

BODYVIVE 45

CONTENTS

01. Warmup

02. Cardio 1

03. Cardio 2

04A. Cardio 3

04B. Cardio 3

05. Peak Cardio

06A. Integrated Strength

06B. Integrated Strength

07A. Core Strength – Hips

07B. Core Strength – Hips

08. Core Strength – Abs

09. Active Recovery

Bonus 04. Cardio 3

B1. Upper Body Strength

B2. Core Strength – Back

01. WARMUP

MUSIC Don't Leave 5:01 mins

TRACK FOCUS

I want my participants to feel connected to the music and moves, and to be excited about the workout ahead.

0:00 / Intro / **Oh oh**

4x8 / **Arm Circle.** Arms wide to the side O/H and down to thighs 16cts / 2reps

0:20 / Instr / **Oh oh**

4x8 / A / **Side Squat** L&R. Hands on thighs 8cts / 4reps

0:36 / Instr / (Quiet)

6x8 / B / **Side Lunge** L&R. Hands on leading thigh 8cts / 6reps

0:59 / V1 / **F up**

4x8 / B¹ / **Double Pulse Side Lunge** L&R. Hands on leading thigh 16cts / 2reps

1:15 / PC / **Bout** it

½x8 / **Hold** Jog OTS 4cts

1:17 / C / **Don't** leave

12x8 / C / **3-Step Run** L&R. RA 8cts / 12reps

↑Option: After 8 reps, leap to the side

2:04 / Instr /

8x8 / D / **Double Pulse Squat Lunge Combo** L&R

16cts / 4reps

Double Pulse Squat. Arms F of shoulders 4cts

Double Pulse Lunge R leg B. HOH 4cts

Double Pulse Squat. Arms F of shoulders 4cts

Double Pulse Lunge L leg B. HOH 4cts

2:35 / V2 / In a room

8x8 / E / **Burpee or Single Squat** 16cts / 4reps

Squat. Arms F of shoulders 2cts

Hands under shoulders on floor 2cts

Step B L&R 4cts

Step F L&R 4cts

Squat. Arms F of shoulders 2cts

Stand. Arms O/H 2cts

Squat 16cts / 4reps

Squat down/up. Arms F of shoulders 4cts / 3reps

Squat down/up. Arms F of shoulders then O/H 4cts

3:06 / PC / **Bout** it

7x8 / F / **Slow Mountain Climber** L&R. Hands under shoulders on floor 4cts

Step B L&R 4cts

3:24 / C / **Don't** go

4x8 / F¹ / **Fast Mountain Climber** L&R 2cts / 16reps

3:39 / Rep / **Better**

11x8 / C / **3-Step Run** L&R. RA 8cts / 11reps

4:26 / Instr / **Oh oh**

8x8 / D / **Double Pulse Squat Lunge Combo** L&R

16cts / 4reps

01. WARMUP – TECHNIQUE & COACHING

SIDE SQUAT

LAYER 1

- Feet outside hip-width
- Step out, together, other side
- **Knees out and tracking over middle toes**
- **Abs braced, chest lifted, hips square to front**
- **Butt sits down and back to just above knee-line**
- Hands on thighs

LAYER 2

- Knees press out slightly

SIDE LUNGE

LAYER 1

- Feet together
- Lunge, side to side
- **Landing toes out slightly, knee bent and tracking over middle toes**
- Static leg straightens
- Return to start position same way
- **Abs braced, chest lifted**
- Body hinged forward from hips slightly
- Both hands on bent leg

LAYER 2

- Knees press out slightly
- Posture is proud

3-STEP RUN

LAYER 1

- Step, step, hold, step, step, hold; repeat
- 3 Runs to side (cross foot in front)
- Hold with knee lifted, ankle by supporting knee, **supporting knee aligned with middle of toes**
- Keep knees soft
- **Hips square to the front, chest lifted**
- Running Arms
- ⇩ Option: Step to the side
- ⇧ Option: Leap to the side

LAYER 2

- Get heart rate up; let's get some range
- Land softly, press out of the leg
- How far do you want to travel?

DOUBLE PULSE SQUAT LUNGE COMBO

LAYER 1

- 2 Squats, step back to Lunge
- Feet outside hip-width on the Squat
- Big step back to Lunge
- **Knees aligned over middle toes as you squat and step back**
- **Butt stops just above knee-line in the Squat**
- **Back knee down to 90 degrees on Lunge**
- **Abs braced, hips square to front, chest lifted**
- Arms straight, forward at shoulder-height, hands together on Squat
- Hands on hips on Lunge
- Knees soft
- ⇩ Option: March forward, back, back

LAYER 2

- Feeling warm

BURPEE

Squat/Plank

LAYER 1

- Squat, hands to floor under shoulders, arms straight
- Step feet back to Plank position
- Feet together, legs straight
- Hips shoulder-height or slightly lower
- **Brace your core, neck long, and back straight**
- Return same way
- Step feet outside the hands to Squat
- Lift chest, lift arms
- ⇩ Option: Stay and single-time Squat, no Burpee

01. WARMUP – TECHNIQUE & COACHING

SQUAT

LAYER 1

- **Butt back and down as you squat, staying above knee-line**
- **Feet shoulder-width apart, toes turned out slightly**
- **Knees out and tracking over middle toes**
- Arms straight, forward at shoulder-height, hands together, then up and forward of shoulders

LAYER 2

- Let's get mobile

MOUNTAIN CLIMBER

LAYER 1

- Come down to the floor
- Shoulders over hands
- Step back, feet together
- One knee to chest, switch knees
- **Back straight, hips low, belly braced, shoulders away from ears**

⬆Option: Fast Mountain Climber

⬇Option: Knee to chest, rear foot taps floor

LAYER 2

- This will warm us up

COACHING TIPS

This song has great builds that match perfectly with the movements to help warm and excite participants for the workout ahead.

The aim of the Warmup is to energize the natural connections to the muscles that will be targeted during the workout. Big functional movements will get your class ready for the bigger movement patterns in the rest of the cardio block. We work slowly but don't be fooled: this is tough!

Be super clear with Layer 1 coaching: naming the exercise, and using body-part and direction cues so the class can follow successfully. Practise your pre-cues to transition from one movement to another well.

The focus is on setting beautiful posture in all movements first and then progressing range of motion to start to increase intensity and priming the muscles for the workout.

There are 3 exercises that have levels to coach: Burpee setup or Static Squats and 3-Step Run can be done at low or high impact. Mountain Climbers are a fantastic exercise to warm the legs, core and shoulders – done slowly or quickly.

By coaching this way, we can include everyone in the workout making them feel successful! Enjoy!

02. CARDIO 1

MUSIC Something Just Like This 4:06 mins

TRACK FOCUS

I want my participants to feel their heart rate lifting through great execution of the Side Leap and Jog combination enabled by my clear Layer 1 coaching.

0:00 / Intro /

1x8 / A / Set feet outside hip-width **Squat Pulse**
OTS. Hands on thighs 2cts / 4reps

0:09 / V1 / **Old**

8x8 / B / **Double Pulse Squat Lunge Combo**
(Slow) L&R. Arms F of shoulders/HOH
16cts / 4reps

0:47 / C / **This**

4x8 / B¹ / **Squat Lunge Combo** L&R 8cts / 4reps

1:05 / C / **Like** this

4x8 / C / **3 Side Step/Leap & Jog OTS** L&R.
Arms swing and RA 16cts / 2reps

1:24 / V2 / **Old**

8x8 / D / **Corner Double Pulse Squat** L&R.
Hands on thighs 8cts / 8reps
After 4reps, add Jump. Arms swing down and
up
⇓Option: No Jump

2:01 / C / **Like** this

4x8 / C / **3 Side Step/Leap & Jog OTS** L&R.
Arms swing and RA 16cts / 2reps

2:20 / QC / **Like**

2x8 / E / **Double Pulse Side Lunge** L&R. Hands
on leading thigh 4cts / 4reps

2:38 / Br / **Go**

8x8 / E¹ / **Single Side Lunge** L&R. Hands on
leading thigh 4cts / 16reps
After 1rep, one arm extends to floor; after
8reps, opposite arm extends behind

3:34 / Instr / **Like**

8x8 / C / **3 Side Step/Leap & Jog OTS** L&R.
Arms swing and RA 16cts / 4reps

02. CARDIO 1 TECHNIQUE & COACHING

SQUAT LUNGE COMBO

LAYER 1

- . Squat, Squat, Lunge Pulse
- . Feet outside hip-width
- . **Knees tracking over middle toes, butt just above knee-height**
- . **Chest lifted and abs braced**
- . Squat Pulse/Lunge Pulse
- . Arms forward and straight, shoulder-height on Squat
- . Hands on hips on Lunge
- . Add Singles, 1 Squat, 1 Lunge

LAYER 2

- . Long slow reps to build heat in your legs
- . If you're feeling warm, butt lower, in line with knees, and front thigh parallel to the floor

3 SIDE STEP/LEAP & JOG OTS

LAYER 1

- . Step to the side, 3, 2, hold, jog
- . 3 steps, 6 low Jogs
- . **One knee bent and tracking over middle toes**
- . Knees soft
- . **Abs braced, chest lifted**
- . Body hinged forward from hips slightly in Side Steps
- . One arm forward of shoulders, one to side on Steps
- . Running Arms on Jog
- ↴Option: Side Step

LAYER 2

- . Brace your belly and keep long strong back
- . Keep chest high
- . Challenge yourself: step wider or leap further pushing off the outside of foot

CORNER DOUBLE PULSE SQUAT/JUMP

LAYER 1

- . Step back, face corner, step around, other side
- . Feet outside hip-width
- . Pick rear foot up and pivot around
- . **Knees out and tracking over middle toes**
- . **Abs braced, chest lifted, hips square to front**
- . **Butt sits down and back to just above knee line**
- . Hands on thighs on Squat
- . Jump, both feet take-off, both feet land
- . Arms pull back then up and forward of the shoulders
- ↴Option: Corner Double Pulse Squat, no Jump

LAYER 2

- . It's going to get you warm quickly
- . If you're down low, really use that Pulse to sit back

DOUBLE PULSE SIDE LUNGE/ SINGLE SIDE LUNGE

LAYER 1

- . Feet wide, 2 Lunges
- . Body tipped forward from hips slightly
- . Toes out, **bent knee tracking over middle toes**
- . Static leg straightens
- . **Abs braced, chest lifted**
- . Hands on thigh
- . Single time, side to side
- . For more intensity, one hand to the floor, one hand on thigh
- . Opposite arm extends behind on the diagonal
- ↴Option: Hands on thigh

LAYER 2

- . Active Recovery – stay and feel it in your lower body
- . Beautiful stretch
- . Set focus to build heat in the legs and set you up for a great workout ahead

02. CARDIO 1 TECHNIQUE & COACHING

COACHING TIPS

This track starts with the Squat Lunge combination from the Warmup so participants will feel comfortable with the moves quickly.

Layer 2 cues focus on coaching to range and great posture to execute well as the movement gets faster.

The Side Step/Leap & Jog combination is the highlight of the track, where we teach weight shifting and transferring from one leg to the other, working into the legs, hips and glutes. Encourage big arm movements (one arm forward and one arm back) to accelerate the heart rate and help build the range for those who want to leap; this move just feels awesome!

Layer 1 cues set the basics, especially the timing, and Layer 2 cues encourage more intensity by pushing off the outside foot and taking the leap of faith!

Corner Squats provide an opportunity to stay low and loaded or add the propulsion jump with soft landing. The key here is everyone using the arm swing so whether you are teaching high or low impact levels, everyone is included and challenged.

The Side Lunges help provide mobility and strength to prepare the muscles for the class, with a big core challenge. To avoid twisting from the lower spine, coach Layer 1 cues of high chest position and a strong abdominal brace.

As the move becomes unsupported through the arm-lines, use Layer 2 cues to help participants Improve Execution and Manipulate the Intensity of the move and sell the benefits OR coach the supported position.

03. CARDIO 2

MUSIC The Greatest 3:21 mins

TRACK FOCUS

I want my participants to enjoy the Yoga mobility work through my clear Layer 1 cues and coaching to build a strong core to challenge them in the Burpees.

0:00 / Intro /

2x8 / Set up Plank. *Hands under shoulders, knees under hips* 16cts

0:10 / V1 / _ Oh, oh

4x8 / A / **Crocodile/Cobra Pose/Down Dog/Plank (Slow)** 32cts

0:30 / PC / **Don't** give up

2x8 / A¹ / **Crocodile/Cobra/Down Dog/Plank (Fast)** 16cts

↑Option: Crocodile from toes

0:40 / C / **Free**

2x8 / B / **Mountain Climber (Fast)** L&R 2cts / 8reps

0:50 / C / **Greatest**

2x8 / B¹ / **Mountain Climber (Double Time)** L&R 1ct / 16reps

1:00 / V2 / **Oh**, oh

6x8 / A¹ / **Crocodile/Cobra/Down Dog/Plank (Fast)** 16cts / 3reps

↑Option: Crocodile from toes/Up Dog

1:30 / C / **Free**

2x8 / B / **Mountain Climber (Fast)** L&R 2cts / 8reps

1:40 / C / **Greatest**

2x8 / B¹ / **Mountain Climber (Double Time)** L&R 1ct / 16reps

1:50 / Br / **Oh**, oh

2x8 / A¹ / **Crocodile/Cobra/Down Dog/Plank (Fast)** 16cts

2:00 / Instr /

1x8 / Set up Squat. Feet step outside hip-width, stand. *Arms F of shoulders* 8cts

2:05 / Instr /

5x8 / C / **Double Pulse Squat w. Calf Raise.**

Arms F of shoulders on Pulse Squat and down to the sides on Calf Raise 4cts / 10reps

2:30 / C / **Free**

8x8 / C¹ / **Double Pulse Squat w. Burpee** 8cts / 8reps

Arms F of shoulders on Pulse Squat 4cts

Hands under shoulders on floor 1ct

Jump feet B 1ct

Jump feet F 1ct

Stand 1ct

↑Option: After 4reps, jump up on Squat. *Arms O/H*

03. CARDIO 2 – TECHNIQUE & COACHING

PLANK/CROCODILE/COBRA/UP DOG/ DOWN DOG

LAYER 1

- Knees under hips, hands under shoulders
- Lower body to floor, elbows over wrists to the side of the body
- Pull the shoulder blades back, **squeeze butt**
- Pull back to knees, lift hips high
- Lean forward, set up the Plank
- Up Dog, lift chest, tuck in chin, **squeeze butt**

LAYER 2

- Hips are nice and high
- Elbows in, press the hands into the floor as you rise
- Lower the body as one
- Push the butt back

MOUNTAIN CLIMBER

LAYER 1

- Shoulders over hands
- Feet hip-distance apart
- One knee to chest, switch knees
- Shift body weight forward
- **Back long and flat, belly braced, shoulders away from ears**, shins parallel to floor

⤴Option: Double-time Mountain Climber

⤵Option: Knee to chest, rear foot taps floor

LAYER 2

- Heart rates lifting, getting warm
- How still and square to front can you keep your hips?

DOUBLE PULSE SQUAT WITH CALF RAISE/ BURPEE/JUMP

LAYER 1

- Pulse down and up, 1 Calf Raise
- Feet outside hip-width
- Knees out and tracking over middle toes
- Butt sits down and back to just above knee-line
- Chest lifted, hips square to front
- Arms straight and forward of shoulders, hands together
- Lift the heels and calf raise
- Arms extend back on diagonal on Calf Raise or Jump
- Soft knees to land

BURPEE

LAYER 1

- 2 Squats, hands to floor under shoulders, arms straight
- Jump to Plank position
- Feet together, legs straight
- Hips shoulder-height or slightly lower
- **Brace your core, neck long, back straight**
- Return same way
- Step feet outside the hands to Squat/Calf Raise
- Lift chest, lift arms

⤴Option: Jump up on the Squat

⤵Option: Double Pulse Squat With Calf Raise

LAYER 2

- Feel the Squat, feeling warmer
- Challenge and heart rates up

03. CARDIO 2 – TECHNIQUE & COACHING

COACHING TIPS

You have 3 moves that progress through choreography, building intensity with each level. Your job is to role-model (say and do) how to dial the intensity up or down early on in Layer 1 setup. This allows participants to choose the level that best suits them.

The track starts with Yoga warming moves of Plank, Crocodile, Cobra/Up Dog and Down Dog, creating strength and mobility in the body. This prepares the body for more functional work. We then progress to Mountain Climbers where one of the key roles of the core muscles is to stabilize the mid-section as you move from the hips. Coach to keeping a long, flat back and abdominal bracing to stabilize the hips and pelvis. Mountain Climbers are one of the best moves to increase your heart rate quickly without impact, so challenge participants to go as fast as they can.

The Double Pulse Squat with Calf Raise develops strength in the legs and glutes whilst training control. This move progresses to a Burpee with or without a jump at the end of the sequence. Posture is important here as the upper body could start to collapse as the legs fatigue. The workout is in maintaining great posture with the chest lifted as the legs begin to tire.

Whatever level your participants take is a step further to getting fitter and stronger. Encourage all levels and choices.

What Layer 3 cues can you use to motivate your class to push through to achieve their goals?

04A. CARDIO 3

MUSIC Black And Yellow 3:38 mins

TRACK FOCUS

I want my participants to understand how great posture creates the foundation for Ballet-inspired moves through my clear coaching.

0:00 / Intro /

4x8 / Set feet outside hip-width, toes turned out slightly **32cts**

0:12 / C / _ yeah

8x8 / A / **Triple Pulse Squat Plié**. Arms wide to the side **8cts / 8reps**

After 4reps, lift heels to Relevé

⇩Option: Heels down

0:35 / V1 / _ black stripe

4x8 / Turn body to L diagonal, hips and shoulders square **32cts**

0:47 / V2 / _ Sway

4x8 / B / **Arabesque Single Ballet Tap 1/1 R**. HOH

2cts / 16reps

0:59 / V3 / _ hear

4x8 / B¹ / **Arabesque Single Ballet Tap 1/1 R**. L arm extends high to diagonal, R arm extends F and parallel to floor **2cts / 16reps**

1:10 / C / _ yeah

8x8 / A / **Triple Pulse Squat Plié**. Arms wide to the side **8cts / 8reps**

After 4reps, lift heels to Relevé

1:34 / V4 / _ gotta

1x8 / Turn body to R diagonal, hips and shoulders square **8cts**

1:37 / V4 / _ women

3x8 / B / **Arabesque Single Ballet Tap 1/1 L**. HOH **2cts / 12reps**

1:46 / V5 / _ I'm sipping

4x8 / B¹ / **Arabesque Single Ballet Tap 1/1 L**. L arm extends high to diagonal, R arm extends F and parallel to floor **2cts / 16reps**

1:57 / C / _ yeah

8x8 / A / **Triple Pulse Squat Plié**. Arms wide to the side **8cts / 8reps**

⇩Option: Heels down

2:21 / Br / _ stay

4x8 / C / **Tendu L**. HOH **4cts / 8reps**
After 4reps, foot off the floor

2:32 / Br / **Cats**

4x8 / C / **Tendu R**. HOH **4cts / 8reps**
After 4reps, foot off the floor

2:44 / C / _ yeah

8x8 / D / **Triple Pulse Squat Plié/Tendu L&R**. Arms above head on Squat Plié, arms wide on leg lift to side **16cts / 4reps**

3:08 / Rep / _ yeah

8x8 / D¹ / **Squat Plié/Tendu L&R**. Arms above head on Squat Plié, arms wide on leg lift to side **8cts / 8reps**

3:31 / Outro /

1x8 / A¹ / **Pulse Squat Plié**. Arms above head **2cts / 4reps**

04A. CARDIO 3 – TECHNIQUE & COACHING

TRIPLE PULSE SQUAT PLIÉ COMBO

LAYER 1

- . Take feet wide, outside shoulder-width, turn toes out slightly
- . Tuck tail bone under
- . Lift the chest
- . 3, 2, 1 and rise
- . **Knees bent and tracking out over middle toes**
- . **Butt goes down just above knee-line**
- . Relax arms
- . Arms by side on start; extend wide to the side on Squat
- ↑Option: Relevé, lift the heels

Squat Plié/Tendu

- . Triple Pulse/Single Squat Plié, add leg to the side
- . Arms by side on start; extend wide and over head

LAYER 2

- . Reset, tuck tail bone under, brace your core and lift your chest
- . Your lats pull way down
- . Beautiful posture
- . When we tuck in our tail bone and lift our chest we work all sorts of muscles, making us better athletes

ARABESQUE SINGLE BALLET TAP

LAYER 1

- . Turn the body to the diagonal
- . **Hips and shoulders square**
- . Bend the standing knee, **lift chest and squeeze shoulder blades together**
- . Hands on hips
- . Lift and straighten the rear leg, tap it lightly up and down
- . One arm extends high to diagonal; the other extends forward and parallel to floor
- ↴Option: Hands remain on hips

LAYER 2

- . Rear leg really long and straight
- . Keep pulling your lats back and down

TENDU

LAYER 1

- . Step feet together
- . Press the foot out and in, tapping the floor with pointed toes
- . Lift the leg to the side 45 degrees
- . Hands on hips
- . Hips are square to front and abs braced
- ↴Option: Foot remains on floor

LAYER 2

- . Squeeze glutes and pull up through thighs
- . Let your body float through the music
- . Strength coming through cardio and breath

04A. CARDIO 3 – TECHNIQUE & COACHING

COACHING TIPS

This track is inspired by Dance – Ballet moves.

We all know Ballet dancers are phenomenal athletes and adding this feel to the class will help develop incredible strength, beautiful grace and control of movement; challenging even your die-hard participants.

If you have attended a Ballet or Barre class, you know everything starts and finishes with posture and this is what we want to create for our class participants. Developing awareness of posture will allow the body to negotiate balance in movement, working the stabilizing muscles and creating mind/body equanimity.

You will need to spend some time in the mirrors working on your technique so you can role-model confidently – remembering it's all about the feel and enjoyment!

Squat Plié posture is feet wide, toes turn out where they can go naturally (we don't want to force a turnout), tail bone tucks under to create a long spine and to open the hips. The hands are held as an extension of your arm, not excessively flexed or extended. Work on relaxing shoulders down away from ears as you move in the Squat Plié. The combination feels fantastic to Relevé up onto the toes and all done to some cool modern music!

The Tendu is a great movement for control, balance and strength; the challenge will be to maintain and hold the upright posture all the way to the finish line... The key is to pull up through the leg-lines from the feet and extend through the crown of the head...

Have fun – where everyone can feel like a dancer!

04B. CARDIO 3

MUSIC Hear You Say 3:14 mins

TRACK FOCUS

I want my participants to learn all the technique in the 1st block and maximize their results in the 2nd block of work enabled by my use of Layer 3 motivational language to help them achieve.

0:00 / Intro /

2x8 / Set feet outside hip-width, toes turned out slightly **16cts**

0:07 / V1 / _ keep it

2x8 / A / **Step, Side Step, Back Tap** L&R. Arms F of body then side with elbows bent **16cts**

0:13 / V1 / _ it's been

12x8 / A¹ / **Ginga** L&R. Arms F of body then side with elbows bent **8cts / 12reps**

After 8reps, Jump to the side

⇩Option: Step Side

0:49 / Instr /

8x8 / B / **Side Squat/Jump** L&R. Hands on thighs, arms O/H **8cts / 8reps**

After 4reps, Jump. Arms F of shoulders O/H

⇩Option: Heels down

1:13 / Bup / (Instr)

8x8 / B¹ / **Double Pulse Side Squat/Jump** L&R.

Arms swing B to O/H **8cts / 8reps**

After 4reps, Jump. Arms F of shoulders O/H

⇩Option: Heels down

1:37 / (Quiet)

2x8 / Set feet outside hip-width, recovery **16cts**

1:44 / V2 / _ keep it

12x8 / A¹ / **Ginga** L&R. Arms F of body then side with elbows bent **8cts / 12reps**

After 8reps, Jump to the side

⇩Option: Step Side

2:19 / Instr /

8x8 / B / **Side Squat/Jump** L&R. Hands on thighs, arms O/H **8cts / 8reps**

After 4reps, Jump. Arms F of shoulders O/H

⇩Option: Heels down

2:43 / Bup / (Instr)

8x8 / B¹ / **Double Pulse Side Squat/Jump** L&R.

Arms swing B to O/H **8cts / 8reps**

After 4reps, Jump. Arms F of shoulders O/H

⇩Option: Heels down

3:07 / Outro /

2x8 / Shake it out **16cts**

04B. CARDIO 3 –TECHNIQUE & COACHING

GINGA

LAYER 1

- Step to the side, step behind, step forward
- Weight shift
- **One knee bent and tracking over middle toes**
- **Abs braced, chest lifted**
- Body hinged forward from hips slightly in Side Steps
- Jump side, rock back, rock forward
- Arms relaxed and arms forward of body then side with elbows bent
- ⇓ Option: Side Step

LAYER 2

- Brace your belly and keep a long strong back
- Lift the chest high
- Challenge yourself, step wider or leap further
- Dial the intensity up or down – you'll still keep the heart rate up

SIDE SQUAT

LAYER 1

- Squat out, together, other side
- **Knees out and tracking over middle toes**
- **Abs braced, chest lifted, hips square to front**
- **Butt sits down and back to just above knee-line**
- Arms pull back behind the side body and then swing over head
- Add Pulse, 1, 2, 1, 2
- ⇓ Option: Jump in the middle, both feet take off, both feet land
- ⇓ Option: Squat side, hands on thighs

LAYER 2

- Extra little pulse for the legs will get the heart rate up
- Jumpers, push the floor away with your feet and reach for the ceiling; bend your knees more to jump higher

- Non-jumpers, use your arms to get you as low and as high as you can go

COACHING TIPS

This track has a circuit-style feel to it.

Participants learn the technique in the 1st half of the track, where the muscle memory is created, and then they can dial up or down the intensity in the 2nd half of the track as it's a repeat.

The Ginga move feels like a dance move as it's low to the floor and has a relaxed feel with the arms. We want participants to use their legs, bending their knees as much as they can, hinging from the hip, bracing abs and lifting chest. The progression is to increase intensity by taking a leap from one side to the other. Coach to soften through the knees and ankles to control the landing and impact on the joints. This develops leg strength and control.

The other move is a Side Squat, which progresses to a Double Pulse Side Squat executed either with or without impact.

Encourage participants to use the arm-lines early on, to keep the heart rate lifted no matter what level they take and to use the arm lines to aid jumping.

The landing from the jumps is where we develop the strength to jump. Using the glutes to control the knee and ankle alignment to help absorb impact means we decelerate enough to just hit the depth of the Squat to power up again.

Layer 2 cues Improve Execution and Manipulate Intensity, so focus on coaching to push the floor away and reach to the ceiling to help participants maximize their results in the 2nd half of the track.

They will need your motivation to make it to the finish line – what will you say and do to maximize their results?

05. PEAK CARDIO

MUSIC Stay 3:35 mins

TRACK FOCUS

I want my participants to understand the execution of the 3-Legged Dog with Hop and to reach their cardio peak through team-running or walking.

0:00 / Intro /

2x8 / Set up Down Dog, *hands to the floor under the shoulders*, feet hip-width, hips high, facing R side **16cts**

0:10 / V1 / **Waiting**

4x8 / A / **Down Dog** Facing R side **32cts**

0:28 / PC / **Make** it

4x8 / B / **3-Legged Dog** L **8cts** / **4reps**

Lift L leg high and behind **4cts**

Knee to chest **4cts**

0:47 / C / **Stay**

3x8 / B¹ / **3-Legged Dog w. Hop** L **4cts** / **6reps**

Hop leg up and B **2cts**

Knee to chest **2cts**

⇩Option: Foot remains down in 3-Legged Dog

1:06 / Instr /

1x8 / Lunge L (L leg F), *hand to thigh* and set up to run in a clockwise circle **8cts**

1:11 / Instr /

3x8 / C / **Run/Jog/Powerwalk clockwise in a circle. RA** **24cts**

⇩Option: Powerwalk in the center of the circle

Hold and face the center, Down Dog setup **4cts**

1:27 / V2 / **Won't** admit

4x8 / A / **Down Dog**, facing center **32cts**

1:46 / PC / **Make** it

4x8 / B / **3-Legged Dog** R **8cts** / **4reps**

Lift R leg behind **4cts**

Knee to chest **4cts**

2:05 / C / **Stay**

3x8 / B¹ / **3-Legged Dog w. Hop** R **4cts** / **6reps**

Hop the the leg up and B **2cts**

Knee to chest **2cts**

⇩Option: Foot remains down in 3-Legged Dog

2:24 / Instr /

1x8 / Lunge R (R leg F), *hand to thigh* and set up to run in an anticlockwise circle **8cts**

2:28 / Instr /

3x8 / C / **Run/Jog/Powerwalk counter-clockwise in a circle. RA** **24cts**

⇩Option: Powerwalk in the center of the circle

2:43 / Br / **Stay**

2x8 / Hold and face the center, Down Dog setup **16cts**

2:52 / Bup / **Stay**

2x8 / B¹ / **3-Legged Dog w. Hop** L **4cts** / **4reps**

3:02 / C / **Stay**

2x8 / B¹ / **3-Legged Dog w. Hop** R **4cts** / **4reps**

⇩Option: Foot remains down in 3-Legged Dog

3:11 / Rep / **Stay**

1x8 / Lunge R (R leg F), *hand to thigh* and set up to run in a clockwise circle **8cts**

3:16 / Rep / **Clock**

3x8 / C / **Run/Jog/Powerwalk clockwise in a circle. RA** **24cts**

05. PEAK CARDIO – TECHNIQUE & COACHING

DOWN DOG

LAYER 1

- Bend knees, hands to the floor under shoulders
- Step back long, feet hip-width apart, lift hips high
- Press hands into the floor
- **Draw belly to spine, shoulders away from ears**

LAYER 2

- Spread your fingers into the floor

3-LEGGED DOG WITH HOP

LAYER 1

- From Down Dog, lift one leg high and behind
- Tuck knee into chest
- Lift and tuck
- Hop off standing leg and tuck knee back into chest
- Abs braced

LAYER 2

- Strong through upper body, drive hands into floor
- Lift hips high
- Hop and tuck

RUN/JOG/POWERWALK

LAYER 1



- Step forward to Lunge
- Run/Jog, heel-ball-toe, chest up
- Powerwalk, chest lifted, hips square to front
- **Abs braced**

- Running Arms

LAYER 2

- Keep moving as fast as you can, at your own pace
- Feel the freedom of moving in space

COACHING TIPS

The highlight move, the 3-Legged Dog with Hop, is unique, fun and works the upper body strength and heart rate very quickly. Throughout filming week participants loved this move and were able to excel quickly as they had total control over the move and when they were ready could start to hop.

Allow space in between your Layer 1 cues so participants can work on the move themselves; it's fun and we want to allow playtime...

The key coaching focus is to be super strong through the upper body by setting a strong foundation to push off from. Coach Layer 2 cues to help them execute the move better – kicking up with this great piece of music. As with all single-leg training moves, one side will feel stronger than the other, so this is an opportunity to even it out!

We break up this move with a Circle Run/Jog/Walk. Coach walkers to take the inside of the circle and runners on the outside so everyone feels comfortable and able to have freedom of movement.

Moving in a circle helps create connection and a great sense of teamwork – we all know we can push a little more when training with others. Bring everyone to their peak by inclusive coaching and connection!

06A. INTEGRATED STRENGTH

MUSIC Light Us Up 3:48 mins

TRACK FOCUS

I want my participants to feel the integration of their back muscles enabled by my precise Layer 1 coaching.

0:00 / Intro /

2x8 / Set up, holding SMARTBAND™ under L foot. Arms down in a shallow 'V', knuckles to the back. 16cts

↴Option: No SMARTBAND

0:11 / V1 / _ nothing

6x8 / A / **Standing Cobra 2/2** L 8cts / 6reps

0:44 / PC / **Tired**

4x8 / A¹ / **Standing Cobra/Rear Leg Lift 2/2** L 8cts / 4reps

1:07 / C / **Light**

4x8 / B / **Triple Pulse Lunge/Rear Leg Lift** L 4cts / 8reps

1:29 / V2 / _ trying

2x8 / Set other side, SMARTBAND™ under R foot. Arms down in a shallow 'V', knuckles to the back 16cts

1:41 / V3 / _ it's hard

4x8 / A¹ / **Standing Cobra/Rear Leg Lift 2/2** R 8cts / 4reps

2:03 / C / **Light**

4x8 / B / **Triple Pulse Lunge/Rear Leg Lift** R 4cts / 8reps

2:25 / Br / **Tired**

1x8 / Reset, shoulders roll up, back and down 8cts

2:30 / Br / **Scared**

4x8 / A / **Standing Cobra 2/2** R 8cts / 4reps

2:53 / PC / **Scared**

1x8 / Step L foot into band, feet hip-width apart 8cts

2:58 / C / **Light**

8x8 / **Bicep Curl Extension w. Side Raise** 4cts / 16reps

Bicep Curl 1ct

Side Arm Extension 1ct

Return to stand. Arms by side 2cts

06A. INTEGRATED STRENGTH – TECHNIQUE & COACHING

STANDING COBRA/REAR LEG LIFT

LAYER 1

- Step one foot in SMARTBAND, handles uncrossed
- Feet hip-distance apart, toes facing front
- Step other foot back long
- Tip forward from hips so nose is past toes
- Arms straight to side in a shallow 'V', knuckles facing back of room
- Tip forward 2 counts, lift up 2 counts
- **Open the chest, squeeze the shoulder blades together**
- **Front knee bent, abs braced**
- Push straight arms behind and up in a narrow 'V' position
- Bend the supporting leg and push the knee out
- Return to start position
- Extend the leg behind or tap floor
- ↳ Options: No SMARTBAND or keep foot on floor

LAYER 2

- Muscles fighting the resistance to be in control

TRIPLE PULSE LUNGE/REAR LEG LIFT COMBO

LAYER 1

- SMARTBAND handles remain out to the side
- Triple Pulse Lunge, lift the leg straight behind
- Lunge, pulse the rear knee down 3 times
- Extend the rear leg behind or tap floor
- **Feet hip-distance apart in width, long step back, knees bent to 90 degrees and pressing out over middle toes**
- **Hips square to front, chest stays lifted on Lunge, tips towards front thigh on Rear Leg Lift**

- Tip forward from the hips on the Leg Lift
- Knee bent in standing leg
- Squeeze the shoulder blades together
- ↳ Option: Touch toes down behind

LAYER 2

- Maintain upper back squeeze
- Keep pressing knee out to keep the work in the glutes
- Feel the heat in the muscles

BICEP CURL EXTENSION WITH SIDE RAISE

LAYER 1

- Step both feet into the SMARTBAND, hip-width apart
- Curl, extend and rise
- Push hips back, bend knees
- Curl the band towards the shoulder, wrists strong, elbows under shoulders
- Extend arms wide to the side, knuckles out
- Return to upright position
- Shoulder blades squeeze together
- **Hips square to front, chest remains lifted**

LAYER 2

- Feel the synergy between the movements and the music

06A. INTEGRATED STRENGTH – TECHNIQUE & COACHING

COACHING TIPS

We shift the focus to the upper back postural muscles whilst challenging balance and control and building strength.

Set up participants with one foot into the band. Remember, the band is there to add resistance not restrict movement. If it is restricting then it is smarter to not use it and focus on stability and great range of motion.

Standing Cobra is a great movement pattern to overload and strengthen the lower and upper back muscles. Once participants have the engagement in the upper back, the challenge will come with the Leg Lift, hinging forward from the hip with the body and leg moving as one.

We then take a long step back into the Lunge position for a Triple Pulse and Leg Lift combination to challenge the integration work from legs through core to upper body. The moves are challenging, so offer the levels/ options early to allow participants to personalize the workout to suit them.

The finishing move is a great combination of a Bicep Curl with Side Raise to strengthen the back and improve posture. Coach to stabilize the body by bending the knees and bracing abs tightly as it's a long set!

06B. INTEGRATED STRENGTH

MUSIC Matches 3:07 mins

TRACK FOCUS

I want my participants to feel how the band helps increase intensity as they circle and Side Lunge.

0:00 / Intro /

4x8 / Set up, *holding SMARTBAND in hands with wide grip. Feet outside hip-width. Create light tension by wrapping ends around hands. Arms O/H and F and outside of shoulders* 32cts
⇓Option: No SMARTBAND

0:13 / V1 / I remember

8x8 / A / **Double Oblique Knee Lift** L&R
16cts / 4reps

0:38 / PC / **How**

8x8 / A¹ / **Squat Oblique Knee Lift** L&R
16cts / 4reps
Squat 4cts
Knee Lift 4cts

1:04 / Instr /

8x8 / B / **Double Oblique Knee Lift/Circle** L&R
32cts / 2reps
Double Knee Lift 8cts
Circle Around 8cts

1:30 / V2 / _ everybody

2½x8 / Set up, *holding SMARTBAND in hands with wide grip. Step wide. Lengthen band by unwrapping hands. Arms behind body, SMARTBAND on upper back* 20cts
⇓Option: No SMARTBAND

1:38 / V2 / **Truth**

6x8 / C / **Lateral Lunge w. Band (Double Pulse)** L&R. SMARTBAND *wide behind back*
16cts / 3reps

1:57 / PC / **How**

6x8 / C¹ / **Lateral Lunge w. Band** L&R.
SMARTBAND *wide behind back* 8cts / 6reps

2:16 / **You**

2x8 / Set up, *holding SMARTBAND in hands with wide grip. Feet outside hip-width. Create light tension by wrapping ends around hands. Arms O/H and F and outside of shoulders* 16cts

2:23 / Instr /

8x8 / B / **Double Oblique Knee Lift/Circle** L&R
32cts / 2reps
Double Knee Lift 8cts
Circle Around 8cts

2:48 / Rep / **You**

4x8 / D / **Pulse Squat.** *Arms above head*
4cts / 8reps

06B. INTEGRATED STRENGTH – TECHNIQUE & COACHING

DOUBLE OBLIQUE KNEE LIFT

LAYER 1

- Feet outside hip-width, take SMARTBAND and wrap it around hands with wide grip high and forward of the shoulders
- 2 Knee Lifts right, touch floor with toes; change sides
- Elbow just in front of face
- Body C-shapes towards knees, straight arms
- Bring knee to elbow
- Whole body straight
- Stand tall and **brace abs tightly**
- Lift the leg and touch back down
- **Knee bent in supporting leg, aligned over middle toes**

LAYER 2

- Challenge your balance

SQUAT OBLIQUE KNEE LIFT

LAYER 1

- 1 Squat, 1 Knee Lift
- Butt goes back and down
- **Knees aligned over middle toes**
- **Butt stops just above knee-line**
- **Abs braced, hips square to front, chest lifted**
- Arms remain straight with SMARTBAND high and forward of shoulders

LAYER 2

- Tall chest
- Challenge by bringing the knee a little further to elbow

DOUBLE OBLIQUE KNEE LIFT/CIRCLE

LAYER 1

- 2 Knee Lifts right
- Take the band all the way around the front and up above shoulders

- Bend knees, tip forward from the hip, long spine
- **Knees aligned over middle toes**
- **Butt stops just above knee-line**



- Tension remains on the SMARTBAND

LAYER 2

- Take the whole body with you
- Challenge by bringing the knee a little further to elbow
- Try to touch the front of the room with the band
- Big stretch forward

06B. INTERGRATED STRENGTH – TECHNIQUE & COACHING

LATERAL LUNGE WITH BAND (DOUBLE PULSE)

LAYER 1

- Bring the SMARTBAND down, make it a little longer, bring it behind you high on your upper back
- Step wide, push the band as far apart as you can
- 2 Lunge Pulses
- Turn from center of chest
- Rear arm directly behind you, arms remain wide
- **Knee bent and aligned over middle toes**
- One leg fully straight
- Tension remains on the SMARTBAND
- Single-time Lunges



LAYER 2

- Build mobility in the spine, which is the foundation for a strong body
- Like a Dance move, nice and slowly

COACHING TIPS

The music will take everyone with you in this favorite track. When the music builds so do we! The cool innovation is the Circle with the Band. The move starts with the Oblique Knee Lift which challenges the obliques as well as the balancing stabilizers. The key to the Circle With Band move is to keep the head position in line with the arms, having a deep knee bend to protect the back and a strong core as you circle to work the range. You want to coach just enough tension on the band to create awareness in the back – but not so much tension that the shoulders lift. Again, we don't want to restrict the movement – we want to enhance it. We revisit the Side Lunges from the Warmup, this time with the band behind the back, across the shoulder blades, again building awareness into the postural muscles. Not only does this move build mobility in the thoracic spine but it also strengthens and tones legs, arms and core. Big, functional movement patterns that help us live life with more ease...

Remember – your coaching lands when you create a real connection; so look into people's eyes, see them, coach them, praise them, smile with them. They have given their time to be with you in your class!

07A. CORE

STRENGTH – HIPS

MUSIC Ants Nest 3:32 mins

TRACK FOCUS

I want my participants to feel fatigue in their hips and glutes by the end of the track through my precise body-part and direction coaching.

0:00 / Intro /

4x8 / Set up SMARTBAND under feet.

Handles crossed to hips 32cts

0:15 / V1 / **Ode**

4x8 / A / **Tap Side & Back** L 4cts / 8reps

0:30 / Bup / **Ode**

4x8 / A¹ / **Tap Side & Back Double-Time** L
2cts / 16reps

0:45 / Instr /

8x8 / B / **8x Side Step w. Bicep Curl Midrange**
L / **8x Side Step w. Upright Row** R 32cts / 2reps

1:15 / C / **Nest**

4x8 / C / **Double Pulse Squat/Rear Leg**
Extension L&R 8cts / 4reps

1:30 / Br / **Keep**

4x8 / A / **Tap Side & Back** R 4cts / 8reps

1:45 / V2 / **Ode**

4x8 / A¹ / **Tap Side & Back Double-Time** R
2cts / 16reps

2:00 / Bup / **Ode**

4x8 / C / **Double Pulse Squat/Rear Leg**
Extension L&R 8cts / 4reps

2:15 / Bup / **Why**

8x8 / B / **8x Side Step w. Bicep Curl Mid-range**
R / **8x Side Step w. Upright Row** L 32cts / 2reps

2:45 / Instr /

8x8 / C / **Double Pulse Squat/Rear Leg**
Extension L&R 8cts / 8reps

3:15 / C / **Nest**

4x8 / C¹ / **Triple Pulse Squat/Double Rear Leg**
Extension L&R 16cts / 2reps

07A. CORE STRENGTH – HIPS – TECHNIQUE & COACHING

TAP SIDE & BACK/SINGLE & DOUBLE TIME

LAYER 1

- SMARTBAND under feet, hip-distance apart, cross the band, hands on hips or to thighs
- Transfer weight to one leg, **hips square to the front**
- Tap side, tap back
- Bend into the supporting leg and **squeeze the glutes**
- **Brace abs to maintain mid-line** – upright position
- Speed it up, double time
- ⇓ Option: No band

LAYER 2

- Stabilize the standing leg to feel it in your glutes
- No bounce, stay really stable

SIDE STEP BICEP CURL/UPRIGHT ROW SEQUENCE

LAYER 1

- Step to the side 8 times; change sides
- **Chest is lifted, hips square to the front**
- **Brace abs to maintain upright posture**

Bicep Curl

- Bicep Curl mid-range
- Fists forward, arms parallel to the floor, elbows under shoulders

Upright Row

- Elbows wide to the side, at shoulder level
- Wrists straight
- ⇓ Option: No band

LAYER 2

- Keep knees pressing out

DOUBLE PULSE SQUAT/REAR LEG EXTENSION

LAYER 1

- Pulse Squat
- Lift the right leg to rear diagonal, just off the floor
- Pulse Squat; switch legs
- Transfer weight to one leg on Rear Leg Extension, **hips square to the front**
- Bend into the supporting leg and **squeeze the glutes**
- **Brace abs to maintain mid-line** – upright position
- Return to start position
- ⇓ Option: No band

LAYER 2

- Keep the chest high and let the glute squeeze lift the leg
- Leg doesn't have to be high
- Incredible glute strength

07A. CORE STRENGTH – HIPS – TECHNIQUE & COACHING

COACHING TIPS

What an amazing track – a cool song, plus challenging moves to deliver great results! Studies on athletes have demonstrated that having strong glutes results in fewer lower limb injuries. This track focuses on conditioning these muscles to provide us with improved lower limb control.

Overloading the muscles creates intensity and the intensity accumulates quickly; even your hardcore participants will be challenged. Bracing the abs will keep the hips level and make it easier to transfer weight onto one leg each time. The stabilizers of the spine are strengthened because we have the balance component.

Holding the hips and upper body still requires a lot of glute and core control.

Keep reminding participants of strong upright posture because they will start to lose form as fatigue sets in. No band is always a welcome option for this track as well. This provides (especially your new participants) control of their workout.

As you coach, allow space between cues – one cue per rep – so everybody can feel which muscles they are working and understand what they can accomplish.

Once your class knows the moves, have some fun by connecting them into their bodies, coaching where they should be feeling the intensity and the great benefits we get from this sort of training!

07B. CORE

STRENGTH – HIPS

MUSIC Way Down We Go 3:39 mins

TRACK FOCUS

I want my participants to understand how to execute the Assisted Arabesque so they can challenge their limits.

0:00 / Intro /

3½x8 / Set up L foot inside handle of SMARTBAND. *R hand holds the other handle, L hand grips band, hands outside shoulder-width and O/H* 28cts

⇓Option: No SMARTBAND

0:22 / C / **Go**

8x8 / A / **Assisted Arabesque L** 8cts / 8reps

1:09 / Br / **Run** you

4x8 / A¹ / **Assisted Arabesque Pulse L**

2cts / 16reps

⇓Option: Tap toes on floor

1:33 / C / **Go**

4x8 / A² / **Assisted Arabesque Hold L** 32cts

⇓Option: Tap toes on floor

1:57 / Instr /

2x8 / Set up R foot inside handle of SMARTBAND.

L hand holds the other handle, R hand grips band hands outside shoulder-width and O/H 16cts

2:09 / Bup / (Instr)

8x8 / A / **Assisted Arabesque R** 8cts / 8reps

2:56 / Instr / (Heavy beat)

4x8 / A¹ / **Assisted Arabesque Pulse R**

2cts / 16reps

⇓Option: Tap toes on floor

3:19 / Outro / **Go**

4x8 / A² / **Assisted Arabesque Hold R** 32cts

⇓Option: Tap toes on floor

Note: Last 16cts, no music

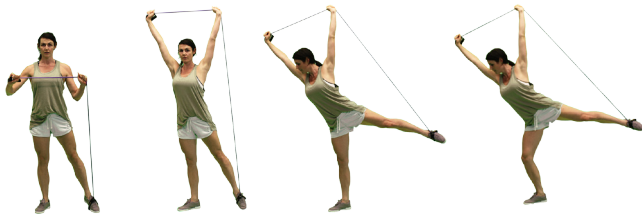
07B. CORE STRENGTH – TECHNIQUE & COACHING

ASSISTED ARABESQUE

LAYER 1

- Slide foot inside one handle of SMARTBAND
- Opposite hand holds the other handle; lift the hands high, wide and forward of shoulders
- Lift the rear leg and lower
- Use the band to lift your leg
- Supporting knee bent, **aligned over middle toes**, opposite leg straight
- **Chest up**
- **Brace core and squeeze the shoulder blades together**

Pulse



- Hold the leg up
 - Pulse the standing leg down and up
 - Supporting knee bends
- ⇓ Option: Tap the foot to floor, no band

Hold

- Tip body forward and hold leg and body steady
 - Eye gaze to the floor
 - Squeeze your back muscles tightly together, strengthen your entire body
- ⇓ Option: Toe remains on floor, no band

LAYER 2

- Keep pressing the standing knee out
- Keep pressing hips forward and strengthening the legs
- Stabilize the leg by squeezing the glutes, shoulder blades together

COACHING TIPS

This new innovation looks more difficult than it is – the move is achievable for all, so encourage participants to give it a try. Everyone wants to have control in the workout and in this move you can. The intensity and balance challenge can be dialed up or down by tapping the foot down in between reps to stabilize, reset and try again... This means you leave no one behind... The band assists the Arabesque and creates a whole-body workout, especially the back and upper body. The feeling and training of this move is incredible, accompanied by a beautiful piece of music.

One-Legged Squats are the perfect way to train stability in the body and strength in the legs, particularly the glutes which help prevent lower limb injuries. Coach to pushing the standing knee out to get the glutes firing and squeezing the butt in the top leg to keep the lower back protected.

Coach to eye gaze forward to help participants steady themselves and tune into what is happening in their bodies... calm, soft breath will help them to do this.

08. CORE

STRENGTH – ABS

MUSIC Give Me A Reason 3:18 mins

TRACK FOCUS

I want my participants to execute and enjoy the feeling of the Reverse Bicycle Crunch.

0:00 / Intro /

2x8 / Set up lying supine, facing L side, knees over the hips. *Arms by sides, palms up* 16cts

0:09 / V1 / _ Sometimes

4x8 / A / **Toe Tap, Heel Tap, Knees Over Hips** L&R. *Arms by sides, palms up* 16cts / 2reps

0:28 / C / **Give** me

4x8 / A¹ / **Toe Tap, Heel Tap, Knees Over Hips Double Time** L&R. *Arms by sides, palms up* 8cts / 4reps

0:46 / Instr / **Go**

4x8 / B / **Reverse Bicycle Crunch 2/2** R&L. *Fingertips to temples* 4cts / 8reps

1:05 / V2 / _ Sometimes

8x8 / C / **Reverse Crunch/Knee Drop** R&L. *Arms by sides, palms up* 16cts / 4reps
Reverse Crunch 2cts

Up 2cts

Down 2cts

Knee Drop 2cts

Return to start position 2cts

⇩Option: Tail bone remains down

1:42 / Instr / **Go**

4x8 / B / **Reverse Bicycle Crunch 2/2** R&L. *Fingertips to temples* 4cts / 8reps

2:01 / Br / **Go**

4x8 / D / **Hands To Feet Reach.** Legs extend up over hips. *Arms reach high above shoulders* 32cts

2:20 / Rep / **Go**

4x8 / C / **Reverse Crunch/Knee Drop** R&L. *Arms by sides, palms up* 16cts / 2reps
⇩Option: Tail bone remains down

2:38 / Instr /

4x8 / B / **Reverse Bicycle Crunch 2/2** R&L. *Fingertips to temples* 4cts / 8reps

2:57 / Outro / _ na, na

4x8 / E / **Hip Bridge** 32cts

08. CORE STRENGTH – TECHNIQUE & COACHING

TOE TAP, HEEL TAP/KNEES OVER HIPS

LAYER 1

- Lie on your back, facing one side
- Knees above hips
- Palms face up
- Tap toes, heel, lift to knees over hips; switch legs
- **Lower back pressing towards the floor**
- **Brace your abs tightly**
- Quicker tempo – toe, heel, rise
- Rear leg down, scoop in, out, and lift to return
- Front leg down, in, out and up, return

LAYER 2

- Set the shoulders down, really focusing on pushing the back down to the floor
- Breathe in to lower, out to push away
- Feeling the tension in the abs to chisel the waistline
- Pregnancy Option: On elbows, toes down, tap toes, heel, return to start position; switch feet

REVERSE BICYCLE CRUNCH

LAYER 1

- Fingertips to temples
- Scoop the leg out and down, return to knees over hips; switch legs
- Opposite shoulder to opposite knee
- Turn from the center of chest
- Lift the shoulder blades off the floor
- Up, up, down, down
- Shift ribs to hips
- **Brace abs, lower back towards the floor**
- Lift tail bone
- ⇩ Option: Legs lift slightly higher
- Pregnancy Option: On elbows, Alternating Leg Extension on floor

LAYER 2

- Smooth, get the tempo, get the technique and the workout
- Tight tension, tight abs

REVERSE CRUNCH/KNEE DROP

LAYER 1

- Knees over hips, lift the tail bone
- Knees drop to the front
- Return to knees over hips, reverse crunch, lift the tail bone
- Knees drop to the back
- **Shoulder blades anchored to the floor**
- ⇩ Option: If the tail bone lift is too intense, pull the knees up

LAYER 2

- Feel the pressure in the lower abdominals
- Pregnancy Option: On elbows, toes stay on floor, Double Leg Extension/Double Knee Drop

HANDS TO FEET REACH

LAYER 1

- Hands and feet reach to ceiling
- Shoulder blades lift off the floor
- Reach for toes
- Tail bone lifts
- Ankle, knee and hip in line
- **Brace abs, lower back towards the floor**

HIP BRIDGE

LAYER 1

- Feet hip-distance apart and under the knees
- Lift the hips up
- Push through the heels
- **Squeeze the butt**

08. CORE STRENGTH – TECHNIQUE & COACHING

COACHING TIPS

The focus in the Toe Tap, Heel Tap move is to fire up the lower abdominals. We coach to maintaining a strong abdominal brace and pressing the lower back towards the floor to stabilize the hips and pelvis as the legs move. This move is performed slowly at the start then progresses to the Reverse Bicycle legs. Give options so participants can move with legs low or high and opposite shoulder is rolling up and across to hit the obliques and shape the waistline.

The feel is rhythmical and smooth and it has a mind training focus as well, which is always good to help participants stay connected to the workout and their bodies.

The Reverse Crunch and Knee Drop combo will bring focus to the lower abs and obliques. You are trying to lift the tail bone and knees up to the ceiling in the Reverse Crunch, rather than roll the knees into the chest. It's a tough one and the focus is on a small, controlled movement rather than on using momentum to do the move. The key to targeting the obliques in the Knee Drop is to stabilize the upper body by pressing shoulders into the floor and only going as far as you can with the Knee Drop to maintain the shoulders down.

09. ACTIVE RECOVERY

MUSIC The Cure 3:29 mins

TRACK FOCUS

I want my class participants to breathe and enjoy the stretches with the incredible music.

0:00 / Intro /
2x8 / Set up Childs Pose, facing front 16cts

0:09 / V1 / **I'll** undress
4x8 / A / **Lunge**, L foot F 32cts

0:28 / PC / _ so baby
4x8 / Twist L. Turn torso into knee *and reach L arm O/H* 32cts

0:48 / C / _ if I can't
4x8 / B / **Swan/90/90/Extensions** L 16cts
L leg F, R leg bent at 90° or straight. Extend F 16cts

1:07 / Instr / **Cure**
2x8 / C / **Spiral Twist** R 16cts

1:17 / V2 / **Rub** your feet
4x8 / A / **Lunge**, R foot F 32cts

1:36 / PC / _ so baby
4x8 / Twist R. Turn torso into knee *and reach R arm O/H* 32cts

1:55 / C / _ if I can't
4x8 / B / **Swan/90/90/Extensions** R 16cts
R leg F, L leg bent at 90° or straight. Extend F 16cts

2:14 / Instr / **Cure**
2x8 / C / **Spiral Twist** L 16cts

2:24 / Br / _ I'll fix you
2x8 / Step F, feet under hips, roll to stand, facing front 16cts

2:33 / Br / _ I'll fix you
2x8 / D / **Extended Mountain Pose**
Reach arms high O/H 16cts
2x8 / D¹ / Baby Back Bend 16cts

2:43 / C / _ If I can't
8x8 / Outro /
Jump/Dance/High Five/Celebrate finishing 64cts

09. ACTIVE RECOVERY – TECHNIQUE & COACHING

LUNGE/TWIST

LAYER 1

- . Step one leg in between hands and lunge, hands under shoulders
- . Tuck tail bone under
- . Hips forward
- . Turn from the center of your chest, extend the same arm up
- . Feel the beautiful twist to the spine

SWAN/EXTENDED SWAN

LAYER 1

- . Bend rear knee
- . Heel to groin
- . Rear leg straight or bent at 90 degrees
- ↑Option: Extend forward at the hips

SPIRAL TWIST

LAYER 1

- . Bend back knee
- . Hand down under the shoulders, straighten the arm
- . Opposite arms lifts high
- . Chest and body open

FORWARD FOLD/EXTENDED MOUNTAIN POSE/BABY BACK BEND

LAYER 1

- . Hands come to the floor
- . Hands on knees
- . Roll up through spine to standing position
- . Feet together
- . Lift arms up over head
- . **Squeeze your glutes**
- . **Belly to spine**
- . Arc to Baby Back Bend

COACHING TIPS

This music has a beautiful feel and we want participants to really hear the song so use simple body-part and direction coaching to get them into the stretches...

The Swan Stretch can be performed with bent legs or heel into the groin and rolling the top hip forward to give the glutes and hips a great stretch. The Spiral Twist feels incredible as you continue to open the hip and lengthen through the side body, right up to the fingertips.

Coach to press hips forward and squeeze butt to set the foundation for the Baby Back Bend.

Allow space for participants to feel all the stretches and allow them to come back into their bodies to finish the class on a high...

BONUS

04. CARDIO 3

MUSIC Without U 3:44 mins

TRACK FOCUS

My participants will learn all the moves and choose the correct levels for them to lift their heart rate through body-weight conditioning.

0:00 / Intro /

4x8 / Set up **Bear Crawl**. *Hands on floor, knees down under hips* 8cts / 4reps

0:13 / C / _ won't be

8x8 / A / **Bear Crawl (Super Slow)** F&B 32cts / 2reps

Bear Crawl F (slow) 16cts

Bear Crawl B (slow) 16cts

After 1 rep, lift knees off floor

0:38 / Bup / _ walk in

4x8 / A¹ / **Bear Crawl** F&B 16cts / 2reps

Bear Crawl F 8cts

Bear Crawl B 8cts

↓Option: Super Slow Bear Crawl

0:51 / Instr

8x8 / A² / **Bear Crawl (Fast)** F&B 16cts / 4reps

Bear Crawl F (fast) 8cts

Bear Crawl B (fast) 8cts

↓Option: Bear Crawl Super Slow

1:17 / V1 / _ I was meant

4x8 / B / **Firefly Pull Back (Slow)** R&L

16cts / 2reps

Pull hips B to heels 4cts

R knee to R elbow 4cts

↑Option: After 1 rep, on toes

1:30 / V2 / I can make

8x8 / B¹ / **Firefly Pull Back (Quick)** R&L

8cts / 8reps

Pull hips B to heels 2cts

R knee to R elbow 2cts

↑Option: After 4 reps, on toes

↑Option: After 4 reps, Jump F

↓Option: Slow Firefly Pull Back

1:55 / C / _ won't be

4x8 / Pull back and release 16cts

Stand, feet hip-width apart 16cts

2:08 / Bup / _ walk in

4x8 / C / **Step Side Calf Raise** L&R. *Arms wide, reach O/H* 8cts / 4reps

2:21 / Instr /

8x8 / C¹ / **Step Side Calf Raise Jump** L&R. *Arms wide, reach O/H* 8cts / 8reps

↓Option: Step Side Calf Raise

2:46 / Instr /

1x8 / Shake it out 8cts

2:49 / Instr / _ yah, yah

3x8 / D / **Backward-Stepping Lunge (Slow)**R&L. *HOH* 16cts / 1½reps

2:59 / Bup / _ walk in

4x8 / D¹ / **Backward-Stepping Lunge** L&R.*HOH* 8cts / 4reps

3:12 / Instr /

4x8 / E / **Lunge Leap**, R. R leg on floor, L leg Leap. *RA* 4cts / 8reps

↓Option: Step B, no Leap

3:25 / Instr /

4x8 / E / **Lunge Leap**, L. L leg on floor, R leg Leap. *RA* 4cts / 8reps

↓Option: Step B, no Leap

04. CARDIO 3 – TECHNIQUE & COACHING

BEAR CRAWL

LAYER 1

- . Knees under hips
- . Hands under shoulders
- . Crawl forward 4, 3, 2, 1, back 4, 3, 2, 1; opposite hand and foot move
- . Lift to toes, knees remain at 90 degrees
- . **Brace core to keep the hips still, back is long and flat**

⇓Option: Remain on knees, move at slower tempo

LAYER 2

- . Explode, quickly forward, slowly on the way back
- . Feel the conditioning through the whole body

FIREFLY PULL BACK

LAYER 1

- . Hands under shoulders
- . Knees under hips
- . Pull hips back, Firefly forward
- . Knee to elbow
- . Knee moves, body stays still
- . Level 2 – shift the body weight forward
- . Level 3 – jump forward
- . **Bracing the core tightly, keeping back straight**

⇓Options: Remain on knees or toes, no jump

LAYER 2

- . Press firmly into the floor
- . Feel the conditioning

STEP SIDE CALF RAISE

LAYER 1

- . Long Step Side, Calf Raise, feet hip-width apart

- . Knees aligned and tracking forward over middle toes
- . Bend the knees, straighten legs, lift heels
- . Jump up, land softly, toe-ball-heel
- . Arms reach wide to the side and pull back, then over head
- ⇓Option: Calf Raise instead of Jump

LAYER 2

- . Big energy, heart rate going up
- . If you're losing great technique, come back to Calf Raise

BACKWARD-STEPPING LUNGE

LAYER 1

- . Feet hip-distance apart
- . Long step back, knee bent towards floor, return to start position; switch legs
- . **Knees aligned over middle toes**
- . **Abs braced, chest lifted, shoulders away from ears**, hands on hips
- . Front thigh parallel to floor

SINGLE STEP BACK, LEAP/JUMP UP

LAYER 1

- . From Lunge, leap and jump the knee up from the supporting leg
- . One arm pulls back, the other up forward of the shoulder
- . Repeat same leg
- . **Knees aligned over middle toes**
- . **Abs braced, chest lifted, shoulders away from ears**
- . **Supporting knee soft on landing**

⇓Option: No Leap and Running Arms

04. CARDIO 3 – TECHNIQUE & COACHING

COACHING TIPS

For your athletic option to Track 04A, we have a real conditioning track that will challenge even your hardcore participants! It has a circuit-style feel where you start the exercise by learning the basics then dial the intensity up or down and push your limits to the end of the set.

Bear Crawls are a great way to introduce Reactive Core Training as well as condition the upper body. The muscles have to react quickly to cope with the demands of the hip and knee action; this fast-response training provides athletic core strength. The move starts slowly and can continue this way or add the fast Bear Crawl with the slow walk back. This provides a great opportunity to train the trunk stabilizers and muscles of the shoulder girdle. Pushing the floor away with the supporting hand engages the rotator cuff and scapula stabilizers, improving upper limb movement and control and stability.

The Firefly moves on the knees, so participants get a feel for the exercise then progress to toes and can be performed slow or fast. Again, this is a great conditioner for the entire body using just your body weight to challenge and lift the heart rate.

Coach to shaking out anytime and regroup when ready!

The Side Step starts with a Calf Raise then progresses to Jump or not. Coach to maintaining a soft knee landing and encourage big arm swings to help power the Jump and lift the heart rate.

The final sequence is Backward-Stepping Lunges then Single Knee Lifts with a hop, getting bigger and stronger with each jump. This track is achievable for all fitness levels by coaching choices, so as not to leave anyone behind...

BONUS 1. UPPER BODY STRENGTH

MUSIC Run Wild 5:30 mins

TRACK FOCUS

I want my participants to understand how to execute all the movements through my precise Layer 1 coaching.

0:00 / Intro /

4x8 / Set up Plank, facing F, *hands under shoulders*,
knees under hips **32cts**

0:15 / Instr /

4x8 / **Plank/Horse Stance**, on knees or toes **32cts**

0:30 / Instr / (Beat)

8x8 / A / **Firefly Pushup** L&R **16cts / 4reps**

L knee to L elbow **4cts**

Knees down, parallel **4cts**

1:01 / Instr / (Heavy beat)

12x8 / A¹ / **Firefly Scorpion Press** L&R

16cts / 6reps

L knee to L elbow **2cts**

Scorpion Lift **2cts**

L Scorpion Press **2cts**

Knees down **2cts**

⇩Option: Scorpion Press, *elbows bend back*,
forearms towards floor

⇧Option: Scorpion Press, chest moves forward

⇧Option: Try all from toes

1:47 / Instr / (Quiet)

4x8 / Set up, SMARTBAND under knees, hip-width
apart. *Hold handles behind arms, elbows wide*,
knuckles B **32cts**

⇩Option: No SMARTBAND

2:02 / V1 / **Nothing**

6x8 / B / **Single Shoulder Press/Oblique Crunch**
4/4 L&R **16cts / 3reps**

Single Shoulder Press O/H L, Side Bend R **8cts**

2:25 / V2 / _ can you hear

8x8 / B¹ / **Single Shoulder Press/Oblique Crunch**
2/2 L&R **8cts / 8reps**

2:55 / Instr /

4x8 / B² / **Single Shoulder Press/Oblique Crunch**
1/1 **4cts / 8reps**

3:10 / Instr /

4x8 / C / Set up **Front Raise/Oblique Twist**. *Arms*
F at shoulder-height, palms down **32cts**

3:26 / Instr / (Beat)

8x8 / C / **Front Raise/Oblique Twist** L&R

16cts / 4reps

Turn from waist to 45° L **4cts**

Return to center **4cts**

3:56 / Instr / (Heavy beat)

8x8 / C¹ / **Front Raise/Double Pulse Oblique Twist**
Pulse L&R **16cts / 4reps**

Double Pulse L side **4cts**

Return to center **4cts**

4:26 / Rep / **Tonight**

4x8 / Set up Firefly Scorpion Press **32cts**

Hands under shoulders, knees under hips

4:42 / Instr / (Heavy beat)

12x8 / A¹ / **Firefly Scorpion Press** L&R

16cts / 6reps

L knee to L elbow **2cts**

L Scorpion Lift **2cts**

Scorpion Press **2cts**

Knees down **2cts**

⇩Option: Scorpion Press, *elbows bend back*,
forearms towards floor

⇧Option: Scorpion Press, chest moves forward

⇧Option: Try all from toes

BONUS 1. UPPER BODY STRENGTH – TECHNIQUE & COACHING

PLANK/HORSE STANCE

LAYER 1

- . Hands under shoulders
 - . Knees under hips, come up onto toes
 - . **Back is long, abs braced and chin tucked in**
- ⇓Option: Remain on knees

FIREFLY PUSHUP

LAYER 1

- . Knees down and under hips
- . Knee to forearm and back
- . Other leg, knee to forearm and back
- . **Squeeze in your obliques**
- . **Core braced and hips are low**

LAYER 2

- . Feel the core bracing as you rock forward and backward
- . Only knee moves, body stays still
- . Load into the top of the arms

FIREFLY SCORPION PRESS

LAYER 1

- . Knee to forearm
- . Bent leg lifts up high, toes to ceiling
- . Bend elbows half-way down, elbows back and in to side ribs
- . Shoulders away from ears
- . **Squeeze glutes**
- . **Shoulder blades squeeze together**

⇑Option: Chest moves forward in Tricep Press on toes

LAYER 2

- . Elbows stay close to the body as you press

SINGLE SHOULDER PRESS/ OBLIQUE CRUNCH

LAYER 1

- . SMARTBAND under knees, knees under hips
 - . Hold handle behind head, elbows wide at shoulder level, knuckles to the back
 - . Extend one arm, lifting the band and C-shape the spine; other side
 - . A little faster
 - . **Squeeze the glutes and keep your core braced**
- ⇓Option: No band

LAYER 2

- . Reach and reach
- . Keep squeezing your shoulder blades together so the work can get into your postural muscles

FRONT RAISE/OBLIQUE TWIST/PULSE

LAYER 1

- . SMARTBAND and hands forward, arms straight at shoulder-height
 - . **Squeeze shoulder blades together**
 - . Turn to the diagonal and back to the center, other diagonal and back to the center
 - . Turn from the center of your chest
 - . A little faster, add a pulse
 - . Corner pulse, corner, center
 - . 1, 2, 3, and hold
 - . **Core is braced, shoulders away from ears**
- ⇓Options: No band, or arms lower than shoulder-height

LAYER 2

- . Lats are pulled back and down
- . If your arms are coming down, keep your chest lifted

BONUS 1. UPPER BODY STRENGTH – TECHNIQUE & COACHING

COACHING TIPS

It's all about stability. It's not about how big you move – it's about how controlled the movement is. Setting your participants up in a strong and stable foundation for Plank/Horse Stance is vital for success, along with a strong abdominal brace – because this track is tough!

The Firefly and Scorpion provide a great opportunity to train the trunk stabilizers and muscles of the shoulder girdle, triceps and obliques. Pushing the floor away with the hands engages the rotator cuff and scapula stabilizers, improving upper limb movement and control and stability.

We also cannot forget that this combination of exercises isolates the thoracic extensors, lumbar extensors, glutes and hamstrings. This is total posterior chain conditioning – great for power and movement control.

Encourage members that it's OK to take a break but if they can hang on, they will really feel “the sting in the tail” to get toned and shaped!

The Tricep Press is challenging in the Scorpion so, as an option, lower the forearms to the floor rather than lowering the upper body forward and down in the Press.

Remember – your coaching lands when you create a real connection; so look into people's eyes, see them, coach them, praise them, smile with them. They have given their time to be with you in your class!

We use the band to add extra resistance to the C-shaped Oblique Crunch. Coach to squeeze shoulder blades together to open the chest and work the postural muscles. Coach to lift up and over in the C-shape to chisel the obliques. The final challenge, with pulsing goodness, will come in the Front Raise move – be precise in hitting the corners and turning from the center of the chest. OUCH!

BONUS 2. CORE STRENGTH – BACK

MUSIC Don't Let Me Down 3:37 mins

TRACK FOCUS

I want my participants to feel the overload, which builds intensity through each exercise, as I challenge them to work to their maximum effort.

0:00 / Intro /

4x8 / Set up Bridge, lie facing L side, feet hip-distance apart in line with knees **32cts**

0:12 / V1 / _ crashing

8x8 / A / **Bridge 4/4** **16cts / 4reps**

Hips rise up **8cts**

Hips return to floor **8cts**

0:36 / PC / **Need** you

8x8 / A¹ / **Bridge Single Knee Lift** R&L

8cts / 4reps

Hips rise. Knee Lift up **4cts**

Hips and foot return to floor **4cts**

1:00 / Instr /

8x8 / A² / **Bridge & Single Knee Lift/Extension**

Combo R&L **32cts / 2reps**

Hips rise. Knee Lift up **4cts**

Leg extends up **4cts**

Knee bends **4cts**

Foot returns to the floor, hips stay lifted **4cts**

1:24 / Instr / (Beat)

8x8 / A³ / **Bridge & Single Knee Lift/Extension**

Combo R&L **16cts / 4reps**

Hips rise. Knee Lift up **2cts**

Leg extends up **2cts**

Knee bends **2cts**

Foot returns to the floor, hips stay high and steady **2cts**

1:48 / Br / **Down**

2x8 / Set up Horse Stance. *Hands under shoulders, knees under hips* **16cts**

1:54 / V2 / _ running

8x8 / B / **Horse Stance Pointer** R&L **32cts /**

2reps

Straighten R leg behind **4cts**

R knee to R elbow **4cts**

Straighten R leg behind **4cts**

R knee returns to the floor **4cts**

⇩Option: Bring knee towards chest

2:18 / C / **Head**

12x8 / B¹ / **Horse Stance Pointer** R&L

32cts / 3reps

Straighten R leg behind/L arm reaches F **4cts**

R knee to R elbow **4cts**

Straighten R leg behind/L arm reaches F **4cts**

Knee & hand return to the floor **4cts**

⇩Option: Both hands remain on the floor

2:54 / Instr

8x8 / C / **Prone Cobra w. Double Leg**

Extension. Lying face down, lift both legs up **4cts / 16reps**

Arms B, palms down

Legs open & close **4cts**

⇩Option: Toes remain on the floor

3:18 / Outro / **Down**

4x8 / Sit back into Childs Pose **32cts**

BONUS 2. CORE STRENGTH – BACK – TECHNIQUE & COACHING

BRIDGE & SINGLE KNEE LIFT/ EXTENSION COMBO

LAYER 1

- . Lie on back, feet hip-distance apart, knees above ankles
 - . Palms up
 - . Lift the hips
 - . **Squeeze the glutes** and hips remain square to the floor
 - . Faster, add a Knee Lift up and down; switch legs
 - . Bent knee lifts up over the hips
 - . Lift the knee, leg straightens, bend knee; return to start
 - . Pick up the tempo, double time
- ↕Options: Lift the knee, no Leg Extension or double time

LAYER 2

- . Maintain the butt squeeze the entire time to keep everything strong and in line
- . Challenge is to squeeze the glutes even tighter to not let the hips drop
- . Keep the glutes switched on tightly to stabilize the body

HORSE STANCE POINTER

LAYER 1

- . Hands under shoulders, knees under hips
 - . Extend the rear leg parallel to the floor
 - . Knee towards elbow
 - . **Abs switched on tightly, back long and straight**
 - . Body in line with the floor
 - . **Shoulders and hips square to the front**
 - . Opposite arm extends forward, long and parallel to the floor
- ↕Option: Leg Extension only; arm remains on the floor

LAYER 2

- . Big contraction through the mid-section and big squeeze in back muscles to draw leg in
- . Feel every part of this move

PRONE COBRA WITH DOUBLE LEG EXTENSION

LAYER 1

- . Come down to the floor, legs long behind, feet down
 - . Lift the shoulders, arms behind by the sides, palms down
 - . Chest open, shoulders back and down
 - . Lift the chest up and down
 - . Lift the legs, bring feet out and in
 - . Glutes squeeze in, chin in
- ↕Option: Toes down

COACHING TIPS

The song for this track rocks and will help keep participants in the intensity for longer so they challenge themselves.

Hip Bridges are total posterior chain conditioning – great for power and movement control. The Single-Leg Bridge is great to help even out the strength in both legs – work for level hips and strong butt squeeze to protect the lower back.

Coach participants to understand where to feel the work/effort and educate them on what muscles are working so they feel empowered to take the level that is correct for them, to maximize their efforts!

Horse Stance Pointer work is all about stability training. Focus on coaching a strong abdominal brace, stabilizing the trunk, with only the arms and legs moving.

We finish on the floor with a short burst of Prone Cobras for the lower and upper back muscles and coach to the option of legs moving or not. Enjoy!

MUSIC

- 1 **Don't Leave (Throttle Remix)** (5:01)
Snakehips & MØ
© 2017 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Dickinson, David, Janiak, Djafari, Keen, Ørsted
- 2 **Something Just Like This** (4:06)
American Dynamite
© 2017 Les Mills Music Licensing Ltd.
Written by: Taggart, Martin, Berryman, Buckland, Champion
- 3 **The Greatest** (3:21)
Sia
© 2016 Monkey Puzzle Records, under exclusive license to RCA Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Furler, Kurstin, MacKichan
- 4A **Black And Yellow** (3:38)
Wiz Khalifa
© 2010 Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States
Written by: Thomaz, Hermansen, Eriksen
- 4B **Hear You Say** (3:14)
Joyzu feat. Olivia Reid
© 2016 Micropope under exclusive license to Armada Music BV.
Written by: Willms, Pope
- 5 **Stay** (3:35)
Zedd & Alessia Cara
Courtesy of the Universal Music Group.
Written by: Zaslavski, Aarons, Caracciolo, Froen, Parmen
- 6A **Light Us Up** (3:48)
Matrix & Futurebound feat. Callum Scott
2017 Brendan Collins and Jamie Quinn under exclusive license to Parlophone Records Limited, a Warner Music Group Company
Written by: Erijford, Record, Gibson, Michelsen
- 6B **Matches** (3:07)
Cash Cash & ROZES
© 2017 Big Beat Records Inc.
Written by: Seman, Snoreck, Kleinman, Steele
- 7A **Ants Nest** (3:32)
Jillionaire & Swick feat. T.O.K
© 2015 Feel Up Records.
Written by: Kobilic, Leacock, Omerhodric, Davidson, Clarke, McCalla, Thompson
- 7B **Way Down We Go** (3:39)
Kaleo
© 2015 Elektra/Atlantic Records for the United States and WEA International Inc. for the world excluding the United States and Iceland
Written by: Juliusson
- 8 **Give Me A Reason** (3:18)
Sean Will & 40 Cobras
© 2016 Sean Will & 40 Cobras.
Written by: Unknown
- 9 **The Cure** (3:29)
Lady Gaga
Courtesy of the Universal Music Group.
Written by: Monson, Blair, Germanotta, Nelson, Nilan
- BONUS**
4 **Without U** (3:44)
Steve Aoki & DVBBS
© 2017 Ultra Records, LLC
Written by: Aoki, C. van den Hoef, A. van den Hoef
- B1** **Run Wild (Kaaze's Swede Remix)** (5:30)
Hardwell feat. Jake Reese
© 2016 Central Station Records.
Written by: van de Corput, van Reesema, Krabman, van der Harst, van der Voort, van Hanegem
- B2** **Don't Let Me Down (Illenium Remix)** (3:37)
The Chainsmokers feat. Daya
© 2017 Disruptor Records/Columbia Records. Under licence from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Schwartz, Taggart, Friedman

EXPRESS FORMATS

30-MINUTE Option 1

- Track 1** Warmup
Track 2 Cardio 1
Track 3 Cardio 2
Track 4 Cardio 3
Track 5 Peak Cardio
Track 9 Active Recovery
Total Time 26:24 mins

30-MINUTE Option 2

- Track 1** Warmup
Track 2 Cardio 2
Track 5 Peak Cardio
Track 6 Integrated Strength
Track 7 Core Strength – Hips
Track 8 Core Strength – Abs
Total Time 26:59 mins

55-MINUTE

- Track 1** Warmup
Track 2 Cardio 1
Track 3 Cardio 2
Track 4 Cardio 3
Track 5 Peak Cardio
Track 6 Integrated Strength
Bonus 1 Upper Body Strength
Track 7 Core Strength – Hips
Track 8 Core Strength – Abs
Bonus 2 Core Strength – Back
Track 9 Active Recovery
Total Time 52:55 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: Bonus tracks are extra content, as a way to make up the time for a 55-minute class format. Alternative tracks are different choices for specific tracks.

The 30- and 45-minute class formats have been customized for this release. 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	Ref refrain (recurring phrase or song lines)
Br bridge (non-chorus)	Rep reprise (part of the chorus repeated)
C chorus (Music column)	w. with
QC quiet chorus	Reps Xx perform the Sequence/ Exercise x times
ct/cts musical counts	ROM range of motion
F&B forward and backward	R right
Instr instrumental	V verse
HOH hands on hips	RA Running Arms
Intro introduction	↓ Low Option
L left	↑ Advanced Option
mins minutes	👁 Preview
O/H over head	
OTS on the spot	
Outro last few bars of music	
PC pre-chorus	

CREDITS

Choreography & Music – Diana Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Program Planner – Courtney Watt

Program Coach – Kylie Gates

Technical Consultant – Andrew Newmarch

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



From L-R: Presenters Nat Van Peer, Diana Archer Mills and Khiran Huston.

BODYVIVE 3.1 45 continues the foundation of traditional cardio, yoga, strength, core and functional training. What you'll find is the consistency of inclusiveness and the ability to cater to many levels of our participants' fitness. With these aspects at its core, BODYVIVE has evolved to become more modernized to ensure its future success.

The choreography is evolving, where the key components of more modern music and slower beats per minute have changed it up. The workout features simplicity, enabling everyone to maximize their workout potential.

There is a range of low, moderate and high impact options for everyone throughout the class. The goal for our participants in this class is to feel uplifted, energized and youthful. We want them to experience the joy of rhythmic movement to music, and to love doing a phenomenal workout with friends. Alive, free and energized for life is what we should strive for in our teaching actions and attitude.

The highlights are in the Track 4s; the Ballet-inspired Track 4A, and the Bonus alternative athletic Track 4. There's a range of new moves too, such as the 3-Legged Dog with Hop in Track 5. Then there are ones where there are new uses for the band, such as the Circle and the Lateral Lunge with Band in Track 6B, and the Assisted Arabesque in Track 7B. The two Track 7s will have your glutes fired up in all dimensions. To ensure the demographics in your classes are being catered for, 2 alternative tracks have been provided too.

Enjoy!

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

PRESENTERS

Diana Archer Mills (New Zealand) is Creative Director for BODYPUMP, BODYCOMBAT, BODYJAM and RPM, and co-Program Director for BODYBALANCE/BODYFLOW. She is based in Auckland.

Khiran Huston (New Zealand) is a BODYPUMP and RPM Instructor, and a LES MILLS GRIT Series Coach. She is based in Auckland.

Nat Van Peer (New Zealand) is a BODYPUMP and LES MILLS GRIT Series Trainer, and a BODYATTACK Instructor. She is based in Auckland, where she is the product strategy manager at Les Mills International.