

LES MILLS CXWORX™



RELEASE **07**

FEATURES

EXERCISE MOTIVATORS – WHICH ONES WORK?

/ CORE TRAINING FOR MAXIMUM RESULTS / FREE WEIGHT TRAINING

CXWORX™ COACHING MODEL / APPLIED CORE SCIENCE / THE 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.

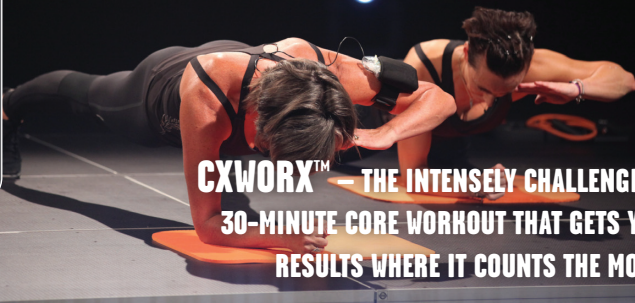
As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

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

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EXERCISE MOTIVATORS – WHICH ONES WORK?

CORE TRAINING FOR MAXIMUM RESULTS

INTRODUCING FREE WEIGHTS INTO CXWORX™

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APPLIED CORE SCIENCE

THE SCIENCE OF RESISTANCE TUBING

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	End Of Time © 2011 Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Knowles, Nash, S. Taylor, D. Taylor	Beyoncé	3:49
2 CORE STRENGTH 1	Alive © 2011 Phazing under exclusive license to Neon Records Pty Limited. Licensed courtesy of Neon Records Pty Limited. Written by: Roganovic, Knebel-Janssen, Elsworth	Dirty South & Thomas Gold feat. Kate Elsworth	5:41
3 STANDING STRENGTH 1	Know Your Enemy © 2011 Les Mills Music Licensing Ltd. Written by: Armstrong, Wright, Pritchard	The Distort	4:15
4 STANDING STRENGTH 2	Little Bad Girl (Bbop & Rokstedi Radio Remix) © 2011 LNG Music. Written by: Bridges, Cruz, Guetta, Riesterer, Tuinfort	Candid	4:02
5 CORE STRENGTH 2	Feel So Close © 2011 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. p 2011 Sony Music Entertainment UK Limited under exclusive license to Ultra Records, Inc. License courtesy of Ultra Records, Inc. Written by: Harris	Calvin Harris	3:20
	Feel So Close © 2011 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. p 2011 Sony Music Entertainment UK Limited under exclusive license to Ultra Records, Inc. License courtesy of Ultra Records, Inc. Written by: Harris	Calvin Harris	3:20
6 CORE STRENGTH 3	I Don't Need It © 2009 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Mosley, Fauntleroy III, Washington, Harmon	Jamie Foxx	3:58
BONUS 2 CORE STRENGTH 1	Til Death (R3hab Remix) © 2011 Big Beat Records, Inc. Produced Under License From Atlantic Recording Corp. Written by: Gordon, Fitzpatrick, Neville	Wynter Gordon	5:25
BONUS 6 CORE STRENGTH 3	Pocketbook © 2009 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Washington, Nelson, Mosley, Bridges, Lane	Jennifer Hudson feat. Ludacris	3:17
	Pocketbook © 2009 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Washington, Nelson, Mosley, Bridges, Lane	Jennifer Hudson feat. Ludacris	1:42



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

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Creative Director – Janine Phillips

Program Coach – Bryce Hastings

Program Planner – Michelle Farrier

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.

CXWORX™ 07



From L-R: Corey Baird, Susan Trainor, Dan Cohen and Martha Cooper (shadow presenter).

TRANSITIONS: The exercises within each track transition seamlessly so we work for longer and the transitions between tracks are slick to prevent stopping and starting.

PACE: The Treble Pulse is featured several times throughout the release which increases the intensity by keeping the muscles under tension for longer.

PLATES: The plate work in Track 3 and 4 and the Bonus Track 2 creates great core strength and plenty of sweat!

TUBING: The LES MILLS™ Tube continues to be the most versatile piece of equipment in CXWORX™ ... use it in Tracks 3, 4 and 6 as well as in Bonus Track 6.

THANKS everyone. CXWORX™ ... changing the world one core at a time.

Susan, Dan and Corey

CXWORX™ 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® 56 and CXWORX™ 6.

EXERCISE MOTIVATORS

— WHICH ONES WORK?

If we can understand what really drives people to exercise, we can improve how we motivate new people to help ensure they keep coming to class.

It's estimated that 50% of us drop out of a new training program in the first six months.

SO — HOW CAN YOU MAKE SURE THAT THESE PEOPLE KEEP COMING BACK?

New research that followed the exercise habits of a group of middle-aged women has indicated that there are generally three main motivators to exercise:

- 1 **Health benefits** (which include current and future health)
- 2 **Improving quality of life**, or how well people are doing day-to-day
- 3 **Weight loss** or changing how we look.

This research revealed that the women who were driven to exercise to improve their current quality of life — that's how good they felt about performing their day-to-day tasks — had the highest rate of participation while those who were exercising for weight loss and appearance goals had the lowest.

In fact, those who were interested in improving their quality of life exercised 34% more than those who were looking to change their appearance.

We know that appearance changes do occur with exercise, but focusing on goals like these at the beginning that are hard to achieve, or a long way off, can lead to disappointment when people feel like they are not receiving feedback to indicate that they are making progress.

Whereas... focusing on changes you feel immediately — like improved energy levels — encourages people to keep going.

WITH NEW PEOPLE YOU MIGHT WANT TO GO EASY ON THE COSMETIC CUES.

SAY: "You're doing great"

INSTEAD OF: "You're changing the shape of your butt".

SAY: "You are going to feel amazing after this"

RATHER THAN: "You're going to look amazing after this".

SAY: "Can you feel that — that's you getting fitter — right now?"

INSTEAD OF: "This is going to give you rock-hard abs".

People quit when they don't feel successful. Focus on what **WILL** happen after every class — focus on immediate rewards like improving your mood or reducing stress.

Celebrate what's happening now — rather than what's coming around the corner.

CORE TRAINING FOR MAXIMUM RESULTS

We investigated the difference between exercises like Crunches and Oblique Twists and compared these against some of the more recent training methods such as Hovers and Planks. We placed electromagnetic (EMG) electrodes that measure the activity on the muscles of the core, glutes and the deltoids in the shoulder. These electrodes feed information to a computer which allows us to measure the different levels of activation with each exercise.

We started with what we call baseline measures by getting the participants to walk on treadmills. This allowed us to express their readings as a percentage of what we see during their normal walking pattern. This enables you to compare one individual to another and group the results to get an overall picture.



We got readings from the traditional core exercises such as: Crunches, Oblique Crunches and Back Extensions, then compared these to Hover patterns, Planks and four-point exercises using tubing for resistance.

The first set of exercises are considered isolation exercises and are commonly used during core training. The second set are integrated exercises.

Most people would use a combination of these exercises when they train – but we wanted to see which ones were the best in terms of the type of recruitment and the amount of effort the muscles exerted to do the exercise.

AND WHAT DID WE FIND?

All of the integrated exercises we tested recruited the muscles in a similar way to walking. This is really what the muscles of the core are designed to do and these integrated exercises really stress them in a way that would improve the activities of daily life. **WOW!**

AND the degree of increase in activation in the integrated exercises was really astounding.

SO WHAT'S THE TAKE-OUT FROM THIS IN TERMS OF CORE TRAINING?

Integrated exercises are a great way to train – delivering both greater activation and a more functional strength effect.

AND WHAT ABOUT CXWORX™?

CXWORX™ will deliver results – fast. The exercises selected in this program have been proven to work very effectively.

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.

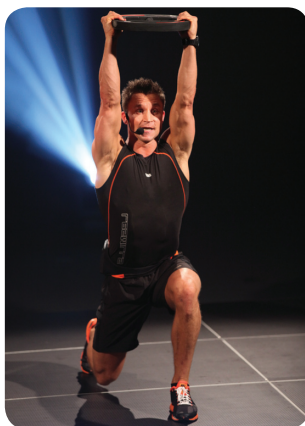
Free weights offer another opportunity to keep CXWORX™ challenging to participants of all levels and to continue to deliver a sufficient level of intensity in just 30 minutes.

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.



CXWORX™

COACHING MODEL

We coach CXWORX™ technique using three phases of coaching. Each phase has a specific purpose and guides the coaching language we use.

SETUP

During this first phase we give participants the information they need to safely and correctly execute each exercise.

Setup Cues are simple clear and concise. They tell your class the correct 'start position' for the track or exercise, 'what body part to move' and 'which direction to move it'. Compulsory Cues are part of the Setup phase and must be given either before you start the exercise or as soon as possible once the exercise is under way. Compulsory cues include both safety cues and the key coaching focus for each exercise and are bolded in the track choreography notes

FOLLOW-UP

In this phase we deepen the understanding of the benefits of the exercises and coach necessary technique adjustments. We demonstrate options to reduce intensity (if necessary); providing participants with the information they need to tailor their workout to their individual ability.

DRIVE

CXWORX™ is designed to be a challenging workout and the drive phase of coaching is where we challenge, inspire, encourage and motivate participants to continue to the end of an exercise sequence or track. This is the time to inject some of your OWN personality as you say what is necessary to keep participants in the workout till the end. Cues in this phase can be, challenging, benefits-based and fun!



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

End Of Time > 3:49 mins

Track Focus: We warm and connect to the muscles of our core with short lever movements and bring awareness to our lower back position as the legs move.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:05		6x8	Set up hands under back	48	
0:30		3x8	A Lift front knee	8	
			Lift back knee	8	
			Hold knees above hips	8	
0:42	Come take (C)	4x8	A ¹ Single Toe Tap R&L	16	2x
0:58	I will be (V)	4x8	A ² Double Toe Tap	8	4x
1:14	Take you	4x8	A ³ Double Toe Tap hands by sides	8	4x
1:30	Come take (C)	12x8	Crunch Sequence	16	6x
2:19	Boy come	4x8	B Knee Drop R&L	32	
2:36	Say you'll	9x8	B ¹ Knee Drop R&L w. Leg Extension	32	2x
			Lower feet to floor last 8 cts	8	
3:12	Come take (C)	8x8	C-Crunch	8	8x

WHY?

Establishing a connection to our core with short lever movements sets us up for the workout ahead.

SINGLE TOE TAP

Key Coaching Focus:

Draw belly in gently and brace abs to keep lower back pressed into hands as you lift and lower your legs. Maintain the gap between your back and the floor when you take your hands away

Setup

- Lie on back, side-on to stage
- Feet close to butt and hip-width apart
- Feet on floor, heels lifted
- Hands under lower back at belly button level
- Roll pelvis towards ribcage (flatten your back) to put pressure on your hands
- **Draw belly in gently and brace abs to keep lower back pressed into hands**
- Lift one knee above hip, then the other
- Maintain 90-degree angle at the knees



DOUBLE TOE TAP

Setup

- Brace abs tighter to maintain pressure on hands
- Double Toe Tap
- Lift knees above hips

Follow-up

- Take hands out from under back
- Palms up
- **Maintain the gap between back and floor as legs move**



CRUNCH SEQUENCE

Key Coaching Focus:

Slide ribcage to hips to curl up. Brace abs for double leg lower to keep lower back towards the floor

Setup

- Both feet tap on floor
- Curl up
- Lift knees above hips
- Relax shoulders and head down to floor
- Palms up
- Repeat

Follow-up

- **Brace abs to lower legs**
- **Slide ribcage to hips**
- Tuck chin in gently towards throat to look after your neck
- As we lower legs we work lower abs
- As we curl up we strengthen our upper abs



KNEE DROP

Key Coaching Focus:

Anchor shoulders into the floor as you lower legs from side to side

Setup

- Arms out wide, palms up
- **Anchor shoulders to the floor**
- Lower legs towards the front of the room
- Knees above hips
- Feet together

Follow-up

- Only lower legs as far as you can, keeping shoulders anchored to the floor



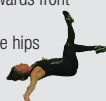
KNEE DROP WITH LEG EXTENSION

Setup

- Extend top leg as you lower knees towards front of room
- Feet together as you take knees above hips
- Abs braced

Follow-up

- How far can you lower legs keeping shoulders anchored to the floor?
- Keep eye gaze upward to look after your neck
- We are working our oblique muscles



C-CRUNCH

Key Coaching Focus:

Slide ribs to hips to crunch up

Setup

- Brace abs to lower legs
- Fingertips to temples
- Curl up as your knees lift above hips
- Feet and head touch the floor at the same time

Follow-up

- **Slide ribcage towards hips**
- Feel the warmth in your abdominals; that's muscle tone developing



2 CORE STRENGTH 1

Alive > 5:41 mins

Track Focus: We increase the load on the muscles of the core with Walking Hovers and increase the demands on the lower abdominals with Leg Extensions.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00		12x8 A	Hover	96	
0:45	Up and (V)	12x8 A ¹	Walking Hover L	8	12x
1:30	Alive (C)	4x8 A ²	Hold Hover	16	
			Roll onto back, legs up	8	
			Lower legs	8	
1:45	(Instr)	12x8 B	Extension Sequence – front leg	8	8x
			Front leg in		
			Back leg in		
			Front leg extends		
			Back leg extends		
		B ¹	Extension Sequence w. Crunch	8	4x
2:30	Up and (V)	4x8	Hold Crunch	32	
2:45	(Quiet)	2x8	Roll to Hover	16	
2:52	Up and (V)	12x8 A ¹	Walking Hover R	8	12x
3:37	(Build up)	4x8 A ²	Hold Hover	16	
			Roll onto back, legs up	8	
			Lower legs	8	
3:52	(Instr)	12x8 B	Extension Sequence – back leg	8	8x
		B ¹	Extension Sequence w. Crunch	8	4x
4:37	(Beat)	4x8	Roll to Hover	32	
4:52		8x8 A ³	Hover w. Salute L	32	
			Hover w. Salute R	32	
5:23		4x8 A	Hover	32	

WHY?

Hovers and Planks fire up our muscular slings which give us power and movement control.

HOVER

Key Coaching Focus:

Brace abs hard to keep back long and straight

Setup

- Elbows under shoulders, fists together
- Knees just outside hips, toes tucked under
- **Brace abs as hard as you can to keep your back long and straight**
- Lift knees off floor into full Hover
- Drop shoulders away from ears

Option

- Hover on knees



WALKING HOVER

Key Coaching Focus:

Brace abs tightly to stop you rocking from side to side

Setup

- Take right hand under shoulder and walk up
- Up, up, down, down
- **Brace abs as hard as you can to stop yourself rocking from side to side**



Follow-up

- Roll through the forearm and use your triceps to help you get up and down
- We are building strength in our upper body as we train our core



Options

- If you have wrist issues come up on to fists
- Drop back to knees

EXTENSION SEQUENCE

Key Coaching Focus:

Brace abs to keep lower back pressed towards the floor

Setup

- Lie side-on to stage
- Legs straight, feet above hips
- Brace abs tightly
- Lower legs to 45 degrees
- Alternate legs in, in, out, out
- **Brace abs to keep lower back towards the floor**



Follow-up

- We are strengthening our lower abdominals

Options

- If your back starts to lift, take your legs higher to reduce the load
- Take your legs lower to make it harder

EXTENSION SEQUENCE – WITH CRUNCH

Setup

- Crunch – reach hands past thighs
- Eye gaze between knees
- Legs out (Last rep)
- Crunch up and hold
- **Slide ribs to hips**

Follow-up

- The heat you are feeling is change in your abdominals

HOVER WITH SALUTE

Key Coaching Focus:

Keep shoulders square as you lift the arm to Salute position. Brace abs tightly

Setup

- Knees wider than hips
- **Brace your abs**
- **Keeping shoulders square, take your hand into a salute position**
- Push into your forearm



Follow-up

- If you are twisting, drop to your knees
- Draw elbows towards toes to intensify your Hover
- **Long straight back**
- **Keep bracing abs**

Option

- Drop to knees if you are twisting through shoulders

3

STANDING STRENGTH 1

Know Your Enemy > 4:15 mins

Track Focus: Using resistance tubing we strengthen our core muscles in standing, using muscular slings to transmit power from our legs to our upper body with Skaters and Woodchops.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	6x8	Set up LES MILLS™ Tube under R foot		48	
	Do you (C) 2x8	A Side Lunge L, R, L, tap in		8	2x
0:28	Do you 2x8	A ¹ Side Lunge L R, L, w. Twist, tap in		8	2x
0:35	Violence (V) 8x8	A ² Woodchop L, R, L, tap in		8	8x
1:04	Do you (C) 4x8	B Skater L		4	8x
1:19	Insurgency 3x8	Set up for Lunge Press L		24	
1:29	(Instr) 5x8	C Lunge Press L		4	
		Knee Lift R		4	5x
1:47	5x8	C ¹ Lunge Press L		2	
		Knee Lift R		2	10x
2:05	35x8	A–C ¹ REPEAT SEQUENCE ABOVE on other side (Note: Extra 2 reps of A ¹ Side Lunge R, L, R w. Twist – if time)			

WHY?

Loading our core in standing gives us functional strength, ie strength where we need it the most.

SIDE LUNGE / SKATER

Key Coaching Focus:

Pull rear shoulder to back wall (to get rotation). Your chest drives the LES MILLS™ Tube

Setup

- Place LES MILLS™ Tube under center of left foot
- Join handles together; hold material edge of handles on body, just below chest
- Feet under hips, bend knees
- Abs braced, chest up
- Right leg steps to the side
- Weight shift to the center, then to the side
- Step in
- Feel the weight shift in your legs
- **Add rotation – your chest drives the LES MILLS™ Tube**
- **Pull rear shoulder to back wall**
- Chest to center (as you shift weight to the other leg)



Follow-up

- Drive out of the standing leg so it straightens
- That's where you get your power from
- We are strengthening our obliques as we rotate

Option

- Drop inside LES MILLS™ Tube to reduce the load

LUNGE PRESS KNEE LIFT

Key Coaching Focus:

Brace abs for stability. Front thigh parallel to the floor to get the work in your glutes

Setup

- Feet under hips
- Plate on chest
- Left leg takes a long lunge back
- Push the plate to the ceiling
- Step in, pulling plate to chest
- Lifting knee to hip height
- **Brace your abs for stability**
- If you need to, tap the foot down to get your balance



Follow-up

- **Keep your elbows slightly forward of your face to look after your shoulders**
- **Keep your front thigh parallel to the floor to get the work in your glutes**
- Feel your heart rate increase as you improve your fitness

Options

- If you lose your balance, tap foot down
- No weight plate
- Use LES MILLS™ Tube instead of weight plate



WOODCHOP

Key Coaching Focus:

Keeping hips square to front of room while driving rotation from the center of your chest

Setup

- Keep the same leg pattern
- Straighten arms
- Hands pull just above shoulder, then back to opposite knee
- **Keep hips square to the front of the room**
- **Drive the rotation from the center of your chest**



Follow-up

- More rotation equals more oblique work
- Generate power by driving out of the standing leg
- This is strengthening our muscular slings, generating power from our legs to our upper body

Option

- If you can't get your hands to shoulder height, drop the inside LES MILLS™ Tube to reduce the load



STANDING STRENGTH 2

Little Bad Girl > 4:02 mins

Track Focus: We improve our glute function to help stabilize our hips with Rear Leg Lifts and the Single Leg Squats.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00		4x8	Set up LES MILLS™ Tube	32	
0:15	Her go	4x8	A Squat, Rear Leg Lift L Squat, Rear Leg Lift R	8 8	2x
0:30	Go little (C)	4x8	A ¹ Squat, Rear Leg Lift L Squat, Rear Leg Lift R	4 4	4x
0:45	Tell me (V)	8x8	A ² Squat, Rear Leg Lift L	4	16x
1:15	Her go	4x8	A Squat, Rear Leg Lift R Squat, Rear Leg Lift L	8 8	2x
1:29	Go little (C)	4x8	A ¹ Squat, Rear Leg Lift R Squat, Rear Leg Lift L	4 4	4x
1:44	(Rap)	8x8	A ² Squat, Rear Leg Lift R	4	16x
2:13	Her go	4x8	Set up for Single Leg Squat	32	
2:28	Go little (C)	8x8	B Single Leg Squat w. Plate L	4	16x
3:01	(Rap)	6½x8	Set up for Single Leg Squat	52	
3:26	Go little (C)	8x8	B Single Leg Squat w. Plate R	4	16x

WHY?

Training our gluteals in standing gives us movement control and better joint alignment during weight-bearing activities.

SQUAT, REAR LEG LIFT

Key Coaching Focus:

Brace abs to keep hips square and to prevent arching of the back. Hips back and down as you squat

Setup

- Stand inside LES MILLS™ Tube, feet underneath hips
- Cross handles at waist
- Soften knees
- Brace your core
- Chest lifted
- Slow squat down
- Right leg presses out to 45 degrees behind
- **As you squat, hips sit back and down**
- **Brace core to keep your hips square (as your leg presses out to 45 degrees behind)**



Follow-up

- **Brace abs to prevent arching of the back (on Rear Leg Lift)**
- This keeps the work in your glutes
- Knees track in line with feet
- Chest and shoulders face forward
- Stand tall to keep the work in your core
- Squat down so hips are just above knees
- We strengthen our hip muscles to help us balance and improve leg alignment
- Feel the heat in your thighs – that's muscular change

SINGLE LEG SQUAT WITH PLATE

Key Coaching Focus:

Tip forward from hips so nose is forward of your toes to engage the glutes

Setup

- Step right leg forward
- **Tip forward from hip so nose is forward of your toes**
- Chest up
- Arm out to 45 degrees, thumb up
- Back leg lifted
- **Brace abs to support lower back**
- As you row keep elbow close to ribs



Follow-up

- If you need to help your balance, tap foot down
- **Keep mid knee aligned to mid foot**
- **Squeeze shoulder blade towards spine as you row**, to get your upper back muscles working
- **Brace abs to support your lower back**
- We are strengthening the muscles at the back of our body that run from shoulder to opposite hip

Options

- Back foot stays on floor or Toe Taps
- No weight plate

5 CORE STRENGTH 2

Feel So Close > 6:40 mins

Track Focus: We use a series of Side Crunches, Oblique Leg Extensions and Side Hovers to overload and create muscular change in our oblique muscles.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Feel so (C)	4x8		Set up for Side Crunch L	32	
0:15	Your love	4x8	A	4/4 Side Crunch	16	2x
0:30	(Instr)	4x8	A ¹	1/3 Side Crunch	8	4x
0:45		8x8	A ²	Crunch Combo		
				2x Single Side Crunch	8	
				3x Pulse Crunch	8	4x
1:14	Feel so (C)	4x8		Set up for Oblique Leg Extension L	32	
1:28	Your love	4x8	B	Oblique Leg Extension	8	4x
1:43	(Instr)	8x8	B ¹	Oblique Leg Extension Combo		
				2x Double Oblique Leg Extension	8	
				3x Single Oblique Leg Extension	8	4x
2:13	(Quiet)	4x8		Set up for Side Hover L	32	
2:27		4x8	C	Side Hover	32	
2:42	(Instr)	8x8	C ¹	Side Hover Combo		
				2x Single Hip Lift	8	
				3x Pulse Hip Lift	8	4x
3:12		2x8	C ²	Lift top leg	16	
3:20	Feel so (C)		A-C ²	REPEAT SEQUENCE ABOVE on other side		

WHY?

Oblique training gives us rotational strength which is vital for sports performance and protecting our spines.

SIDE CRUNCH

Key Coaching Focus:

Bring side ribs to top hip

Setup

- Lie on your left-hand side
- Knees stacked just below hips
- Left arm out straight
- Fingertips to temple
- Slow Side Crunch
- Slowly down, opening chest to ceiling
- **Bring side ribs to top hip**



Follow-up

(3/1 tempo)

- Up, freeze and resist on the way down (2 Singles / 3 Pulses)
- 2 full-range Singles
- Now stay at the top for 3 little Pulses
- Lift shoulder towards top hip, keep chin tucked in
- The Pulses create intensity in your obliques

Options

- Top arm straight
- Both fingertips to temples to increase the load

SIDE HOVER COMBO

Key Coaching Focus:

Lift bottom hip

Setup

- Elbow under shoulder
- Bottom leg bent, in line with the body
- Top leg straight
- **Lift bottom hip**
- Extend top arm so chest is square



Follow-up

- (Side Hover / 2 Single Hip Lifts / 3 Pulses)
- Two Hip Lifts up and down, then 3 Pulses
- Hold the third Pulse
- Then lift up and down, up and down
- Pulse for 3 counts
- **Keep lifting bottom hip**
- Press down through forearm
- At end of sequence, hold and lift top leg

Options

- Legs straight and split (top leg forward)
- Or feet stacked, legs straight
- Bottom knee stays on floor, top leg straight
- Hover hold – top leg lifts to horizontal



OBLIQUE LEG EXTENSION COMBO

Key Coaching Focus:

Lift the chest and brace abs

Setup

- **Take back arm behind to help you lift chest**
- Roll onto the meaty part of your butt
- Bottom elbow under shoulder
- **Belly in and brace abs to help you balance**
- Legs bent to 90 degrees, feet off floor
- 2/2 Press
- Out, out, in, in
- Push knees away from body, straightening legs

Follow-up

(2 Double Leg Extensions / 3 Single Leg Extensions)

- 2 full-range Singles
- Top leg extends, then bottom leg
- Top leg and together
- Upper body stays still
- **Keep chest lifted**
- **Abs braced to support lower back**
- This is strengthening your waist muscles and hip flexors



Options

- Toe Taps in between or bottom foot stays on floor

6 CORE STRENGTH 3

I Don't Need It > 3:58 mins

Track Focus: We use the Horse Stance and Upper Body Extensions to strengthen the back and gluteal muscles.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	2x8	Set up LES MILLS™ Tube		16	
0:08	Got money (V) 4x8	A Horse Stance, Rear Leg Extension L		8	4x
0:25	Don't need (C) 4x8	A ¹ Horse Stance, Rear Leg Extension L w. opp arm F		8	4x
0:41	(Instr) 4x8	A ² Extension Combo L Rear Leg Extension L w. opp arm F Leg to corner Leg to rear Knee under hip		2 2 2 2	4x
0:58	Got options (V) 4x8	A Horse Stance Rear Leg Extension R		8	4x
1:15	Don't need (C) 4x8	A ¹ Horse Stance Rear Leg Extension R w. opp arm F		8	4x
1:31	(Instr) 4x8	A ² Extension Combo R		8	4x
1:46	Don't need 4x8	Set up for Upper Body Extension		32	
2:04	Don't need (C) 8x8	Upper Body Extension		4	16x
2:35	Need 4x8	Set up for Extension Combo		32	
2:52	Witch 8x8	A ² Extension Combo L		8	8x
3:25	(Instr) 8x8	A ² Extension Combo R		8	8x

WHY?

Strengthening the muscles of our back improves our posture, preventing stooping as we age.

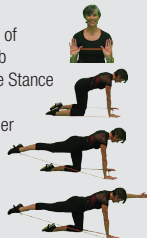
HORSE STANCE, REAR LEG EXTENSION / EXTENSION COMBO

Key Coaching Focus:

Brace abs to keep hips and shoulders square to the floor

Setup

- Slide the LES MILLS™ Tube handles under your feet
- Knees under hips
- LES MILLS™ Tube around heel of hand so it doesn't pull on thumb
- Hands under shoulders in Horse Stance
- Right leg extends out behind
- Leg parallel to the floor, no higher
- Squeeze your butt
- Left arm out to the diagonal at shoulder height, thumb up
- **Brace abs to keep hips and shoulders square to the floor**



Follow-up

- Eye gaze down towards the floor to look after neck (Extension Combo)
- Arm and leg up, out to diagonal
- Leg to center
- Knee to floor
- **Push into hand on floor to keep shoulders square**
- **Keep abs braced**
- If you feel this in your lower back you are taking your leg too high
- The leg is parallel to floor or lower
- Keep shoulders away from ears
- This is awesome for core strength in your back

Options

- No LES MILLS™ Tube
- Toe Taps to the floor as the leg extends out

UPPER BODY EXTENSION

Key Coaching Focus:

Squeeze butt as you lift your chest; squeeze shoulder blades together

Setup

- Lie down on your front, feet together
- **Squeeze butt**
- Lift chest
- Reach hands forward, arms straight and thumbs up
- Elbows pull wide and down
- **Squeeze shoulder blades together** (as elbows pull wide)
- Reach arms forward
- Pull and reach



Follow-up

- Eye gaze down to floor to keep neck safe
- Can you keep your chest lifted as you extend arms forward to work your upper back more?
- This is great strengthening for the muscles of the back that help you stand strong

Track Focus: We challenge the muscular slings of our core with Hovers using opposite arm to leg lifts and increase the demand on the lower abdominals by extending arms and legs with added resistance from the weight plate.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	8x8	A Set up Hover on knees	64	
0:30 (Beat)	10x8	A ¹ Hover on toes	80	
1:07	Let it 2x8	Roll onto back	16	
1:15	Pour a (V) 8x8	B 3x Leg Extension R, L, R Crunch	6 2	8x
1:45	Over my 4x8	Crunch Pulse	2	16x
2:00	Oh my (C) 8x8	B 3x Leg Extension L, R, L Crunch	6 2	8x
2:30	Whoa 4x8	A ¹ Hover	32	
2:45	With the music 4x8	A ² Hover w. opp Arm & Leg Extension , R leg, L arm	32	
3:00	Oh my (C) 4x8	A ² Hover w. opp Arm & Leg Extension , L leg, R arm	32	
3:15	(Build up) 4x8	A ¹ Hover Roll onto back	16 16	
3:30	(Instr) 8x8	B 3x Leg Extension R, L, R Crunch	6 2	8x
4:00	8x8	B 3x Leg Extension L, R, L Crunch	6 2	8x
4:30	(Beat) 4x8	A ¹ Hover	32	
4:45	4x8	A ² Hover w. opp Arm & Leg Extension , R leg, L arm	32	
5:00	4x8	A ² Hover w. opp Arm & Leg Extension , L leg, R arm	32	
5:15	2x8	A ¹ Hover	16	

WHY?

Strengthening our muscular slings gives us integrated strength, allowing us to transmit power through the body.

HOVER

Key Coaching Focus:

Belly in gently and abs braced. Back long and straight

Setup

- Face front of room, lie face down
- Knees outside hips
- Elbows under shoulders
- **Belly in, brace abs**
- Lift knees off the floor
- Eyes towards fists so the back of your neck is long
- **Back long and straight**



Follow-up

- Push elbows towards kneecaps like you are trying to crunch the floor between your body (this increases the intensity of the Hover)

Option

- Hover on your knees



HOVER WITH OPPOSITE ARM & LEG EXTENSION

Key Coaching Focus:

Brace abs to keep shoulders and hips square as the opposite arm and leg lift off the floor

Setup

- Lift leg off floor
- **Brace abs to keep shoulders and hips square**
- If you can keep hips square, push opposite arm out straight, thumb up
- Switch sides
- **Brace abs to support your back**



Follow-up

- **Back stays long and straight**
- Push out of forearm to stay strong in your shoulders
- This is muscular sling training which is great for core strength
- Toes no higher than the glutes

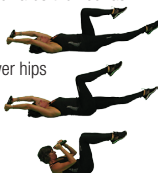
3x LEG EXTENSION CRUNCH

Key Coaching Focus:

Brace core to keep lower back towards the floor as legs extend away from body

Setup

- Lie side-on to stage, knees over hips
- Plate to forehead
- Right leg extends, left leg extends, right leg extends
- Both knees over hips
- Crunch up – slide ribs to hips
- **Brace core to keep lower back towards the floor – as legs extend away from body**



Follow-up

- **Abs braced to keep lower back towards the floor**
- Tap feet down if you can't keep lower back towards the floor



Options

- Use weight plate
- Extend arms over head as your leg extends
- Bend legs and toe tap feet

CRUNCH PULSE

Key Coaching Focus:

Slide ribcage towards hips as you crunch up

Setup

- Hold at top
- Pulse and Crunch
- **Slide ribcage towards hips**
- We are strengthening our upper abdominals



Follow-up

- Keep chin gently tucked in
- Plate close to forehead

Track Focus: We use a triple set of exercises to overload and strengthen the gluteal and back muscles.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4x8		Set up LES MILLST TM Tube	32	
0:21	Lookin' (V) 6x8	A	Horse Stance Pointer L	8	6x
0:50	Oo wah (C) 4x8	A ¹	Horse Stance Pointer L w. Triple Pulse	8	4x
1:10	Tell your (V) 6x8	A	Horse Stance Pointer R	8	6x
1:40	Oo wah (C) 4x8	A ¹	Horse Stance Pointer R w. Triple Pulse	8	4x
2:00	A lot to 4x8	B	Bridge	32	
2:21	(Rap) 8x8	B ¹	Triple Pulse Bridge R	8	4x
			Triple Pulse Bridge L	8	4x
3:00	Oo wah (C) 5x8	B ²	Triple Pulse Bridge	8	3x
			Roll onto front	16	
3:27	Lookin' (V) 6x8	C	Upper Back Extension w. Shoulder Pull Down	8	6x
3:56	Oo wah (C) 4x8	C ¹	Upper Back Extension w. Shoulder Pull Down & Triple Pulse	8	4x
			Come up to Plank on last 2 cts		
4:17	Tell your (V) 8x8	D	Plank w. Triple Pulse Leg Extension L&R	16	4x

WHY?

Rows train the muscles of the upper back which lift the chest and protect our shoulders from injury.

HORSE STANCE POINTER WITH TRIPLE PULSE

Key Coaching Focus:

Push down through hand to keep shoulders square to the floor as you row. Slide shoulder blade towards spine to get upper back muscles working

Setup

- Double LES MILLS™ Tube in half
- Knees under hips, hands under shoulders in Horse Stance
- Abs braced
- Shoulders away from ears
- Extend left leg behind you parallel to floor; hold it there
- Row; right hand pulls up and down
- Elbow pulls out and up; elbow no higher than shoulder



Follow-up

- Push down through hand to keep shoulders square to floor
- Shoulders away from ears
- Eye gaze to fingertips to keep neck long
- Triple Pulse
- Slide shoulder blade towards the spine
- We are strengthening the postural muscles of our upper back
- We are working our muscular slings as we balance on one knee and hand
- Brace abs to keep hips still
- Back leg straight and strong

BRIDGE / TRIPLE PULSE BRIDGE

Key Coaching Focus:

Squeeze butt to lift the hips

Setup

- Come onto back
- Feet hip-width apart close to butt
- Squeeze butt and lift hips to Bridge
- Lift one knee up above hip
- Triple Pulse



Follow-up

- Push heel into floor
- Keep hips square
- Both feet on floor
- Squeeze butt and Pulse
- We are strengthening our glutes and the back of our body
- Roll down gently through spine (end of last rep)



UPPER BACK EXTENSION WITH SHOULDER PULL DOWN

Key Coaching Focus:

Squeeze butt to support lower back as chest lifts. Slide shoulder blades together and down back as elbows pull in

Setup

- Grab LES MILLS™ Tube; lie face down
- Feet hip-width apart
- Squeeze butt tight
- Lift chest, arms out straight
- Tension on LES MILLS™ Tube
- Pull LES MILLS™ Tube to chest
- Arms straighten
- Elbows pull wide



Follow-up

- Slide shoulder blades together and down back
- Can you keep your chest lifted as your arms move?
- Keep tension on the LES MILLS™ Tube
- Eye gaze down towards the floor
- This is awesome strength training for upper back

PLANK WITH TRIPLE PULSE LEG EXTENSION

Key Coaching Focus:

Brace your abs to support your mid-section

Setup

- Hands under shoulders
- Back long and straight
- Right leg lifts
- Triple Pulse
- Foot at hip height
- Abs braced tightly so body doesn't move
- Squeeze butt (as leg lifts)



Follow-up

- If the shoulders fatigue, drop down onto your knees
- Feel strength in your shoulders and core

Options

- On knees
- Up on fists





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