



CXWORX

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01. WARM-UP

OUT OF SIGHT

MUSIC		EXERCISE		CTS	REPS
0:00	3x8	Set-up Double Leg Lift. Lie on back, facing L side, arms at sides, palms up, feet on floor		24	
0:11	5x8	A	Double Leg Lift 2/2	8	5x
0:31	4x8	B	C-Crunch 2/2 Arms reach towards ankles	8	4x
0:47	2x8	B ¹	C-Crunch 1/1/2	8	2x
0:55	4x8	B ²	Triple Pulse C-Crunch	8	4x
1:11	4x8	C	Cross Crawl F&B (slow) Twist to F Twist to B	8 8	2x
1:27	6x8	C ¹	Cross Crawl F&B (faster) Last rep extend legs to 45°	8	6x
1:51	6x8	C ²	Cross Crawl F&B (fast) legs at 45° OPTION: Toe tap	4	12x
2:15	8x8		Hip Bridge Shoulders down, bring feet close to butt, lift hips up to Bridge Pulse up & down Lower hips to floor	8 4 8	12x
2:47	2x8	B ¹	C-Crunch 1/1/2	8	2x
2:55	8x8	B ²	Triple Pulse C-Crunch OPTION: Extend legs to 45°	8	8x



02. CORE STRENGTH 1

LASSAYE

MUSIC		EXERCISE		CTS	REPS
0:00	4x8	Set-up Hover on knees		32	
0:19	4x8	Hover on toes		32	
0:40	11x8	Moving Hover F&B OPTION: On knees		8	11x
1:35	2x8	Transition to Plank		16	
1:45	1x8	Moving Plank F&B		8	1x
1:50	4x8	B	Plank Stomp F&B Slow		
			F Leg Stomp	4	
			B Leg Stomp	4	4x
2:10	4x8	B	Plank Stomp F&B Faster	4	8x
2:31	12x8	C	Plank Stomp & Move Sequence		
			8x Fast Leg Stomp F&B	8	
			2x Moving Plank F&B	8	6x
			OPTION: On knees		
3:31	2x8	C ¹	Reset Hover on knees or toes	16	
3:41	4x8	C ²	Moving Hover F&B	8	4x



03. STANDING STRENGTH 1

FIGHT ON

MUSIC		EXERCISE		CTS	REPS
0:00	5x8	Set-up for Single Arm Row, hold plates in L hand		40	
0:17	4x8	A	Single Arm Row L 2/2 Row L elbow towards L corner Return to start position	4 4	4x
0:32	2x8	A ¹	Single Arm Row L 1/1/2 Row L elbow towards L corner Return to start position	4 4	2x
0:39	6x8	A ²	Single Arm Row L 1/1 Row L elbow towards L corner Return to start position	2 2	12x
1:00	4x8	B	Woodchop L 2/2 Hold plates in both hands	8	4x
1:14	4x8	B ¹	Woodchop L 1/1/2	8	4x
1:28	6x8	B ²	Woodchop L 1/1	4	12x
1:50	1½x8	Reset for Woodchop R		12	
1:55	4x8	B	Woodchop R 2/2	8	4x
2:09	4x8	B ¹	Woodchop R 1/1/2	8	4x
2:23	6x8	B ²	Woodchop R 1/1	4	12x
2:45	1x8	Reset for Single Arm Row R		8	
2:48	4x8	A	Single Arm Row R 2/2	8	4x
3:03	2x8	A ¹	Single Arm Row R 1/1/2	8	2x
3:10	6x8	A ²	Single Arm Row R 1/1	4	12x
3:31	4x8	Set-up Single Leg Squat and Alternating Row X		32	
3:45	4x8	C	Single Leg Squat and Alternating Row L (Slow) Row L arm, lift L leg	8	4x
3:59	6x8	C ¹	Single Leg Squat and Alternating Row L (Fast)	4	12x
4:20	1½x8	Reset for Single Leg Squat and Alternating Row R		12	
4:26	4x8	C	Single Leg Squat and Alternating Row R (Slow)	8	4x
4:40	6x8	C ¹	Single Leg Squat and Alternating Row R (Fast)	4	12x



04. STANDING STRENGTH 2

KEEP THE FAITH

MUSIC		EXERCISE		CTS	REPS
0.00	4x8	Set-up Around the World Squat Tap Plates at collarbones or held in both hands at sides		32	
0.15	24x8	A	Around the World Squat Tap L&R 4x Tap L leg B 4x Tap L leg slightly out 4x Tap Leg to 45 degrees 4x Tap L leg to L side Repeat R side	8 8 8 8 32	3x
1.47	1x8	Set-up Squat		8	
1.51	7x8	B	Squat & Back Leg Lift L&R Squat 2/2 Lift L leg B 2/2 Repeat R	4 4 8	3½x
2.17	4x8	B¹	2x Squat Pulse & Back Leg Lift R&L 2x Pulse Squat Lift R leg B 2/2 Repeat L	4 4 8	2x
2.32	8x8	B²	2x Squat Pulse & Back Leg Lift With Plates R&L 2x Pulse Squat Lift R leg B 2/2 Press Plates O/H Repeat L	4 4 8	4x
3:03	16x8	A	Around the World Squat Tap L&R	64	2x
4:05	8x8	C	Squat 2/2	8	8x



05. CORE STRENGTH 2

MT TIME

MUSIC		EXERCISE		CTS	REPS
0.00	4x8	A	Set-up for Cross Crawl with Plate	32	
0.14	6x8	A ¹	Cross Crawl w. Plate F&B (Slow) Cross Crawl F, R leg extend Cross Crawl B, L leg extend	4 4	6x
0:38	6½x8		Cross Crawl w. Plate F&B (Fast) OPTION: Fast 1/1/2 tempo	4	13x
1.04	2x8	B	Set-up Side Hover Plate Crunch R elbow under shoulder, R knee bent, lift hip, L leg extended, L arm reaches O/H		
1.12	5x8	B ¹	Side Hover Plate Crunch L (Slow)	8	5x
1.30	3½x8	B ²	Side Hover Plate Crunch L (Fast)	4	7x
1.43	5x8		Side Hover Plate Crunch & Triple Pulse Knee L	8	5x
2.04	2x8	C	Reset Side Hover with straight legs or bottom knee down, plate over shoulder		
2.11	5½x8		Pulse Side Hover L	4	11x
2.34	2x8	D	Set-up for Mountain Climber Sequence	16	
2.42	1x8		Mountain Climber Sequence F knee to F elbow F knee to B elbow F knee to F elbow Push hips B B knee to B elbow B knee to F elbow B knee to B elbow Push hips back OPTION: Add propulsion after 5x reps		8x
3.45	1x8		Set-up for Cross Crawl with Plate on R side		
3.51	1x8		Repeat A – C, R side		



06. CORE STRENGTH 3

U R MY PULSE

MUSIC		EXERCISE		CTS	REPS
0:00	3x8	Start in Side Hover, top hand comes to floor, transition to Plank		24	
0:10	7x8	A	Push-up 2/2	8	7x
0:34	4x8	Transition to Parachute: knees down, lie prone, shoulders roll back, parachute feet, thumbs up		32	
0:48	8x8	B	Parachute Combo		
			4x Pulse Parachute	8	
			1x Parachute hold	8	4x
1:17	2x8	Transition to Back Extension		16	
1:24	12x8	C	Back Extension with Airplane F&B		
			4x Pulse Back Extension	8	
			1x Airplane F	8	
			4x Pulse Back Extension	8	
			1x Airplane B	8	3x
2:06	16x8	D	Flutter Kicks w. Arm Sweep		
			Flutter Kick, arms at sides	8	
			Flutter Kick, arms sweep around to B	8	
			Flutter Kick, arms B	8	
			Flutter Kick, arms sweep F to sides	8	
			Last rep: hold arms B and Flutter Kick for 32 counts	32	3x
2:55		Outro: Child Pose, Up Dog			