pull*

0:15 / V1 / **Say** my name
4x8 / A / 8x Knee Repeater L. RA 16cts
8x Knee Repeater L. *Arms reach F&B above shoulder height* 16cts

0:29 / V2 / **Pace** myself
4x8 / A / 8x Knee Repeater R. RA 16cts
8x Knee Repeater R. *Arms reach F&B above shoulder height* 16cts

0:43 / C / _ I don't care
9x8 / B / **Skater Sequence** 72cts
4x Skater L&R. RA 16cts
4x Side Tap L&R. *Arms in a high 'V' and pull* 16cts
4x Skater L&R, traveling F. RA 16cts
6x Side Tap L&R, traveling B. *Arms in a high 'V'* 24cts

1:14 / V3 / **Take** a chance
4x8 / A / 8x Knee Repeater L. RA 16cts
8x Knee Repeater L. *Arms reach F&B above shoulder height* 16cts

1:28 / V4 / **I'm** the oracle
4x8 / A / 8x Knee Repeater R. RA 16cts
8x Knee Repeater R. *Arms reach F&B above shoulder height* 16cts

1:41 / C / _ I don't care
9x8 / B' / **Skater Sequence** 72cts
4x Skater L&R. RA 16cts
4x Side Tap L&R. *Arms in a high 'V' and pull* 16cts
4x Skater L&R, traveling F. RA 16cts
6x Side Tap L&R, traveling B. *Arms in a high 'V'*
👁 Jumping Jacks after 2 reps 24cts

2:13 / Instr / (Quiet)
12x8 / D / **Triple Pulse Squat**. *Hands on thighs* 8cts / 12reps
Arms reach F after 2reps
⬆Option: Burpee after 6reps

2:54 / C / _ I don't care
9½x8 / B² / **Skater Sequence** 72cts
4x Skater L&R, traveling F. RA 16cts
8x Jumping Jack, traveling B 16cts
4x Skater L&R, traveling F. RA 16cts
12x Jumping Jack, traveling B 24cts
Hold for last 4cts

3:27 / Instr / (Quiet)
12x8 / D / **Triple Pulse Squat**. *Hands on thighs* 8cts / 12reps
Arms Reach F after 2 reps
⬆Option: Burpee after 4 reps

4:08 / _ I don't care
9x8 / B² / **Skater Sequence** 72cts

TEACHING TIPS

Knee Repeater

When done correctly, this move will really push the heart rate up. It's all about range of motion, from the arms to the foot position of the moving leg. Round 1 is body-part direction plus alignment cues. Round 2, we can talk about target zones. This is where the moving toes need to tap the grounded knee. This will ensure great range of motion with the moving knee driving towards the lifted chest while the arms reach long and straight. This takes more energy and challenges the stability of the body.

Side Tap/Jumping Jack

The choreography is set at both low and high levels to teach the differences between the moves. The Side Tap needs to be low and loaded so knees are bent, body is hinged forward slightly from the hips more, with the chest lifted. This loads the muscles of the legs, which lifts the heart rate. If your class doesn't want to jump, teach only the Side Tap and coach depth in the legs. The Jumping Jack is an option that may not suit everyone, but if your class wants it, then cue *knees out as you land* through the ball of the foot. In all of the moves, keeping the arms in a wide 'V' is what will push the heart rate up so the workout is there for everyone.



Skater

Skaters at this speed are a real challenge as the legs are loaded and the muscles are engaged constantly. Bending the knees and stepping really wide to the side are key to lifting the heart rate. Letting the arms swing naturally from side to side helps with momentum, but coach your class to keep the chest lifted.

Triple Squat/Burpee

There are 2 blocks of this sequence so lots of opportunities to get your class to their cardio peak. The first set is about setting up the sequence and demonstrating the Burpee. The second set is all about coaching the choices that your class will make. Getting low in the Squats will push the heart rate up – so if the Burpees don't work for your class, don't do them.

BODYVIVE VITALS

Knee Repeater

Skater

Side Tap/Jumping Jack

Triple Pulse Squat/Burpee

06. INTEGRATED STRENGTH

MUSIC ILYSM 5:40 mins

TRACK FOCUS

My class will challenge their upper back and shoulders, while using their core and legs in the Reverse Pec Dec.

FEEL

Intense, Challenging, Strong

0:00 / Intro
8x8 / Drinks break 64cts

0:29 / Instr / (Quiet)
4x8 / Set up SMARTBAND under R foot and step L leg B to Triple Reverse Pec Dec Lunge. *Hold handles, palms up* 32cts

0:43 / V1 / I **would** like
12x8 / A / **Triple Reverse Pec Dec w. Lunge** 16cts / 6reps
Lunge down & up after 4 reps

1:27 / (Electronic bell)
1x8 / Step feet wide to side. *Hold handles together at chest* 8cts

1:31 / Instr / (Beat)
11x8 / B / **Side Lunge Sequence** L
6x Lunge L&R. *Hands at chest* 24cts
8x Lunge L&R w. Twist 32cts
8x Dynamic Lunge L w. Twist L 32cts

2:12 / (Quiet)
4x8 / Set up SMARTBAND under L foot and step R leg B to Triple Reverse Pec Dec w. Lunge. *Hold handles, palms up* 32cts

2:26 / V2 / I **would** like
12x8 / A / **Triple Reverse Pec Dec w. Lunge** 16cts / 6reps
Lunge down & up after 4 reps

3:10 / (Electronic bell)
1x8 / Step feet wide to side. *Hold handles together at chest* 8cts

3:14 / Instr / (Beat)
11x8 / B / **Side Lunge Sequence** R 88cts

3:54 / (Quiet)
4x8 / Set up SMARTBAND for Front Raise Triple Pulse Row. SMARTBAND single or doubled. *Arms F at shoulder height* 32cts

4:09 / V3 / I **would** like
8x8 / C / **Triple Pulse Squat w. Triple Pulse Front Raise/Row** L&R 16cts / 4reps

4:38 / Instr / (B up)
4x8 / C¹ / **Triple Pulse Squat w. Triple Pulse Front Raise/Reverse Fly** L&R 16cts / 2reps

4:53 / (Beat)
8x8 / C² / **Squat w. Front Raise/Reverse Fly** L&R 8cts / 8reps

5:22 / Outro /
4x8 / C³ / **Squat w. Lat Pulldown** 4cts / 8reps

INSIGHT

This track epitomizes cross-training by coming straight out of cardio into a full-body workout. We use multiple muscle groups with a 360-degree focus on the core. The Squat with Row or Wide Fly hits the postural muscles of the upper back, having just worked them in the Reverse Pec Dec. The Lunge Sequence uses the rotational muscles of the trunk and the power of the legs.

TECHNIQUE & COACHING

COACHING

Reverse Pec Dec

This is a challenging move for even the fittest, strongest person in your class, so try to be encouraging to the newest members and let them know that with practice they will get it. The scoop of the SMARTBAND/tube is THE most important part of the move. Try not to let your hands come together in the Bicep Raise. This will allow your elbows to scoop more easily as there is space to do it. Once the SMARTBAND/tube is behind the elbows it takes pressure off the shoulders because the upper back muscles can now work to open the arms. There is no option here other than to stay low in the Lunge position, decreasing tension in the SMARTBAND. The SMARTBAND will not stretch as much so the load in the shoulders and upper back is less, but the legs have to work a little harder. Straightening and bending the legs will add more resistance to the upper back and shoulders, but will give the legs a break.



Side Lunge Sequence

Feet really wide is important and also to hinge forward from the hips to power up the glutes. There will be a tendency for people to round the shoulders so encourage them to focus on keeping the chest lifted as they hinge and rotate. Hips must stay square to front throughout to work the obliques.



Squat with Front Raise/Row/Reverse Fly

This move works the upper back and rear deltoids as you pull elbow or straight arm back at shoulder height, plus the front of the shoulder and obliques as you push the straight arm forward at shoulder height. The hips need to be braced to stay square as you squat then the small rotation in the chest and shoulders happens as you push and pull at the same time. Arms need to be at shoulder height or just below to keep the shoulder joint safe. A single band is perfectly ok here as the sequence does challenge technique and endurance!



BODYVIVE VITALS

Reverse Pec Dec

Side Lunge Sequence

Side/Lunge Sequence

Squat with Front Raise/Row/Reverse Fly

07. CORE STRENGTH — HIPS

MUSIC Domino 3:50 mins

TRACK FOCUS

My class will feel their glutes fire up as we train a rear single-leg movement pattern with a side combination.

FEEL

Challenging, Intense, Playful

0:00 / Intro

2x8 / Set up SMARTBAND under both feet.
Handles crossed to hips. HOH 16cts

0:07 / V1 / Sexy and **free**

8x8 / A / **Triple Pulse Rear Leg Extension** L 6cts
Tap in 2cts / 8reps

0:37 / PC / _ We can do this

4x8 / A¹ / **Rear Leg Extension** L 4cts / 8reps

0:53 / C / **Work** my world

8x8 / B / **Side Step Sequence** L&R 4reps

Side Step L&R 4cts

Double Pulse Squat, Tap R 4cts

Repeat R 8cts

1:23 / Br / (Instr)

2x8 / C / **Squat Pulse** 2cts / 7reps

Step R foot in on last 2 cts

1:31 / V2 / Losing my **mind**

8x8 / A / **Triple Pulse Rear Leg Extension** R 6cts
Tap in 2cts / 8reps

2:01 / PC / _ We can do this

4x8 / A¹ / **Rear Leg Extension** R 4cts / 8reps

2:16 / C / **Work** my world

8x8 / B / **Side Step Sequence** R&L 16cts / 4reps

2:46 / Br / Oh baby baby

8x8 / A² / **Triple Pulse Rear Leg Extension** R&L
16cts / 4reps

Triple Pulse Rear Leg Extension R 6cts

Squat 2cts

Triple Pulse Rear Leg Extension L 6cts

Squat 2cts

3:17 / C / **Work** my world

8x8 / B / **Side Step Sequence** R&L 16cts / 4reps

INSIGHT

This track challenges balance and core stability. The standing leg is working extremely hard to maintain alignment as the moving leg challenges balance and stability. We also work the muscles in the side of the hips in the combination. Let your class know that the band is there to add resistance to the move, not restrict it, and if it is restricting then it is smarter to put it aside and focus on stability and great range of motion not movement.

Triple Pulse Rear Leg Extension/Squat

The hips are centered and level in the Squat, then they need to stay level as the weight shifts to one leg. As you do this, try to push the moving leg back and balancing on the standing leg. Pull up the quads tightly on both legs to keep you stable.

BODYVIVE VITALS

Rear Leg Extension
Side Step Sequence

TECHNIQUE & COACHING

TRIPLE PULSE REAR LEG EXTENSION TECHNIQUE

- Band under both feet, handles crossed to hips
- Feet outside hip-width, toes turned out slightly
- **Knees out and tracking forward over middle toes**
- **Chest lifted, shoulders back and away from ears, hands on hips**
- Lift leg to back, foot flexed, keep supporting and working leg straight
- **Abs braced, body upright, hips square to front and level**

COACHING

Rear Leg Extension

Setting up this move correctly is important. Start by getting the class to brace their abs to keep the hips level, then shift weight to their standing leg. There then should be minimal transfer of weight from the standing leg back to the moving leg. This works the stabilizers around the spine because of the balance component. It is OK to tap toes to floor between each rep, as long as the weight doesn't shift. Holding the hips and upper body still requires a lot of glute and core strength.



Side Step Sequence

Bracing abs to keep the hips level and square to front throughout the sequence is the focus here. As people tire, they will lift the hip to move the leg and lean away from it. They also need enough tube length to allow for movement, but still maintain resistance.

08. CORE STRENGTH — ABS

MUSIC Kids 4:48 mins

TRACK FOCUS

My class will experience an intense abdominal and oblique workout in the Hover with Taps, Knee Drops and Side Hovers with Hip Lifts.

FEEL

Smooth, Focused, Controlled

0:00 / Intro
4x8 / Set up Hover, facing R side 32cts

0:18 / V1 / **Days** when
4x8 / A / **Hover** on knees 32cts

0:36 / And **most** of the days
4x8 / A¹ / **Hover** on toes 32cts

0:55 / PC / I refuse to let
8x8 / A² / **Toe Taps** 32cts / 2reps
4x Toe Tap L 16cts
4x Toe Tap R 16cts

1:31 / V2 / **Lights** down
2x8 / Roll to back, arms wide, knees over hips 16cts

1:40 / **Perfect** disasters
8x8 / B / **Knee Drop Single Leg Extension** R&L
32cts / 2reps
Drop knees R (front) 4cts
Extend L (top) leg 4cts
Bend L knee 4cts
Return knees over hips 4cts
Repeat L (back) 16cts

2:18 / C / **Kids**
4x8 / B¹ / **Knee Drop Double Leg Extension** R&L
32cts / 1rep

2:36 / Br / **Nights** when we
4½x8 / C / Roll to Side Hover R 36cts

2:57 / C / **Kids**
4x8 / C¹ / Leg Lift L 4cts / 8reps
4½x8 / C² / Pulse Hip Lift L 2cts / 16reps
Hold last Hip Lift for 4cts

3:37 / Br / **Nights** when we
4½x8 / C / Roll to Side Hover L 36cts

3:57 / C / **Kids**
4x8 / C¹ / Leg Lift R 4cts / 8reps
4½x8 / C² / Pulse Hip Lift R 2cts / 16reps
Hold last Hip Lift for 4cts

INSIGHT

This track begins in Hover to train pelvis stability using lower abs and obliques and then we focus on the obliques in the Knee Drops and Side Hovers. It is challenging after all of the abdominal activation throughout the class, so it is important to be clear with options and why we would take them.

TECHNIQUE & COACHING

KNEE DROP SEQUENCE

TECHNIQUE

- Lie on back, feet hip-width apart, close to butt, arms wide to the side
- **Brace abs to keep lower back towards floor**, lift both knees above hips, shins parallel to floor
- Drop knees to front, feet together
- Extend top leg or both legs maintaining a 90-degree bend at the hip, return to bent knees, return to start position
- Repeat to the back

COACHING

Hover with Toe Tap

The Hover with Toe Tap is all about challenging the lower abdominals and the obliques. The lower abs hold the pelvis still while the leg lightly taps out and in. The challenge is to keep the hips from bouncing up and down and twisting away from the floor; therefore, encourage just holding the Hover on knees as they tap. Participants will build strength quicker this way than if they give up altogether or fail to hold their hips still.



Knee Drop

The most important thing is to keep the shoulders on the floor and the knees in line with hips when the knees drop to the side and you extend the legs. If the knees move away from the hips, it puts pressure into the lower back and lower abs and less work in the obliques, which is where we are targeting.



Side Hover with Leg Lift and Hip Lift

The most important focus in a Side Hover is the position of the supporting elbow under the shoulder. If the shoulders are not stacked correctly, fatigue will set into the shoulders before the obliques and it is stressful on the shoulder girdle as well. Once you have the correct shoulder alignment then coach the body alignment: a long line from the crown of the head to the toes on the floor. From there, cue to *lift the hips high* so the underside of the body is in an isometric contraction. Brace the abs and then hold the body still as the leg lifts to hip height and back to floor. In the Hip Lifts, the hips are moving from the center line to above, without pushing the butt back. There is the option to go to Split Stance if your class has nailed the knee option. The top leg is forward of the bottom leg.



PREGNANCY OPTIONS

Single Leg Extensions
Cat Curl

BODYVIVE VITALS

Hover
Side Hover With Leg Lift/Hip Lift

09. ACTIVE RECOVERY

MUSIC She's Gone 4:13 mins

TRACK FOCUS

My class will actively stretch the body in the Lunges with Twist before releasing in the Wrap Sequence.

FEEL

Strong, Controlled, Smooth

0:00 / Intro / ooh ooh

2x8 / A / Set up prone, facing L side 16cts

0:12 / V1 / _ Everybody's high

4x8 / A¹ / **Cobra Pose** 32cts

0:36 / V2 / _ Sorry Charlie

4x8 / B / **Down Dog** 32cts

1:00 / C / **She's** gone

3x8 / B¹ / **Lunge Sequence R**

Lunge R, outside R hand 4cts

Down Dog 4cts

Lunge L, outside L hand 4cts

Down Dog 4cts

Lunge R, outside R hand 4cts

Lunge Twist R. R arm O/H 4cts

1:18 / V3 / _ Get up in the morning

4x8 / B / **Down Dog** 32cts

1:42 / C / **She's** gone

3x8 / B¹ / **Lunge Sequence L** 24cts

2:00 / Instr / (Trumpet)

5½x8 / **Wide Leg Forward Fold**, facing front 40cts

Roll to standing last 4cts

2:33 / V4 / _ Spend eternity

4x8 / C / **Warrior 2** L. L elbow thigh. R arm O/H 32cts

2:56 / C / **She's** gone

4x8 / D / **Wrap Sequence** L&R 16cts / 2reps

Wrap L&R 4cts

Circle R arm O/H. Sweep L 4cts

Repeat R 8cts

3:14 / Instr /

4x8 / C / **Warrior 2** R. R elbow thigh. L arm O/H

32cts

3:37 / C / **She's** gone

4x8 / D / **Wrap Sequence** R&L 16cts / 2reps

4:01 / Outro / She's gone

2x8 / D¹ / **Step Wrap** R&L 4cts / 4reps

INSIGHT

Ensure to pre-cue the Lunge Sequence effectively. Coach the contrast of vitality in the Lunge Sequence, the mobility in the Wrap Sequence and release in the static stretches. In this release, and from now on, the Active Recovery track comes at the end of both the 45 and 55-minute formats. If you are teaching the 55-minute class, you will go straight from Peak Cardio into Integrated Strength. This track will come after the Core – Back track at the end of class.

TECHNIQUE & COACHING

LUNGE SEQUENCE

TECHNIQUE

- From Down Dog, bend both knees
- Step front foot forward, outside front hand, to Lunge
- Step back to Down Dog
- Repeat to back then front
- Rotate upper body towards front thigh, extend arm to ceiling
- Head and neck in line with spine

COACHING

There is an option in the Lunge Sequence to hold the Lunge with the knee down on the floor. Use this option if your class cannot easily move between Down Dog and Lunge.



WRAP SEQUENCE

TECHNIQUE

- Step feet outside shoulder-width
- Bend left knee
- Twist chest and shoulders to face left corner
- Arms wrap around body
- Keep hips facing front
- Repeat right, left
- Circle left arm over head. Repeat on other side



BODYVIVE VITALS

Down Dog

Wrap Sequence

BONUS

01. UPPER BODY STRENGTH

MUSIC Uprising 5:04 mins

TRACK FOCUS

My class will work their triceps, biceps and upper back and won't miss a rep because I will clearly cue the transitions.

FEEL

Focused, Strong, Fun

0:00 / Intro
2x8 / Set up for a Standing Cobra. SMARTBAND under feet. *Hold handles hip-width apart, knuckles up to the ceiling* 16cts

0:09 / Instr / (Synth)
8x8 / A / **Triple Pulse Standing Cobra** 8cts / 8reps

0:39 / (Beat)
2x8 / Set up for Tricep Extension. SMARTBAND under L foot, R foot F. *Handle in L hand O/H* 16cts

0:46 / V1 / **Paranoia**
4x8 / B / **Tricep Extension** L 4cts / 8reps

1:01 / V2 / **Another** promise
6x8 / B¹ / **Tricep Extension** L 8cts / 6reps

1:23 / C / **They** will not
8x8 / B² / **Tricep Extension Sequence** L 2reps
2x Smooth Tricep Extension L 16cts
2x Triple Pulse Tricep Extension L 16cts

1:54 / Instr
2x8 / Set up Tricep Extension, SMARTBAND under R foot, L foot F. *Handle in R hand O/H* / 16cts

2:01 / V3 / **Interchanging**
4x8 / B / **Tricep Extension** R 4cts / 8reps

2:16 / V4 / **Rise** up
6x8 / B¹ / **Tricep Extension** R 8cts / 6reps

2:39 / C / **They** will not
8x8 / B² / **Tricep Extension Sequence** R 2reps
2x Smooth Tricep Extension R 16cts
2x Triple Pulse Tricep Extension R 16cts

3:09 / Instr
2x8 / Set up for Bicep Curl. SMARTBAND under feet. *Hold handles hip-width apart, palms F* 16cts

3:16 / Instr / (Beat)
4x8 / C / **Bicep Curl** 4cts / 8reps

3:31
9x8 / C¹ / **Triple Pulse Bicep Curl** 8cts / 8reps
Hold and roll shoulders on last 8cts
⚡Option: Feet together, knees bent

4:05 / C / **They** will not
9x8 / C² / **Bicep Curl Sequence** 2reps
2x Smooth Bicep Curl 16cts
2x Triple Pulse Bicep Curl 16cts
Hold and roll shoulders on last 8cts / 16cts

4:38 / Outro / (Instr)
6x8 / A / **Triple Pulse Standing Cobra** 8cts / 6reps

INSIGHT

Transitions are quick and it may take you a while to nail them but once you do, your class should enjoy doing all the reps with you! If you are doing the 55-minute format.1 then this track slots in between Integrated Strength and Hips.

COACHING

COACHING

Triple Pulse Standing Cobra

This is a great move for the postural muscles of the upper back and the triceps. Plus, we work the abs, glutes and lower back as we bend over. Be clear in your body part and direction cues – hinging forward from the hips, leading with the chest, knuckles face the back – as there will be a tendency to roll the shoulders forward and curve the spine.



Tricep Extension

The setup is always a bit tricky for new people, so you may want to give a quick demonstration before you start the class. Tension on the band indicates the intensity of the workout, so watch how Elena demonstrated the options in the Masterclass.



BODYVIVE VITALS

Triple Pulse Standing Cobra

Tricep Extension

Bicep Curl Sequence

BONUS

02. CORE STRENGTH - BACK

MUSIC Hold On 4:24 mins

TRACK FOCUS

My class will work their upper back and glutes in 3 different ways.

FEEL

Smooth, Strong, Integrated

0:00 / Intro /
3x8 / Set up Single Fly. SMARTBAND under knees,
cross handles & hold in hands 24cts

0:15 / V1 / _ I know there's a pain
6½x8 / A / **Single Arm Fly** L&R 8cts / 6reps
Roll shoulders on last 4cts

0:47 / C / **Some** day
6x8 / A¹ / **Triple Pulse Fly** 6cts
Reset 2cts / 6reps

1:16 / Instr
2x8 / Shoulder Roll 16cts

1:26 / V2 / **You** could sustain
6½x8 / A / **Single Arm Fly** L&R 8cts / 6reps
Roll shoulders on last 4cts

1:58 / C / **Some** day
6x8 / A¹ / **Triple Pulse Fly** 6cts
Reset 2cts / 6reps

2:27 / Br / I know
2x8 / Set up Bridge, lie feet to L side,
SMARTBAND doubled, hold across hips 16cts

2:37 / I know
2x8 / B / **Bridge** 16cts

2:47 / C / **Some** day
8x8 / B¹ / **Triple Pulse Resisted Bridge**, 6cts up,
2cts release halfway down 8cts / 8reps

3:26 / **Hold** on
2x8 / Set up Prone Cobra, lie prone, SMARTBAND
doubled, behind back, hold across glutes, palms
down 16cts

3:36 / Outro / Baby
7x8 / **Triple Pulse Resisted Cobra** 6cts up, 2cts to
rest 8cts / 7reps

INSIGHT

We focus on the upper back with the each Fly, then target the glutes and hamstrings in the Resisted Bridge, before hitting the entire back body in the Prone Resisted Cobra.

TECHNIQUE & COACHING

PRONE RESISTED COBRA TECHNIQUE

- Lie face down, heels touching, hands hold SMARTBAND behind back
- Legs straight, **butt squeezed, chin tucked in**
- Arms straight, extend behind the side of body in a 'V'
- Knuckles to the ceiling, band away from butt with tension
- Extend and lift upper body, **chin in to lengthen back of neck**
- Pulse 3 times, return to start position

COACHING

Kneeling Single/Double Arm Fly

It's important to tell your class to make sure their SMARTBAND is even on both sides. Stretching the band before kneeling on it gives you more to use and therefore better range of motion. Hinging forward from the hip joints and leading with the chest helps to keep the work in the upper back as you lift. Arms are straight with strong wrists. In the Single Arm Fly, there is a tendency to twist the upper body – so cue *shoulders and hips square to front*. The height of the arm is not important; as long as the technique is correct, the work will be in the upper back and abs.



Resisted Bridge

This is a great move to work the glutes and if you cue your class to *push into their heels as they lift*, they will feel their hamstrings engage as well. You can also cue to *pull the band down towards the floor* to add resistance. Make sure hips are square to the floor in this position.



Prone Resisted Cobra

This move ignites the muscles of the back body. The hamstrings and glutes have just worked hard in the Bridge and we add the lower back and upper back to the mix and then load those muscles by adding resistance with the SMARTBAND. Cue your class to have their *feet together to work the inner thighs*, then *pull up the quads and push the backs of the thighs towards the ceiling*. Squeezing the butt protects the lower back and as the upper body lifts, the chin stays in to lengthen the back of the neck. Now we add load to the position by pulling the arms out from the body.

PREGNANCY OPTIONS

Remain in Resisted Bridge

BODYVIVE VITALS

**Kneeling Single/Double Arm Fly
Bridge**

BODYVIVE VITALS

TRACK 1

TAP/KNEE REPEATER TECHNIQUE

- Step forward, tap toes in by heel
- **Supporting knee above and aligned over middle toe**
- **Weight in the front leg – heel grounded**
- **Long back leg – rear heel lifted**
- Lift opposite knee, toes touch standing knee in Knee Repeater
- Running Arms – hands relaxed

2-STEPS SIDE TECHNIQUE

- 2 steps to the side, bring feet together
- Knees turned out slightly
- Butt back and down as you step
- Bicep Raise arms
- **Abs braced, hips square to front**

STEP TOUCH TECHNIQUE

- Step to the side, foot taps in beside supporting foot, knee bent
- Heels lift as you step, legs are straight then bend as you tap
- **Abs braced**
- **Chest lifted, shoulders away from ears**
- Arms wide and clap

SIDE LUNGE TECHNIQUE

- Knees bent, weight on one leg, other toes on floor, next to heel
- **Abs braced, chest lifted**
- Body hinged forward from hips slightly
- Step out to side, keeping body at same level
- **Landing toes out, knee tracking over middle toe**
- Static leg straightens
- Return to start position same way

HAMSTRING CURL TECHNIQUE

- Feet just outside hip-width
- **Knees above and aligned over middle toes in Squat** (not too deeply)
- Heel curls to butt – standing knee soft
- Other knee points to floor
- **Abs braced**
- **Hips level and square to the front**
- Arms forward and back at shoulder height or in a high 'V'

TRACK 2 2-STEPS SIDE TECHNIQUE

- 2 steps to the side, bring feet together
- Knees turned out slightly
- Butt back and down as you step
- Bicep Raise arms over head forward of shoulders
- **Abs braced, hips square to front**

SQUAT PULSE/KNEE LIFT TECHNIQUE

- Feet outside hip-width, toes turned out slightly
- Knees out and tracking forward over middle toes
- Butt lowers to just above knee level as you squat
- Hands on thighs
- Knee Lifts forward to hip height, toes to inside of opposite knee

TRACK 3 DROP KNEE/JUMP SEQUENCE TECHNIQUE

- Left leg steps forward as right knee bends to hip height
- Left knee bends and tracks over middle toe
- Right toe touches left knee
- Hips square to front, chest lifted
- Running Arms
- Step back and jog or tread on the spot 6 times
- Repeat other leg
- ⬆ OPTION: Jump up

LADDER STEP TECHNIQUE

- Step out, out, feet outside hip-width
- Step in, in, under hips
- Knees bent, butt back and down
- **Abs braced, chest lifted**
- Running Arms or arms bent, fists together

BOUNCE SEQUENCE TECHNIQUE

- Step forward, step back, step side, step back
- Toes tap on the inside of the opposite foot
- **Knees in line with the middle of the toes**
- **Hips square to the front**
- Step back, feet hip-width and bounce
- Bend the knees, straighten the legs, heels lift
- ⬆ OPTION: Jump instead of Heel Lift

TRACK 4 3-STEP RUN TECHNIQUE

- 3 Runs to side (step feet together)
- Hold with knee lifted, toes by supporting calf, **supporting knee aligned with middle of foot**
- Keep knees soft
- **Abs braced, hips square to front, chest lifted**
- Running Arms
- Repeat other side
- ⬆ OPTION: Walk to the side

STEP CALF RAISE/JUMP TECHNIQUE

- Long step side
- **Feet hip-width apart**
- **Knees out and tracking forward over middle toes**
- Bend the knees, straighten legs, lift heels
- Arms reach wide to the side and pull in to waist then over head
- ⬆ OPTION: Jump instead of Calf Raise

BACK-STEPPING LUNGE TECHNIQUE

- Feet hip-distance apart
- Long step back, knee bent towards floor, return to start position
- Abs braced, chest lifted, shoulders away from ears, hands on hips
- Front thigh parallel to floor
- Running Arms

TRACK 5 KNEE REPEATER TECHNIQUE

- Step forward, tap behind, lift knee
- **Supporting knee above and aligned over middle toes**
- **Weight in the front leg – heel grounded**
- **Long back leg – heel lifted**
- Lift leading foot to supporting knee
- Running Arms or reach over head, forward of shoulder, and pull in to waist

SKATER TECHNIQUE

- Step wide to the side, knees bent close to 45 degrees
- **Knees aligned over middle toes**
- Tap other foot next to supporting foot, knee bent
- Tip forward from the hips (no more than 45 degrees)
- **Chest lifted, shoulders back and away from ears**
- Running Arms
- ⬆ OPTION: Keep foot off the floor

SIDE TAP/JUMPING JACK TECHNIQUE

- Feet, knees, hips to front, hands on hips
- Bend supporting knee
- **Knee tracks over middle toes**
- **Brace abs to keep the hips still**
- Tap leg straight to side then step in under hips
- Arms forward of shoulder in a high 'V'
- Fists to hips on Step In

JUMPING JACK TECHNIQUE

- Start feet together, hands on hips
- Jump feet outside shoulder-width
- **Heels down, knees and toes turned out**
- Knees soft on landing, arms cross over head
- Jump back to start position, hands return to hips

TRIPLE PULSE SQUAT/BURPEE TECHNIQUE

- Feet shoulder-width apart, toes turned out slightly
- Knees out and tracking over middle toes
- Butt above knees as you squat 3 times
- Arms straight, forward at shoulder height, hands together
- Burpee
- Butt above knee

TRACK 6 REVERSE PEC DEC TECHNIQUE

- Band under one foot, one handle in each hand
- **Hips and shoulders square to front**
- **Abs braced, chest lifted**
- Other foot steps back long to Lunge position
- Band runs up the inside of forearm, wrists straight, elbows bent 90 degrees at hips
- Bend knees to 90/90 Lunge, knees aligned with middle of toes
- Raise elbows up to shoulder height
- Scoop elbows inside the tube and to 90 degrees
- Return elbows to shoulder height and back to start position

SIDE LUNGE SEQUENCE TECHNIQUE

- Hold handle in each hand
- Step onto band/tube with one foot
- Other foot steps wide
- Toes turned out slightly, hands on hips
- Hinge slightly forward from hips
- **Abs braced, hips square to front and level**
- Transfer weight side to side, bent knee tracking over middle toe, other leg straight
- Step feet outside hip-width, bend knee, opposite leg straight, step in toe taps next to opposite foot
- **Chest and shoulders twist corner to center**

SQUAT WITH FRONT RAISE/ROW AND REVERSE FLY TECHNIQUE

- Palms forward, lifting handles forward and up
- Feet outside shoulder-width, toes turned out slowly
- Knees track over middle toes, butt back and down
- **Arms straight, forward at shoulder height, wrists in line with forearms**
- **Abs braced, chest lifted, shoulders away from ears**

Row

- Pull one arm back, elbow bent
- Other arm straight, forward of shoulder

Reverse Fly

- Running Arms
- Arms open wide to side as legs bend
- **Abs braced to maintain neutral spine**
- Return same way

TRACK 7 REAR LEG EXTENSION TECHNIQUE

- Feet hip-distance apart
- Transfer weight to one leg, hips square to the front
- Lift other leg to rear, just off the floor
- Brace abs to maintain mid-line – no leaning
- Return to start position
- ⬆ OPTION: Tap toes to the floor

BODYVIVE VITALS

SIDE STEP SEQUENCE TECHNIQUE

- Both feet in tube/band
- Step wide to the side, then to the other side
- Double Squat Pulse, other foot steps in under hip of supporting foot, knee bent
- Push knees out slightly as you squat
- Butt goes back and down
- Abs braced
- Chest lifted, shoulders away from ears

TRACK 8 HOVER TECHNIQUE

- Elbows under shoulders, fists together
- Feet hip-width apart
- Hips shoulder height
- **Abs braced**
- **Back long and straight**

↓ OPTION: Knees on floor, hip-distance apart

SIDE HOVER WITH LEG LIFT/HIP LIFT TECHNIQUE

- Elbow under shoulder, bottom knee on floor, top leg straight
- Top arm straight, fingers towards ceiling
- Body and head in one line

Leg Lift

- Lift top leg to hip height
- Tap lightly on floor and return to start position

Squeeze the butt

Hip Lift

- Hips lift above mid-line and back to center

TRACK 9 DOWN DOG TECHNIQUE

- Feet hip-width apart, knees bent as needed, weight on the balls of the feet
- Hands shoulder-width apart
- Hips to the ceiling
- Heels lifted first, then lower to the floor
- **Abs braced, shoulders away from ears**

WRAP SEQUENCE TECHNIQUE

- Step feet outside shoulder-width
- Bend left knee
- Twist chest and shoulders to face left corner
- Arms wrap around body
- Keep hips facing front
- Repeat right, left
- Circle left arm over head. Repeat on other side

BONUS TRACK 1 TRICEP EXTENSION TECHNIQUE

- One foot on band, one foot forward, feet hip-distance apart
- Knees soft
- Hand behind back, holding band
- Elbow in front of shoulder, at approximately nose height
- Chest up
- Upper arm still as forearm extends, return to start position
- Wrist in line, hammer grip pointing to the floor

BICEP CURL SEQUENCE TECHNIQUE

- Both feet on band, hip-width apart
- Knees soft
- **Chest up**
- Bend at elbows, fists travel up towards shoulder
- Elbows point to the floor and stay in line with torso throughout the Curl
- Palms face upward, wrists strong
- Smooth, controlled Curl
- Release all the way to thighs

TRIPLE PULSE STANDING COBRA TECHNIQUE

- Both feet in band, handles uncrossed
- Feet hip-distance apart, toes facing front
- Arms straight, knuckles facing back of room
- Hinge forward from hips so nose is past toes
- **Knees bent, abs braced, chest lifted**
- Push straight arms back and up in a 'V' position
- Return to start position
- 3 Pulses and return arms to sides

BONUS TRACK 2 KNEELING SINGLE/DOUBLE ARM FLY TECHNIQUE

- Grab band/tube in the middle, stretch it and place stretched bit under knees
- Cross handles in the front and lift body up
- Arms held wide
- **Hinge forward from hips, chest lifted**
- Lead with chest as you hinge forward
- Keep arms long from shoulders to wrist
- Brace abs
- Slide shoulder blades into spine as arms lift to side

BRIDGE TECHNIQUE

- Belly in and braced
- Feet on floor, hip-distance apart
- Hands by side, palms up, reach fingertips towards heels
- Squeeze butt to lift hips and mid-torso up towards ceiling
- Shoulders and head remain on floor, chin towards chest
- Hips level as you lift and lower

MUSIC

- 1 **Five More Hours** (2:48)
Deorro & Chris Brown
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B1 Recordings GmbH.
Written by: Orosquieta, Bunetta, Brown, Ryan
Five More Hours (1:27)
Deorro & Chris Brown
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B1 Recordings GmbH.
Written by: Orosquieta, Bunetta, Brown, Ryan
 - 2 **Glowing (Fredde Le Grand Remix)** (4:43)
Nikki Williams
Courtesy of the Universal Music Group.
Written by: L.Pingale, Birgisson, D.Pingale, Rexha, Wilhelm
Glowing (Fredde Le Grand Remix) (1:09)
Nikki Williams
Courtesy of the Universal Music Group.
Written by: L.Pingale, Birgisson, D.Pingale, Rexha, Wilhelm
 - 3 **Let's Go Crazy** (4:42)
The Lonely City
© 2017 Les Mills Music Licensing Ltd.
Written by: Prince, Nelson
 - 4 **Call My Name (Dillon Francis Remix)** (3:10)
Phantoms, Skylar Astin
Courtesy of the Universal Music Group.
Written by: Francis, Solis, Lipstein, Pergola, Kapla
Call My Name (Dillon Francis Remix) (1:55)
Phantoms, Skylar Astin
Courtesy of the Universal Music Group.
Written by: Francis, Solis, Lipstein, Pergola, Kapla
 - 5 **I Don't Care** (3:25)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Greenbaum, Stump, Wentz, Hurley, Trohman
I Don't Care (1:17)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Greenbaum, Stump, Wentz, Hurley, Trohman
 - 6 **ILYSM** (5:40)
A Life Discarded
© 2017 Les Mills Music Licensing Ltd.
Written by: Aoki, Crouch, Robertson, Henderson, Jones
 - 7 **Domino** (3:50)
Jessie J
Courtesy of the Universal Music Group.
Written by: Cornish, Sandberg, Gottwald, Walte, Kelly
 - 8 **Kids** (3:35)
OneRepublic
Courtesy of the Universal Music Group.
Written by: Tedder, Kutzle, Collins, Wilmot
Kids (1:13)
OneRepublic
Courtesy of the Universal Music Group.
Written by: Tedder, Kutzle, Collins, Wilmot
 - 9 **She's Gone** (4:13)
Daryl Hall & John Oates
© 2005 Atlantic Recording Corporation for the United States
and WEA International Inc. for the world outside of the United
States.
Written by: Hall, Oates
- BONUS** **Uprising** (5:04)
1 TransNoise
© 2011 Les Mills Music Licensing Ltd.
Written by: Bellamy
- BONUS** **Hold On** (4:24)
2 Wilson Phillips
Courtesy of the Universal Music Group.
Written by: Ballard, Phillips, Wilson

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At LES MILLS we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering

Cutting-edge, innovative products and ensuring that accepted norms are upheld and respected. Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

BE LOUD AND HEARD

Tell us what you think of this release.

Visit lesmills.com/BLAH

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to teach most tracks from BODYVIVE 20 onwards; the odd one-off track is acceptable. It is preferable that you swap out the entire cardio section or strength/core sections, rather than individual tracks.

EXPRESS FORMATS

30-MINUTE Option 1	55-MINUTE
Track 1 Warmup	Track 1 Warmup
Track 2 Cardio 1	Track 2 Cardio 1
Track 3 Cardio 2	Track 3 Cardio 2
Track 4 Cardio 3	Track 4 Cardio 3
Track 5 Peak Cardio	Track 5 Peak Cardio
Track 9 Active Recovery	Track 6 Integrated Strength
Total Time 29:14 mins	Bonus 1 Upper Body Strength
30-MINUTE Option 2	Track 7 Core Strength – Hips
Track 1 Warmup	Track 8 Core Strength – Abs
Track 2 Cardio 2	Bonus 2 Core Strength – Back
Track 5 Peak Cardio	Track 9 Active Recovery
Track 6 Integrated Strength	Total Time 49:55 mins
Track 7 Core Strength – Hips	
Track 8 Core Strength – Abs	
Total Time 28:50 mins	

If you teach the 55-minute format, we now move straight from Peak Cardio into Integrated Strength. The Bonus tracks are longer, to make up the time and Active Recovery is the final track of this format.

PLEASE NOTE: The 30 and 45-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

NEWS FLASH!

If you teach the 55-minute class, you will note that we have changed the structure. The Stretch track has been removed, which means that you will go straight from Track 5, Peak Cardio, into Track 6, Integrated Strength. Therefore, we keep the heart rate in the training zone for longer, which gets people fitter and stronger. The Upper Body Strength and Core – Back tracks have been extended to make up for the time lost in removing a track.

KEY

B up build up Br bridge (non-chorus) C chorus (Music column) QC quiet chorus ct/cts musical counts F&B forward and backward Instr instrumental HOH hands on hips Intro introduction L left mins minutes O/H over head OTS on the spot Outro last few bars of music PC pre-chorus	Ref refrain (recurring phrase or song lines) Rep reprise (part of the chorus repeated) w. with Reps Xx perform the Sequence/ Exercise x times ROM range of motion R right V verse RA Running Arms ↓ Low Option ⬆ Advanced Option 👁 Preview
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CREDITS

Choreography & Music – Susan Trainor
Chief Creative Officer – Dr Jackie Mills
Creative Director – Kylie Gates
Program Planner – Susan Trainor
Program Coach – Ngawathuia Arahanga-Doyle
Head Trainer – Maureen Baker
Technical Consultant – Andrew Newmarch
SPECIAL THANKS – Mikey and Nats

PRESENTERS

Susan Trainor (New Zealand) is the Program Director for BODYVIVE 3.1 and co-Program Director for CXWORX™. She has previously performed and taught with some of the leading dance companies in New Zealand and Australia, and is based in Auckland.

Mark Nu'u-Steele (New Zealand) is an International Presenter for BODYVIVE 3.1 and the BODYSTEP™ Program Director. He is a former international and national aerobics competitor, based in Auckland.

James Haru (New Zealand) is a BODYVIVE 3.1, BODYATTACK™ and BODYPUMP™ Instructor and a LES MILLS GRIT™ Series Coach. He is also a personal trainer, based in Auckland.

Mandi Jones (New Zealand) is a BODYVIVE 3.1, BODYATTACK, BODYBALANCE™/ BODYFLOW®, BODYJAM™, BODYPUMP,

BODYSTEP, CXWORX, RPM™ and SH'BAM™ Instructor. She is also a LES MILLS GRIT Coach and a personal trainer. Mandi is based in Lower Hutt.

Anass El Bouhali (Morocco) is a BODYVIVE 3.1, BODYPUMP, CXWORX, RPM and LES MILLS GRIT Series Trainer. He is also a BODYATTACK, BODYBALANCE/BODYFLOW and BODYCOMBAT Instructor.

Elena Fernandez-Perez (Belgium) is a BODYVIVE 3.1, BODYATTACK and BODYSTEP Trainer, a BODYPUMP Instructor and a LES MILLS GRIT Series Coach. She is based in Brussels, where she is also a personal trainer.



From L-R: Mark Nu'u-Steele, Mandi Jones, Susan Trainor, James Haru, Elena Fernandez-Perez, Anass El Bouhali

BODYVIVE 43 is our kind of party! It is packed full of workout challenges to great tunes that will keep you in the zone and coming back for more.

You will be glowing by the end of Track 2 and then it's time to go crazy with speed and agility. Track 4 may have you calling my name, hopefully in a good way, as you push yourself to the limits and rest assured, I do care that you get to the end of Peak Cardio with a big smile on your face!

The Reverse Pec Dec returns with a twist, and every second is a highlight in the Hip Strength track. There is an oblique focus in the Abs track and we finish with some active stretches to reward the body and send you off, energized for the rest of your day.

As always, there are two cool Bonus tracks if you like your workouts long and strong. Hope you enjoy the class, as it was made for you!

Susan

Susan