

LES MILLS
FOR A FITTER PLANET

LES MILLS.COM



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04

LES MILLS CXWORX™

FEATURES

THE SPORTS-INSPIRED CORE WORKOUT
APPLIED CORE SCIENCE
THE SCIENCE OF RESISTANCE TUBING

FOR A FITTER PLANET



PRESENTERS FROM: USA / 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.

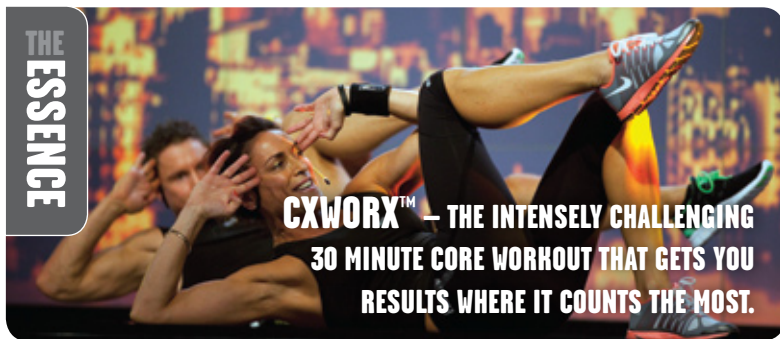
As an organization that leads the group fitness experiences of more people on the planet than any other company, we walk a delicate line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

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



CXWORX™ — 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

CXWORX™ 04 CONTENTS

THE SPORTS-INSPIRED CORE WORKOUT

APPLIED CORE SCIENCE

THE SCIENCE OF RESISTANCE TUBING

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	Power © 2011 Les Mills Music Licensing Ltd. Written by: West, Griffin, Gardner, Lewis, Bernheim, Lang, Bergman, Dean, Bhasker, Sinfield	de la Roche	4:23
2 CORE STRENGTH 1	Grenade (Cityflash Remix) © 2011 LMG Music. Written by: Brown, Kelly, Lawrence, Levine, Mars, Wyatt	Jason Born	6:06
3 STANDING STRENGTH 1	Somebody Told Me © 2011 Les Mills Music Licensing Ltd. Written by: The Killers	White Clouds	5:27
4 STANDING STRENGTH 2	Who's That Chick © 2011 Central Station Records. Written by: Hamid, Guetta, Tuirfort, Riestorfer	East Coast Masif feat. Lisa Perry	2:54
5 CORE STRENGTH 2	Rolling In The Deep © 2011 Les Mills Music Licensing Ltd. Written by: Atkins, Epworth	Colorbox	5:06
6 CORE STRENGTH 3	Sweet Dreams © 2008 Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Knowles, Scheffer, Wilkins, Love	Beyoncé	3:28
BONUS 1 WARMUP	Somebody To Love © 2009 RCA/JIVE Label Group, a unit of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Reeves, Romulus, Yip, Bright	Usher	3:29
BONUS 2 CORE STRENGTH 1	Smells Like Teen Spirit © 2011 Les Mills Music Licensing Ltd. Written by: Grohl, Cobain	Club4Life	6:01
BONUS 5 CORE STRENGTH 2	Speechless (Extended Mix) © 2010 HITT byva under exclusive license to N.E.W.S. Written by: Martens, Luts	Pearl	4:15

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KEY

- (C) chorus
- (V) verse
- B back
- dble double
- F&B forward & back
- F forward
- L left
- O/H over head
- R right
- T&B top & bottom
- w. with

CREDITS

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

CXWORX™ 04



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

Our revolutionary new core-training program continues its progression with a release that stresses quality of technique and options, options, options!

CXWORX™ is designed as a challenging workout that can take you to a level you didn't know possible, but there's no shame in finding your way there step by step.

Your Warmup will give you a taste of the "Power" you can expect for the next half hour, activating your muscles for things to come.

Core Strength 1 uses integrated movements like the Hover and Cross Crawl to optimize results, while Standing Strength 1 uses resistance tubing with twisting lunges and your own upper body strength to put pressure on your glutes, quads and obliques.

Keep that tubing in hand for Standing Strength 2 as the lateral sling muscles come under scrutiny, but then it's back to the floor for Core Strength 2. Oblique Extensions will have you feeling like a mermaid perched on a rock by the sea.

Your half hour winds up with even more Core Strength, using the tubing in a Lateral Raise movement that forces you to brace your entire torso. Not so much a "Sweet Dream" as a "Beautiful Nightmare".

You've officially annihilated your core, but wait – there's more!

Three bonus tracks – another Warm-up and two more Core Strength routines – combine with three from CXWORX™ 3 to give you an entire bonus class in the tank.

That smells like great value!

CXWORX™ 04 Presenters

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

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.

Susan Renata (United States) is Training Director for BODYPUMP™ and an International Master Trainer for BODYSTEP™, based in San Francisco.

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 CXWORX™ programs, and last presented on BODYBALANCE™/BODYFLOW® 53.

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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APPLIED CORE SCIENCE

WHAT IS THE CORE?

We define the core as the trunk, shoulders and hips. Our spine holds all of this together. Spinal neutral (when the spine is aligned with a series of shallow curves) is the best position to protect the joints and discs when the spine is loaded.



HOW DO WE KEEP THE SPINE IN NEUTRAL? BY USING THE MUSCLES!

In programs like BODYPUMP™, BODYATTACK™ and BODYSTEP™, where we have high loads and impact forces, we aim to keep the spine in neutral. Remember: SET position, Attack position and Step SET position.

We allow deviation in classes like BODYCOMBAT™ and RPM™ for technique and authenticity. In these situations – as long as we avoid overextending the spine – it's OK to not be in spinal neutral.

MAINTAINING SPINAL NEUTRAL – just say *“lift the chest and brace the abdominals”* if you think the spine could buckle out of neutral.

DON'T OVER-COACH

Unnecessary tension in the abs can just get in the way and places needless strain on your spine. In BODYPUMP™, for example, the difference between the amount of ab control you need on the bench during a Chest track compared with when you're driving the bar overhead during a Clean & Press is huge.

Don't over-coach stability when it's not needed! Save it for when it really is required.

When you feel your abs naturally kick in during a movement, this is the time to reinforce those cues.

IN MOST OF OUR CLASSES HOLLOWING IS NOT ENOUGH TO CREATE SPINAL SUPPORT. WE BELIEVE IN BRACING.

We think the best cue is *“draw in and brace”*. This is NOT hollowing. We should try and avoid saying “draw your navel to your spine” – this is a hollowing cue designed to fire the transversus abdominis which is too small to support the spine under the loads that we need it to.

The only time we would use hollowing cues is in some yoga based moves that you will see in BODYBALANCE™/BODYFLOW®. In this situation we utilize gentle support from the inner unit to assist moving into these postures.

CORE EXERCISES

There are two types of abdominal training: we use both isolated and integrated exercises in our classes.

Isolated exercises occur when we focus on one muscle group – say the obliques – and get these muscles to contract under load by pulling both ends of the muscle together, like in a Twisting Crunch.

Integrated exercises combine many muscles in one exercise – just think of a Hover.

When we were designing our new Revolutionary Core Training program, we wanted to put isolated versus integrated exercise to the test.

Professor of Kinesiology Dr Jinger Gottschall used a technique known as Electromyography (EMG) – where she placed electrodes on the core muscles and then observed how these muscles fire during certain exercises. She began by getting some readings from these muscles while the subjects were walking – this provided a benchmark for how much these muscles contract under everyday loads and allowed her to observe the type of combinations of contractions we see in activities of daily life.

She looked at isolated exercises like Crunches and Back Extensions and compared these with integrated exercises like Hovers and Planks.

She observed that there was more abdominal activity in the Hovers than in the Crunches.

The second key finding was that the contractions in exercises like Hovers mimic muscle-firing patterns we see when people walk. When we walk we use a three-dimensional firing pattern, meaning that we use all the muscles of our core – front, side and back – with each step.

CUEING IN CORE TRACKS

For Hovers, Planks and lower abdominal exercises, we coach stability. We put the spine in neutral and brace the muscles to keep it there, challenging it to be held in position throughout the exercise. You will use cues that keep the back in neutral – such as *“bring your back toward the floor”*, if you are lying on your back – OR *“keep your back long with your chest up”*, if you are in a Hover.

Other exercises, like Crunches and oblique work, will move the spine out of neutral – the back naturally flattens into the floor – and this is totally fine.

SO THAT'S IT! Listen to the Presenters in the Masterclass and check your choreography notes to brush up on the best cues.

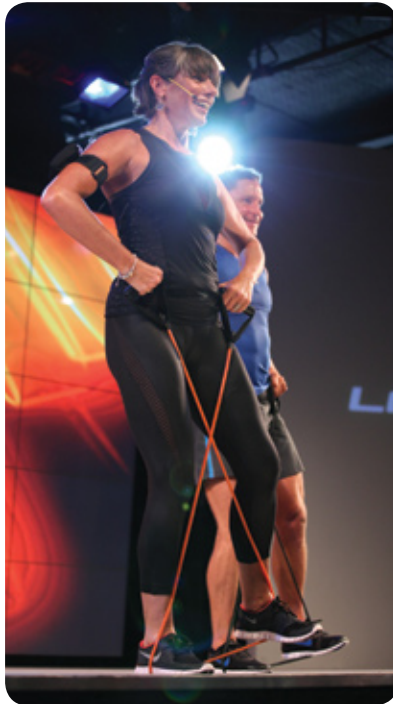
REMEMBER: It's up to you to make sure your members are keeping safe.

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

Power > 4:23 mins

Track Focus: My class will warm their abdominal and back muscles with Crunches, Twists, lower abdominal exercises and Bridges.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:05	Ahh	2x8	Set up	32	
0:11	Ahh	2x8	Slow Crunch	16	
0:17	Twenty-first	4x8	Slow Crunch	8	4x
0:30	No one (C)	4x8	A Crunch w. Throw	8	4x
0:42	The system (V)	8x8	B Oblique Crunch w. Throw L&R	16	4x
1:07	No one (C)	8x8	A ¹ Pulse Crunch	8	8x
1:32		8x8	C Single Leg Drop L&R	16	4x
1:57	Just need (V)	8x8	C ¹ Double Leg Drop	8	8x
2:22	No one (C)	8x8	A ¹ Pulse Crunch	8	8x
2:47	Colin	8x8	D Bridge Hold at top for 8 cts	16 8	3½x
3:12	_ How ye	4x8	D ¹ Bridge w. Leg Extension L&R	32	
3:24		2x8	Lower hips to floor Lift knees	8 8	
3:31		2x8	Double Leg Drop	16	
3:37	Ahhh	4x8	C ¹ Double Leg Drop w. C-Crunch	16	2x
3:49	No one (C)	8x8	A ¹ Pulse C-Crunch	8	8x
			Finish in C-Crunch		

WHY?

We use short lever movements to isolate the target core muscles to prepare them for the work ahead.

CRUNCH

Key Coaching Focus:

Slide the ribs to the pelvis

Setup

- Lie side-on to stage – feet flat on the floor
- Fingers to temples
- Slow Crunch up
- Slide ribs to pelvis – chin in to top of throat

Follow-up

- Look between knees
- Lift your shoulders off the floor

PULSE CRUNCH

- Crunch up, straighten arms, pulse and release down

Follow-up

- Squeeze tension at the top of the Pulse
- Breathe out at the top of the Crunch
- Take your fingers further, past your knees

BRIDGE

Key Coaching Focus:

Squeeze the glutes to lift the hips

Setup

- Squeeze the glutes to lift the hips
- Lower hips down
- Lift up and hold
- Keep your pelvis level as you extend the knee – squeeze hard on the supporting leg

C-CRUNCH

Setup

- Lift your knees as you Crunch up

Follow-up

- Integrate lower and upper abs

PULSE C-CRUNCH

- Up and Pulse at top – release down

OBLIQUE CRUNCH WITH THROW

Key Coaching Focus:

Twist the center of the chest up and across

Setup

- Reach the back of your hand to the side of your thigh

Follow-up

- Twist the center of your chest up and across to fire the obliques

LOWER ABS – SINGLE LEG DROP

Key Coaching Focus:

Brace the abs to keep your back toward the floor

Setup

- Knees above hips
- Shins parallel
- Brace the abs to keep your back toward the floor as you drop your foot down
- Both feet drop – you need more tension in your abs
- If you cannot keep back towards floor lower one leg

Option

- Single leg only

2

CORE STRENGTH 1

Grenade > 6:06 mins

Track Focus: My class will achieve great intensity supersetting between the Hovers and Cross Crawls.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		8x8 Set up Hover on knees	64	
0:28	Grenade	8x8 A Hover on toes	64	
0:58	Easy come (V)	4x8 Roll on to back	16	
		Lift front leg	8	
		Lift back leg	8	
1:13	Gave you	8x8 B Single Leg Cross Crawl L	4	8x
		Single Leg Cross Crawl R	4	8x
1:43	I would	4x8 Crunch	16	
		Set up for Hover	16	
1:58	(Synth)	8x8 A ¹ Hover w. Diagonal Leg Tap L&R	8	8x
2:28	Black black	8x8 A ² Hover w. Diagonal Finger Tap L&R	8	8x
2:58	Grenade (C)	6x8 A ³ Hover Combo w. Diagonal Leg & Finger Tap L&R	16	3x
3:20	Oh oh	2x8 Roll on to back	16	
3:28	(Synth)	16x8 B Single Leg Cross Crawl L	4	8x
		Single Leg Cross Crawl R	4	8x
4:28	No no	2x8 Set up for Hover	16	
4:36		22x8 A ³ Hover Combo w. Diagonal Leg & Finger Tap L&R	16	11x

WHY?

In Track 2 we begin to activate our sling mechanisms with Hovers and increase the intensity on our obliques as we tone and chisel the mid-section.

HOVER

Key Coaching Focus:

Long back and brace your abs to support your mid-section

Setup

- Elbows directly under shoulders
- Knees slightly wider than hip-width
- Fists together
- Hips lift to shoulder level
- Brace your core and lift your knees to come into full Hover

**Follow-up**

- Long back – brace your abs to support your mid-section
- Push your forearms into the floor to stabilize your shoulders
- Squeeze your thighs
- Everything under your body is strong

Option

- If you lose form or you feel it in your lower back, drop to your knees to regain control and come up again if you can



CROSS CRAWL

Key Coaching Focus:

Back shoulder twists up and across – knee moves in slightly

Setup

- Fingers to temples
- Knees above hips – shins parallel
- Back shoulder twists up and across – knee moves in slightly
- Other leg extends

**Option**

- Foot on floor

**Follow-up**

- Bring your shoulder closer to your knee
- Keep your elbows up as you twist
- Head stays off floor
- Twist as far as you can
- Chin in to support the neck

DIAGONAL LEG & FINGER TAP

Setup

- Brace your abs tighter to keep your hips and shoulders level
- If you cannot keep them level, drop to your knees
- Bring the foot and hand in slowly, maintaining your trunk position

Follow-up

- Use floor as resistance as you drag hand in

Drive

- This will tighten and strengthen your mid-section



CRUNCH

Key Coaching Focus:

Slide the ribs to the pelvis

Setup

- Lie side-on to stage – feet flat on the floor
- Fingers to temples
- Slow Crunch up
- Slide ribs to pelvis – chin in to top of throat

Follow-up

- Look between knees
- Lift your shoulders off the floor

3

STANDING STRENGTH 1

Somebody Told Me > 5:27 mins

Track Focus: I will get my class rotating effectively while maintaining perfect Lunge technique.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	6x8	Set up LES MILLS™ Tube	48	
0:20	Breaking (V)	7x8 A Rotating Lunge L	4	14x
0:45	Heaven	6x8 A ¹ Rotating Lunge L	8	6x
1:05	Told me (C)	4x8 A ² Upper Body Twist L	4	8x
1:20	Ready (V)	3x8 Set up Forward & Back Lunge	24	
1:30	Heaven	6x8 B Forward & Back Lunge L Set up Upper Body Twist last 4 cts	8	6x
1:51	Told me (C)	4x8 A ² Upper Body Twist	4	8x
2:05	Pace	7x8 Set up LES MILLS™ Tube	56	
2:29	Breaking (V)	7x8 A Rotating Lunge R	4	14x
2:53	Heaven	6x8 A ¹ Rotating Lunge R	8	6x
3:14	Told me (C)	4x8 A ² Upper Body Twist R	4	8x
3:28	Ready	3x8 Set up Forward & Back Lunge	24	
3:38	Heaven (V)	6x8 B Forward & Back Lunge R Set up Upper Body Twist last 4 cts	8	6x
4:00	Told me (C)	4x8 A ² Upper Body Twist	4	8x
4:14	Pace	2x8 Set up LES MILLS™ Tube O/H	16	
4:20	Maybe	5¼x8 C Squat Pulse w. Pull Down	8	5x
4:39	Told me (C)	4x8 D Side Lunge w. Pull Down L	4	8x
4:53	Told me	4x8 D Side Lunge w. Pull Down R	4	8x
5:07	Told me	4x8 C Squat Pulse w. Pull Down	8	4x

WHY?

Core conditioning meets power training. Rotational core control is coupled with gluteal conditioning in the Rotating Lunges. The Dynamic Lunges and Squats complete the sports conditioning component of this functional strength track.

ROTATION LUNGES

Key Coaching Focus:

Drive the rotation through the center of the chest

Setup

- Place your foot on the middle of the LES MILLS™ Tube
- Join handles together
- Holding the material edges – twist the tubing once if you're new or twice for more resistance
- Feet under hips
- Right leg long lunge back
- The LES MILLS™ Tube comes across the outside of the back knee and hip
- Handles against body below the chest
- Chest up – abs braced
- Lunge and twist
- Drive the rotation through the center of the chest**
- Anchor your lower body by sitting deep into your Lunge



Follow-up

- Avoid rotating your hips
- Front knee in line with middle of foot
- Front thigh parallel to the floor to get glutes working
- Your chest rotates to move the arms**
- Stay low in your Lunge to reduce the load on your shoulders and to challenge your glutes

STATIC LUNGE WITH ROTATION

Setup

- Stay low
- Elbows anchor into waist
- Pull tubing across body and back to center



Follow-up

- Your chest rotates your arms
- If front knee is stable, still try bear hug with elbows wide
- Or extend arms for more resistance

Drive

- This is great for strengthening and toning the rotator muscles of your trunk

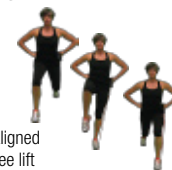
FORWARD & BACK LUNGES

Setup

- Feet hip-width – long lunge forward and back
- Lift knee to hip height

Option

- If you cannot keep knee aligned with mid foot, take out knee lift



SQUAT PULSE WITH PULL DOWN

Setup

- Hands over head with tension on LES MILLS™ Tube
- Feet outside hip-width
- Squat down with Triple Pulse
- Pull the LES MILLS™ Tube down to your chest
- Hips sit back
- Squeeze glutes as you stand tall
- Squeeze your shoulder blades together



SIDE LUNGES

Key Coaching Focus:

Lunge to the side then drive back to the center

Setup

- Feet together
- Lunge to the side – then drive back to the center**
- Go for power – get your heart rate up

Option

- Lift the foot to the knee



4

STANDING STRENGTH 2

Who's That Chick > 2:54 mins

Track Focus: I will get my participants focusing on maintaining strength and control in their standing leg.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Feel	4x8	Set up LES MILLS™ Tube	32	
0:14	Dance (V)	4x8	A Diagonal Rear Leg Lift L	4	8x
0:29	She's a (C)	8x8	B Squat Combo L Leg		4x
			Squat L, Leg Lift L	4	
			Squat L, Leg Lift L	4	
			Triple Squat Pulse, Leg Lift L	8	
0:59		1x8	Reset	8	
1:03	Bass	8x8	C Quarter Circle L	8	8x
1:32		4x8	C Quarter Circle R	8	4x
1:47	Dance (V)	½x8	Reset	4	
1:48		4x8	C Quarter Circle R	8	4x
2:03		4x8	A Diagonal Rear Leg Lift R	4	8x
2:18	She's a (C)	8x8	B Squat Combo R Leg	16	4x

WHY?

Functional leg training. The intensity shifts to the gluteals and hip stabilizers as we use the LES MILLS™ Tube to train the abductors and gluteus maximus to improve lower limb control and train our lateral slings.

DIAGONAL REAR LEG LIFT

Key Coaching Focus:

Don't lean – stay strong and lifted on the supporting leg

Setup

- Step into LES MILLS™ Tube, feet hip-width apart
- Cross the LES MILLS™ Tube and pull to your hips or waist for more resistance
- Abs brace
- Right heel pushes out and back 45 degrees
- Keep hips square
- **Don't lean – stay strong in the supporting leg**



Follow-up

- Brace abs so lower back does not arch

Option

- No tubing – or lower the LES MILLS™ Tube to your hips for less resistance

QUARTER CIRCLE

Setup

- Drive the LES MILLS™ Tube back at 45 degrees
- Bring it to the side and return to hip-width
- Stay strong on the supporting leg – don't lean

Option

- Keep the foot off the floor

Follow-up

- Pull up out of your hip (standing leg)
- Brace the abs
- How big can you make the arc?

Drive

- This gives you great balance and control in sports where your weight shifts from one leg to the other

SQUAT COMBO

Key Coaching Focus:

Hips sit back

Setup

- Step out wide – Squat
- Drive up and push right foot out to side
- Repeat
- Triple Pulse Squat, right Leg Lift to side

Follow-up

- **Hips sit back**
- How high can you lift the leg?
- Make sure your feet step wide

Drive

- This will give you strong, toned glutes

5 CORE STRENGTH 2

Rolling In The Deep > 5:06 mins

Track Focus: I will coach a lifted chest and perfect bracing for the Oblique Leg Extensions.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	5x8	Set up lying on side	40	
0:22	See how (V) 8x8 A	Oblique Leg Extension (T&B)	8	8x
0:57	Had it all (C) 8x8 A ¹	Double Oblique Leg Extension Switch to other side on last 4 cts	4	16x
1:31	Maybe (V) 8x8 A	Oblique Leg Extension (T&B)	8	8x
2:06	Had it all (C) 8x8 A ¹	Double Oblique Leg Extension	4	16x
2:41	Roll your (V) 4x8 B	Side Hover L	32	
2:59	You're gonna 4x8 B ¹	Side Hover w. Arm Side Hover w. Leg Lift	16 16	
3:16	Had it all (C) 8x8 B ²	Side Hover w. Leg Tap & Lift (F&B)	16	4x
3:51	Roll your (V) 4x8 B	Side Hover R	32	
4:08	You're gonna 4x8 B ¹	Side Hover w. arm Side Hover w. Leg Lift	16 16	
4:26	Had it all (C) 8x8 B ²	Side Hover w. Leg Tap & Lift (F&B)	16	4x

WHY?

The focus returns to the obliques as they brace and support the trunk during the Oblique Leg Extensions. This is supersetted with integrated conditioning of the Side Hover. This track provides strength for rotational and single-loaded activities.

OBLIQUE LEG EXTENSION

Key Coaching Focus:

Prop off the rear arm; keep your chest up and stay strong in the abs as you extend your legs

Setup

- Sit on the corner of your butt a quarter turn from side lying
- Elbow under shoulder
- Other hand supports from behind
- Brace abs
- Chest lifted
- Lift knees and toes to 90 degrees so they are just off the floor
- Alternately extend the legs out and in



Follow-up

- Prop off the rear arm – keep your chest up
- Strong in the abs – use your obliques
- The further your leg extends, the more you're working the abs
- Shoulders away from ears
- Push feet away



Options

- Keep the bottom foot on the floor
- Tap your feet to the floor on Double Leg Extension



Drive

- Strengthening your obliques and trimming your waistline

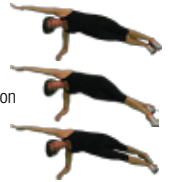
SIDE HOVER

Key Coaching Focus:

Lift bottom hip and keep pelvis square as you tap forward and back

Setup

- Elbow under shoulder
- Lift bottom hip
- Tighten and brace mid-section
- Lift top leg
- Keep pelvis square as you tap forward and back



Follow-up

- Keep head in mid-line
- Imagine you're between 2 planes of glass
- Hold body still while independently moving leg

Option

- Bottom knee down



6

CORE STRENGTH 3

Sweet Dreams > 3:28 mins

Track Focus: I will coach my class to connect with their upper back stabilizers in the Reverse Flies and Incline Lateral Raises.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8	Set up LES MILLS™ Tube under knees, handles crossed Horse Stance	32	
0:15	Every night (V)	8x8 A	Reverse Fly/Row L&R	16	4x
0:47	Sweet (C)	8x8 B	Incline Lateral Raise w. Pulse/Row	8	8x
1:18	Watching (V)	4x8 C	Plank/Horse Stance	32	
1:34	Clouds	4x8 C¹	Plank/Horse Stance w. Alternating Leg Lift	16	2x
1:50	Sweet (C)	8x8 C²	Plank/Horse Stance w. Alternating Triple Pulse Leg Lift	16	4x
2:21	Tattoo	4x8	Childs Pose	32	
2:37	Sweet (C)	8x8 B	Incline Lateral Raise w. Pulse/Row	8	8x
3:09		2x8	Shoulder Stretch L&R	16	
3:17		1x8	Back Stretch	8	
			Chest Stretch		

WHY?

This track focuses on the upper back stabilizers creating postural conditioning and improving alignment control. This is extended through to the glutes in the Plank and Horse Stance Hip Extensions.

REVERSE FLY

Key Coaching Focus:

Take the handles out to the side – pulling your shoulder blades toward your spine

Setup

- Pull tension on to the LES MILLS™ Tube
- Place your knees on the LES MILLS™ Tube, hip distance apart with your toes together
- Cross the handles in front of your knees
- Hold the handles – palms down, hands under shoulders
- **Take the handles out to the side – pulling your shoulder blades toward your spine**
- Elbow stays slightly bent
- Handle lifts to shoulder level

Follow-up

- Brace your abs
- Training your rear deltoids and mid back

Option

- Rear Row – bend the elbow



HORSE STANCE

- Hands under shoulders, knees hip-width apart
- Extend your leg straight behind you to hip level

Option

- Come up on to your toes to a Plank



PLANK

- Push your hands into the floor
- Hands under shoulders – feet hip-width apart
- Brace abs
- Extend leg to hip level; squeeze your butt with Triple Pulse
- Lengthen your leg as it lifts to hip level

Option

- Drop back to Horse Stance



INCLINE LATERAL RAISE WITH PULSE

Key Coaching Focus:

Incline trunk forward from the hips. Lift both handles up towards shoulder height with Triple Pulse

Setup

- **Incline trunk forward from the hips**
- **Lift both handles up to shoulder level**
- Keep elbows slightly bent

Follow-up

- Train your upper back and side deltoids
- Chest up – lean far enough forward so your glutes have to work to hold you up

Option

- Upright row – bend the elbows



1 WARMUP

Somebody To Love > 3:29 mins

Track Focus: I will connect my participants with their core muscles in preparation for the work ahead.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8	Set up on floor Lift L knee over hip Lift R knee over hip	16 8 8	
0:15	Symphony (V)	4x8 A	Single Leg Drop L&R	16	2x
0:29	Heart	4x8	Double Leg Drop	8	4x
0:44	Love (C)	6x8 A ¹	Double Leg Drop, arms O/H Crunch, arms F	4 4	6x
1:06	Every day (V)	8x8 B	Knee Drop L&R	32	2x
1:36	Love (C)	8x8 B ¹	Knee Drop w. Leg Extension L&R	32	2x
2:05	Love	4x8 C	Bridge	16	2x
2:20	Love	4x8 A	Double Leg Drop	8	4x
2:35	Love (C)	8x8 A ¹	Double Leg Drop arms O/H Crunch, arms F	4 4	8x
3:04	Love	4x8 A ²	Double Leg Drop arms O/H Crunch, arms F	8 8	2x

WHY?

This track prepares the individual muscles of the core for the work ahead. Isolated intensity kicks off the workout with focus on the upper abs, lower abs and back extensors.

LEG DROP

Key Coaching Focus:

Brace your abs – lower back toward the floor

Setup

- Knees above hips – shins parallel with the floor
- **Brace your abs – lower back toward the floor**
- Tap one foot down to the floor, maintaining a 90-degree angle in the knee. Repeat other leg
- Tap both feet down

LEG DROP WITH CRUNCH

Key Coaching Focus:

Keep the abs braced and the back toward the floor as you lower the arms and legs

Setup

- Extend arms over head as you drop feet to the floor
- **Keep the abs braced and the back toward the floor as you lower the arms and legs**
- Curl the trunk forward into a Crunch, bringing the knees in and the arms forward

Follow-up

- Breathe out as you come forward

KNEE DROP

Key Coaching Focus:

Keep opposite shoulder blade on the floor

Setup

- Hips and knees at 90 degrees
- Rotate the knees to one side – **keep opposite shoulder blade on the floor**
- Knees stay above hips
- Abs braced
- Extend the leg to increase the load

Follow-up

- Keep shoulders anchored to the floor

BRIDGE

Key Coaching Focus:

Squeeze glutes to lift the hips

Setup

- **Squeeze glutes to lift the hips**
- Chest presses towards the chin
- Hold your glutes tighter as you extend the leg

Track Focus: I will focus on improving awareness of their back position during the lower abdominal Reverse Leg Extensions.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		8x8	A Hover on knees	64	
0:31		4x8	A ¹ Hover on knees w. single knee lift L	4	8x
0:46		4x8	A ¹ Hover on knees w. single knee lift R	4	8x
1:01		4x8	A ² Hover on toes w. single knee drop L	4	8x
1:17		4x8	A ² Hover on toes w. single knee drop R	4	8x
1:32		4x8	A Hover on knees or toes	32	
1:48	Load (V)	8x8	B Set up for Reverse Leg Extension		
			Roll on to back	16	
			Lift knees over hips	8	
			Extend legs up	8	
			Lower legs to floor	32	
2:18		4x8	C Reverse Leg Extension L	4	8x
2:33		4x8	C Reverse Leg Extension R	4	8x
2:50	Hello	4x8	Set up for Mountain Climber Combo	32	
3:04	(V)	8x8	E Mountain Climber Combo L&R		
			L knee outside L elbow, return	8	
			L knee center, return	8	
			L knee to R elbow, return	8	
			Hold 8 cts, then repeat R	40	
3:35	Hello	12x8	E ¹ Mountain Climber Combo dble time L&R	32	3x
4:21		6x8	B Repeat Reverse Leg Extension	48	
4:44		4x8	C Reverse Leg Extension L	4	8x
4:49		4x8	C Reverse Leg Extension R	4	8x
5:15	Hello	4x8	C ¹ Reverse Leg Extension L w. Crunch	4	8x
5:30	Hello	4x8	C ¹ Reverse Leg Extension R w. Crunch	4	8x
		3½x8	Hold legs out	28	

WHY?

The challenge in this track centers around controlling the position of the lower back with both legs extended during the Lower Leg Reverse Extensions. This trains great lower abdominal control for the lower back and pelvis. The Mountain Climbers and Hovers bring integrated sling training into the mix.

HOVER

Key Coaching Focus:

Long back and brace your abs to support your mid-section

Setup

- Elbows directly under shoulders
- Feet outside hips
- Hips lift to shoulder level
- Bring fists together
- Brace abs
- Push forearms into the ground
- Long back and brace your abs to support your mid-section
- Stay level as you extend your knee
- Lift your knees off the floor; alternately drop your knees toward the floor without twisting your hips

Follow-up

- Eyes toward fists

Option

- Stay on knees



REVERSE LEG EXTENSIONS

Key Coaching Focus:

Only lower your legs to a point where you can keep lower back toward the floor

Setup

- Feet together
- Knees above hips
- Extend legs to ceiling
- Then lower both legs down keeping your abs braced and back toward the floor
- Only drop your legs to a point where you can keep lower back toward the floor
- Hold this position, bend front knee towards chest

Follow-up

- Extend the leg out further to challenge your abs
- Integrate the upper abs by lifting the shoulders off the floor

Options

- Drop one foot to the floor
- Take legs higher



MOUNTAIN CLIMBER COMBO

Key Coaching Focus:

Brace the abs to support the mid-section

Setup

- Begin with your knees together, hands directly under your shoulders
- Bring knee forward to outside of your arm, repeat to the middle then across to the opposite elbow
- Lift to the toes – brace the abs to support the mid-section



CORE STRENGTH 2

Speechless > 4:15 mins

Track Focus: I will focus on getting the abs to brace the trunk effectively so that the body moves in one block in the Rotating Hovers.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8	Set up Side Hover	32	
0:14		4x8	A Side Hover L	32	
0:29	Feel it (V)	8x8	A ¹ Rotating Hover	8	8x
0:59	My oh my	4x8	A Side Hover Set up Lying Side Crunch R	16 16	
1:13	Speechless (C)	8x8	B Lying Side Crunch	4	16x
1:43		4x8	A Side Hover	32	
1:58	Still my (V)	8x8	A ¹ Rotating Hover	8	8x
2:27	My oh my	4x8	A Side Hover Set up Lying Side Crunch L	16 16	
2:42	Speechless (C)	8x8	B Lying Side Crunch	4	16x
3:12		1x8	Set up Triple Pulse Oblique Crunch	8	
3:15	(Instr)	7x8	C Triple Pulse Oblique Crunch	8	7x
3:41		1x8	Set up Triple Pulse Oblique Crunch R	8	
3:45		7x8	C Triple Pulse Oblique Crunch	8	

WHY?

Rotating Hovers teach transverse plane control, allowing us to control our core during twisting activities. These are supersetted with Hovers and Oblique Crunches to enhance this effect.

ROTATING HOVER

Key Coaching Focus:

Keeping the body in one line, roll toward the floor

Setup

- Elbow directly under shoulder – lift the bottom hip away from the floor
- In Side Hover, legs scissored so that the bottom leg is to the rear
- Head, chest, belly and legs all form one line
- Abs braced
- **Keeping the body in one line, roll toward the floor** – coming on to the toes

Follow-up

- Keep the hips up
- Make sure you are rolling all the way on to your toes
- Make sure body stays in one straight line

Option

- Drop the bottom knee – then both knees as you roll over



LYING SIDE CRUNCH

Key Coaching Focus:

Lift the legs then bring the top elbow past your knee in a Side Crunch

Setup

- Lie on your side – your arm is extended out with the palm up
- **Lift the legs then bring the top elbow past your knee in a Side Crunch**

Follow-up

- Squeeze the obliques
- Slide your ribs to your hips
- Push out of the arm on the floor

Option

- Drop the bottom leg



OBLIQUE CRUNCH

Key Coaching Focus:

Lift your ribs up and over to your top hip

Setup

- Hips and knees bent 90 degrees
- Shoulder blades flat on the floor
- One arm extended, fingertips to temples
- Triple Pulse up and release down
- **Lift your ribs up and over to your top hip**

Follow-up

- Elbow stays back – bring your shoulder closer to your top hip



