

LESMILLS CXWORX™ 06



PRESENTERS FROM USA
NEW ZEALAND

FEATURES

/ THE ULTIMATE YOU / FUNCTIONAL STRENGTH
/ FREE WEIGHT TRAINING / APPLIED CORE SCIENCE
/ SCIENCE OF RESISTANCE TUBING

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



BLAH

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CXWORX™ 06 CONTENTS

THE ULTIMATE YOU FUNCTIONAL STRENGTH INTRODUCING FREE WEIGHTS INTO CXWORX™ APPLIED CORE SCIENCE SCIENCE OF RESISTANCE TUBING

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	Freefallin' (Deluxe Edition) © 2010 Neon Records Pty Limited. Written by: Pearson, Denny, Zala	Zoë Badwi	3:21
2 CORE STRENGTH 1	Cinema (Skrillex Remix) © 2011 Ultra Music Records, Inc. Licensed courtesy of Liberator Music. Written by: A. Benassi, M. Benassi, Baker	Benny Benassi feat. Gary Go	4:51
	Cinema (Skrillex Remix) © 2011 Ultra Music Records, Inc. Licensed courtesy of Liberator Music. Written by: A. Benassi, M. Benassi, Baker	Benny Benassi feat. Gary Go	2:05
3 STANDING STRENGTH 1	Born To Be Wild © 2011 Les Mills Music Licensing Ltd. Written by: Mars Bonfire	Hiroshi Free	4:59
4 STANDING STRENGTH 2	Pause © 2011 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Perez, Abdelouahid, Santalica, Kalimi, Vargas	Pitbull	2:15
	Pause © 2011 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Perez, Abdelouahid, Santalica, Kalimi, Vargas	Pitbull	2:15
5 CORE STRENGTH 2	Titanium © 2011 Les Mills Music Licensing Ltd. Written by: S. Furler, Guetta, Tuinfort, Nick van de Wall	Computer Love feat. Digital Beats	3:58
6 CORE STRENGTH 3	The Lazy Song © 2010 Elektra Entertainment Group. Produced Under License From Atlantic Recording Corp. Written by: Mars, Levine, Lawrence, K'naan	Bruno Mars	3:09
BONUS 1 WARMUP	International Love © 2011 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Perez, Shack, Biker, Hurley, Kelly	Pitbull feat. Chris Brown	3:49
BONUS 2 CORE STRENGTH 1	What A Wonderful World © 2011 Les Mills Music Licensing Ltd. Written by: Hadfors, Le Friant, Carroll	Comet & DJ Reflex	6:37
BONUS 6 CORE STRENGTH 3	Hot Tottie © 2010 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Jones, Dawson, Dean, Carter, Raymond	Usher feat. Jay-Z	4:47

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
 - (Instr) instrumental
 - 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™ 06



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

We're not going to apologize... this class is character building! It's super challenging, easy to follow and totally achievable. Your muscular slings are put into overdrive and annihilated with creative tubing exercises and plate work. All this adds up to a fabulous ripped mid-section... just what we want.

Dub Step is the new black and we've got some... Track 2 *Cinema* comes to you in four blocks. This circuit-style training will push you to your limits and leave you very aware of where you have worked!

"Get your motor running"... this old-time classic song just adds new dimension to the Dynamic Power Skater! The combo of the adapted hand press in the Woodchop with the Dynamic Power Skater adds seamless transitions... less messing around and more time to be wild!

Track 4... *Pause*... have you ever wished that you could pause time and take a snapshot of the perfect thigh and gluteal muscles? Now's your chance... just don't blow out too soon!

Total *Titanium*... that's what you need – super powers to get yourself and your class through this track. Take them with you... don't let them fall!

Wrapping up class is our *Lazy Song* but we know we're far from that!

Check out the three bonus tracks: a Warmup, a Core Strength 1 and a Core Strength 3.

From us to you... CXWORX™ really works... we know you agree!

Susan, Dan and Corey

CXWORX™ 06 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.

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

THE ULTIMATE YOU

Who do you dream of being when you teach? This questionnaire will help you connect with your inner rock star or your ULTIMATE YOU. So check out the short Education session on the DVD, answer these questions and begin your journey...

IF YOU ARE 'THE ULTIMATE YOU'... BEFORE YOU CAME INTO THE ROOM...

>> WHAT WERE YOU DOING?

>> WHAT DID YOU EAT FOR BREAKFAST?

>> WHAT KIND OF CAR DO YOU DRIVE?

>> WHAT IS YOUR FAVORITE MUSIC?

>> WHO DID YOU SPEAK TO AND WHAT DID YOU SAY?

>> DESCRIBE YOUR WALK AND YOUR POSTURE.

>> WHAT IS YOUR PREDOMINANT FACIAL EXPRESSION?

>> WHAT ARE YOUR 'CHARACTER' GIVENS (*EG FIT, STRONG, CONFIDENT, SILLY...*)?

>> DESCRIBE THE LOCATION WHERE YOU TEACH.

>> PHYSICAL ENVIRONMENT: WHAT DOES THE ROOM LOOK LIKE?

>> WHAT DOES THE ROOM TELL YOU ABOUT YOUR CHARACTER?

>> WHAT IS THE EMOTIONAL ENVIRONMENT IN THE ROOM?

>> HOW DO YOU FEEL WHEN YOU ARE IN THE ROOM?

>> HOW DO PEOPLE GREET YOU?

>> DESCRIBE THE EMOTIONAL RELATIONSHIP BETWEEN YOU AND THE OTHER PEOPLE IN THE ROOM.

>> WHAT DO YOU FEEL ABOUT THE OTHER PEOPLE IN THE ROOM?

>> OVERALL, WHAT ARE YOU TRYING TO GET FROM THE OTHER PEOPLE?

>> **DESCRIBE 'THE ULTIMATE YOU'.**

ONCE YOU HAVE FINISHED PLAYING,
ENHANCING AND EXPRESSING,
THINK ABOUT THIS...

What are the conflicts holding you
back from becoming **THE ULTIMATE
YOU?** What is stopping you?

Write a letter to your **'REAL SELF'**
from your **'ULTIMATE SELF'**.

And remember, sharing this exercise
with someone else will greatly
enhance the experience.



FUNCTIONAL STRENGTH

Functional strength is the strength required to perform activities we use in day-to-day life or in other activities such as sport or doing our job.

So, functional strength training makes you fit for what you do.

For example, Squats provide functional strength, as they use lots of muscles, whereas Leg Extensions on a machine (an isolated exercise) do not.

WHICH TYPE OF EXERCISE IS BEST?

A 2008 study shows that functional strength improves strength and balance much more than isolated exercises.

We also know that functional strength exercises help people improve their joint control and this helps them to avoid injury. In a 2004 study, athletes who had poor gluteus medius control – and in particular the back part of this muscle called posterior gluteus medius – had the highest rate of injury in all athletes.

If you perform any movement that involves impact, the way you land on each leg will determine whether or not you get hurt.

Quite simply, if you keep the middle of your knee in line with the middle of your foot on impact, chances are you'll be quite safe.

However, if your knee collapses inward, you significantly increase your chances of getting injured.

Functional strength exercises force us to use these stabilizing muscles whereas fixed exercises do not. So these exercises give us the type of strength that stop us from getting injured.

WE BELIEVE IN FUNCTIONAL STRENGTH TRAINING.

All of our programs promote it and we use carefully selected movement patterns and cues to improve joint control. The only time we are locked into a machine is during RPM™ – and even then we still coach alignment control and stability.

So there you have it: not only are you churning through calories and getting people healthy – you are also improving their quality of life with functional strength training.

- Spennwyn K. (2008) Strength Outcomes in Fixed Form Versus Free Form Resistance Equipment. Journal of Strength and Conditioning Research, Volume 22, Number 1, January 2008
- Leetun D. (2004) Core Stability Measures as Risk Factors for Lower Extremity Injury in Athletes. Medicine and Science in Sports and Exercise

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 supersat 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

Freefallin' > 3:21 mins

Track Focus: The Warmup uses short arm and leg movements to engage our target core muscles.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:05	Not the first (V)	4x8	Lie on back feet hip-distance apart, knees bent	32	
0:21	Feel it in	8x8	A Double Leg Lift	16	4x
0:51	Free fallin' (C)	4x8	B Alternating Leg Lift R&L	4	8x
1:06	I'm free	4x8	B' Cross Crawl R&L	4	8x
1:22	Not the first (V)	8x8	A' C-Crunch	8	8x
1:51	Free fallin' (C)	4x8	B Alternating Leg Lift R&L	4	8x
2:06	I'm free	4x8	B' Cross Crawl R&L	4	8x
2:21	(Instr)	6x8	C Bridge	16	
			Extend front leg	16	
			Extend B leg	12	
			Roll down on last 4 cts	4	
2:44	Free fallin' (C)	4x8	B Alternating Leg Lift R&L	4	8x
2:59	I'm free	4x8	B' Cross Crawl R&L	4	8x

WHY?

A combination of isolated and integrated patterns establishes the connections to the working muscles.

DOUBLE LEG LIFT

Key Coaching Focus:

Draw belly in and brace abs to keep lower back toward the floor as you lift and lower your legs

Setup

- Lie on back, side-on to stage, feet hip-distance apart, knees bent
- Hands by side, palms up
- Chin in
- **Brace abs to keep back toward the floor**
- Lift knees to hip level, shins parallel with the floor
- Maintain 90-degree angle at the knees



ALTERNATING LEG LIFT

Setup

- Brace abs to keep lower back toward the floor as you alternately lift each leg
- Lift knee to hip height – shins parallel to the floor
- Tap toe, keeping heel off the floor



Follow-up

- Focus on keeping lower back toward the floor

CROSS CRAWL

Key Coaching Focus:

Lift shoulder toward opposite knee

Setup

- Fingertips to temples
- Chin tucked in
- Keep elbows wide and off the floor
- **Lift shoulder toward opposite knee**
- Tap toe, keeping heel off floor



C-CRUNCH

Key Coaching Focus:

Slide ribs to hips on Crunch phase. Brace abs to keep lower back toward floor on lowering phase

Setup

- Fingertips to temples
- Chin tucks in
- Keep elbows wide and off the floor
- **Slide ribs to hips to crunch up**
- Eyes gaze between the knees
- Knees stay at 90 degrees
- **Brace abs to keep back toward the floor as you lower your legs**
- Tap toes to the floor

Follow-up

- Integrating lower and upper abs
- Lift knees to hip level

BRIDGE

Key Coaching Focus:

Squeeze glutes to lift hips off the floor

Setup

- Feet flat on the floor, hip-distance apart
- Palms up
- Chin tucked in
- **Squeeze glutes to lift butt off the floor**
- Maintain glute tension and extend your leg, keeping the knees together
- **Keep hips level**
- Push into supporting foot



2

CORE STRENGTH 1

Cinema > 6:56 mins

Track Focus: We increase the demand on the core muscles as we extend the arms and legs and use optional weight for extra resistance.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8		Set up Hover	32	
0:13	I could (V) 8x8	A	Hover on knees	64	
0:39	You are (C) 8x8	A ¹	Hover on toes	64	
1:06	Get up 4x8		Roll over on to back	32	
1:19	(Instr) 16x8	B	Leg Extension Sequence (Single) Extend front leg and arms O/H Lift leg and hands towards ceiling Lower leg and arms O/H Return to start Repeat other leg (Lift knees above hips after 4 reps)	4 4 4 4 16	4x
2:12	Stars (V) 8x8	A ¹	Hover on toes	64	
2:39	You are (C) 8x8	A ²	Hover w. Leg Lift L Hover w. Leg Lift R	32 32	
3:05	Get up 4x8		Roll over on to back	32	
3:18	(Instr) 8x8	B ¹	Leg Extension Sequence (Single)	16	4x
3:45	8x8	B ²	Leg Extension Sequence (double legs)	16	4x
4:11	You are (C) 12x8	A ¹	Hover on toes	96	
4:51	Get up 4x8		Roll over on to back	32	
5:04	(Instr) 16x8	B ²	Leg Extension Sequence (Double)	16	8x
5:57	You are (C) 8x8	A ¹	Hover on toes	64	
6:24	A cinema 8x8	A ²	Hover w. Leg Lift L Hover w. Leg Lift R	32 32	

WHY?

Hovers and the Leg Extension Sequence activate all the muscles of the core, getting you strong fast.

HOVER

Key Coaching Focus:

Brace your abs to support your mid-section

Setup

- Elbows directly under shoulders
- Hands together
- Knees slightly wider than hips
- **Lift your hips and brace your abs to support your mid-section**
- Eye gaze to your hands
- Brace abs harder as you lift your knees
- **Keep back straight and long**
- Push into forearms

HOVER WITH LEG LIFT

Setup

- Keep back straight by bracing abs
- Lift leg to hip height
- Squeeze glute to lift leg
- Keep hips level

Option

- Drop to your knees if you feel pressure in your lower back

LEG EXTENSION SEQUENCE

Key Coaching Focus:

Brace your abs to keep your lower back toward the floor as you extend arm and leg. Slide ribs to hips during Crunch component

Setup

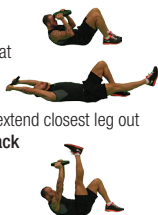
- Lie side-on to stage
- Begin with knees bent, feet flat on the floor, hip-width apart
- Hands begin at temples – extend arm above head and extend closest leg out
- **Brace abs to keep lower back toward the floor**
- Lift extended leg up and reach arms toward leg
- **Slide ribs to hips to lift trunk**
- Chin in
- Extend arm out, keeping lower back toward the floor
- Finish sequence in a Crunch
- Repeat on opposite side
- **Increase intensity by lifting knees over hips**
- Shins parallel
- Repeat sequence, keeping foot off the floor

Follow-up

- If back is arching, begin with feet on the floor
- Breathe throughout sequence
- Try and touch your feet as you lift up

Options

- Use plate
- Extend both legs



3

STANDING STRENGTH 1

Born To Be Wild > 4:59 mins

Track Focus: We move to standing core activation to reap the full functional benefits of having core strength where we need it most often.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8 A	Set up LES MILLS™ Tube under R foot	32	
0:13	Get your (V)	4x8 B	4/4 Resisted Power Skater L	8	4x
0:27	Yeah darling	4x8 B ¹	2/2 Resisted Power Skater L	4	8x
0:40	I like (V)	4x8 C	4/4 Woodchop, arms at chest L	8	4x
0:53	Yeah darling	4x8 C ¹	4/4 Woodchop L	8	4x
1:06	True	4x8 C ²	1/3 Woodchop L	8	4x
1:19	Born to (C)	4x8 C ³	Single Woodchop L	4	9x
1:32	(Instr)	4x8 D	Set up for Squat w. Plate	32	
1:45		6x8 D ¹	Squat w. Knee Lift & Twist L&R	8	6x
2:05	Born to (C)	6x8 D ²	Squat w. Plate O/H	4	9x
			Stay down for last 12 cts	12	
2:28		44x8 A-D ²	REPEAT SEQUENCE ABOVE on R side		

WHY?

Standing oblique training allows us to integrate the muscles of the hip and pelvis with the abdominals.

RESISTED POWER SKATER

Key Coaching Focus:

Rotate the chest to drive the LES MILLS™ Tube

Setup

- Loop the mid-point of the LES MILLS™ Tube under your left foot
- Bring the handles together and hold the material at the sides of the handles
- Secure the handles into the chest with the elbows wide
- Begin with the feet hip-width apart, knees slightly bent
- Take a long step to the side, rotating your rear shoulder toward the back of the room
- **Rotate your chest to drive the LES MILLS™ Tube**
- Tip forward from the hips, chest up
- Straighten the leg fixing LES MILLS™ Tube position

Follow-up

- Drive out of your foot

Option

- Drop the inside LES MILLS™ Tube to reduce resistance



SQUAT WITH PLATE OR LES MILLS™ TUBE

Key Coaching Focus:

Abs braced to support spine

Setup

- Feet outside hips, toes out slightly
- Hands over head, tension on LES MILLS™ Tube
- **Sit hips down and back into Squat**
- Knees track forward in line with second and third toes
- **Elbows slightly forward of face**



SQUAT WITH KNEE LIFT + TWIST

Key Coaching Focus:

Pull LES MILLS™ Tube to hip to rotate

Setup

- As you rise out of the Squat, lift your knee to hip level
- Pull LES MILLS™ Tube to outside of hip to rotate trunk
- Keep elbows forward as you press up



Follow-up

- Sit lower into the Squat to work the glutes
- Butt just above knee line

Option

- Use weight plate and pull to shoulder as you lift the knee



WOODCHOP

Key Coaching Focus:

Rotate from the chest to get the obliques working.
Keep the hips square

Setup

- Maintain Lunge position; transfer weight from side to side
- Hips square
- Drop the hands to the knee and pull handles into chest
- Progress to straightening arms so that hands reach just above shoulder level
- **Rotate from the chest to get the obliques working**
- **Keep the hips square**



Option

- Drop the inside LES MILLS™ Tube to reduce resistance

4

STANDING STRENGTH 2

Pause > 4:30 mins

Track Focus: We tip forward from the hip to engage the gluteals and add rows to work our posterior slings.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8	A Set up LES MILLS™ Tube under L foot, holding handles in L hand	32	
0:15	Go, stop (C)	4x8	B Single Leg Squat Sequence R leg B 3x Single Leg Squat , straighten Squat 3x straighten, Single Leg Squat Straighten	12 4 12 4	
0:30	Look (V)	6x8	C Knee Repeater R	4	12x
0:52	Go, stop (C)	4x8	B ¹ Single Leg Squat Sequence R leg B, R arm high on diagonal	32	
1:07	Look (V)	6x8	C ¹ Knee Repeater R R arm high on diagonal Lunge & change handles to R hand	4 16	8x
1:30	Go, stop (C)	4x8	D Row Sequence – R arm 3x Single Arm Row Row and hold at top 3x Single Arm Row Row and hold as start or transfer weight to front leg	12 4 12 4	
1:45	Look (V)	8x8	D ¹ Single Arm Row R (L arm high on diagonal after 4 reps)	4	16x
2:15		36x8	A-D ¹ REPEAT SEQUENCE ABOVE on R side		

WHY?

The posterior sling is a key stabilizing mechanism of the lower back and pelvis.

SINGLE LEG SQUAT SEQUENCE

Key Coaching Focus:

Tip forward from the hip to engage the glutes

Setup

- Double LES MILLS™ Tube and hold both handles in right hand
- Step on to LES MILLS™ Tube with your right foot – the closer toward the handles, the more resistance you have
- Keep weight in the right foot, knee slightly bent
- Extend left leg to the rear with toes on the floor
- **Tip forward from the hips to engage the glutes**
- Chest up, shoulder blades back
- **Keep knee aligned with left foot**
- Tap foot as you squat down
- Lift arm out to 45 degrees in second sequence



Option

- Stand further away from handles for less resistance

KNEE REPEATER

Setup

- Maintain forward trunk position, keeping chest up
- Pull rear leg forward to hip level
- Extend leg back from hip
- Maintain eye gaze forward to the floor
- Hips square
- Foot drives through to touch knee

ROW SEQUENCE

Key Coaching Focus:

Squeeze your shoulder blade toward your spine as you row

Setup

- Feet hip-width
- **Long Lunge back**
- Hips square – chest up
- Transfer handles to left hand
- Row against the LES MILLS™ Tube by pulling the handles into the waist



Follow-up

- Tip forward on to front leg – leaning forward from hip
- Hips square
- Abs braced – chest lifted
- Row handles into left hip
- **Squeeze shoulder blade toward your spine**
- Extend arm to 45 degrees
- Eye gaze forward on the floor



Option

- Continue rowing from Lunge position



CORE STRENGTH 2

Titanium > 3:58 mins

Track Focus: We use Side Hovers and Cross Crawls to work our obliques.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8		Set up Side Hover L	32	
0:15	You shout (V) 8x8	A	Side Hover L	64	
0:45	Bullet (C) 8x8	A ¹	Slow Side Crunch in Hover R	8	8x
1:16	(Instr) 4x8	A ²	Side Crunch in Hover R	4	8x
1:31	Calm me (V) 8x8	A	Side Hover R	64	
2:02	Bullet (C) 8x8	A ¹	Slow Side Crunch in Hover L	8	8x
2:32	(Instr) 4x8	A ²	Side Crunch in Hover L	4	8x
2:47	Stone hard 4x8		Roll on to back	8	
			Lift upper body, arms wide	16	
			Lift legs	8	
3:03	Shoot me (C) 4x8	B	Single Extension w. Hand Touch R&L	16	2x
3:18	Shoot me 4x8	B ¹	Single Extension w. Hand Touch R&L	8	4x
3:33	(Instr) 4x8		Cross Crawl R&L	4	8x

WHY?

Oblique training gives us lower back stability and power in rotational movements.

SIDE HOVER

Key Coaching Focus:

Lift bottom hip

Setup

- Lie side-on to stage
- Elbow directly under shoulder
- Knee bent in line with trunk – straighten top leg
- **Lift bottom hip away from the floor**
- Extend top arm to open chest
- Push into forearm to support shoulder
- Hip and shoulders square to the front



SIDE CRUNCH IN HOVER

Setup

- Keep head in line with spine
- Extend top arm and leg into a horizontal position
- Pull elbow to knee, bringing knee and elbow above the hip. Avoid pulling forward

Follow-up

- **Keep the bottom hip lifted**

Option

- Drop bottom hip to the floor and lift waist

CROSS CRAWL

Key Coaching Focus:

Lift opposite shoulder to knee

Setup

- Fingertips to temples
- Elbows wide
- **Lift across to bring opposite shoulder to knee**
- Extend opposite leg

Option

- Tap foot down to the floor

SINGLE EXTENSION WITH HAND TOUCH

Key Coaching Focus:

Slide ribs to hips

Setup

- Lie side-on to stage
- **Lift into Crunch, sliding ribcage to hips**
- Extend arms out to side, palms up
- Chin tucked in
- Lift the knees up to hip level
- Extend knees so legs lift to 45 degrees
- Flex nearest knee to hip level and reach hands together beyond bent knee
- Keep your shoulders off the floor
- Keep the upper trunk still



6

CORE STRENGTH 3

The Lazy Song > 3:09 mins

Track Focus: To train the exterior muscles of our back and gluteals.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
				Lie on front, arms wide		
0:00	Today (C)	4x8	A	Upper Body Lift , arms wide	8	4x
0:22	Kick my (V)	5x8	B	Flutter Kick Lower legs and lift upper body on last 8 cts	32 8	
0:49	Today (C)	4x8	A ¹	Upper Body Lift w. Triple Pulse , arms wide	8	4x
1:11	At all	2x8	B	Flutter Kick Hold legs off the floor	16	
1:22	Tomorrow I (V)	5x8	C	Double Leg Lift w. Open & Close	8	5x
1:50	Today (C)	4x8	A ¹	Upper Body Lift w. Triple Pulse , arms wide	8	4x
2:12	I ain't (V)	4x8	C ¹	Upper Body Lift w. Arm Combo Lift, arms F Open arms Arms F Back to start	2 2 2 2	4x
2:34	Today (C)	6x8	C ²	Star Combo	8	6x

WHY?

These exercises strengthen our postural muscles that support us against gravity.

UPPER BODY LIFT

Key Coaching Focus:

Squeeze the glutes as you extend the back

Setup

- Angle 45 degrees to the stage
- Lie on stomach
- **Chin in, eyes to the floor**
- Extend your arms to the side, thumbs up
- **Squeeze the glutes as you lift the chest**
- Pulse at the top of the movement

FLUTTER KICK

Setup

- Rest forehead on hands
- **Squeeze the glutes to kick your legs**
- Lift thighs off the floor
- Keep the knees straight



DOUBLE LEG LIFT WITH OPEN + CLOSE

Setup

- **Squeeze the glutes to lift the thighs off the floor**
- Knees straight
- Open legs to side – return to mid-line
- Toes pointed

UPPER BODY LIFT WITH ARM COMBO

Setup

- **Squeeze glutes as you lift the chest**
- Extend the arms forward, to the side, forward and rest
- Thumbs are up
- Add legs opening as arms extend to the side
- Thighs off the floor – keep squeezing glutes
- **Chin in, eyes to floor**



Track Focus: We use short-levered movement patterns to establish the muscle connection that will allow us to train our core effectively.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8		Lie on back, lift legs off the floor, knees above hips	32	
0:16	Catch me (V) 4x8	A	Double Leg Drop	8	4x
0:32	Down like (C) 5x8	A ¹	Single Leg Drop L&R	4	10x
0:52	Don't play (V) 6x8	B	Crunch	8	6x
1:16	Down like (C) 5x8	B ¹	Triple Pulse Crunch	8	5x
1:36	Down in (V) 6x8	C	Single Cross Crawl L&R	16	3x
2:00	Down like (C) 5x8	C ¹	Cross Crawl L&R	4	10x
2:20	There's not 6x8		Bridge	16	3x
2:44	Down like (C) 5x8	C ¹	Cross Crawl L&R	4	10x
3:04	Down like 10x8	B ²	Triple Pulse C-Crunch	8	10x

WHY?

These patterns allow us to focus on the key areas that will be targeted during the class.

DOUBLE LEG DROP

Key Coaching Focus:

Brace your abs to keep your lower back toward the floor

Setup

- Lie side-on to stage
- Feet flat on the floor – knees bent
- Palms up
- Lift knees above hips with shins parallel to the floor
- **Brace abs to keep lower back toward the floor**
- Lower feet to tap toes
- Isolate the movement to the hips – the knees stay at 90 degrees



SINGLE LEG DROP

Setup

- With knees above hips – shins parallel to the floor
- Alternately tap each leg down to the floor
- **Brace abs to keep lower back to the floor**



CROSS CRAWL

Key Coaching Focus:

Lift the opposite shoulder to the knee

Setup

- Lie on back, knees bent, feet flat on the floor
- Fingertips to temples
- **Lift up and across, lifting the shoulder toward the opposite knee**
- Chin in
- Tap toes on single reps



BRIDGE

Key Coaching Focus:

Squeeze glutes to lift hips

Setup

- Lie on back – feet on the floor, knees bent
- **Squeeze glutes to lift the hips**



CRUNCH

Key Coaching Focus:

Slide ribs to hips

Setup

- Knees bent, feet on the floor
- Fingertips to temples
- **Slide ribs to hips**
- Chin in
- Eye gaze between the knees

TRIPLE PULSE CRUNCH

Setup

- Reach hands to shins and pulse top half of the movement
- **Slide ribs to hips**
- Chin in
- Eye gaze between the knees
- Try to reach past shins to get full movement in Crunch

C-CRUNCH

Key Coaching Focus:

Slide ribs to hips to Crunch up. Keep lower back toward the floor as you extend out

Setup

- Lie on back
- Knees above hips, shins parallel
- **Crunch forward, sliding ribs to hips**
- Chin in – reach fingers forward
- Extend back, dropping to the floor, bringing fingers to temples
- **Brace abs to keep the lower back toward the floor**



Track Focus: Hovers and Reverse Leg Extensions increase the demand on our core muscles and begin to integrate our muscular slings.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	8x8	A	Hover	64	
0:30	(Cymbal) 4x8	A ¹	Hover w. Forward Shift	4	8x
0:45	4x8	A ²	Toe Tap L&R	8	4x
1:00	Imagine (V) 14x8	A ³	Hover Combo L&R		
			Hover w. Forward Shift	4	
			Toe Tap L	4	
			Hover w. Forward Shift	4	
			Toe Tap R	4	7x
1:52	Love 2x8		Roll on to back, extend legs	16	
2:00	(Instr) 18x8	B	1/3 Reverse Leg Extension L&R	16	8½x
			Lower feet to the floor	8	
3:07	Yeah (V) 10x8		Slow Crunch	16	5x
			Extend arms F on last Crunch		
3:45	(Instr) 8x8		Hundreds	64	
4:15	This is (C) 2x8		Feet to floor, option to pick up plate	8	
			Extend legs	8	
4:22	(Instr) 8x8	B	1/3 Reverse Leg Extension L&R	16	4x
4:53	This is (C) 2x8		Roll over to front	16	
5:00	(Instr) 24x8	A ³	Hover Combo L&R	16	12x
			Add Finger Tap after 4 reps		

WHY?

Hovers have been shown to increase the demand on our core muscles, giving us quicker results.

HOVER

Key Coaching Focus:

Back straight – brace abs to support the mid-section

Setup

- Lie on stomach, knees just outside hips, supported on elbows
- Lift hips to bring them in line with shoulders
- **Brace core to support mid-section**
- Lift knees to come on to toes
- Elbows directly under shoulders
- Push forearms into the floor to support the shoulders
- Chin in – eyes to hands
- **Back long and straight**



HOVER WITH FORWARD SHIFT

Setup

- Maintain Hover position
- Flex feet to bring the body forward toward hands
- Return to start position
- Keep shoulders and hips level



TOE TAP

Setup

- Maintain Hover position
- Tap foot out to side and return to mid-line
- **Brace abs to support mid-section**
- Hips and shoulders level
- Gently touch toe to the floor



Option

- On knees

REVERSE LEG EXTENSION

Key Coaching Focus:

Slide ribs to hips. **Brace the abs to keep lower back towards the floor as legs extend**

Setup

- Lie on back
- Lift legs to 45 degrees
- **Crunch forward, sliding ribs to hips and hold**
- Chin tucked in
- Reach hands forward past thighs
- Flex one knee toward chest
- Return to start position
- **Brace the abs to keep lower back towards the floor as legs extend**



Options

- Use plate held like the peak of a cap
- Lift legs higher to reduce load



SLOW CRUNCH

Key Coaching Focus:

Slide ribs to hips

Setup

- Lie side-on to stage
- Knees bent, feet flat on the floor
- Fingertips to temples – elbows wide
- **Crunch forward, sliding ribs to hips**

HUNDREDS

Setup

- Maintain forward Crunch position
- Extend arms forward
- With straight elbows, bang the hands to the floor
- Chin tucked in
- Raise feet so knees are above hips and shins are parallel
- Extend legs to 45 degrees
- **Keep ribs into hips to maintain Crunch**



Track Focus: To strengthen the extensors and gluteals.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	King	4x8	Set up on knees w. LES MILLS™ Tube or Plate	32	
0:11	I'm that cool (C)	4x8	A Kneeling Waiters Bow w. Forward Raise	8	4x
0:32	I see you (V)	8x8	B Horse Stance Pointer w. Weight or LES MILLS™ Tube L	8	8x
1:14	I'm that cool (C)	4x8	A Kneeling Waiters Bow w. Forward Raise	8	4x
1:35	I'm a (V)	8x8	B Horse Stance Pointer w. Weight or LES MILLS™ Tube R	8	8x
2:17	I'm that cool (C)	8x8	A Kneeling Waiters Bow w. Forward Raise	8	8x
3:00	(Instr)	2x8	Set up for Upper Back Extension w. Rotation	16	
3:10	King	6x8	Upper Back Extension w. Rotation L&R	16	3x
3:42	She likes	2x8	Childs Pose	16	
3:52	I'm that cool (C)	4x8	A Kneeling Waiters Bow w. Forward Raise	8	4x
4:13	I'm so cold	4x8	Shoulder Stretch L&R	16	
			Upper Back Stretch	16	
4:35		2x8	Chest Stretch	16	

WHY?

These muscles are important for postural stability and back strength.

KNEELING WAITERS BOW WITH FORWARD RAISE

Key Coaching Focus:

Chest lifted, tip forward from hips to engage glutes

Setup

- Kneeling with knees under hips – toes together
- Hold LES MILLS™ Tube doubled in front of thighs
- Chest up
- **Squeeze butt and tip forward from hips**
- Raise arms to shoulder height, maintain straight elbows, holding outward tension against LES MILLS™ Tube
- Brace abs to maintain trunk support
- Shoulders away from ears



Option

- Use plate for resistance

UPPER BACK EXTENSION WITH ROTATION

Key Coaching Focus:

Squeeze glutes to lift the chest. Rotate around the spine; don't lean to the side

Setup

- Lie down on stomach, feet hip-distance apart
- **Squeeze butt, lift chest**
- Take arms wide, thumbs up
- Pull shoulder blades together
- Eye gaze down
- **Twist around spine to rotate from side to side**
- Reach arms long



HORSE STANCE POINTER WITH WEIGHT

Key Coaching Focus:

Brace abs to support mid-section. Keep hips and shoulders level

Setup

- On all fours – hands directly under shoulders, knees under hips
- **Back long and straight, abs braced**
- Chin in
- Eyes gaze to fingertips
- Extend leg behind you, no higher than hip
- Knee straightens
- Raise arm out to side, keeping elbow bent
- Forearm lifts to shoulder height
- **Hips and shoulders level**



Options

- Use plate for resistance
- Anchor LES MILLS™ Tube under heel of hand
- Hold LES MILLS™ Tube forward of handle
- Tap toe to reduce stability requirements

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