

LES MILLS CXWORX™

05

FEATURES

CHOKING: PERFORMING UNDER PRESSURE
INTRODUCING FREE WEIGHTS INTO CXWORX™
APPLIED CORE SCIENCE
SCIENCE OF RESISTANCE TUBING

PRESENTERS FROM

NEW ZEALAND

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 14,000 fitness clubs, 90,000 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 OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offence. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

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

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

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™ 05 CONTENTS

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TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	Best Love Song © 2011 JIVE Records, a unit of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: T-Pain, Brown, Winfrey	T-Pain feat. Chris Brown	3:22
2 CORE STRENGTH 1	Hold It Against Me (Jumpsokers Radio Remix) © 2011 JIVE Records, a unit of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Martin, Gottwald, Jomphe, McKee	Britney Spears	5:39
3a STANDING STRENGTH 1	Heavy Cross © 2009 Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Ditto, Howdeshell, Billie	Gossip	3:54
3b STANDING STRENGTH 1	Heavy Cross © 2009 Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Ditto, Howdeshell, Billie	Gossip	1:06
4 STANDING STRENGTH 2	Gimmie Dat © 2010 LaFace Records, a unit of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Stewart, Coby, Harris	Ciara	4:11
5 CORE STRENGTH 2	Operation B2010 © 2011 Les Mills Music Licensing Ltd. Written by: Allan, Baker, Bowley, Drayton, Gilbert, Hook, Isaac, Morris, Ridenhour, Sadler, Sherry, Sumner	Amigo Reverse Three	4:54
6 CORE STRENGTH 3	Back For More © 2010 SedSoul. Written by: Hardt, Ryle, Wilde	Cool Million feat. Eugene Wilde	4:33
BONUS 3 STANDING STRENGTH 1	Burn It To The Ground © 2011 Les Mills Music Licensing Ltd. Written by: Kroeger, Mol, Nickelback	Intergalactic	5:00
BONUS 4 STANDING STRENGTH 2	The Beautiful People © 2011 Les Mills Music Licensing Ltd. Written by: Warner, White	Marooned Atmosphere	5:05
BONUS 5 CORE STRENGTH 2	O.M.G. (Gordon & Doyle Remix) © 2010 LMG Music. Written by: Adams	Jason Born	4:59

The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



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 – Bryce Hastings
Program Planner – Michelle Farrier

CXWORX™ 05



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

Your favorite core workout has evolved: new name, new moves, stronger core. CXWORX™ really 'works', delivering the full package of core training to help you get great results.

We've included the optional use of plates in some moves in this release – a first for CXWORX™. If you're up for it, grab a 2.5kg (5.5 lb) or 5 kg (11 lb) plate which will help increase the intensity of the moves and help you build strength faster.

Make sure you *Gimmie Dat* effort in Track 4 as you watch out for some surprises in an awesome new Standing Strength sequence. Exactly what's involved, you'll have to wait and see!

It's time to get ready for a debut move: the Walking Plank. This move is a challenging one but it's worth mastering as it really works your front and back muscular slings. Stick with it, using

the options when you need to, and you'll be on your way toward a much healthier posture and a much stronger core.

They're not all new moves in this release, though. We've thrown in some favorites that you know and love. The Woodchop and Power Skater are back in Bonus Track 3, so you'll have the option to mix things up and keep the challenge coming.

Bonus Track 5 is circuit-inspired, offering you three final blocks of exercise that give you the opportunity to really push yourself. Do it! This is how you build endurance in the muscles (and get that six-pack).

We'll end your half-hour with a few more Core Strength moves. Your muscles will have reached fatigue and your abs will be saying *O.M.G.* – but that's the name of this game!

CXWORX™ 05 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.

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.

Dr Jackie Mills (New Zealand) is Head Creative Director for all LES MILLS™ programs and Program Director for BODYBALANCE™/BODYFLOW® based in Auckland.

CHOKING: PERFORMING UNDER PRESSURE

CHOKING – An unexplained sudden drop in performance for no physical reason, a professional athlete's worst nightmare. How does this happen?

FIRST WE NEED TO LOOK AT HOW WE LEARN.

Learning goes through two stages – we call them **EXPLICIT** and **IMPLICIT**.

EXPLICIT learning is how your mind processes new information when learning a task. This is a very conscious process.

Then as we develop the skill through repetition, it becomes automatic – we no longer have to process it consciously; it becomes like blinking or chewing. When we start to function at this level we call this **IMPLICIT** behavior or unconscious competence. It's like being on autopilot.

WHEN YOU CHOKES, YOU GO FROM IMPLICIT BACK TO EXPLICIT – this usually occurs as a result of heightened awareness during a stressful situation.

Once the brain starts to rethink your strategy, you lose all of that unconscious ability and you go back to being a beginner. You have to think about each and every move you make.

A study in 2007 highlighted this quite well. Experienced baseball players were asked to determine whether a tone that sounded as they attempted to hit a ball was high or low. This seemingly significant interference had NO detrimental effect on the success rate. Listening for a sound when you're an experienced batter keeps your attention off your batting technique which means you can continue in autopilot mode.

But in the second part of the experiment they were asked to observe whether their bat was moving up or down at the time of the tone. They had to think about their batting action and **ALL OF A SUDDEN THEIR PERFORMANCE PLUMMETED.**

Heightened awareness of a skill or task that is usually done subconsciously will often bring your technique crashing down to beginner level.

That's why it is so much easier to choke when you are teaching at a Quarterly Workshop compared to when you are teaching at home.

HOW DO YOU AVOID IT?

PREPARATION – you have to know your class so well that you're not even aware you know it. In your preparation imagine the exact situation you'll be in. For example, if you do most of your preparation in your lounge, when you hit the bright lights of the stage, your brain will see the situation as something you hadn't prepared for. **That's why actors have dress rehearsals.** Imagine all the things that can go wrong – mic failure, someone in your team forgetting their choreography, your group fitness idol sitting in the front row. If you prepare for the things that can take you out of autopilot, you will have less chance of it happening.

AND FINALLY - NOTHING BEATS REPETITION. PRACTISE, PRACTISE, PRACTISE.

INTRODUCING **FREE WEIGHTS** INTO CXWORX™

THE SECRET TO MAINTAINING LEVELS OF IMPROVEMENT IN ANY TRAINING PROGRAM IS TO KEEP CHALLENGING THE MUSCLES IN DIFFERENT WAYS.

Introducing free weights to the already successful CXWORX™ formula enables us to provide a further challenge to the target muscles of the core.

We know that Hovers and weight-bearing exercises that recruit the upper and lower limb muscles create a huge demand on the core muscles, providing 'big bang' training for the core. In Tracks 2 and 5 we superset Hovers with isolated exercises which increases the degree of intensity in specific working muscles.

IT'S IN THE ISOLATED EXERCISES SUCH AS CRUNCHES AND OBLIQUE WORK WHERE WE SEE BENEFIT IN ADDING WEIGHTED RESISTANCE.

TWO IMPORTANT THINGS YOU HAVE TO REMEMBER WHEN USING A FREE WEIGHT IN CXWORX™:

1. **GRAVITY** = Free weights always pull straight down
2. **LEVERAGE** = The further away the weight is from the working muscle, the harder the muscle works.

Example: The optimum placement of a free weight using the effects of gravity and leverage for:

Abdominal Curls = Weight placed above the forehead throughout movement

Oblique Twists = Weight placed above the forehead or on opposite shoulder.

IN CXWORX™ WE DELIVER RESULTS THROUGH INTENSITY, NOT VOLUME.

Free weights offer another opportunity to keep CXWORX™ challenging to participants of all levels and to continue to deliver a sufficient level of intensity in just 30 minutes.

REMEMBER: REMIND YOUR CLASS THAT WORKING WITH A WEIGHT IS ONLY AN OPTION!

If you feel like you can do all the Crunches in this program with great form and want an extra challenge, then the plate is for you.

However, if you find Crunches and oblique work challenging with body weight, then leave the weighted options until you are stronger in the near future.

Check out the DVD for the techniques, cues and options in how to incorporate weights into the CXWORX™ program.



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

Best Love Song > 3:22 mins

Track Focus: In this track we use short lever movements to begin to connect with the muscles of the core. We begin to focus on the importance of correct execution and technique to maximize safety and efficiency.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:06		2x8	Lie on floor, feet hip-distance, palms up	16	
0:18	The bass (V)	5x8	A Leg Lift Sequence L		
			Lift R leg	2	
			Lift L leg	2	
			Lower to floor	4	5x
0:48	Gotta tell (C)	3x8	A ¹ Leg Lift Sequence L w. Crunch	8	3x
1:07	Eh eh	2x8	B Crunch Pulse	2	8x
1:18	The lights (V)	5x8	A Leg Lift Sequence R	8	5x
1:48	Gotta tell (C)	3x8	A ¹ Leg Lift Sequence R w. Crunch	8	3x
2:06	Eh eh	2x8	B Crunch Pulse	2	8x
2:18	Kiss your	4x8	Bridge	8	
			Lift L leg	8	
			Lift R leg	8	
			Lower to floor	8	
2:42	Eh eh	2x8	B ¹ Crunch Pulse w. Heel Lift	2	8x
2:54	Eh eh	2x8	B ² Oblique Pulse R leg	2	8x
3:06	Eh eh	2x8	B ² Oblique Pulse L leg	2	8x

WHY?

Isolated movements such as Crunches and Leg Lifts establish muscle connection and create focused intensity.

LEG LIFT SEQUENCE

Key Coaching Focus:

Draw belly in gently and brace abs to keep lower back pressed towards the floor as you lower the legs

Setup

- Side on to stage, feet hip-width apart
- Hands by side, palms face up
- Front knee lifts above hip
- Then back knee lifts
- Slowly touch toes down
- **Draw belly in gently and brace abs to keep lower back pressed towards the floor as you lower the legs**

LEG LIFT SEQUENCE WITH CRUNCH

Setup

- Curl up as front leg lifts, then back leg
- Slowly lower
- **Slide ribcage to hips**

Follow-up

- Make sure your back does not move as your legs lower by bracing abs tight (on Leg Lower sequence lying flat)
- Tuck chin in and keep eye gaze between knees (Crunch sequence)
- Breathe out to curl up
- Inhale down

CRUNCH PULSE

Key Coaching Focus:

Slide ribs to hips, chin in to top of throat

Setup

- Curl up and pulse
- **Feel ribcage slide to hips**
- Eye gaze over knees
- Feet close to butt, lift heels

Follow-up

- Come up a little higher

BRIDGE

Key Coaching Focus:

Squeeze the glutes to lift the hips

Setup

- **Squeeze glutes**
- Lift hips high – keep them level
- Lift chest
- Front knee lifts
- Lower down
- Change legs
- Lower down through spine

Follow-up

- Squeeze back butt cheek
- Warming up through back of body

OBLIQUE PULSE

Key Coaching Focus:

Take opposite shoulder towards knee

Setup

- Fingertips lightly on temples
- **Take back shoulder towards front knee**
- Keep chin tucked in
- Keep elbows spread wide
- Pulse
- Change sides

2

CORE STRENGTH 1

Hold It Against Me > 5:39 mins

Track Focus: We increase the demand on the core muscles by using the upper and lower limb muscles in Planks and Hovers and by increasing the isolated load in Crunches and optioning weight plates.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	12x8		Set up Walking Plank	96	
0:44	Hey (V)	12x8 A	Walking Plank L	8	12x
1:29	You feel (C)	4x8 A ¹	Walking Plank – hold	32	
1:43	4x8		Walk hands in, hold Plank Roll to back, set up for Alternating Leg Extension w. Crunch	16 16	
1:58	12x8	B	Alternating Leg Extension w. Crunch R	8	12x
2:42	2x8		Set up Walking Plank	16	
2:49	Hey (V)	12x8 A	Walking Plank R	8	12x
3:35	You feel (C)	4x8 A ¹	Walking Plank – hold	32	
3:49	4x8		Walk hands in, hold Plank Roll to back, set up for Alternating Leg Extension w. Crunch	16 16	
4:03	12x8	B	Alternating Leg Extension w. Crunch L	8	12x
4:48	2x8		Set up Hover	16	
4:55	8x8		Hover w. Leg Lift L&R	4	16x

WHY?

Planks and Hovers activate our muscular slings and increase the demand on our core stabilizers.

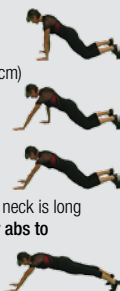
WALKING PLANK

Key Coaching Focus:

Keep back straight – brace your abs to support your mid-section

Setup

- Hands start under shoulders
- Knees under hips
- Side on to the stage
- Step hands out about 6 inches (15 cm)
- Take shoulders over hands
- Lower hips so you have a long line from shoulders through to knees
- Tuck toes under
- Belly in, abs braced
- Slide shoulders away from ears so neck is long
- **Keep back straight – brace your abs to support your mid-section**
- Lift on to toes for more load
- Right hand forward then left
- Out, out, in, in



Follow-up

- Brace your abs to stop yourself from swaying from side to side
- To challenge yourself, step out further
- Avoid lifting butt to ceiling
- Long straight back

Second side, left arm leads

Options – on knees

- If you feel the work in your shoulders, drop to your knees
- If you feel your hips lifting, brace your abs more or drop to knees to reduce the load so you maintain technique
- To increase the challenge for your core, try coming up to your toes and walking your hands further away

ALTERNATING LEG EXTENSION WITH CRUNCH

Key Coaching Focus:

- Slide your ribs to your hips – Crunch
- Brace your abs to keep your lower back toward the floor – arm raise with leg drop

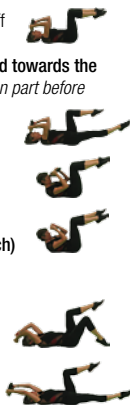
Setup

- Option to hold weight plate just off your head like the peak of a cap
- **Abs braced, lower back pressed towards the floor** (on Alternating Leg Extension part before Crunch)
- Knees over hips
- Extend right leg then left leg
- Crunch
- Chin tucked in towards throat
- **Slide ribcage towards hips to maximize the crunch** (on Crunch)

Second side, left leg leads

Options

- If your back is arching, brace abs harder or bend legs and toe-tap
- Extend arms, taking plate over head as long as your lower back stays towards the floor



HOVER WITH LEG LIFT

Key Coaching Focus:

Brace your abs to support your mid-section

Setup

- Elbows under shoulders
- Fists together
- Knees or toes
- Walk your feet
- **Belly in, abs braced to support your mid-section**
- Slide shoulders away from ears so neck is long
- Back is straight/flat

Follow-up

- Tighten your quads – lift your kneecaps
- Drop shoulders away from ears

Option

- On knees with no Leg Lift (low option)



3

STANDING STRENGTH 1

Heavy Cross > 5:00 mins

Track Focus: To improve weight-bearing core activation, increasing functional strength and integration of the core muscles with the muscles of the upper and lower limbs.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00		4x8		Set up Squat position	32	
0:15	Ohh	4x8	A	2/2 Squat	8	4x
0:30	Cruel (V)	4x8	A ¹	2/2 Squat Press	8	4x
0:46	Funny	4x8	A ²	1/3 Squat Press	8	4x
1:02	Choose you (C)	8x8	A ³	Squat Press w. Knee Lift & Twist L&R	8	8x
1:33	Ohh	4x8		Set up for Side Lunge Row	32	
1:48	Play it (V)	4x8	B	Side Lunge Row L	8	4x
2:03	Choose you (C)	8x8	B ¹	Side Lunge Row L	4	16x
2:35		4x8		Set up Squat position	32	
2:50	Trust you	4x8	A ¹	2/2 Squat Press	8	4x
3:06	Ahh	4x8	A ²	1/3 Squat Press	8	4x
3:22	Choose you (C)	8x8	A ³	Squat Press w. Knee Lift & Twist L&R	8	8x
3:53	Ohh	4x8		Set up for Side Lunge Row	32	
4:10	Play it (V)	4x8	B	Side Lunge Row R	8	4x
4:25	Choose you (C)	8x8	B ¹	Side Lunge Row R	4	16x

WHY?

The Squat Press and Side Lunge Row integrate the muscles of the lower limbs, upper limbs and core to create functional strength.

SQUAT

Key Coaching Focus:

Hips sit back and down

Setup

- **Hips sit back and down**
- Feet wider than hips – toes out slightly
- Knees slide forward and aligned with toes
- Weight in the heels
- Keep chest lifted

SQUAT PRESS

Key Coaching Focus:

Abs braced to support spine

Setup

- As you sit back, press plate straight up to ceiling, keeping elbows slightly forward
- Bring plate back to chest
- **Abs braced to support spine**
- Squeeze glutes as you stand



Follow-up

- Feel weight in your heels
- Squeeze glutes as you stand

SQUAT PRESS WITH KNEE LIFT AND TWIST

Key Coaching Focus:

Pull plate to shoulder to rotate

Setup

- Pick right knee up then left knee
- **Pull plate to shoulder to get rotation**

Follow-up

- Bring your hips down to knee level

Options

- LES MILLS™ Tube folded in half
- Keep tension on the LES MILLS™ Tube
- LES MILLS™ Tube to hip on Knee Lift

SIDE LUNGE ROW

Key Coaching Focus:

Drive to the side, keeping hips and chest square

Setup

- Pull elbow wide
- Lunge wide, sitting back into heels
- Thumb up as you pull
- Hand close to chest as you pull
- Squeeze shoulder blade towards spine
- **Drive to the side out of your stationary leg – keep hips square**



Follow-up

- Stay low into your legs

Option

- Drop inside LES MILLS™ Tube to reduce the load

4

STANDING STRENGTH 2

Gimmie Dat > 4:11 mins

Track Focus: To train our hip stabilizers using a combination of tubing work, Knee Repeaters and Bridges.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Been gone	4x8		Set up LES MILLS™ Tube	32	
0:15	Gimme (C)	4x8	A	Back, Back, Forward, Forward L	4	8x
0:29	This right (V)	8x8	B	Triple Pulse Leg Lift L Single Leg Squat R	8	8x
0:58	Been gone	4x8	A	Back, Back, Forward, Forward L	4	8x
1:13	Gimme (C)	4x8	A	Back, Back, Forward, Forward R	4	8x
1:27	This right (V)	8x8	B	Triple Pulse Leg Lift R Single Leg Squat L	8	8x
1:57	Been gone	4x8	A	Back, Back, Forward, Forward R	4	8x
2:11	Gimme (C)	4x8		Set up for Knee Repeater	32	
2:26	Ohh	4x8	C	1/3 Knee Repeater L	8	4x
2:40	Nanana	4x8	C'	Knee Repeater L Set up other side on last 8 cts	4 8	6x
2:55	Gimme (C)	4x8	C	1/3 Knee Repeater R	8	4x
3:10		4x8	C'	Knee Repeater R	4	8x
3:24		4x8		Set up for Single Leg Bridge Pulse	32	
3:38	Been gone	4x8	D	Single Leg Bridge Pulse R Leg down, lift L leg on last 8 cts	2	12x
3:53	Gimme (C)	4x8	D	Single Leg Bridge Pulse L	2	16x

WHY?

Combining isolated strength in tubing and Bridges, with integrated strength in the Knee Repeaters, provides 3-dimensional hip stabilizer strength and control.

BACK, BACK, FORWARD, FORWARD

Key Coaching Focus:

Do not tip from side to side

Setup

- Step into LES MILLS™ Tube, feet hip-width apart
- Cross the LES MILLS™ Tube and pull handles to hips
- Brace abs to keep hips square
- Keep hips and shoulders facing forwards as you walk
- **Try not to lean from side to side**
- Chest up

Option

- No LES MILLS™ Tube (low option)

SINGLE LEG BRIDGE PULSE

Key Coaching Focus:

Squeeze butt to lift hips

Setup

- **Squeeze glutes**
- Front leg lifts
- Pulse up
- Switch legs
- Keep hips square



Follow-up

- Press chest up to chin
- Drive out of heel

TRIPLE PULSE LEG LIFT + SINGLE LEG SQUAT

Key Coaching Focus:

Do not lean – stay strong on supporting leg

Setup

- Weight in left leg
- Right leg pulses back to the diagonal
- Then squat down
- Abs braced to keep pelvis square to front
- Keep standing knee bent and aligned with middle of foot
- Press heel to side and back on the diagonal
- **Do not lean – stay strong on supporting leg**

Option

- Keep foot off floor in the Squat (advanced option)

KNEE REPEATER

Key Coaching Focus:

Tip forward from the hip, keeping the front knee out

Setup

- Long tap back
- Lift knee up
- Slow-motion back
- Bend your knee as you tap back
- **Tip forward from the hips**
- **Front knee out**
- Chest up, hips square, abs braced



Setup

- Back foot on floor (low option)



CORE STRENGTH 2

Operation B2010 > 4:54 mins

Track Focus: To isolate and strengthen the obliques which will shape and tone the mid-section.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8		Set up for Triple Oblique Crunch	32	
0:14	Bah da 8x8	A	Triple Oblique Crunch w. Plate L	8	8x
0:44	Hands up (C) 5x8		Set up for Oblique Leg Extension	40	
1:02	9½x8	B	Oblique Leg Extension L	4	19x
1:35	Thanks (V) 3x8		Set up for Side Hover L	24	
1:49	Ten 5½x8	C	Side Hover w. Leg Lift L	44	
2:10	4x8		Set up for Triple Oblique Crunch	32	
2:24	Bah da 8x8	A	Triple Oblique Crunch w. Plate R	8	8x
2:54	Hands up (C) 5x8		Set up for Oblique Leg Extension	40	
3:12	9½x8	B	Oblique Leg Extension R	4	19x
3:44	Thanks (V) 3x8		Set up for Side Hover R	24	
3:58	Ten 5½x8	C	Side Hover w. Leg Lift R	44	
4:18	2x8		Roll onto back	16	
4:27	6x8		Cross Crawl L&R	4	12x

WHY?

Supersetting Oblique Crunches, Oblique Leg Extensions, Side Hovers and Cross Crawls keeps the focus on the obliques, improving core strength and rotation control.

TRIPLE OBLIQUE CRUNCH

Key Coaching Focus:

Slide your side ribs toward your top hip

Setup

- Knees stacked at right angles to body or slightly lower
- **Take side ribs towards top hip with triple pulse**
- Open chest to ceiling as you come down



Follow-up

- Lead with shoulder towards hip rather than elbow
- On the way down, open chest out to ceiling
- Chin tucked in

Options

- Plate on shoulder/side of chest (advanced option)
- Both hands – fingertips to temples (advanced option)
- Top arm straight (low option)

OBLIQUE LEG EXTENSION

Key Coaching Focus:

Prop off your rear arm – keep chest lifted. Strong in the abs – use your obliques

Setup

- Sit on the corner of your butt
- Elbow under shoulder
- **Support with the rear arm**
- **Lift the chest**
- **Brace your abs as you extend your legs**
- Knees to chest and extend



Follow-up

- Extend legs out
- Shoulders away from ears

Option

- Extend top leg only
- Keep the bottom leg on the floor (low option)



SIDE HOVER WITH LEG LIFT

Key Coaching Focus:

Lift bottom hip

Setup

- Elbow under shoulder
- Press forearm into the floor to stop you collapsing into your shoulder
- **Lift bottom hip**
- Pelvis square
- Reach arm to ceiling



Option

- If you feel it in your shoulder, drop to one knee
- Knee bent and in line with trunk (low option)



CROSS CRAWL

Key Coaching Focus:

Lift back shoulder toward front knee

Setup

- Fingertips to temples
- Chin tucked in
- Keep elbows wide and off the floor
- **Lift back shoulder toward front knee**

Option

- Bend knee and toe-tap to reduce load



6

CORE STRENGTH 3

Back For More > 4:33 mins

Track Focus: To strengthen and tone the postural muscles of the back and the gluteals.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00		8x8	Set up LES MILLS™ Tube under both feet	64	
0:35	I gotta (V)	8x8	A 2/2 Resisted Rear Leg Extension L	8	8x
1:10	Back for more (C)	4x8	A ¹ 1/3 Resisted Horse Stance Pointer L	8	4x
1:27	I wish (V)	8x8	A 2/2 Resisted Rear Leg Extension R	8	8x
2:02	Back for more (C)	4x8	A ¹ 1/3 Resisted Horse Stance Pointer R	8	4x
2:20		4x8	Cat Curl	16	2x
2:38	Hands up	4x8	B Triple Pulse Resisted Rear Leg Extension L	8	4x
2:54	Clap your	4x8	B ¹ Triple Pulse Resisted Horse Stance Pointer L	8	4x
3:13	Oh oh	4x8	B Triple Pulse Resisted Rear Leg Extension R	8	4x
3:29	Back for more (C)	4x8	B ¹ Triple Pulse Resisted Horse Stance Pointer R	8	4x
3:47	Hey	2x8	Set up Back Extension	16	
3:56	Back for more (C)	2x8	C Back Extension	4	4x
4:04	Back for more (C)	4x8	C ¹ Triple Pulse Back Extension	8	4x

WHY?

Using the LES MILLSTM Tube in the Horse Stance with Back Extensions strengthens and tones the posterior slings, improving postural strength.

RESISTED REAR LEG EXTENSION

Key Coaching Focus:

Keep hips and chest square as you extend the hip

Setup

- Right foot lunges forward
- Step foot into handle and roll it in so handle is under center of shoe
- Then left leg
- Knees under hips
- LES MILLSTM Tube outside thighs
- LES MILLSTM Tube hooks over thumbs and runs across heel of palm
- Hands under shoulders
- Elbows face knees
- Belly gently in, abs braced
- Keep back straight to keep work in your glutes
- Right leg extends back behind
- Then knee to floor
- As leg extends keep it parallel to the floor
- **Keep hips and chest square**



Follow-up

- Squeeze glutes as you press the foot back
- If you feel the work more in your lower back, brace abs harder to keep back flat

Option

- No LES MILLSTM Tube (low option)

RESISTED HORSE STANCE POINTER

Key Coaching Focus:

Keep hips and chest square as you extend the hip and arm

Setup

- Unhook left hand
- Arm and leg extend fast
- Slow in
- Thumb up
- Brace abs tightly to stabilize your spine
- Back flat as a tabletop
- **Shoulders and pelvis stay level to the floor as arm and leg extend out**
- Look just in front of fingers, chin tucked in



Follow-up

- Lift leg to hip height
- Keep arm parallel to the floor

TRIPLE PULSE RESISTED REAR LEG EXTENSION

Setup

- Extend right leg out parallel to floor and pulse three times
- Foot touches down lightly and repeat
- Abs braced
- Back flat

Follow-up

- Keep back flat
- Squeeze glutes to pulse

BACK EXTENSION

Key Coaching Focus:

Squeeze glutes as you extend the back

Setup

- Hands stacked
- Forehead on hands
- **Squeeze glutes**
- Lift chest and elbows
- Then come halfway down
- Chin tucked in so back of the neck is long
- Lift the chest away from the floor
- Triple pulse up, pulse for three then halfway down



Track Focus: Use functional strength exercises to tone and shape our mid-section and train our muscular slings.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8		Set up for Woodchop L	32	
0:15	2x8		Weight transfer L to R	8	2x
0:22	Midnight (V) 6x8	A	2/2 Woodchop L	8	6x
0:43	2x8		Set up for Dynamic Resisted Power Skater L	16	
0:50	Tonight (C) 8x8	B	Dynamic Resisted Power Skater L	4	16x
1:18	1x8		Set up for Woodchop L	8	
1:22	Scream (V) 6x8	A ¹	1/3 Woodchop L	8	6x
1:42	2x8		Set up for Dynamic Resisted Power Skater L	16	
1:49	Tonight (C) 9x8	B	Dynamic Resisted Power Skater L	4	18x
2:22	4x8		Hold Skater	16	
			Release LES MILLS™ Tube	16	
2:36	4x8		Set up for Woodchop R	32	
2:50	2x8		Weight transfer R to L	8	2x
2:57	Midnight (V) 6x8	A	2/2 Woodchop R	8	6x
3:18	2x8		Set up for Dynamic Resisted Power Skater R	16	
3:25	Tonight (C) 8x8	B	Dynamic Resisted Power Skater R	4	16x
3:53	1x8		Set up for Woodchop R	8	
3:57	Scream (V) 6x8	A ¹	1/3 Woodchop R	8	6x
4:18	2x8		Set up for Dynamic Resisted Power Skater R	16	
4:25	Tonight (C) 9x8	B	Dynamic Resisted Power Skater R	4	18x

WHY?

Woodchops and Power Skaters integrate the muscles of the lower limbs, core and upper limbs providing conditioning for our anterior and posterior muscular slings.

WOODCHOP

Key Coaching Focus:

Twist the chest to get the obliques working; keep hips square

Setup

- Place LES MILLS™ Tube under left foot
- Step feet wide
- Right hand holds handles
- Left hand on top
- Hands to chest
- Lift chest
- Brace abs
- Sink into left leg
- Transfer weight from side to side
- Pull lead elbow back behind your body to get twist (set up twist with bent arms)
- Hands to knee, arms straighten
- Hands just above shoulder height (straight arm option)
- **Twist comes from chest and shoulders to get obliques working**
- Drive out of lead leg, **hips square**



Option

- Drop one length of LES MILLS™ Tube (low option)

Second set

- Out fast, in slow

Follow-up

- Abs braced
- Hips face the front of the room throughout movement

Options

- Keep lead elbow bent (low option)
- Straighten arms (advanced option)
- Reduce the load by dropping inside LES MILLS™ Tube

DYNAMIC RESISTED POWER SKATER

Key Coaching Focus:

Your chest drives the LES MILLS™ Tube

Setup

- Join handles together and hold material edge
- Handles on chest
- Step out and in
- Feel the shift of weight from side to side
- **Chest drives the LES MILLS™ Tube**
- Pull the lead elbow back behind you to get your obliques working
- Drive out of the leg
- Keep chest lifted
- Sit hips back so weight is in the heels



Follow-up

- Stay low in the legs

Options

- No LES MILLS™ Tube
- Drop inside handle (low option)
- Handles high on chest to increase resistance
- Handles low on chest to reduce load in shoulders

Track Focus: To use integrated strength work to shape and tone our gluteals and posterior sling muscles.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8		Set up LES MILLS™ Tube for Lunge	32	
0:21	4x8	A	Lunge L	4	8x
0:34	4x8	A ¹	Bottom Half Lunge w. Twist L Superman on last 8 cts	4 8	6x
0:48	_ And I (V)	8x8	B Superman w. 2/2 Row L	8	8x
1:14	4x8	B ¹	Superman w. Row L	4	8x
1:28	Hey you (C)	4x8	A Bottom Half Lunge w. Twist L	4	8x
1:41	8x8	B ²	Single Superman L Hold last one	8	8x
2:07	Hey you (C)	4x8	B ¹ Superman w. Row L	4	8x
2:21	4x8	B	2/2 Superman w. Row L	8	4x
2:34	4x8		Set up for Lunge	32	
2:48	4x8	A	Lunge R	4	8x
3:01	4x8	A ¹	Bottom Half Lunge w. Twist R Superman on last 8 cts	4 8	6x
3:15	_ And I (V)	8x8	B 2/2 Superman w. Row R	8	8x
3:41	4x8	B ¹	Superman w. Row R	4	8x
3:55	Hey you (C)	4x8	A Bottom Half Lunge w. Twist R	4	8x
4:08	8x8	B ²	Single Superman R Hold last one	8	8x
4:35	Hey you (C)	4x8	B ¹ Superman w. Row R	4	8x
4:48	4x8	B	Superman w. 2/2 Row R	8	4x

WHY?

Lunging and Superman exercises provide the opportunity to functionally strengthen our hip muscles, improving performance and control of our lower limbs.

LUNGE [WITH LES MILLS™ TUBE]

Key Coaching Focus:

Drop front thigh parallel to the floor

Setup

- LES MILLS™ Tube folded in half
- Place underneath the arch of your right foot, about halfway along LES MILLS™ Tube
- Handles in left hand
- Long Lunge back
- Chest lifted
- Abs braced
- Lunge
- Add Row
- Squeeze shoulder blade towards spine
- Tension between shoulder blades (to keep shoulders square)
- Keep middle knee aligned with mid foot
- **Front thigh parallel to floor to get glutes working**



Follow-up

- Drive through front heel

Option

- Hold one handle (low option)

SUPERMAN WITH ROW

Key Coaching Focus:

Tip forward from the hip, chest up

Setup

- Standing leg stays bent
- **Hinge forward from hips, chest up**
- Abs braced for stability
- Arm to 45 degrees (opposite arm to the one rowing)
- Thumb up
- Pull handle to hip
- Squeeze shoulder blade towards spine
- Eyes to floor, just ahead of you



Follow-up

- Front knee out
- Arm out on diagonal – thumb up
- Lift back leg just off the floor
- Keep hips square to the front and level

Option

- Change foot position on the LES MILLS™ Tube so you have less resistance
- Keep back toes on the floor

SINGLE SUPERMAN

Setup

- Brace abs
- Push off back foot to Superman
- Then back to Lunge

Follow-up

- Keep standing leg bent

Option

- As you come to Superman keep toes down (low option)

Track Focus: To use a strength circuit to shape and tone our obliques – maximizing intensity in each block.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	Love you	4x8	Set up for Rotating Side Hover	32	
0:15	Oh my	8x8	A Rotating Side Hover L	8	8x
0:45	Oh	3x8	Set up for 7x Pulse Oblique Crunch	24	
0:56		8x8	B 7x Pulse Oblique Crunch R	16	4x
1:25	Oh (C)	4x8	Set up for 7x Pulse Oblique Crunch	32	
1:40		8x8	B 7x Pulse Oblique Crunch L	16	4x
2:10	Fell in (V)	2x8	Set up for Rotating Side Hover	16	
2:17	Never	8x8	A Rotating Side Hover R	8	8x
2:47	Head to	2x8	Set up for Knee Drop	16	
2:54	Love you	4x8	C Knee Drop L&R	16	2x
3:09	Oh my	4x8	C ¹ Knee Drop L w. Extension	8	4x
3:23		4x8	C ¹ Knee Drop R w. Extension	8	4x
3:38		1x8	Set up for Cross Crawl	8	
3:42		8x8	Cross Crawl L&R	4	16x
4:12	Oh (C)	4x8	Set up for Mountain Climber	32	
4:26		8x8	Mountain Climber w. Twist L&R	8	8x

WHY?

These exercises provide isolated and integrated demands on our obliques. This will improve our core strength and power.

ROTATING SIDE HOVER

Key Coaching Focus:

The body rotates as one – keep your hips aligned with shoulders

Setup

- Elbow under shoulder
- On knee or split stance with top leg forward, legs straight
- Lift and roll down and up
- Abs braced
- **Keep hips aligned with shoulders as you roll into Hover**



Follow-up

- Push forearm into ground
- Lift hips



Option

- On one knee, rotating the upper body only (low option)

KNEE DROP

Key Coaching Focus:

Keep opposite shoulder on the floor

Setup

- Knees above hips
- Arms out wide
- **Shoulders anchored to floor, palms up**
- Knees come towards the front of the room
- Then away from front



KNEE DROP WITH EXTENSION

Setup

- Legs extend and close

Follow-up

- Brace abs
- Keep shoulders anchored to floor
- Challenge yourself by taking legs lower to the floor



PULSE OBLIQUE CRUNCH

Key Coaching Focus:

Lift side ribs to top hip

Setup

- Knees stacked at right angles to body or slightly lower
- Bottom arm straight along floor
- Palm up
- Fingertips to temple
- Open chest to ceiling
- **Take side ribs towards top hip**
- Lead with shoulder towards hip rather than elbow
- On the way down, open chest out to ceiling
- Chin tucked in



Option

- Fingertips to temples with both hands (advanced option)

CROSS CRAWL

Key Coaching Focus:

Twist back shoulder towards opposite knee

Setup

- Fingertips to temples
- Knees over hips
- **Twist back shoulder towards opposite knee**
- Keep chin gently tucked in
- Abs braced

Option

- Drop foot to floor (low option)

MOUNTAIN CLIMBER WITH TWIST

Key Coaching Focus:

Brace the mid-section and reach knee toward opposite elbow

Setup

- Hands under shoulders
- On knees or toes
- **Take right knee to left elbow**
- Switch sides
- Crunch up as knee comes in
- **Brace abs**
- Squeeze abs as you take opposite knee towards elbow
- Eyes look towards fingertips so neck is long



Options

- Drop to knees
- Take hands wider so you have to travel even further (advanced option)







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