

LES MILLS CX30™



RELEASE
03

FEATURES

GLOBAL TRENDS
THE SCIENCE OF RESISTANCE TUBING

PRESENTERS FROM: SWEDEN / NEW ZEALAND

OUR DECLARATION OF INTENT

The Les Mills Global family is made up of 13,500 fitness clubs, 70,000 instructors and millions of participants from 80 countries around the globe. Separated by geography, religion, race, color and creed **WE ARE UNITED IN OUR LOVE FOR 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 each society sets differing standards for dress, popular culture and dance.

WE ACKNOWLEDGE THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE ENTIRELY INAPPROPRIATE IN OTHERS.

As an organization that leads the group fitness experiences of more people on the planet than any other company, we walk a delicate line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

We actively screen the music we use and take care to avoid language and references that may cause offense. We will not allow any songs to be used that discriminate against minorities of any description, and we are committed to strengthening understanding between people of different cultures.

WE EMBRACE OPEN COMMUNICATION WITH OUR WIDER GLOBAL FAMILY SO THAT DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

THE
ESSENCE



**CX30™ — THE INTENSELY CHALLENGING
30 MINUTE CORE WORKOUT THAT GETS YOU
RESULTS WHERE IT COUNTS THE MOST.**

BLAH **BE LOUD AND HEARD** — tell us what you think of this release. Visit lesmills.com/BLAH

GLOBAL TRENDS

THE SCIENCE OF RESISTANCE TUBING

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	In The Moment (TV Rock Edit) © 2009 Neon Records Pty Limited. Licensed courtesy of Neon Records Pty Limited. Written by: Gough, Smillie, Badwi	Zoë Badwi	2:42
2 CORE STRENGTH 1	Hey Hey © 2011 Les Mills Music Licensing Ltd. Written by: Ferrer	Dancefloor Generals	5:23
3 STANDING STRENGTH 1	Money For Nothing (Radio Mix) © 2008 Attention! Music Recordings. Written by: Knopfler, Sting	Crew 7	6:15
4 STANDING STRENGTH 2	Let Me Think About It © 2011 Les Mills Music Licensing Ltd. Written by: Corr, Talk, Staffeldt, Van, Burhan	KopyKatz	4:20
5 CORE STRENGTH 2	Shake It (Lenny B Remix) © 2008 Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Cyrus, Musso, Healy, Impropio	Metro Station	3:18
5 CORE STRENGTH 2	Shake It (Lenny B Remix) © 2008 Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Cyrus, Musso, Healy, Impropio	Metro Station	1:07
6 CORE STRENGTH 3	Speed Up © 2007 Central Station Records. Written by: Raf, Funkerman, Peroti	Funkerman	5:23
BONUS 3 STANDING STRENGTH 1	Land Of Confusion © 2005 Reprise Records. Produced Under License From Warners Bros. Records Inc. Written by: Banks, Rutherford, Collins	Disturbed	4:50
BONUS 4 STANDING STRENGTH 2	Turn Around (5,4,3,2,1) © 2010 Atlantic Recording Corp. Produced Under License from Atlantic Recording Corp. Contains elements of Din Daa Daa written by George Kranz and published by Buddie Music Inc. (ASCAP). Used by permission. Contains elements of Oh Yeah (B. Blank D. Meier), Datasound AG (GEMA) and TBU Music (GEMA). All rights administered by WB Music Corp. (ASCAP) All rights reserved. Contains a sample of recording Oh Yeah as performed by Yello. Courtesy of Universal Records a Division of Universal Music GmbH. Used by permission. All rights reserved. Written by: Polette, Franks, Dillard, Meier, Engblom, Blank, Xplicit, Corneer	Flo Rida	3:22
BONUS 6 CORE STRENGTH 3	Forever © 2008 Zomba Recording, LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Merritt, Allen, Brown, Jones, Kennedy	Chris Brown	4:41

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CREDITS

Choreography – Susan Trainor and Dan Cohen
Technical Consultants – Bryce Hastings and Corey Baird
Group Fitness Director – Jackie Mills
Creative Director – Janine Phillips
Program Coach – Janine Phillips
Program Planner – Michelle Farrier

CX30™ 03



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

Welcome to Les Mills' CX30™

The revolutionary new LES MILLS™ core training program returns with another workout that sets fire to all the muscles that help you run faster, play harder and stand stronger.

The Warmup puts you *In The Moment*, engaging the upper and lower abs and obliques, both separately and together, preparing them for the assault to come.

In Core Strength 1, you'll take a three-dimensional approach to the task at hand – a Hover with Arm Sweep, up and down to a Plank, and then Cycle. Feel that burn, then forget about it... focus on the result.

Track 3 uses the resistance tube to work on the muscular slings used in functional movement, adding some tension to lunging and twisting motions.

Don't toss away that tubing just yet. You'll need it in the second Standing Strength track, which attacks the glutes and hips to develop balance. You may need to "think about it", but don't forget to smile through the pain.

Now *Shake It...* you're about to be seduced into Side Plank submission. Lift those hips higher for best results.

Finally, Track 6 hones in on your glutes and back with a wicked combination of Rear Leg Extensions. Thirty minutes is all it takes for your core annihilation...

But wait, CX30™ features three bonus tracks to swap in for the two Standing Strength and the final Core Strength tracks. That's more value for your money!

CX30™ 03 Presenters

Dan Cohen (New Zealand) is an International Master Trainer for BODYPUMP™, a co-Program Director of both BODYCOMBAT™ and CX30™ and a passionate mixed martial artist based in Auckland.

Susan Trainor (New Zealand) is the Program Director for BODYVIVE™ and co-Program Director for CX30™. She has previously performed and taught with some of the leading dance companies in New Zealand and Australia.

Corey Baird (New Zealand) is a Personal Trainer and Pilates teacher at Les Mills Auckland. He is also a Technical Consultant for BODYBALANCE™/BODYFLOW®, BODYPUMP™ and CX30™ programs.

Dearnin Priestler (Sweden) is a fashion designer and Les Mills Nordic Clothing Manager in Stockholm. He is a BODYPUMP™ instructor and has also taught core-training programs previously, but this is his first appearance as presenter on a Les Mills release.

GLOBAL TRENDS

IT IS ESTIMATED THAT **WE HAVE FOUR MILLION PEOPLE PER WEEK DOING OUR CLASSES** ALL OVER THE WORLD — **AN AMAZING EFFORT.**

BUT — LET'S PUT THAT IN PERSPECTIVE...

The USA alone has an estimated **72.5 million people who are obese, with some states having greater than 30% obesity levels.***

60% of adults don't do enough exercise to generate health-related changes, with 30% of the population being totally inactive.

So — in reality, we are just scratching the surface.

We here at Les Mills International (LMI) are committed to doing our very best to change this.

WE HAVE A GOAL TO GET 20 MILLION PEOPLE DOING OUR CLASSES BY 2020

So what makes us think that group fitness can transform people from their sedentary behavior into exercise junkies?

Well — studies show that **people will often do better when they EXERCISE IN GROUPS.**

When we compare different types of exercise settings we see that when people train in groups they exercise harder, for longer, and they're likely to come more often.

There is something about the cohesive nature of a group setting that makes people more comfortable training within this environment. And if they are more comfortable they will turn up more often and train harder.

We also see some really **amazing effects when we ADD MUSIC TO THE MIX.**

It appears that when you play uplifting music people will naturally want to exercise harder. Some studies suggest that music alters our level of perceived exertion during exercise — that is, we train harder without realizing it — while others claim we just don't mind exercising harder when we listen to music while we train.

So — we stick people in groups and play some music and we find people want to train hard and come back and do it again and again.

But there's one more key factor that we know can make or break the group fitness experience – THE INSTRUCTOR.

Researchers have manipulated different aspects of instruction in a group fitness setting. They found that if the instructor encouraged people and created a socially enriched environment, this was the main ingredient in determining whether people will come back for more.

So – although we know that we can control the setting to get people into groups and provide great music – **it still comes down to the fact that the instructor can create that energy to maximize the experience of the people in the room.**

Needless to say, we here at LMI will do our very best to keep creating opportunities by providing great music and choreography – so that you can connect with the people in front of you and deliver life-changing fitness experiences every time you teach.

We believe that we can fill exercise classes all over the world if we get this right – and start edging toward that magical figure of 20 million by 2020.

What that will give us is a voice. People around the world will start to notice that something amazing is going on – and they will want to join in. Only then will we start making inroads into changing the attitudes toward exercise and fitness on a global scale.

THE WORLD NEEDS THIS!



THE SCIENCE OF RESISTANCE TUBING

TUBING IS VERSATILE, EASY TO USE AND INEXPENSIVE. IT HAS A WIDE APPEAL ACROSS A RANGE OF AGE GROUPS AND IT PROVIDES US WITH THE ABILITY TO TAKE A SIMPLE EXERCISE AND MAKE IT CHALLENGING.

The main considerations when training with tubing are:

- The point of **maximum resistance** is different when you use tubing compared to using free weights
- Tubing allows you to provide **resistance** to movements in other directions other than straight down as we see in body weight or free-weight exercises
- There is **no momentum** when you use tubing so it is often safer to use during quicker and large-range exercises such as Woodchops
- There are some common rules that make using tubing safe and effective.



Point of Maximum Resistance

With the Dumbbell Curl we have a small arc of maximum resistance in the middle of the curl.

With tubing, the load is quite different as it occurs at a different point, depending on the line of pull, and continues to **increase** as you move through the range.

Direction of Resistance

Tubing always pulls toward the point to which it is anchored, eg by fixing the tube under one foot we now have a line of pull directly against the action of the Woodchop.

The tubing allows us to stand and bear weight while providing different angles of pull to challenge the core, which allows us to produce a training stimulus in the position we need it most.

Gluteal exercises are a really important part of core conditioning. Normally we lie down on our side to work the side hip stabilizers but we can use the tubing by wrapping it in the direction needed to resist the movement and perform the same exercise whilst standing.

To adjust the amount of resistance, we can alter the tension of the tube in the start position by using a shorter length across the same distance or we can use more starting length to make the exercise easier.

Momentum

In exercises such as Woodchops which are performed through a large range with quite a quick tempo, momentum is a key safety issue when choosing different types of resistance. When using free weights our muscles accelerate at the start of the

movement and decelerate at the end. This deceleration phase can be very stressful on muscles and joints as the muscles need to contract eccentrically in a lengthened position.

With tubing, there is no momentum effect because the resistance keeps increasing as it moves further through the range without needing a deceleration phase. This makes tubing safer to use during wide-range faster movements such as Woodchops.

Tubing Rules

Try to keep the load on the tube at all times – in most exercises we can adjust the start length to keep load on the tube throughout the movement.

Always anchor the tubing firmly on its fixation point. This will help you avoid a slingshot effect and make the exercise safer for you and the people around you.

Tubing is graded from light to heavy so always try a new exercise with a lighter grade of resistance until you are comfortable with the technique. Go heavier when you can role-model perfect execution from the start.

Always keep the wrist in a strong functional position with a firm grip around the handle and the wrist slightly extended.

1

WARMUP

In The Moment > 2:42 mins

Track Focus: My class will warm their core in Scissors, C-Crunches and the Bridge.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Moment	4x8	Set position	16	
		A	Single Leg Lift L&R	16	
0:16		4x8	A ¹ Scissors L&R	4	8x
0:31	_ I never	4x8	B 1/3 Double Leg Lift	8	4x
0:46	_ I'm alive	4x8	B ¹ 1/3 C-Crunch (Phase 1)	8	4x
1:01	Now	5x8	C Bridge	16	2½x
1:20	Moment	4x8	C ¹ Bridge with Leg Extension L&R	32	
1:35	Ahhh	4x8	B 1/3 Double Leg Lift	8	4x
1:50	Now	8x8	B ¹ 1/3 C-Crunch	8	8x
2:20	Moment	4x8	D Cross Crawl L&R	8	4x

Track info

- Let's warm up all the muscles we need to use in this class.

SINGLE LEG LIFT

Setup

- Lie side-on to the stage
- Feet hip-width apart and close to butt
- Draw your belly in and brace the abs
- Palms face up
- Keep lower back towards the floor as you lift one leg up and lower



SCISSORS

Setup

- Tempo change, lift and switch
- Toes tap to floor – keep lower back down

DOUBLE LEG LIFT

Setup

- Lower down slowly
- Lift quickly and lower
- Knees above hips, shins parallel to floor
- Arms to the sides

Follow-up

- Legs lift up and slow down

Drive

- Feel your abs resisting the pull on your back to keep it down towards the floor



C-CRUNCH

Setup

- Bring in your upper abs
- Curl up as palms come together, and lower
- Working upper and lower abs

Follow-up

- Hands up
- Try to make yourself as small as you can
- Exhale to activate the abs more (this helps with the contraction)
- Hands above shins

Drive

- Squeeze your abs



BRIDGE / BRIDGE WITH LEG EXTENSION

Setup

- Palms down, feet close to butt
- Squeeze butt and lift hips to the ceiling

Follow-up

- Slowly lower through spine and lift again
- Roll down, warming back and glutes
- Lift your hips high
- Lift one knee above hip
- Extend the leg to the ceiling
- Other leg
- Foot back to the floor
- Lower back down



Drive

- Squeeze butt tight

CROSS CRAWL

Setup

- Fingertips to ears
- Bring the shoulder across to opposite knee, working the obliques



WHY?

In this track we connect with the target muscles: upper and lower abs, glutes and the muscles of the lower back. This establishes the neuromuscular control for the rest of the class.

2

CORE STRENGTH 1

Hey Hey > 5:23 mins

Track Focus: My class will succeed in the Hover through technical coaching.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	12x8		Set up Hover	96	
0:45	Ordinary day 10x8	A	Hover with Arm Sweep L&R	16	5x
1:24	1x8		Push up to Plank L	8	
1:27	Heard you say 8x8	B	Plank Sequence L L Elbow, R Elbow, L Hand, R Hand	8	8x
1:58	You say 2x8		Elbow, Elbow, Hover – hold Last 8 cts roll on to back	16	
2:05	Bow bow 8x8	C	Cycle L, R, L, hold. R, L, R, hold. Upper body lifts on hold after 2 reps	16	4x
2:36	2x8		Set up Hover	16	
2:42	Ordinary day 10x8	A	Hover with Arm Sweep R&L	16	5x
3:21	1x8		Push up to Plank	8	
3:25	Heard you say 10x8	B	Plank Sequence R R Elbow, L Elbow, R Hand, L Hand	8	10x
4:04	Say 2x8		Elbow, Elbow, Hover – hold Last 8 cts roll on to back	16	
4:11	16x8	C	Cycle L, R, L, hold. R, L, R, hold	16	8x

Track info

- We are about to provide you with 3-dimensional core strength – let's find out what that is.

HOVER WITH ARM SWEEP

Setup

- Come down to Hover
- Elbows under shoulders
- Press your fists together
- Knees outside hips
- Toes tucked under
- Lift your hips to shoulder height



Follow-up

- Your back is as long and flat as a surfboard
- We hold here by lifting the belly toward the spine and bracing the abs super tight
- Hold here and feel 3D core strength
- Abs tight
- Side obliques working
- Lower back strong
- Hold and breathe
- Forearms press down into the floor
- Let's challenge your core
- Right arm circles out and around
- Left arm
- The only thing that moves is your arm
- Shoulders and pelvis stay level to the floor by bracing abs tight
- **Advanced option** to lift knees and feel how much harder you have to brace
- The further the arms circle out, the more load on your core
- Hold



Option

- If you feel it in your lower back more than your abs, drop to your knees



Follow-up – 2nd set

- Challenge yourself by trying to lift the opposite arm to leg off the floor to hip height
- Lift the opposite leg to arm if you can keep shoulder and pelvis level to floor
- If you feel tension in your back, brace the abs harder or drop to knees. Come back up when you can

Drive

- This will strengthen your muscular slings from the front shoulder to opposite hip
- That means strength for all sports

PUSH UP TO PLANK

Setup

- Right arm to push up
- Left arm
- Push up
- Right elbow back to Hover, left elbow



Follow-up

- Hands under shoulders as you climb up
- Back long and flat like a surfboard
- Abs braced, glutes squeeze thighs tight

Drive

- This will strengthen your triceps, shoulder girdle and your core

Option: On knees



CYCLE

Setup

- Roll over on to back, side-on to stage, knees above hips
- Front leg straightens
- Back leg straightens
- Front leg straightens
- Hold
- Repeat



Follow-up

- Back pressed towards floor, abs braced
- This time curl up on the hold
- Breathe out hard as you lift up, inhale down
- Tuck chin in gently to curl off floor
- Lift shoulders higher
- Hold, feet to floor, come back to Hover

Follow-up – 2nd set

- If back arches, bend knees to reduce the load
- Breathe out hard to curl up
- How close can you get your chest to your thigh?
- Come one inch higher off the floor

Drive

- That's how we get muscle tone in our abs

Option

- Bend knees and toe tap if you cannot keep lower back down towards floor when head is down



WHY?

In this track we use Hovers, changing our base of support to engage our sling mechanisms. We superset this with blocks of upper and lower abdominal training. This intensifies the workout as we begin our journey toward functional strength.

3

STANDING STRENGTH 1

Money For Nothing > 6:15 mins

Track Focus: I will coach the twist from the waist so my class will feel the oblique workout.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8		Set up Wide Stance	32	
0:15	_ Look at	4x8 A	Power Skater L	8	4x
0:30		8x8 A ¹	Dynamic Power Skater	4	16x
1:00	_ We got to	2x8	Set up LES MILLS™ Tube	16	
1:08	_ We got to	7x8 B	Resisted Power Skater set up L	8	7x
1:33	_ That little	8x8 B ¹	1/3 Dynamic Resisted Power Skater	8	8x
2:03		8x8 B ²	1/1 Dynamic Resisted Power Skater	4	16x
2:32	_ We got to	2x8	Set up Lunge	16	
2:40	_ We got to	7x8 C	Triple Pulse Lunge	8	7x
3:06		4x8	Set up Wide Stance		
3:20	_ Look at	4x8 A	Power Skater R	8	4x
3:35		8x8 A ¹	Dynamic Power Skater	4	16x
4:04	_ We got to	2x8	Set up LES MILLS™ Tube	16	
4:12	_ We got to	7x8 B	Resisted Power Skater set up R	8	7x
4:38	_ That little	8x8 B ¹	1/3 Dynamic Resisted Power Skater	8	8x
5:07		8x8 B ²	1/1 Dynamic Resisted Power Skater	4	16x
5:36	_ We got to	2x8	Set up Lunge	16	
5:44	_ We got to	7x8 C	Triple Pulse Lunge Hold the last one down	8	7x

Track info

- We have designed this track to work our rotator muscles as well as our muscular slings, which applies to any sport that involves twisting. This exercise trains integrated strength from your legs to your abs to your shoulders. The LES MILLS™ Tube allows us to increase the intensity.

POWER SHATER

Setup

- Left foot inside the LES MILLS™ Tube
- Handles directly out in front of you
- Feet wide, toes turned out slightly
- Pull belly in, brace your abs
- Thumbs up to chest, elbows out wide
- Bend your right knee and twist from the waist
- Shift weight back to the other side
- The more you twist, the more you work your obliques



Follow-up

- Elbows out wide
- Shift weight from side to side
- Hinge from the hips and as the weight comes forward, push your butt back
- Bend your knee and drive through your heel



DYNAMIC POWER SHATER

Setup

- Out quick and step your right foot in and hold
- Come back to this position every time (show visual)
- Rear shoulder faces back of room

Follow-up

- The lower you stay in the legs, the more you work your trunk
- Out and freeze



DYNAMIC RESISTED POWER SHATER

Setup

- Out quickly
- Both knees face front
- Stay low
- Lean weight forward and lift the chest
- Flat back



Follow-up

- As you drive out of your foot and leg – use your chest to resist the LES MILLS™ Tube

Follow-up – 2nd set

- Step wide and shift your weight from side to side
- Out quickly
- Step left foot in
- Take your focus back into your core
- Drive out of the foot and leg to really help you turn your trunk
- A little Squat
- You should be feeling this in your legs and in your core

Options – 1st side

- If you are feeling it in your shoulders, drop the handles a little bit or go to one tube

Drive

- Now you are working the muscle slings from shoulder to hips



RESISTED POWER SHATER

Setup

- Hold the outside of the handles
- Lock handles into your chest
- Step out to the side and feel the shift of weight from side to side
- Add twist

Follow-up

- Lift chest, drop your shoulders away from your ears
- It's your chest that drives the tube, not your shoulders
- Focus on the core
- Drive out of foot and leg to help you turn your trunk



TRIPLE PULSE LUNGE

Setup

- Lunge
- Long step back, feet hip-distance apart, front knee tracking over middle toe
- Brace your abs, lift hands forward to chest height
- 3 little Lunges and release your arms

Follow-up

- Drive weight through your front heel
- Squeeze your butt
- Add more resistance to the LES MILLS™ Tube to make it harder (visual lifting hands higher)

Option

- Hands to hips for less resistance or lift hands higher in the Triple Pulse to add more resistance



WHY?

This is great sports-inspired functional training. Feel the connection from legs to upper body as we propel our bodies through the frontal and transverse planes.



4

STANDING STRENGTH 2

Let Me Think About It > 4:20 mins

Track Focus: My class will train glute strength and knee tracking in the Rear Leg Lifts.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	You say	5x8	Set up LES MILLS™ Tube	40	
0:19		4x8	A Side Step L&R	8	4x
0:33	_ Let me think	4x8	B Step Back, Back, Forward, Forward – L leg leads	4	8x
0:48		4x8	B Step Back, Back, Forward, Forward – R leg leads	4	8x
1:03	You say	8x8	C 2/2 Rear Leg Lift L	8	8x
1:33		4x8	C' 1/1 Rear Leg Lift L	4	8x
1:48	Come on	8x8	C 2/2 Rear Leg Lift R	8	8x
2:18		4x8	C' 1/1 Rear Leg Lift R	4	8x
2:33	_ You say	6x8	A Side Step L&R	8	6x
2:55	Let me think	4x8	C' 1/1 Rear Leg Lift L	4	8x
3:10		4x8	B Step Back, Back, Forward, Forward – L leg leads	4	8x
3:25		4x8	C' 1/1 Rear Leg Lift R	4	8x
3:40		4x8	B Step Back, Back, Forward, Forward – R leg leads	4	8x
3:54	Let me think	4x8	Standing Hip Stretch L&R	32	

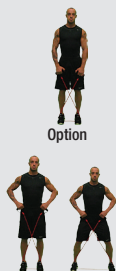
Track info

- This track is all about our glutes, balance and hip stabilizers.

SIDE STEP

Setup

- Step on to the LES MILLS™ Tube
- Feet hip-distance, knees soft
- Cross LES MILLS™ Tube and lift handles up to hips
- Belly in and brace the abs
- Chest lifted and open, shoulders away from ears
- Side Step – right leg out and in
- Left leg
- Take weight gently to the side



Follow-up

- Push out against LES MILLS™ Tube
- Belly in, abs braced

STEP BACK, BACK, FORWARD, FORWARD

Setup

- Leading with the right foot, step back, back, forward, forward
- Brace the abs to keep hips square
- Brace the abs tighter to stop your lower back from arching
- Keep hips and shoulders facing forward as you walk
- Feel the work in your glutes

Follow-up

- Push the heel back as you step
- Try not to lean from side to side

REAR LEG LIFT

Setup

- Transfer your weight on to left leg and push back with right heel
- Brace your abs to keep your hips level
- Try not to lean to the side
- Keep foot flexed so LES MILLS™ Tube does not slide off
- Keep your chest lifted
- Standing leg bent, knee aligned with middle toe



Follow-up

- Touch down to re-establish balance
- Push heel straight to the back
- Speed up the pace and try to keep foot off the floor
- Touch down if needed
- Push knee out over middle toes on standing leg
- Chest and pelvis facing front
- Belly in, abs braced
- If the resistance is too much, lower the handles to your thighs
- Push back and try and lift a little higher to strengthen your glutes
- Feel the strength in the standing leg as you work your hip stabilizers

Follow-up – 2nd set (right leg)

- Back to rear leg raise
- Slide your hips across to keep them level
- Hips stay forward
- Stand tall, abs braced

Options

- Touch foot down if needed to re-establish balance
- Lower the handles to reduce resistance

WHY?

We train gluteal strength in standing to establish pelvic, lower back and hip control. If you didn't realize that your glutes controlled your leg function before this track, you will do by the end.

5

CORE STRENGTH 2

Shake It > 4:25 mins

Track Focus: My class will challenge their obliques in the Side Plank through great coaching.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	2x8		Lie on back on floor	16	
0:07	_ Yeah 4x8	A	Cross Crawl L&R	4	8x
0:21	I'll take you 2x8		Roll on to side	16	
0:28	_ Your body 6x8	B	2/2 Side Crunch L	8	6x
0:49	She does it 8x8	B ¹	1/1 Side Crunch L	4	16x
1:17	Your lips 2x8		Change sides	16	
1:24	We're on the 6x8	B	2/2 Side Crunch R	8	6x
1:46	She does it 8x8	B ¹	1/1 Side Crunch R	4	16x
2:14	Saw you 5x8		Set up Side Plank	40	
2:32	She does it 8x8	C	Side Plank with Knee Lift	8	8x
3:00	_ Shake shake 4x8	C ¹	Hip Lifts	4	8x
3:14	1x8		Hold at the top	8	
3:17	Saw you 5x8		Set up Side Plank	40	
3:35	She does it 8x8	C	Side Plank with Knee Lift	8	8x
4:03	_ Shake shake 4x8	C ¹	Hip Lifts	4	8x
	1x8		Hold at the top	8	

Track info

- Come down to the floor where we will challenge you into Side Plank submission!

CROSS CRAWL

Setup

- Lie side-on to the stage
- Knees over hips, lower back towards the ground, abs braced
- Fingertips to temples
- Take shoulder and elbow towards opposite knee
- Extend other leg away
- Both elbows off the floor

SIDE CRUNCH

Setup

- Hold your knees together at right angles to hips
- Stack the hips, shoulders on floor
- Bottom arm forward
- Fingertips of other hand to temple
- Take side ribs to your top hip
- On the way down, very gently open out chest



Follow-up

- Lift your shoulder toward top thigh
- Chin in and keep your head still
- Keep breathing
- Don't let your shoulder touch the ground
- As you lift, lead with the shoulder rather than the elbow
- Lift all the way up and all the way down
- Tempo change



Options

- Both hands' fingers to temples (advanced option)
- Top arm straight (low option)

SIDE PLANK WITH KNEE LIFT / HIP LIFTS

Setup

- Bend your bottom leg, straighten top leg
- Hand under shoulder
- Lift your waist
- You can come back to this position at any time
- Lift other arm up
- Foot to knee, tap behind
- Keep the hips lifted



Follow-up (right side)

- Push out of your supporting hand to help take tension out of the shoulder
- Place your foot down behind other foot, hold and lift your hips up and down
- Your challenge is to lift your hips as high as you can to work your side flexors



Follow-up (left side)

- Bend the knees, one leg straight and remember, there's an option to return to this position
- Arm up nice and high
- Lift your hips
- Knee comes up

Options

- Drop to your knee (low option)
- Toe Tap front and back to reduce the load
- Keep foot off the floor throughout to make it harder



WHY?

Back to the floor for isolated oblique work followed by integrated training in a Side Plank. This finishes off our abdominal conditioning with a bang.

6

CORE STRENGTH 3

Speed Up > 5:23 mins

Track Focus: I will coach my class to hold still as they isolate the glutes in the Rear Leg Extension.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8	A	Back Extension setup	32	
0:16	4x8		Lie on belly, hands clasped behind	32	
0:31	3x8		Lift chest	24	
0:42	5x8		Release hands, arms to side	8	4x
			Set up Horse Stance last 8 cts	8	
1:01	_ Try to 4x8	B	Rear Leg Extension with Tap L	8	4x
1:16	I want 8x8	B ¹	Rear Leg Ext with Tap L on diagonal	16	4x
1:46	_ Try to 8x8	B ²	Rear Leg Extension with Tap on diagonal, opposite arm F	8	8x
2:17	4x8	B ³	Rear Leg Extension with Tap on diagonal, opposite arm to side	8	4x
2:31	_ Try to 4x8	B	Rear Leg Extension with Tap R	8	4x
2:46	I want 8x8	B ¹	Rear Leg Ext with Tap R on diagonal	16	4x
3:16	_ Try to 8x8	B ²	Rear Leg Extension with Tap on diagonal, opposite arm F	8	8x
3:47	4x8	B ³	Rear Leg Extension with Tap on diagonal, opposite arm to side	8	4x
4:02	I can 2x8	A	Lie on belly, hands clasped behind	16	
	_ If you 2x8		Take arms wide	16	
4:17	8x8		Albatross Twist L&R	32	2x
4:48	2x8		Childs Pose – roll up	16	
4:56	8x8		Side Stretch L&R	32	
			Upper Back Stretch	16	
			Arms O/H, breathe in and out	16	

Track info

- This track will set fire to your glutes and your back and work on posture.

BACK EXTENSION

Setup

- Come down on to your belly
- Feet hip-distance
- Squeeze glutes
- Chin in
- Clasp hands and push hands down your back as you lift your chest off the floor
- Gently release hands
- Bring them to the sides

Follow-up

- Thumbs up
- Reach to the sides of the room
- Chest lifts a little more then lowers



HORSE STANCE

Setup

- Hands under ribs, push up to Horse Stance
- Hands under shoulders
- Knees under hips
- Right leg extends behind and taps to the floor
- Long straight leg, no higher than parallel to the floor
- Direction change

Follow-up (right side)

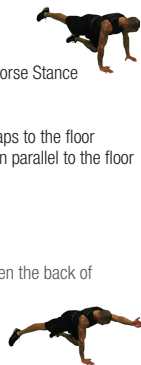
- Lift and tap to the corner
- Lift and tap to the start
- Eye gaze to fingertips to lengthen the back of your neck
- Brace belly as hard as you can to keep your back as still as possible
- Opposite arm forward, thumb up
- Reach arm long and strong as you work the core stabilizers of the body from your glutes through the abs, back and to your shoulders
- Arm directly to side, thumb up

Follow-up (left side)

- Keep leg long and straight
- How still is your back?
- Imagine you have very expensive French champagne balanced on your shoulder and butt
- Try not to spill any

Option

- Lift and lower the leg without tapping floor



ALBATROSS TWIST

Setup

- Come down on to belly
- Grab your hands
- Push knuckles to feet
- Squeeze butt, lift chest
- Hands reach to the sides
- Thumbs up
- Twist on your spine, look to the side

Follow-up

- Hips and belly button stay on the floor
- Rotate around your spine



CHILDS POSE

- Push back into Childs Pose
- Transition
- Roll up through your spine
- Roll the shoulders
- Side Stretch
- Side reach
- Other side
- Breathe in
- Exhale to release
- Upper Back Stretch
- Hands push forward
- Feel the stretch between your shoulder blades

WHY?

Finally we hit isolated conditioning for the muscles of the lower back and gluteals, starting on the floor and then moving into Horse Stance for 3-dimensional core control and gluteal isolation.

Track Focus: My class will challenge their balance, coordination and stability in the Superman.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8		Set up Suitcase Lift – hold L	32	
0:17	_ I must	4x8 A	2/2 Suitcase Lift	8	4x
0:34	_ Now did	4x8 A ¹	2/2 Suitcase Lift with Arm	8	4x
0:51	Too many	4x8 A ²	1/3 Suitcase Lift with Arm	8	4x
1:07	_ This is	4x8 B	1/1 Lunge – R leg B	4	8x
1:25		2x8	2/2 Lunge R Lunge , change grip	8 8	
1:33	_ Superman	8x8 C	Superman L	8	8x
2:06	_ This is	4x8 C ¹	Superman L with Row	4	8x
2:23		2x8	Superman L with Row Set up Suitcase – hold R	8 8	
2:31		4x8 A	2/2 Suitcase Lift	8	4x
2:47	Long ago	4x8 A ¹	2/2 Suitcase Lift with Arm	8	4x
3:04	Tight	4x8 A ²	1/3 Suitcase Lift with Arm	8	4x
3:21		4x8 B	1/1 Lunge – L leg B	4	8x
3:38	We're not	2x8	2/2 Lunge L Lunge , change grip	8 8	
3:47	There's too	8x8 C	Superman R	8	8x
4:21	_ This is	4x8 C ¹	Superman R with Row	4	8x
4:38	Too _	2x8	Superman R with Row	8	2x

Track info

- Time to train the side flexors and trunk stability.

SUITCASE LIFT

Setup

- Take LES MILLS™ Tube, fold it in half and place it in front of your feet with the handle by your right foot
- Bend down, grab the handles in your right hand
- Brace your core
- Stand tall, feeling the resistance
- Create tension between the shoulder blades so your chest is open
- Grab your waist
- Feel your belly gently pull in and then brace abs to support the back
- Push hips back, hinging from the hips, knee slightly bent
- As you stand tall, squeeze your glutes
- Side flexors braced to keep chest centered
- Lift the opposite arm, thumb up, arm straight
- Arm lifts out to 45 degrees to strengthen your shoulder blade muscles



Follow-up

- Take eyes with you to the floor
- Now bring them back up with you to the horizon
- Every time you stand up, squeeze your butt
- Now imagine you are picking up a suitcase and feel the resistance

Follow-up – 2nd set

- Chest open and lifted
- Keep side flexors strong to maintain your mid-line
- Squeeze your glutes tight
- Lifting the arm with the thumb up strengthens our lower trapezius muscles and shoulder girdle

Options

- Stand closer to the handle for more resistance and further away for less resistance

LUNGE

Setup

- Left leg back, hip-distance apart
- Drive down through the front heel and feel the power in your hip
- Feel the resistance in the glutes as you come up
- Change the handles to the opposite hand

Follow-up

- Grab your waist
- Shoulder pulls back to open the chest, keeping shoulders level



SUPERMAN

Setup

- Change the handles to the opposite hand
- Brace your abs
- Lift opposite arm and leg as you hinge forward at the hips
- Come back to Lunge
- Standing leg stays bent
- Lift arm and leg as high as you can
- Feel the cross-connection between the shoulder and hip



Follow-up

- We are strengthening back glutes and hamstrings
- Hold brace tight – and row, bringing your fist towards the hip
- Squeeze shoulder blades together
- Feel the strength in your lats and upper back and connect that to your right glute

Follow-up – 2nd set

- Take eyes with you so back of neck is long
- Pull shoulder right back towards the spine

Options

- Stand closer to handle for more resistance and further away for less resistance
- Touch back foot down to re-establish balance if needed

WHY?

It doesn't get more functional than this: establishing core control and strength for single-loaded lifting. Then we connect our posterior slings as we lift into the Supermans.

Track Focus: My class will move through the transitions smoothly.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Mm da da	5x8		Set up LES MILLS™ Tube	40	
0:18	Mm da da	4x8	A	Side Leg Lift L Rear Leg Lift L	4 4	4x
0:34	On stage	4x8	A¹	Side Leg Lift L with Single Leg Squat Rear Leg Lift L with Single Leg Squat	4 4	4x
0:48	Oh oh	4x8	B	Side Leg Lift L	2	16x
1:03	Mm da da	4x8	C	4 Squat Pulse, Side Leg Lift L&R	16	2x
1:18	Yours is	4x8	A	Side Leg Lift R Rear Leg lift R	4 4	4x
1:33	Them	4x8	A¹	Side Leg Lift R with Single Leg Squat Rear Leg lift R with Single Leg Squat	4 4	4x
1:48	Oh oh	4x8	B	Side Leg Lift R	2	16x
2:03	Mm da da	4x8	C	4 Squat Pulse, Side Leg Lift R&L	16	2x
2:18	I don't	7x8	D	Squat, Rear Leg Lift R&L	8	7x
2:44		½x8		Hold	4	
2:46	Oh oh	4x8	B¹	Side Leg Lift L Side Leg Lift R	2 2	8x 8x
3:02	Mm da da	4x8	C	4 Squat Pulse, Side Leg Lift R&L	16	2x

Track info

- Let's work on knee tracking and power through the glutes.

SIDE LEG LIFT / REAR LEG LIFT WITH SQUAT

Setup

- Step on to LES MILLS™ Tube
- Cross handles
- Hands low on hips or high for harder option (visual)
- Squeeze your butt
- Brace the abs, lift chest and roll shoulders away from ears
- Lift leg to side, tap, back, tap



Follow-up

- Just tapping foot to floor
- Weight on standing leg
- Add on a Single Leg Squat
- Leaning is cheating; stand straight

Drive

- This is great for butt and hip strength
- Helps you to stand tall
- Awesome training for knee tracking

16 PULSES

Setup

- 16 Pulses left side
- Try not to lean over
- Take hips over with you and then brace your abs to keep hips level

Follow-up – 2nd set (left side)

- Push up against LES MILLS™ Tube
- It's not a big move
- Lift with as much control as you can

Option

- Touch foot down if needed

SQUAT PULSE, SIDE LEG LIFT

Setup

- Step wide and squat down and pulse
- Lift right leg to the side

Follow-up

- Weight in the heels
- Push knees out over middle toes
- Chest up

Follow-up – 2nd set

- Squat and Leg Lift
- Keep the feet wide and lift your side



SQUAT AND REAR LEG LIFT

Setup

- Single Leg Extension back
- Transfer hips across

Follow-up

- Focus on the target – high into the back of the leg and glutes
- Come down deeper – butt down, bend knees
- Drive through heels from depth of Squat to stand

Option

- Tap if you need to

WHY?

Squat Pulses and isolated Leg Lifts return the emphasis to the gluteals. Great injury prevention work – not to mention shaping and toning the butt.

Track Focus: I will coach my class into correct alignment in the Back Combo.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00		5¾x8	Set up with LES MILLS™ Tube	46	
0:23	It's you	4x8 A	Rear Leg Lift L&R	16	2x
0:39	Feel the	6x8 A ¹	Rear Leg Lift L&R with Upper Body Lift	16	3x
1:03	_ It's like	4x8 A ²	Rear Leg Lift L&R with Upper Body Lift & Shoulder Press	16	2x
1:19	Forever	4x8 A ³	Upper Body Lift & Double Arm Shoulder Press & Pull Down	16	2x
1:35	_ Feels like	4x8 A	Rear Leg Lift L&R	16	2x
1:51	All you gotta	4x8 A ¹	Rear Leg Lift L&R with Upper Body Lift & Shoulder Press	16	2x
2:07	_ It's like	8x8 A ²	Upper Body Lift & Double Arm Shoulder Press & Pull Down	16	4x
2:39	_ It's a long	2x8 B	Transition to Bridge	16	
		4x8	Bridge	32	
		2x8	Release Bridge down & up	16	
3:11	_ Ohh	6x8 B	Bridge with Leg Extension L&R	48	
		2x8	Transition to lying on belly	16	
3:43	_ It's like	8x8 C	Back Combo	16	4x
4:15	Oh oh	6x8	Childs Pose	16	
			Hip Flexor Stretch L&R	32	

WHY?

This back track balances out the workout as we isolate our hip and back extensions. Both the upper and lower back muscles are targeted in this track, establishing postural strength and control.

Track info

- This track is all about the back.

REAR LEG LIFT

Setup

- Come down to the floor side-on
- Single LES MILLS™ Tube for less resistance or double it up for more resistance
- Place hands by shoulders with some outward tension on the tube
- Feet hip-distance apart
- Squeeze the glutes
- Right leg lifts, left leg lifts
- Straight leg with toes pointed
- Keep your hips on the floor
- Keep tension in the tubing



Follow-up

- Long through the leg and squeeze the butt
- Lift the back of the thigh towards the ceiling
- Keep eyes on the floor so your neck is long
- Feel the strength in your butt and back

REAR LEG LIFT WITH UPPER BODY LIFT

Setup

- Lift back arm with front leg, as chest lifts
- Make sure your glutes are squeezing tight
- Lengthen through the back of the neck

REAR LEG LIFT WITH UPPER BODY LIFT & SHOULDER PRESS

Setup

- Add Shoulder Press with back arm lifting with the opposite leg
- Nice long extension through your arms
- Push your fist forward
- Remember, squeeze the glutes to support the lower back
- Chin in

Follow-up

- Now add the Shoulder Press as you extend the leg
- Lengthen from the shoulder all the way through the leg to the toe

UPPER BODY LIFT WITH DOUBLE ARM SHOULDER PRESS & PULL DOWN

Setup

- Both feet stay down on floor, long and straight
- Squeeze your butt
- Both arms press out
- Pull the LES MILLS™ Tube wide as you bring it to the chin
- Push out, return to start



Follow-up

- Squeeze shoulder blades tight as you pull in

BRIDGE

Setup

- Turn over
- Feet hip-width apart and close to your butt
- LES MILLS™ Tube across hips
- Squeeze your glutes and lift hips towards the ceiling, weight in heels
- Keep tension in the tubing by pulling hands down
- Slowly release, hips back down



Follow-up

- Take a nice big deep breath in, chin towards chest
- Squeeze your glutes and lift the hips
- Bring both arms over head, tension on the LES MILLS™ Tube
- Extend through the shoulders

BRIDGE WITH LEG EXTENSION

Setup

- Squeeze the glutes and extend your front leg out
- Knees side by side
- Push into supporting heel to lift the hips and keep them level
- Foot back down and change to the other side



Follow-up

- Keep arms extended
- Focus on breathing and squeezing the butt

BACK COMBO

Setup

- Squeeze butt, lifting both legs straight as you press arms out
- Pull hands wide and feel your lats slide down your back
- Keep legs lifted



Drive

- Feel the strength through your shoulders and back as you pull in

TRANSITION AND STRETCHES

- Push back to **Childs Pose**
- Turn to front, bring right foot forward to **Lunge Stretch**
- Lift opposite arm up and over
- Change over to the other side

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