

LES MILLS CXWORX™

30 MINUTE REVOLUTIONARY CORE TRAINING



PRESENTERS FROM: New Zealand

RELEASE
02



From L-R: Corey Baird, Dan Cohen, Susan Trainor

If you thought your first class was challenging, CXWORX™ 2 twists the knife with a workout that takes core training to a new level using the “slings” of the body, resistance tubing and your own body weight.

The Warmup Track gets your muscles’ attention and primes you for the rest of a class that won’t last *All Night Long*, but the effects will be felt for much longer. Don’t forget to breathe. Stay on the deck for Track 2, working the lower abs with a series of leg extensions – first, one leg at a time, then both. But that’s just the start ...

Studies have shown Hovers to be one of the most effective core exercises around and, by the end of this track, you’ll understand why.

Jump to your feet and bring the glutes into play with Back Step Lunges, then grab the resistance tube to load

the obliques with Woodchops. You’ve got the option of bent or straight arms, or a single or double length of tube.

We’re not just doing this *For Your Entertainment*.

Don’t toss away the tubing just yet. You’ll need it for a wicked combination of Squats and Leg Lifts that attack the glutes and hips, key muscles in balance and stability.

Track 5 works the obliques with Twists and Side Crunches in a Side Hover ... you may need the options available here but there is real scope to test your limits.

You’re almost done! Just hang in there for a final Core Track that focuses on the back and from that position, lying on your stomach, you’re perfectly placed to crawl towards the door.

Functional movement indeed...

CXWORX™ 02

Dan Cohen (New Zealand) is an International Master Trainer for BODYPUMP™, a co-Program Director of both BODYCOMBAT™ and CXWORX™ and a passionate mixed martial artist based in Auckland.

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CREDITS

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TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	All Night Long © 2009 Simco Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from The Sony Music Custom Marketing Group, a division of Sony Music Entertainment. Written by: Love, Scheffer, Watters, Bianciello, Perez	Alexandra Burke	3:47
2 CORE STRENGTH 1	Everybody Everybody (Benny Benassi Remix) © 2008 Tuneless Records. Written by: Limoni, Davoli, Semplici	Black Box	6:51
3 STANDING STRENGTH 1	For Your Entertainment (Brad Walsh Remix) © 2009 19 Recordings Ltd. Under exclusive license to RCA Records, a unit of Sony Music Entertainment. Under license from The Sony Music Custom Marketing Group, a division of Sony Music Entertainment. Written by: Gotwald, Kelly	Adam Lambert	4:55
4 STANDING STRENGTH 2	Dirrty © 2002 RCA/JIVE Label Group, a unit of Sony Music Entertainment. Under license from The Sony Music Custom Marketing Group, a division of Sony Music Entertainment. Written by: Aguilera, Stronon, Muhammad, Noble, Cameron	Christina Aguilera feat. Redman	4:48
5 CORE STRENGTH 2	DJ Got Us Fallin’ In Love (Jump Smokers Club Mix) © 2010 La Face Records, a unit of Sony Music Entertainment. Under license from The Sony Music Custom Marketing Group, a division of Sony Music Entertainment. Written by: Martin, Shellback, Kotecha, Perez	Usher feat. Pitbull	5:17
6 CORE STRENGTH 3	I Knew You Were Waiting (For Me) © 1986 Sony Music Entertainment (UK) Limited. Under license from The Sony Music Custom Marketing Group, a division of Sony Music Entertainment. Written by: Climie, Morgan	Aretha Franklin & George Michael	4:00

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Track Focus: To connect the class to their core muscles and bring awareness to how we engage these muscles.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:05	All night	2x8	Setup on floor	16	
0:13	All night	2x8	Super Slow Crunch	16	
0:21	I see	8x8	A' Slow Crunch with arms	8	8x
0:53	I see the	4x8	B Lower Leg Lift	8	4x
1:09	All night	4x8	A' C-Crunch with arms	8	4x
1:25	Tonight	8x8	C Oblique Crunch with arms	8	8x
1:57	I see the	4x8	B Lower Leg Lift	8	4x
2:13	All night	4x8	C' Oblique C-Crunch with arms	8	4x
2:29	Let's get	8x8	D Bridge Setup	16	
			Extend L leg	16	
			Extend R leg	16	
			Hold Bridge	16	
3:01	Ehhh	½x8	Roll down	4	
3:03	I see the	4x8	B Lower Leg Lift	8	4x
3:19	All night	4x8	A' C-Crunch with arms	8	4x
3:35	All night	4x8	C' Oblique C-Crunch with arms	8	4x

Initial Setup

- Lying side-on to the stage
- Fingertips to temples

- Feet hip-distance, close to butt
- Belly in and braced

SLOW CRUNCH

Follow-up

- Curl up, slowly peeling shoulders off the floor
- Head back to floor

WITH ARMS

Setup

- Curl up, arms extend past legs
- Fingertips back to temples, head down

Follow-up

- Exhale through mouth to curl up, inhale through nose on the way down
- Tuck chin gently towards chest as you curl up to avoid straining your neck

LOWER LEG LIFT

Setup

- Lift knees above hips
- Lower both feet to floor, keeping knees bent

Follow-up 1

- Keep lower back pressed towards the floor
- Belly gently drawn in and abs squeeze tightly. Imagine someone is going to drop a 10kg (20lb) medicine ball on your abs
- Hands by your sides, palms up

Follow-up 2

- Keep lower back pressed toward the floor
- This will help you work your lower abdominals

C-CRUNCH WITH ARMS

Setup

- Legs lift as you crunch up, extend arms towards ankles
- Fingertips back to temples; head and feet down

Follow-up 1

- Breathe out hard as you crunch up
- Inhale as you lower down
- Slide ribcage to hips

Follow-up 2

- How close can you get your ribcage to your hips?
- Eyes look between knees as you curl up

OBLIQUE CRUNCH WITH ARMS

Setup

- Curl up, back hand reaches outside front thigh
- Fingertips to temples and back down

Follow-up

- Reach past your thigh with the hand
- Eyes follow your hand
- Keep chin in

OBLIQUE C-CRUNCH WITH ARMS

Setup

- Legs lift as you crunch up, extend arm to side of opposite thigh
- Fingertips back to temples and head and feet down

Follow-up 1

- Exhale on the way up to contract abs more

Follow-up 2

- Follow your hand with eyes
- This is great work for your obliques

BRIDGE WITH EXTENDED LEGS

Setup

- Squeeze butt
- Lift hips off floor
- Press chest to chin
- Knees stay level
- Hold, extend front leg out to straighten knee
- Bend leg and place down and repeat on opposite side

Follow-up

- Squeeze butt to support lower back
- Make sure your pelvis stays level

WHY?

Crunches focus on the upper abs as they pull the ribs to the pelvis.

Leg Lifts provide an introduction to lower abdominal training – keeping the back toward the floor against the pull of the hip muscles.

These two patterns are then integrated with a **C-Crunch**. We then add a rotation component to bring in the obliques.

Coaching breathing control is a key component here and helps set up technique for the rest of the class.

Track Focus: To increase the challenge on the lower and upper abs and to begin activating the muscular slings.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		8x8	A Set up Hover on knees	64	
0:22	Everybody	4x8	A ¹ Hover on toes	32	
0:36	Every	2x8	Roll over on to back and set up for Single Leg Scoop	16	
0:44	_ you won't	12x8	B Single Leg Scoop L&R	16	6x
1:29	Free	4x8	B ¹ Double Leg Scoop	16	2x
1:43		4x8	Set up Hover	32	
2:13		22x8	C Hover with Pushup Arm L&R	16	11x
3:19	Everybody	2x8	Roll on to back	16	
3:26	_ you won't	8x8	B Single Leg Scoop L&R	16	4x
3:56	When I	12x8	B ¹ Double Leg Scoop	16	6x
4:41		4x8	A ¹ Set up Hover on knees or toes	32	
4:55		28x8	C ¹ Hover with Pushup Arm & Leg Lift L&R	16	14x

WHY?

We extend the demands of Track 1 by increasing the leverage on the working muscles – extending the legs to increase the challenge by maintaining the back position with the Scoop. This exercise demands more from the lower abs as they begin to work harder to keep the back toward the floor.

Hovers activate the muscles connecting the arms and legs (slings). When these muscles fire we have a 3D demand on the trunk stabilizers. Sliding the arm out into a **Pressup** position increases the challenge on this mechanism as we attempt to prevent the trunk from twisting.

Initial Setup

- Start on your knees
- Elbows under shoulders
- Knees slightly wider than hips
- Toes tucked under, gently lift your belly up towards your spine and then squeeze mid-section tightly
- Keep shoulders away from ears
- Tuck in chin so neck is long



Follow-up

- If you feel it in your lower back, drop down to your knees. This is the position you come back to if you feel it more in your back or your shoulders

HOVER

Setup

- Option to lift your knees off the floor
- Make sure your back is flat like a tabletop



Follow-up 1

- Choose your option on toes or knees. You should feel the work in the abs rather than in your back. Listen to what your body is telling you

Follow-up 2

- Create a cast-iron corset around your waist by lifting your belly a little and squeezing the life out of your abs

Follow-up 3

- Feel the work in your shoulders and core
- This is ultimate core work and where you shape and strengthen your core!

WITH PUSHUP ARM

Setup

- Take your right arm out to Pushup, then back in
- Repeat to opposite side



Follow-up

- The only thing that moves is your arm. Do not twist
- Shoulders and pelvis stay still by pressing down through forearms and bracing abs as hard as you can
- If you can not avoid twisting, drop back to your knees

WITH PUSHUP ARM AND LEG LIFT

Setup

- Lift opposite leg to hip height



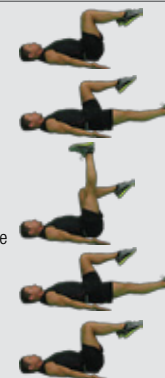
Follow-up 1

- If you start to twist try dropping back to knees. You can still do the opposite leg lift
- You can always come back up and try again
- Make sure you are breathing. Back of neck stays long
- Keep cast-iron corset working as hard as you can to maintain spine stability
- This is where abs are made. Feel the core burn
- We can do this all the way to the end of the music! Hold strong

SINGLE LEG SCOOP

Setup

- Roll on to back, side-on to the stage
- Knees above hips and bent at 90 degrees
- Brace your abs to keep lower back towards the floor
- Arms by your sides, palms up
- Front leg scoops out just above the floor and then up towards ceiling, flexing foot. And then reverse movement back
- Alternate with the other leg



Follow-up 1

- Keep lower back pressed towards the floor to get lower abdominals working
- If you can not keep your back flat towards the floor take the leg higher in the air to reduce the load

Follow-up 2

- Back pressing towards floor and cast-iron corset on to stabilize your spine
- Keep breathing

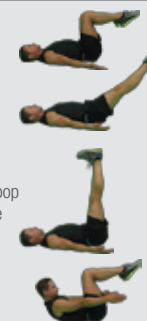
DOUBLE LEG SCOOP

Setup

- Both legs out, up, down and in

Follow-up 1

- By pressing your lower back down you get the lower abdominals working more
- If you want to make it harder, scoop legs lower toward the floor. Make sure your back stays down
- If it is lifting, go back to Single Leg Scoops
- Keep breathing



Follow-up 2

- Remember: to make it harder, skim legs above the surface of the floor as you scoop out
- Keep checking your lower back is toward the floor and find your level so it stays down

Track Focus: To train the gluteals, abs and sling muscles in standing and to improve awareness of how these muscles function in daily activities.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Synth)	4x8	Set up for Back Step Lunge	32	
0:14	_ No escaping	4x8	A Back Step Lunge L	8	4x
0:29	Oh	4x8	A ¹ Back Step Lunge L	4	8x
	Oh, bet you	4x8	A ² Back Step Lunge L with Knee Lift on back leg	4	8x
0:58	_ So hot	4x8	Set up for Woodchop	32	
1:12	_ Let's go	4x8	B Woodchop with bent arms L	8	4x
1:27	_ No escaping	4x8	B ¹ Woodchop with straight arms L	8	4x
1:41	Oh, do you	8x8	B ² 1/3 Woodchop , straight arms L	8	8x
2:10	_ It's all right	2x8	Set up for Back Step Lunge	16	
2:17	_ Close your	6x8	A Back Step Lunge R	8	6x
2:39	Oh, do you	4x8	A ¹ Back Step Lunge R	4	8x
	Oh, bet you	4x8	A ² Back Step Lunge R with Knee Lift on back leg	4	8x
3:08	_ Let me	2x8	Set up for Woodchop R	16	
3:15	Oh	6x8	B Woodchop with bent arms R	8	6x
3:38	Oh, do you	4x8	B ¹ Woodchop with straight arms R	8	4x
3:51	Oh, do you	8x8	B ² 1/3 Woodchop , straight arms R	8	8x
4:20	_ Let me	4x8	A ¹ Back Step Lunge R	4	8x
4:35	_ Let me	4x8	A ¹ Back Step Lunge L	4	8x

Initial Setup

- Cross LES MILLS™ Tube in half and place on the floor so the handles are by your right foot

- Feet under hips, knees soft
- Abs braced, chest up and shoulders away from ears

BACK STEP LUNGE

Setup

- Feet hip-width apart
- Knees bent, chest up
- Lunge back slowly
- As you stand back up, toe tap forward



Follow-up 1

- Grab your waist and feel your waist narrow and abs squeeze tightly
- Align knee to middle foot to get lateral hip muscles working
- Keep chest proud

Follow-up 2

- Knee aligned to mid foot
- Keep standing leg soft as you stand

Follow-up 3

- Speed up the movement and add arms
- Thigh parallel to get butt working
- Try Carl Lewis hands as it makes you run faster
- Keep the chest proud so you are upright
- Keep knee aligned to get the muscles working

Follow-up 4

- Release the LES MILLS™ Tube
- Lunge right leg back
- Thigh parallel to the floor, chest open
- Can you keep the lunging leg off the floor?

UP TEMPO

Setup

- Speed up the movement
- Add Running Arms

Follow-up

- Keep chest up
- Try to get your front thigh lower so it is parallel to the ground. This is how you strengthen and tone your butt



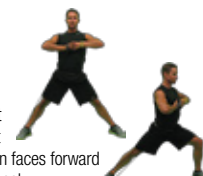
WHY?

Standing brings a functional element to core training. We focus on gluteal engagement in the Lunges and then fire up the slings with Woodchops. Maintaining movement control during Woodchops provides great training for the obliques. Tubing allows us to direct resistance to challenge these rotator muscles. We can tailor the load for each participant by giving them straight or bent arm options and by dropping down to one length of tubing if needed.

WOODCHOP

Setup

- Hook LES MILLS™ Tube around left foot
- Hold both handles in right hand, left hand over right
- Step feet wide, belly button faces forward
- Pull tubing to center of chest
- Transfer weight from side to side, lift chest and turn chest from corner to corner



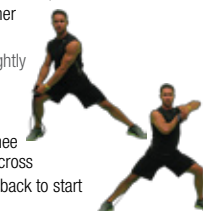
Follow-up

- Belly in and abs braced tightly

WITH BENT ARMS

Setup

- Hands start above right knee
- Pull LES MILLS™ Tube across body with bent arm then back to start



Follow-up 1

- Keep hips facing forward
- The twist comes from the chest and shoulders to get your obliques working
- Make sure to pull the lead elbow back behind your body to get the twist

Follow-up 2

- Look at my pelvis – it slides from side to side and the twist comes from my shoulders only

WITH STRAIGHT ARMS

Setup

- Now try to straighten your arms as you pull across to increase the load on your core



Follow-up 1

- Drive out of your left leg to come across the body
- Hands always come back to start above knee with chest proud (visually show this)
- If this is hard on the shoulders or you're not getting through the full range, drop the inside handle

Follow-up 2

- Let's add some power – fast out, slow back
- Use your legs – power out of the left leg. Keep hips facing forward so the twist comes from your shoulders

Follow-up 3

- Make sure you bend your legs to get power from them
- Drive through the legs. Abs should be rock solid

OPTION

- If you cannot get straight arms to shoulder height, bend the arms to reduce the load or drop down to the single tube

Track Focus: To increase the demands on the gluteals during Leg Lift and Squat patterns.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		8x8	Set up LES MILLS™ Tube around feet	64	
0:34	Ring the alarm	2x8	A Squat	4	4x
0:43	_ Oh movin'	4x8	B Rear Leg Lift L	4	8x
1:02	It's as close	4x8	B ¹ Rear Leg Lift L with Squat	4	8x
1:21	_ Naughty	4x8	C Double Side Leg Lift with Squat L&R	8	4x
1:40	_ Ah heat	4x8	B Rear Leg Lift R	4	8x
2:00	Let's get	4x8	B ¹ Rear Leg Lift R with Squat	4	8x
2:19	_ Naughty	4x8	C Double Side Leg Lift with Squat R&L	8	4x
2:38	In the clubs	4x8	D 7x Squat Pulse	16	2x
2:57	Oh oh	1x8	D ¹ 4/4 Squat	8	
3:02	_ Hot down	4x8	B Rear Leg Lift L&R	8	4x
3:21	Yeah	4x8	B ¹ Rear Leg Lift L&R with Squat	8	4x
3:40	_ Naughty	8x8	C Double Side Leg Lift with Squat L&R	8	8x
4:19	_ Naughty	4x8	D 7x Squat Pulse	16	2x

Initial Setup

- Place LES MILLS™ Tube out along floor
- Stand on right end beside handle
- Thread opposite handle through right-side handle so it sits on top of your shoe
- Stand up and place your feet under your hips, standing on LES MILLS™ Tube
- Take left handle and hold it on left hip or for more resistance take it to the right hip
- Slight bend in the knees
- Chest lifted, belly gently drawn in and abs braced

REAR LEG LIFT

Setup 1

- Push right leg back behind

Setup 2

- Right heel moves back on the railway track

Follow-up 1

- Lead with your heel so toes face forward, foot is flexed
- Hips and knees face front
- Chest open and lifted
- Keep your shoulders over your hips so you do not lean to the side
- Keep soft knee bend each time you step back in

Follow-up 2

- Remember to brace your abs so that you do not arch your back. This will keep the load in the meaty part of your buttocks
- Shoulders stay over hips
- Stand proud

Follow-up 3

- Hips forward

REAR LEG LEFT WITH SQUAT

Setup 1

- Step wider into a Squat
- Feet turned out slightly
- Stand up tall, taking heel straight back

Setup 2

- Add the Squat, stepping feet wide

Follow-up 1

- Knees align to middle of foot
- Squeeze butt to lift up
- Keep your chest lifted throughout the movement
- Keep hips facing the front to avoid twisting

Follow-up 2

- Make sure your hips sit back and down
- Knees stay aligned with middle toes
- Squeeze abs tightly to stop pelvis twisting as leg goes back
- Keep chest proud

Follow-up 3

- Come deep into the Squat so your hips are just above your knees
- This will get your butt working even more

Follow-up 4

- Shoulders must stay over your hips for good alignment. Squeeze your butt each time you stand
- Squeeze your abs and keep your belly gently drawn in

DOUBLE SIDE LEG LIFT WITH SQUAT

Setup

- Side Leg Lift

Follow-up 1

- Slide your hips across and keep them level
- Stay tall
- Squeeze your butt every time you stand up

SQUAT PULSE

Setup

- Hold LES MILLS™ Tube out in front with both hands and squat down and pulse

Follow-up 1

- Knees aligned to toes
- See if you can get your hips down just above your knees

Follow-up 2

- This is when it counts to work hard and finish strong

4/4 SQUAT

- Slowly back up, squeezing your butt, standing tall



WHY?

Hip control is a key component of core training. This is how our trunk muscles help to control our legs during weight bearing activities. In this track we use **Squats and Leg Lifts** to fire up the gluteals. We focus on maintaining a strong trunk position during these patterns to improve balance and stability.

5

CORE STRENGTH 2

DJ Got Us Fallin' In Love > 5:17 mins

Track Focus: To train the obliques using Knee Rotations, Side Hovers and Side Crunches. Superset core training.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		8x8	Setup lying on back, knees above hips, shins parallel to floor, arms wide	64	
0:30	_ So we	8x8	Knee Rotation, Extend Leg Sequence		
		A	Drop knees to side to 45°	8	
			Extend single leg out & in L&R	24	
			Extend both legs out & in	32	
1:00	Tonight	8x8	Quarter Circle Sequence		
		B	Extend lower legs out to 45°	4	
			Quarter circle down to floor	4	
			Bend knees – knees above hips	4	
			Tip to side to 45°	4	4x
1:31	(Synth)	2x8	Roll on to side, set up for Side Crunch	16	
1:39		6x8	Side Crunch	4	12x
2:02		2x8	Roll on to back	16	
2:09	_ Keep	8x8	Knee Rotation, Extend Leg Sequence	64	
2:40	Tonight	8x8	Quarter Circle Sequence	16	4x
3:10	_ Here	6x8	Side Crunch	4	12x
3:33	Tonight	4x8	Hold 8 cts – swap sides to Side Hover	32	
3:48	Dance	6x8	Side Crunch	4	12x
4:11		2x8	Change sides	16	
4:19		2x8	Set up Side Hover	16	
4:26	(Synth)	6x8	Side Crunch	4	12x
4:49		2x8	Roll on to back	16	
4:57		4x8	Crunch Pulse		32x

Initial Setup

- Lying on back, arms out wide, palms up
- Knees above hips and shins parallel to the floor
- Belly gently drawn in, abs braced
- Press arms into the floor to anchor you

KNEE ROTATION, EXTEND LEG SEQUENCE**Setup**

- Lower knees towards front of room, keeping shoulders anchored to the floor
- Extend the top leg out, alternate in and out with bottom leg
- Extend both legs

Follow-up

- Eyes look to the ceiling
- Brace abs
- Keep shoulders anchored

**QUARTER CIRCLE SEQUENCE****Setup**

- Extend both legs
- Scoop them down and back to the center and then take knees back over hips

Follow-up 1

- If you can not keep your shoulders anchored keep your knees bent

Follow-up 2

- Eyes to ceiling
- Keep breathing

**WHY?**

Supersetting the obliques creates a huge functional training benefit. All athletic activities require rotation control and we provide that by training the obliques in this sequence. The **Side Hovers** load the arms and legs, producing muscle integration with isolated work in the **Side Crunches** and **Leg Drops**.

SIDE CRUNCH**Setup 1**

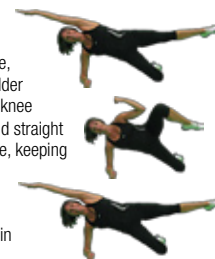
- Roll on to your side, elbow under shoulder supported on one knee
- Arm and leg extend straight
- Take elbow to knee, keeping waist lifted
- Knee above hip
- Crunch your waist a little as you pull in

Follow-up 1

- Lift your waist high and keep trunk straight
- Option to lift bottom knee with your weight on your foot

Follow-up 2

- Keep waist lifted and knee above hips
- Stretch hand away from foot
- Make sure your elbow stays above knee

**SIDE HOVER WITH CRUNCH****Setup**

- Feet stacked or on your knees
- Make sure elbow is under shoulder for good alignment

Follow-up 1

- Great strengthening for your obliques and lateral hip muscles

Follow-up 2

- Choose your option – if you collapse into your shoulder. You can always drop back to your knee if needed so give it a go

**CRUNCH PULSE****Setup**

- Curl up
- Legs extend to 45 degrees
- Straight arms pulse towards the floor
- Chin gently tucked towards chest

Follow-up

- Brace abs. Keep lower back pressed towards the floor



Track Focus: To bring the focus to the back muscles and improve trunk extension.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Instr)	2x8	Set up Lying Prone, hands under forehead	16	
		4x8	A Leg Lift L&R	16	2x
			B Leg Lift L		
0:26	Warrior that fights	8x8	Up (2 cts), Open (2 cts), Close (2 cts), Down (2 cts) Repeat on R	8 8	4x
			B Double Leg Lift		
1:02		4x8	Open (2 cts), Close (2 cts)	4	8x
1:20	_ Ahh	2x8	Set up elbows under shoulders or slightly wider	16	
1:28	Endless delight	8x8	C Single Arm Extension L&R	16	4x
			D Double Arm Extension		
2:04	River was deep	4x8	Arms reach F Arms open to side	4 4	4x
2:22	_ Drawn	1½x8	Transition to Double Leg Lift , hands under forehead	12	
2:29	Knew you	4½x8	B Repeat Double Leg Lift	36	
2:49	I didn't falter	8x8	D Repeat Double Arm Extension	64	
3:24	I didn't falter	3x8	Childs Pose	24	
3:42	_ Knew you	4x8	Hip Flexor Stretch L&R	32	

Setup

- Lie side-on to stage, face down. Stack hands with forehead on hands
- Squeeze butt

LEG LIFT

Setup

- Lift one leg and lower. Repeat with other leg

Follow-up 1

- Make sure leg is straight and knee clears the floor. Think of stretching the leg back behind you rather than high to the sky

Follow-up 2

- Squeeze your butt tight to support lower back
- Try to reach out through your toes
- Slide shoulders away from ears so neck is long

DOUBLE LEG LIFT

Setup

- Squeeze butt
- Pick up both legs
- Open, close, open

Follow-up

- Your belly is touching the floor but not relaxing. Lift it gently towards your spine
- Point toes and tighten thighs



SINGLE ARM EXTENSION

Setup

- Set up elbows slightly forward of shoulders so you look like a Sphinx
- Shoulder blades slide gently down towards spine
- Clench buttocks
- Extend front arm with thumb up and then slowly lower back. Alternate with opposite arm

Follow-up

- Chin tucked in so back of neck is long
- If your lower back is fatigued, take your elbows wider



DOUBLE ARM EXTENSION

Setup 1

- Reach both arms forward
- Thumbs up
- Open to the sides
- Stretch forward again and repeat



Setup 2

- Set back up in Sphinx Pose. Arms straight forward, thumbs up
- Open to side keeping chest lifted

Follow-up 1

- Keep clenching butt as tight as you can
- Back of neck stays long for good alignment

Follow-up 2

- Pull your shoulder blades back as you open your arms

WHY?

In this track we focus on the strap muscles running either side of our spine. We fire up the gluteals and lower back extensors with **Leg Lifts** then we bring the focus to the upper back with **Single and Double Arm Extensions**. Bringing the arms wide also trains our scapula stabilizers. This is great postural training.

THE SPORTS-INSPIRED CORE WORKOUT

WHY DO WE CONSIDER THIS PROGRAM TO BE **SPORTS INSPIRED?**

Because there is nothing you can do athletically without a good foundation of core strength. The core is our powerhouse.

For instance, did you know that 54% of power generated in a tennis serve comes from the trunk and legs? ¹

Every powerful movement you see in sport and in life will involve driving up out of the legs and using that momentum to generate speed and strength into the arms.

This simply doesn't work if you buckle in the middle, which means that our functional ability is only ever as good as our core.

Not only do we need core strength to function but it is estimated that eight in ten people will suffer from lower back pain at some point in their life that will make them seek treatment.² A lot of these problems are thought to be caused through lack of muscular strength of the support mechanisms that stabilize our spine.

A spine stripped of muscle with only ligaments and discs to support it will buckle with only 4.5 lb (2 kg) of load.³ Muscles are vital to protect the spine – so it is no wonder that when we see weakness of these key stabilizers, usually as a result of sedentary life styles, the incidence of lower back pain starts to rise at an alarming rate.

This program is therefore designed to create functional strength and enhance some of the key muscular systems that stabilize the spine to improve our posture and protect us from injury.

SO HOW DO WE ACHIEVE THIS IN OUR **CXWORX™** PROGRAM?

We can split the exercises into two groups – isolated and integrated.

You will see some of the traditional Crunches, Oblique Twists, Back Extensions and Bridges that isolate load in the individual muscles that make up our core.

Other exercises combine these muscles with upper and lower limb strength to produce our integrated exercises.

As we said, all functional movements require integrated strength between the muscles of our core and our arms and legs. Something as simple as walking, where we swing our opposite arm forward with our leg, utilizes this system.

These links between the muscles of the limbs and core are known as sling mechanisms. There are slings across the front linking muscles such as the pec major and serratus anterior of the upper limb with the external oblique and down into our hip muscles in the lower limb. A posterior sling around the back of the trunk connects the latissimus dorsi on one side with the connective tissue of the lumbar spine and the gluteus maximus on the opposite side.

There are also side slings and longitudinal posterior slings.

The integrated exercises in the program in the standing tracks, including Woodchops, Lunges and Squats, and floor exercises such as Hovers, load these sling mechanisms and deliver athletic strength and movement control.

In fact, research performed by Dr Jinger Gottschall at Penn State University showed exactly this.⁴

Dr Gottschall placed EMG electrodes on abdominal, hip, back and shoulder muscles and monitored activity in these muscles while participants performed the CXWORX™ program.

The results showed that exercises which integrate the upper and lower limbs with the muscles of the core, such as we see with a Hover, replicate the muscle recruitment patterns that we see with activities such as walking.

When you walk, your core fires in a 3D pattern – the muscles at the front, back and sides of our core coordinate their contraction to stabilize our trunk as we drive ourselves forward. This means that exercises which replicate this type of recruitment pattern provide us with the best type of functional strength.

There has been some criticism that core conditioning programs don't have enough functional carry-over to influence the way we stabilize our spine in life and during athletic activities.⁵



This research demonstrates that this is clearly not the case with the CXWORX™ program.

The integrated patterns we use in most tracks and the fact that we include standing strength tracks using resistance tubing mean that we are delivering the best mix of exercises to improve core strength and improve lives.

The last area of core training we need to discuss is endurance.

The class is 30 minutes long with each of the six tracks having a different focus.

By the end of the workout we have covered every element of core strength and have fatigued the target muscles to enable them to become stronger and work for longer.

This has been highlighted as a key component to reducing the incidence of injury.⁷ The stabilizing muscles work for sustained periods to support our alignment during daily tasks and athletic movements.

The strength endurance effect of CXWORX™ allows us to deliver strength that can be sustained for as long as we need it.

We hope you enjoy this program and these releases as much as we enjoyed creating them.

We're happy to have you with us as we change the world one core at a time.

Bryce

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