

# LES MILLS CXWORX™



RELEASE  
**08**

## FEATURES:

GET FIT TOGETHER RESEARCH / CXWORX™ 08 NEW MOVES  
FREE WEIGHT TRAINING / THE SCIENCE OF RESISTANCE  
TUBING / APPLIED CORE SCIENCE

PRESENTERS FROM: USA AND 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](http://lesmills.com/BLAH)

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| TRACK TYPE                         | SONG TITLE                                                                                                                                                                                                                                          | ARTIST                            | DURATION |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|----------|
| <b>1 WARMUP</b>                    | What Makes You Beautiful<br>© 2011 Simco Limited under exclusive license to Sony Music Entertainment UK Limited.<br>Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Yacoub, Falk, Koticha | One Direction                     | 3:23     |
| <b>2 CORE STRENGTH 1</b>           | Vogue<br>© 2012 Les Mills Music Licensing Ltd. Written by: Ciccone, Pettibone                                                                                                                                                                       | Natural Boss                      | 6:20     |
| <b>3 STANDING STRENGTH 1</b>       | Something In Your Mouth<br>© 2008 The All Blacks B.V. Used by permission of Roadrunner Records.<br>Written by: Kroege, Lange, Mai                                                                                                                   | Nickelback                        | 3:39     |
| <b>4 STANDING STRENGTH 2</b>       | Dirty Dancer (Alvin Risk Remix)<br>© 2012 Les Mills Music Licensing Ltd. Written by: Unknown                                                                                                                                                        | Chosen Diva                       | 5:09     |
| <b>5 CORE STRENGTH 2</b>           | #1Nite (One Night)<br>© 2011 Fueled By Ramen, LLC. Produced Under License From Atlantic Recording Corp.<br>Written by: Cobra Starship, Kutzie, Tedder                                                                                               | Cobra Starship                    | 2:21     |
|                                    | #1Nite (One Night)<br>© 2011 Fueled By Ramen, LLC. Produced Under License From Atlantic Recording Corp.<br>Written by: Cobra Starship, Kutzie, Tedder                                                                                               | Cobra Starship                    | 3:21     |
| <b>6 CORE STRENGTH 3</b>           | Out Of My Head<br>© 2011 Atlantic Recording Corp. Produced Under License From Atlantic Recording Corp.<br>Trey Songz appears courtesy of Songbook/Atlantic Recording Corp.<br>Written by: Jackson, Snoddy, Jaco, Duplessis, Altino                  | Lupe Fiasco<br>feat. Trey Songz   | 3:25     |
|                                    | Out Of My Head<br>© 2011 Atlantic Recording Corp. Produced Under License From Atlantic Recording Corp.<br>Trey Songz appears courtesy of Songbook/Atlantic Recording Corp.<br>Written by: Jackson, Snoddy, Jaco, Duplessis, Altino                  | Lupe Fiasco<br>feat. Trey Songz   | 0:50     |
| <b>BONUS 1 WARMUP</b>              | Breathing<br>© 2012 Les Mills Music Licensing Ltd.<br>Written by: Desrouleaux, Luttrell, Christy, Bunetta, Kurkchyski, Trad, Thrace                                                                                                                 | Slim Basil                        | 3:53     |
| <b>BONUS 3 STANDING STRENGTH 1</b> | Wild Ones<br>© 2011 Atlantic Recording Corp. Produced Under License From Atlantic Recording Corp.<br>Written by: Dillard, Azevedo, Furtner, Cooper, Judrin, Luttrell, Maddahi, Melki                                                                | Flo Rida feat. Sia                | 2:01     |
|                                    | Wild Ones<br>© 2011 Atlantic Recording Corp. Produced Under License From Atlantic Recording Corp.<br>Written by: Dillard, Azevedo, Furtner, Cooper, Judrin, Luttrell, Maddahi, Melki                                                                | Flo Rida feat. Sia                | 3:46     |
| <b>BONUS 5 CORE STRENGTH 2</b>     | Ladi Dadi (Original Mix)<br>© 2012 Ultra Records. Licensed Courtesy of Liberator Music/Ultra Records.<br>Written by: Aoki, Bates, Gordon                                                                                                            | Steve Aoki feat.<br>Wynter Gordon | 4:01     |
|                                    | Ladi Dadi (Original Mix)<br>© 2012 Ultra Records. Licensed Courtesy of Liberator Music/Ultra Records.<br>Written by: Aoki, Bates, Gordon                                                                                                            | Steve Aoki feat.<br>Wynter Gordon | 1:06     |



## 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

### 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™ 08



From L-R: Corey Baird, Matt Thraxton (shadow presenter), Susan Renata, Dan Cohen, Susan Trainor, Georgina Clark (shadow presenter) and Sheldon McBee.

Think...

- Target zones
- Time under tension
- Slow, controlled movements
- Options for everyone so we all finish together...ENJOY!

Susan, Dan, 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.

**Sheldon McBee** (United States) is a US Program Coach for CXWORX™ and a BODYCOMBAT™, BODYPUMP™ and SH'BAM™ Trainer. He is also a BODYJAM™ Instructor and Assessor and last presented on BODYPUMP™ 75.

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

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# GET FIT TOGETHER RESEARCH

## PUTTING LES MILLS™ GROUP FITNESS CLASSES TO THE TEST.

Dr Jinger Gottschall, a Professor of Kinesiology at The Pennsylvania State University in the United States, embarked on a 30-week exercise intervention using the LES MILLS™ Group Fitness programs because we wanted to demonstrate that Les Mills' diverse class formats promote heart health, improve muscle mass and enhance physical as well as mental balance with their quality instruction and safe technique.

Despite the shocking global statistics – 1.5 billion adults are overweight, 500 million of them are obese – the World Health Organization understands that many of the diseases caused by being overweight cannot be cured by diet alone. In fact, respiratory fitness – the ability of the heart and lungs to work together effectively – is the best way to reduce the risk of heart attack, which continues to be the number-one killer in Western countries. That is why health organizations around the world recommend 60 minutes of cardio-respiratory activity 3 to 4 days a week, 8 to 10 muscular strength exercises 2 days a week, and 60 minutes of flexibility exercises 1 day a week.

We followed these guidelines when we selected 25 healthy but non-active adults, between the ages of 25 and 40, for our 30-week exercise intervention.

## We split the 30 weeks of training into 3 blocks.

As these participants were not currently active, we introduced the classes slowly in order to prevent injury and enhance retention, for a 6-week familiarization period. Because the first 6 weeks of any training schedule is crucial to success and endurance, we will wait to share the details of this protocol next time. The results will change the way you deal with new people in your classes – so make sure you check out that session in the next release.

After that first 6 weeks of familiarization we were into the full training protocol – we did this in two 12-week blocks.

As we wanted to match the guidelines promoted by health organizations, for the first block of 12 weeks, the participants completed 2 strength – that's 2 BODYPUMP™ classes, 1 flexibility – 1 BODYBALANCE™/BODYFLOW® class, and 3 cardiovascular classes, choosing between BODYATTACK™, BODYCOMBAT™, RPM™ and BODYSTEP™.

In the second block of 12 weeks, they increased their cardiovascular classes from 3 to 4 a week and maintained their schedule of 2 BODYPUMP™ classes and 1 BODYBALANCE™/BODYFLOW® class per week.

At the beginning, middle and end of the study we measured participants' physiological and musculoskeletal health, with a treadmill walk to test their aerobic fitness, blood tests to measure their cholesterol levels, and a body composition iDXA scan to look at their bone density as well as body fat. They also completed surveys after every LES MILLS™ class, as well as at the end of every week, so we could assess their psychological state – their interest, motivation and effort during the classes, together with their mood, energy and stress levels away from the classes.

## THE RESULTS WERE TRULY INCREDIBLE.

The participants increased their heart and lung efficiency by 57%! Along with this, they gained 4 pounds (1.8 kg) of muscle and lost 12.5 pounds (5.6 kg) of fat. At the same time, their total cholesterol decreased by 16%. Together, these results tell us that these individuals have avoided getting cardiovascular disease by 3.6 years, just by doing 30 weeks of classes.

And all this as a result of LES MILLS™ classes alone! We did not ask them to change their diet in any way.

## ONE OF THE REASONS FOR THESE IMPRESSIVE NUMBERS WAS THE HIGH LEVEL OF COMPLIANCE.

The enjoyment levels the participants reported during their 6-week familiarization protocol not only continued but actually increased during the rest of the study. They gained confidence inside and outside of the class environment as they mastered the formats and saw their own physical transformation. They also reported fewer incidences of depression and anxiety with each week of activity.

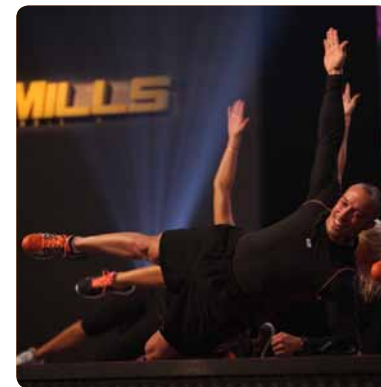
## So – let's summarize the 3 key messages from this research:

- 1 We know the Les Mills approach works – the classes create significant physiological, musculoskeletal and psychological changes in people's health.
- 2 Beginners can enjoy group fitness as their interest increased while their stress decreased throughout the 30 weeks.
- 3 A gradual introduction over a 6-week period gets people hooked.

With these results, you can promote your LES MILLS™ classes with even more confidence, knowing that they are scientifically proven as an effective and enjoyable way to meet recommended exercise guidelines and achieve maximum health.

Please make sure you check out the session in the next release to hear the full details on how to get beginners hooked into classes over the first 6 weeks – you can then achieve the same results that we did in this study in your home town.

If you want to access the research go to [Lesmills.com/research](http://Lesmills.com/research).





# 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 – COMPULSORY CUES

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 – INTENSITY

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

## MOTIVATION – 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

What Makes You Beautiful > 3:23 mins

**Track Focus:** Warming the muscles of the core with short lever movements and bringing awareness to the lower back position as the legs move.

|      | MUSIC         |      | SEQUENCE/EXERCISE                                                                                                                            | CTS                        | REPS |
|------|---------------|------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|
| 0:05 |               | 2x8  | Set up lying on back                                                                                                                         | 16                         |      |
| 0:12 | Insecure (V)  | 6x8  | A Double Leg Lift                                                                                                                            | 8                          | 6x   |
| 0:36 | You light (C) | 4x8  | B Alternating Single Leg Lift R&L                                                                                                            | 4                          | 8x   |
| 0:51 | If only you   | 5½x8 | C Alternating Cross Crawl R&L<br>(Note: Hold the last rep)                                                                                   | 4                          | 10x  |
| 1:12 |               | ½x8  | Drop to lie on back                                                                                                                          | 4                          |      |
| 1:14 | Come on (V)   | 6x8  | A Crunch                                                                                                                                     | 8                          | 6x   |
| 1:37 | You light (C) | 4x8  | B Alternating Single Leg Lift R&L                                                                                                            | 4                          | 16x  |
| 1:52 | If only you   | 4½x8 | C Alternating Cross Crawl R&L                                                                                                                | 4                          | 9x   |
| 2:10 |               | ½x8  | Drop to lie on back                                                                                                                          | 4                          |      |
| 2:12 | Na na na      | 4x8  | D Bridge up<br>Walk feet out R, L<br>Walk feet in R, L<br>Walk feet out R, L<br>Walk feet in R, L<br>Walk feet out R, L<br>Walk feet in R, L | 8<br>4<br>4<br>4<br>4<br>4 |      |
| 2:27 | You light     | 1x8  | Roll down to floor                                                                                                                           | 8                          |      |
| 2:31 | That you      | 2x8  | D¹ Bridge up and hold                                                                                                                        | 16                         |      |
| 2:38 | No            | 1x8  | Transition to lie on back<br>with hips down                                                                                                  | 8                          |      |
| 2:42 | You light (C) | 4x8  | E C-Crunch                                                                                                                                   | 8                          | 4x   |
| 2:58 | If only you   | 6x8  | Triple Pulse Crunch<br>Up and hold                                                                                                           | 8                          | 6x   |

## WHY?

We begin with a series of exercises to prepare the muscles of the core for the work ahead.

### DOUBLE LEG LIFT

#### Key Coaching Focus:

Brace abs to keep lower back on hands as the legs move

#### Setup

- Feet hip-distance apart
- Hands placed under the natural curve of your spine
- **Brace abdominals and feel the pressure of your lower back on hands**
- Maintain that pressure while lifting and lowering your legs
- Lift knees up and down
- Knees over hips
- Shins parallel to the floor



### ALTERNATING SINGLE LEG LIFT

#### Key Coaching Focus:

Feel the pressure of your lower back on hands

#### Setup

- Lift and switch legs
- Knees at 90 degrees
- **Feel the pressure of your lower back on hands**

#### Follow-up

- Hands by sides
- Try not to take the knee past hip level

### ALTERNATING CROSS CRAWL

#### Key Coaching Focus:

Lift shoulder towards opposite knee

#### Setup

- Fingertips to temples
- **Lift shoulder towards opposite knee**

#### Follow-up

- Keep elbows wide
- We are warming the obliques

### CRUNCH

#### Key Coaching Focus:

Slide ribs towards hips

#### Setup

- Crunch up, up, down, down
- **Slide ribcage towards hips**
- Tuck chin in; eyes between knees

### BRIDGE

#### Key Coaching Focus:

Squeeze butt and lift hips towards the ceiling

#### Setup

- **Squeeze butt and lift hips to ceiling**
- Walk feet out, out, in, in

#### Follow-up

- Squeeze butt to keep hips level
- Press chest towards chin

### C-CRUNCH

#### Key Coaching Focus:

Slide ribcage towards hips

#### Setup

- Crunch up
- Knees lift over hips
- **Slide ribcage to hips**
- As you lower legs, brace abs to keep lower back towards the floor

### TRIPLE PULSE CRUNCH

#### Setup

- Triple pulse
- Arms extend as you pulse
- Fingers to temples to lower

#### Follow-up

- Feel the warmth in your abs as we get into the workout



# 2 CORE STRENGTH 1

Vogue > 6:20 mins

**Track Focus:** We challenge and strengthen the core with Hover Arm Circles and a Leg Lower Sequence using the weight Plate.

|      | MUSIC       |      | SEQUENCE/EXERCISE                                      | CTS | REPS |
|------|-------------|------|--------------------------------------------------------|-----|------|
| 0:00 |             | 1x8  | Set up lying on back                                   | 8   |      |
| 0:04 |             | 3x8  | Legs extend to ceiling                                 | 24  |      |
| 0:17 |             | 8x8  | A <b>Leg Lower Sequence L&amp;R</b>                    |     |      |
|      |             |      | Lower front leg to floor                               | 8   |      |
|      |             |      | Bend knee over hip                                     | 4   |      |
|      |             |      | Straighten leg to ceiling                              | 4   |      |
|      |             |      | Repeat with other leg                                  | 16  | 2x   |
| 0:51 |             | 8x8  | A <sup>1</sup> <b>Double Leg Lower Sequence</b>        | 16  | 4x   |
| 1:26 |             | 4x8  | Lower legs to floor                                    | 8   |      |
|      |             |      | Roll in to <b>Hover</b>                                | 24  |      |
| 1:43 | Look (V)    | 8x8  | B <b>Hover w. Arm Circle L&amp;R</b>                   | 16  | 4x   |
| 2:17 | Come on (C) | 4x8  | C <b>Side Step Hover L</b>                             | 4   | 8x   |
| 2:34 |             | 4x8  | D <b>Hover w. Knee Drop</b>                            |     |      |
|      |             |      | Drop knees to floor                                    | 8   |      |
|      |             |      | Lift knees to <b>Hover</b>                             | 8   | 2x   |
| 2:52 | All you (V) | 8x8  | B <b>Hover w. Arm Circle R&amp;L</b>                   | 16  | 4x   |
| 3:26 | Come on (C) | 4x8  | C <b>Side Step Hover R</b>                             | 4   | 8x   |
| 3:43 | Beauty      | 5½x8 | D <b>Hover w. Knee Drop</b>                            |     |      |
|      |             |      | Drop knees, lift knees                                 | 16  |      |
|      |             |      | Set up <b>Dble Leg Lower Sequence</b>                  | 28  |      |
| 4:06 | Vogue (C)   | 16x8 | A <sup>2</sup> <b>Dble Leg Lower Sequence w. Plate</b> | 16  | 8x   |
| 5:15 | Vogue       | 4x8  | Roll in to <b>Hover</b>                                | 32  |      |
| 5:32 | Ooh         | 4x8  | C <b>Side Step Hover L</b>                             | 4   | 8x   |
| 5:48 | Ooh         | 4x8  | C <b>Side Step Hover R</b>                             | 4   | 8x   |
| 6:06 | Ooh         | 2x8  | Hold <b>Hover</b>                                      | 16  |      |

## WHY?

We move into Hover patterns and longer lever movements to increase the demands on our core muscles.

### LEG LOWER SEQUENCE / DOUBLE LEG LOWER SEQUENCE

#### Key Coaching Focus:

Brace abs to keep lower back towards the floor

#### Setup

- Extend legs to ceiling
- Knees over hips
- If you can't straighten your legs, it's OK to have them slightly bent
- Slowly lower one leg towards floor
- **Brace abs to keep lower back pressed towards the floor**
- Bend knee in over hip
- Extend leg to ceiling



#### Follow-up

- **Brace abs hard to keep lower back pressed towards the floor as you lower the leg**
- If you can keep lower back pressed towards the floor, try lowering two legs
- Bend knees in over hips
- Extend legs to ceiling
- Lower legs as low as you can while keeping lower back pressed towards the floor

#### Option

- Single leg or double leg

### DOUBLE LEG LOWER SEQUENCE WITH PLATE

#### Key Coaching Focus:

Brace abs to keep lower back pressed towards the floor as you extend arms and legs

#### Setup

- Push Plate to ceiling
- Lift legs over hips
- Arms and legs extend out
- Bend knees in over hips
- Plate to forehead
- Push Plate up towards feet



- **Brace abs to keep lower back pressed towards floor as you extend outwards**
- Slide ribcage towards hips

#### Follow-up

- You should feel heat in your abs
- (Last rep) Lower Plate to chest and lower legs towards floor

#### Options

- No Plate to reduce load
- Single leg option to reduce the load if you cannot keep lower back pressed towards the floor

### HOVER

#### Key Coaching Focus:

Brace abs to keep back long and straight

#### Setup

- Elbows under shoulders, fists together
- Knees wider than hips, toes tucked under
- **Brace abs to keep back long and straight**

#### Options

- Knees or toes



### HOVER WITH ARM CIRCLE

#### Key Coaching Focus:

Brace abs to keep shoulders and hips level with the floor as the arm circles

#### Setup

- Circle right hand
- **Brace abs to keep shoulders and hips level with the floor as the arm circles**
- **Back long and straight**
- Left hand circles

#### Options

- Come up on toes to increase the load if you can keep shoulders and hips level with the floor
- Take feet wider to provide more stability as arm circles

### SIDE STEP HOVER

#### Key Coaching Focus:

Hold hips still as feet walk in and out by bracing abs

#### Setup

- Walk feet; right leg out, out, in, in
- **Brace abs to keep hips still**
- Back long and straight
- Change legs

#### Follow-up

- Open chest to stop your upper back from rounding
- **Brace abs to keep back long and straight**

#### Option

- If you are on your knees, take them down and up instead of walking the feet to reduce the load

### HOVER WITH KNEE DROP

#### Key Coaching Focus:

Brace abs to keep back long and straight

#### Setup

- **Brace abs to keep back long and straight**
- Lower knees slowly to the floor
- Touch the floor and lift knees
- If you had to lower your hips to touch your knees on the floor, they were too high to start with

## 3

## STANDING STRENGTH 1

Something In Your Mouth  
> 3:39 mins

**Track Focus:** We use the resistance LES MILLS™ Tube to strengthen the core in standing, transmitting power from our legs through the core to the upper body with the Power Skier and Squat Bicep Raise.

|      | MUSIC         |      | SEQUENCE/EXERCISE                                                                             | CTS    | REPS |
|------|---------------|------|-----------------------------------------------------------------------------------------------|--------|------|
| 0:00 |               | 4x8  | Set up LES MILLS™ Tube                                                                        | 32     |      |
| 0:15 | Got to (V)    | 4x8  | A <b>Wide Lunge L&amp;R</b><br>Add <b>Twist</b> after 2 reps                                  | 8      | 4x   |
| 0:30 | Needs to      | 4x8  | A <sup>1</sup> <b>Wide Lunge w. Twist &amp; low arms L&amp;R</b>                              | 8      | 4x   |
| 0:45 | Pretty little | 3x8  | B <b>Power Skier &amp; high arms L&amp;R</b>                                                  | 4      | 6x   |
| 0:55 | Ripping (C)   | 6x8  | B <sup>1</sup> <b>Dynamic Power Skier L</b>                                                   | 4      | 12x  |
| 1:18 | Mouth         | 2x8  | Set up for <b>Wide Lunge R&amp;L</b>                                                          | 16     |      |
| 1:25 | Crafty        | 17x8 | A-B <sup>1</sup> <b>REPEAT SEQUENCE A-B<sup>1</sup></b><br>on other side                      |        |      |
| 2:24 | Mouth         | 2x8  | C Set up <b>Squat Bicep Raise</b>                                                             | 16     |      |
| 2:31 | She loves     | 7x8  | C <sup>1</sup> <b>Squat Bicep Raise w.</b><br>LES MILLS™ Tube<br>Roll shoulders on last 8 cts | 8<br>8 | 6x   |
| 2:57 | Ripping (C)   | 10x8 | C <sup>2</sup> <b>Squat Bicep Raise</b>                                                       | 8      | 10x  |

## WHY?

We bring the conditioning into standing to integrate the muscles of the core with the upper and lower body.

## WIDE LUNGE WITH TWIST / POWER SKIER

## Key Coaching Focus:

Keep hips square to the front of the room as you drive the rotation from the center of your chest

## Setup

(Wide Lunge)

- Place LES MILLS™ Tube under the middle of the left foot
- Step feet wide, hands on hips
- Shift hips right and left slowly
- **Hips stay square to the front**

(Wide Lunge with Twist)

- **Add rotation from the center of your chest**
- Integrate arms
- Lengthen arms to hip level and rotate
- **Chest rotates between hands**
- **Handles stay shoulder-width apart**

## Follow-up

(Power Skier)

- Double time, pick up the pace
  - Option to keep hands down
  - Or bring them higher to increase the intensity
  - Keep your arms at the same level through the rotation
  - Stay low and strong
  - Think of a downhill skier staying low in the legs to create power
  - Keep tension on the LES MILLS™ Tube
- (Dynamic Power Skier)
- Step out, step in
  - Drive out of the left leg
  - Do not just use your arms, rotate from your chest
  - Can you step wider?
  - Brace core and twist; that's your muscular slings at work

## Options

- Hands at hip height to reduce the resistance
- Hands at mid-chest to increase the resistance
- Hands at shoulder height for ultimate resistance

## SQUAT BICEP RAISE

## Key Coaching Focus:

Hips sit back and down as you squat. Brace abs and lift chest to support lower back

## Setup

- Both feet stand on tubing, shoulder-width apart
- Arms bent to 90 degrees
- **Hips sit back and down** as you lift the handles
- **Chest lifted**
- **Belly in and braced to support lower back**

## Follow-up

- Stop, roll shoulders
- Elbows bent
- Single Squat
- Down, hold, down and release
- Handles push up and away to work back extensors and glutes

**Track Focus:** We strengthen our glutes in standing with Single Leg Squats and Lunges.

|      | MUSIC         |        | SEQUENCE/EXERCISE                                                | CTS | REPS |
|------|---------------|--------|------------------------------------------------------------------|-----|------|
| 0:00 |               | 2x8    | Set up LES MILLS™ Tube                                           | 16  |      |
| 0:08 | You think (V) | 4x8 A  | <b>Single Leg Squat</b> L leg, L hand                            | 4   | 8x   |
| 0:26 | Patrick (C)   | 4x8 B  | <b>Lunge, Superman L</b>                                         | 8   | 4x   |
| 0:44 |               | 4x8 A¹ | <b>Single Leg Squat</b> L, R arm 45°<br>Change hands on last rep | 4   | 8x   |
| 1:02 | You think (V) | 4x8 A² | <b>Single Leg Squat</b> L leg, R hand                            | 4   | 8x   |
| 1:20 | Patrick (C)   | 4x8 B¹ | <b>2/2 Superman Row</b> R hand                                   | 8   | 4x   |
| 1:37 |               | 4x8 B² | <b>Triple Pulse Superman Row</b><br>R hand                       | 8   | 4x   |
| 1:55 |               | 2x8    | Set up LES MILLS™ Tube                                           | 16  |      |
| 2:04 | You think (V) | 4x8 A  | <b>Single Leg Squat</b> R leg, R hand                            | 4   | 8x   |
| 2:22 | Patrick (C)   | 4x8 B  | <b>Lunge, Superman R</b>                                         | 8   | 4x   |
| 2:40 |               | 4x8 A¹ | <b>Single Leg Squat</b> R, L arm 45°<br>Change hands on last rep | 4   | 8x   |
| 2:58 | You think (V) | 4x8 A² | <b>Single Leg Squat</b> R leg, L hand                            | 4   | 8x   |
| 3:15 | Patrick (C)   | 4x8 B¹ | <b>2/2 Superman Row</b> L hand                                   | 8   | 4x   |
| 3:33 |               | 4x8 B² | <b>Triple Pulse Superman Row</b><br>L hand                       | 8   | 4x   |
| 3:51 | I wanna       | 2x8    | Set up LES MILLS™ Tube under feet                                | 16  |      |
| 4:00 |               | 7x8 C  | <b>Single Leg Squat w. Diagonal Back Tap</b> R&L                 | 8   | 7x   |
| 4:31 |               | 4x8 C¹ | <b>Single Leg Squat w. R Diagonal Back Tap</b>                   | 4   | 8x   |
| 4:49 |               | 4x8 C¹ | <b>Single Leg Squat w. L Diagonal Back Tap</b>                   | 4   | 8x   |

## WHY?

We switch the focus to the gluteals and hip stabilizers to improve leg strength and butt tone.

### SINGLE LEG SQUAT

#### Key Coaching Focus:

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

#### Setup

- Fold the LES MILLS™ Tube in half, handles in right hand
- Place the LES MILLS™ Tube under the right foot
- If you want more resistance, keep the handles close to your foot
- For new people, move the handles away from your foot so you have less resistance
- Bend your right knee
- **Tip forward from your hips so your nose is forward of your toes**
- **Square hips and shoulders – lift chest**
- Take left leg back straight – lift it slightly off the floor
- Single Leg Squat
- **Knee tracks in line with the middle of your foot**

#### Follow-up

- Try to squat a little deeper
- **Abs brace to support lower back**
- Check knee is moving in line with the toes
- **Keep chest lifted**
- Arm at 45 degrees, thumb up



#### Options

- No LES MILLS™ Tube
- Touch the back foot down for more stability
- More resistance with the handles closer to the outside of the foot
- Less resistance with the handles further away from the outside of the foot

### LUNGE, SUPERMAN

#### Key Coaching Focus:

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

#### Setup

- Take a long step back
- Slow Lunge
- Down, down, rise and lift
- **Tip forward from your hips so your nose is forward of your toes**
- Hold arm at 45 degrees as you tip forward

#### Follow-up

- Keep shoulders and hips square to the front
- Drop front thigh parallel to the floor

#### Options

- Keep back foot on the floor
- No LES MILLS™ Tube

### SUPERMAN ROW

#### Key Coaching Focus:

Feel the shoulder blades squeeze in towards the spine as you row

#### Setup

- Keep squatting and shift the handles into the opposite hand
- Reset opposite arm to 45 degrees
- Hold the Squat at the top and row
- Pull handle to hip
- **Feel the shoulder blades squeeze in towards the spine as you row**
- **Brace abs and lift chest to support lower back**

#### Follow-up

- We are strengthening our postural slings
- Feel the tension in your left buttock
- **(Triple Pulse Row)**
- Triple pulse 3, 2, 1
- Then release with control

#### Options

- No LES MILLS™ Tube
- Touch back foot down for more stability
- Increase or reduce the resistance by changing position of the LES MILLS™ Tube



### SINGLE LEG SQUAT WITH DIAGONAL BACK TAP

#### Key Coaching Focus:

Tap to the back corner of the room keeping hips square to the front

#### Setup

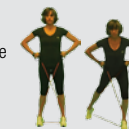
- Step into the LES MILLS™ Tube
- Feet under hips
- Cross handles
- Bend knees
- **Single tap to the back corner of the room**
- Alternating sides
- The focus is on the standing leg, so bend it and put some tension on the LES MILLS™ Tube
- **Brace abs to keep hips square to the front of the room**
- Left leg taps only
- Right leg taps only

#### Follow-up

- Can you push the foot back further?

#### Options

- No LES MILLS™ Tube
- Lift the handles to increase the resistance
- Drop the handles to reduce the resistance



# 5 CORE STRENGTH 2

#1Nite > 5:42 mins

**Track Focus:** We use a combination of Side Hovers, Oblique Crunches and Planks to strengthen our obliques.

|      | MUSIC         |     | SEQUENCE/EXERCISE                                                                                                                   | CTS     | REPS   |
|------|---------------|-----|-------------------------------------------------------------------------------------------------------------------------------------|---------|--------|
| 0:00 |               | 4x8 | A Set up <b>Side Hover</b> on L knee                                                                                                | 32      |        |
| 0:15 | The spot (V)  | 8x8 | A <sup>1</sup> Top leg 2/2 drop behind <b>Toe Tap</b><br>Foot stays down on last rep                                                | 8       | 8x     |
| 0:46 | Tomorrow      | 4x8 | A <sup>2</sup> <b>Single Hip Lift</b>                                                                                               | 4       | 8x     |
| 1:01 | One night (C) | 4x8 | A <sup>3</sup> <b>Triple Pulse Hip Lift</b>                                                                                         | 8       | 4x     |
| 1:16 | One hand (V)  | 8x8 | Transition to floor<br>2/2 <b>Oblique Crunch R</b>                                                                                  | 16<br>8 | <br>6x |
| 1:47 | Tomorrow      | 4x8 | B <sup>1</sup> <b>Single Oblique Crunch R</b>                                                                                       | 4       | 8x     |
| 2:02 | One night (C) | 4x8 | B <sup>2</sup> <b>Triple Pulse Oblique Crunch R</b>                                                                                 | 8       | 4x     |
| 2:18 | (Instr)       | 4x8 | Set up <b>Oblique Crunch L</b>                                                                                                      | 32      |        |
| 2:33 | The spot (V)  | 8x8 | B <b>2/2 Oblique Crunch L</b>                                                                                                       | 8       | 8x     |
| 3:03 | Tomorrow      | 4x8 | B <sup>1</sup> <b>Single Oblique Crunch L</b>                                                                                       | 4       | 8x     |
| 3:18 | One night (C) | 4x8 | B <sup>2</sup> <b>Triple Pulse Oblique Crunch L</b>                                                                                 | 8       | 4x     |
| 3:33 | One hand (V)  | 8x8 | A Transition to <b>Side Hover</b> on R knee<br>A <sup>1</sup> Top leg 2/2 drop behind <b>Toe Tap</b><br>Foot stays down on last rep | 16<br>8 | <br>6x |
| 4:04 | Tomorrow      | 4x8 | A <sup>2</sup> <b>Single Hip Lift</b>                                                                                               | 4       | 8x     |
| 4:18 | One night (C) | 4x8 | A <sup>3</sup> <b>Triple Pulse Hip Lift</b>                                                                                         | 8       | 4x     |
| 4:35 | (Instr)       | 4x8 | Transition to <b>Plank</b>                                                                                                          | 32      |        |
| 4:50 | Tomorrow      | 4x8 | C <b>Single Side Climber L</b>                                                                                                      | 4       | 4x     |
|      |               |     | <b>Single Side Climber R</b>                                                                                                        | 4       | 4x     |
| 5:04 | Light day     | ½x8 | Hold <b>Plank</b>                                                                                                                   | 4       |        |
| 5:07 | One night (C) | 8x8 | C <sup>1</sup> <b>Alternating Side Climber L&amp;R</b>                                                                              | 8       | 8x     |

## WHY?

Oblique strengthening gives us rotational control improving functional strength.

### SIDE HOVER / TOE TAP

#### Key Coaching Focus:

Lift bottom hip away from the floor; keep hips square to the front as you tap the leg behind

#### Setup

- Right elbow under shoulder
- Bottom leg bent
- Top leg straight
- **Lift bottom hip away from the floor**
- Arm straightens to ceiling
- Lift top leg to horizontal
- Tap foot behind and up
- **Keep hips square to the front as the leg taps behind**

#### Follow-up

- Push out of forearm to keep body stable



### SINGLE HIP LIFT

#### Setup

- (1/1 tempo)
- Hold top leg down
- Lift hips up and down
- (Triple Pulse)
- 3, 2, 1
- Stop hips at mid-line

#### Follow-up

- We are challenging our obliques with a Triple Pulse
- Push forearm into the floor to stabilize the shoulder

#### Options

- Scissors stance with top leg in front to increase the load
- Drop to knee to reduce the load



### OBLIQUE CRUNCH

#### Key Coaching Focus:

Slide top rib towards hip to work the obliques

#### Setup

- Drop hip down
- Knees just below hips
- Legs at 90 degrees
- (2/2 tempo)
- Up, up
- Down, down
- **Slide top rib towards your hip**
- Open chest to ceiling as you lower

#### Follow-up

- Chin tucked in
- (1/1 tempo)
- Reduce the range but faster
- (Triple Pulse)
- Increase the intensity with the Triple Pulse
- **Slide top rib towards hip**
- Can you lift your shoulder just a fraction higher to increase the intensity in your obliques?

### PLANK / SINGLE SIDE CLIMBER

#### Key Coaching Focus:

Brace the core to support the lower back; back long and straight

#### Setup

- Come onto knees or toes
- Hands under shoulders
- **Brace core super-tight to support the lower back**
- **Back long and straight**
- Right knee to right outer elbow (x4)
- Switch legs
- (Alternating)
- One right, one left
- 16 reps

#### Follow-up

- **Brace the core super-tight to keep the body stable**
- Knee comes towards your elbow

#### Option

- On knees to reduce load



**Track Focus:** Tubing provides us with resistance to strengthen the upper back, using Rear Deltoid Rows and Reverse Flys. Then we focus on the lower back and glutes with the Double Leg Lift.

|      | MUSIC           |      | SEQUENCE/EXERCISE                                                               | CTS | REPS |
|------|-----------------|------|---------------------------------------------------------------------------------|-----|------|
| 0:00 |                 | 4x8  | Set up LES MILLST <sup>TM</sup> Tube under knees – handles F, cross to make 'X' | 32  |      |
| 0:19 | Girl I want (C) | 4x8  | A Triple Pulse Rear Deltoid Row                                                 | 8   | 4x   |
| 0:38 | Everything (V)  | 6x8  | B 2/2 Reverse Fly                                                               | 8   | 6x   |
| 1:06 | Girl I want (C) | 4x8  | A Repeat Triple Pulse Sequence                                                  | 8   | 4x   |
| 1:27 | Wait I (V)      | 6x8  | B Repeat 2/2 Reverse Fly                                                        | 8   | 6x   |
| 1:56 | Girl I want (C) | 4x8  | A Repeat Triple Pulse Sequence                                                  | 8   | 4x   |
| 2:15 | Don't care      | 4x8  | Transition to lie on belly                                                      | 32  |      |
| 2:35 | Girl I want (C) | 4x8  | 2/2 Double Leg Lift                                                             | 8   | 4x   |
| 2:54 | Girl I want (C) | 4x8  | Double Leg Lift                                                                 | 4   | 8x   |
| 3:14 |                 | 2½x8 | Childs Pose                                                                     | 20  |      |
| 3:25 | Girl I want (C) | 4x8  | Side Stretch L&R                                                                | 32  |      |
| 3:45 |                 | 2x8  | Upper Back Stretch                                                              | 16  |      |
| 3:55 |                 | 4x8  | Shoulder Stretch L&R                                                            | 32  |      |

## WHY?

Strengthening the posterior sling muscles improves posture and helps with muscle balance.

### TRIPLE PULSE REAR DELTOID ROW

#### Key Coaching Focus:

Squeeze shoulder blades together as you pull your elbows up

#### Setup

- Hold LES MILLST<sup>TM</sup> Tube so the ends hang evenly
- Add some tension to the LES MILLST<sup>TM</sup> Tube
- Place the LES MILLST<sup>TM</sup> Tube under your knees
- Knees just outside hips
- Feet together
- Cross handles



- Tip forward from hips
- Brace abs and lift chest to support lower back
- Knuckles face outwards
- Triple Pulse Row
- Squeeze shoulder blades together
- 3, 2, 1
- Stay down, release handles towards thighs

#### Follow-up

- Pull elbows towards ceiling
- Focus on your upper back
- Squeeze shoulder blades to strengthen your upper back

### 2/2 REVERSE FLY

#### Key Coaching Focus:

Squeeze shoulder blades together as arms pull wide

#### Setup

- Intensify the move
- Take arms wide for 2 counts
- Lower down for 2 counts
- Release lifting chest
- Tip forward from your hips – chest up



#### Follow-up

- Squeeze shoulder blades together

### DOUBLE LEG LIFT

#### Key Coaching Focus:

Squeeze glutes as you lift the legs off the floor

#### Setup

- Lie face down
- Rest forehead on hands
- Ankles together
- Squeeze glutes
- Straighten legs
- Lift both feet
- Up, up, down, down

#### Follow-up

- Singles
- Try not to touch the floor
- Up and halfway down
- Try to keep knees and thighs off the floor

### CHILDS POSE

- Hands under shoulders, sit hips back to Childs Pose
- Sit up

### SIDE STRETCH

- Lift right arm over
- Change sides

### UPPER BACK STRETCH

- Cross arms
- Interlink fingers
- Tuck chin in
- Round upper back

### SHOULDER STRETCH

- Pull arm across the front of your body to release your shoulder
- Change sides



# 1 WARMUP

Breathing &gt; 3:53 mins

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

|      | MUSIC         |     | SEQUENCE/EXERCISE                                         | CTS | REPS |
|------|---------------|-----|-----------------------------------------------------------|-----|------|
| 0:00 |               | 4x8 | Set up lying, hands under back                            | 32  |      |
| 0:15 | Breathing (V) | 4x8 | A <b>Single Leg Lift R&amp;L</b>                          | 16  | 2x   |
| 0:30 | Feeling       | 4x8 | A <sup>1</sup> <b>Double Leg Lift</b>                     | 8   | 4x   |
| 0:45 | Breathing (C) | 8x8 | B <b>Crunch Sequence</b>                                  |     |      |
|      |               |     | Lift upper body                                           | 2   |      |
|      |               |     | Extend both arms F                                        | 2   |      |
|      |               |     | Fingertips to temples                                     | 2   |      |
|      |               |     | Lower                                                     | 2   | 8x   |
| 1:15 | (Instr)       | 2x8 | C <b>4/4 Cross Crawl R&amp;L</b>                          | 16  |      |
| 1:22 |               | 4x8 | C <sup>1</sup> <b>Cross Crawl R&amp;L</b>                 | 4   | 8x   |
| 1:37 | Leaving (V)   | 8x8 | A <sup>1</sup> <b>Double Leg Lift</b>                     | 8   | 8x   |
| 2:07 | Breathing (C) | 8x8 | B <b>Crunch Sequence</b>                                  | 8   | 8x   |
| 2:37 | (Instr)       | 2x8 | C <b>4/4 Cross Crawl R&amp;L</b>                          | 16  |      |
| 2:45 |               | 4x8 | C <sup>1</sup> <b>Cross Crawl R&amp;L</b>                 | 4   | 8x   |
| 3:00 | Your name     | 4x8 | <b>Bridge</b>                                             | 16  | 2x   |
| 3:15 | Breathing (C) | 4x8 | C <sup>1</sup> <b>Cross Crawl R&amp;L</b>                 | 4   | 8x   |
| 3:30 | I survive     | 4x8 | C <sup>2</sup> <b>Cross Crawl w. Extended Leg R&amp;L</b> | 4   | 8x   |

## WHY?

We begin with a gradual increase in core activation to prepare for the workout.

### SINGLE LEG LIFT

#### Key Coaching Focus:

Brace abs to keep lower back pressed towards hands as your legs move

#### Setup

- Lie side on to the stage
- Feet hip-width apart
- Feet close to butt, lift heels
- Place your hands under your lower back at belly button level
- Press lower back down towards hands
- Brace your abs hard to keep it there
- Front knee lifts above hip
- Back knee
- Up two, down two
- Slowly lower



#### Follow-up

- Abs braced, keep lower back pressed towards hands

### DOUBLE LEG LIFT

#### Key Coaching Focus:

Brace abs to keep lower back pressed towards your hands as you move both legs

#### Setup

- Brace abs harder to keep lower back pressed towards hands
- Lift both knees above hips
- Up two, down two
- Keep legs at right angles as they move

#### Follow-up

- Brace abs to keep lower back pressed towards the floor
- Relax shoulders away from ears
- Knees stop over hips

### CRUNCH SEQUENCE

#### Key Coaching Focus:

Slide ribcage to hips as you curl up

#### Setup

- Fingertips to temples
- Curl up
- Arms extend
- Head down
- Slide ribcage towards hips
- Tuck chin gently towards your throat to look after your neck

#### Follow-up

- Exhale through the mouth to curl up
- Inhale through your nose to lower

### CROSS CRAWL

#### Key Coaching Focus:

Lift shoulder towards front knee

#### Setup

(4/4 tempo)

- Come in to Cross Crawl
- Back shoulder lifts slowly towards front knee
- Switch legs

(Singles)

- Twist to front and back

#### Follow-up

- Spread elbows wide
- Aim the center of your chest to the outer thigh so we maximize the work in our obliques
- Fingertips light on your temples
- Chin tucked in gently
- (Cross Crawl with Extended Leg)
- Increase the intensity
- Extend the opposite leg as you twist to increase the load

### BRIDGE

#### Key Coaching Focus:

Squeeze butt and lift hips to ceiling

#### Setup

- Feet down
- Squeeze butt
- Lift hips to ceiling
- Lower slowly to come back down

# 3 STANDING STRENGTH 1

Wild Ones &gt; 5:47 mins

**Track Focus:** We strengthen the core muscles in standing with the Power Push Skater and Squats, using the LES MILLS™ Tube to add resistance.

|      | MUSIC        |       | SEQUENCE/EXERCISE                                                                             | CTS | REPS |
|------|--------------|-------|-----------------------------------------------------------------------------------------------|-----|------|
| 0:00 | Hey I (C)    | 4x8   | A Set up <b>Squat</b> w. Plate or Tube                                                        | 32  |      |
| 0:15 | I wanna shut | 4x8   | B 2/2 <b>Squat</b> w. <b>Plate Press</b> or Tube                                              | 8   | 4x   |
| 0:29 | Crazy (V)    | 8x8   | C <b>Triple Pulse Squat</b> w. <b>Plate Press</b> or Tube                                     | 8   | 8x   |
| 0:58 | Hey I (C)    | 4x8   | Transition to LES MILLS™ Tube                                                                 | 32  |      |
| 1:13 | I wanna shut | 4x8   | D <b>Power Push Skater</b>                                                                    | 8   | 4x   |
| 1:28 | Party (V)    | 4x8   | D <sup>1</sup> 2/2 <b>Power Push Skater</b> w. hands F&B                                      | 4   | 8x   |
| 1:42 | All black    | ½x8   | Step foot in                                                                                  | 4   |      |
| 1:44 | Oh it's      | 4x8   | D <sup>2</sup> <b>Dynamic Power Push Skater</b>                                               | 4   | 8x   |
| 2:00 | Hey I (C)    | 32½x8 | A-D <sup>2</sup> <b>REPEAT SEQUENCE ABOVE</b> on other side                                   |     |      |
| 4:00 | Hey I (C)    | 4x8   | A Set up <b>Squat</b> w. Plate or Tube                                                        | 32  |      |
| 4:15 | I wanna shut | 4x8   | B 2/2 <b>Squat</b> w. <b>Plate Press</b> or Tube                                              | 8   | 4x   |
| 4:30 | I am a wild  | 8x8   | E 2/2 <b>Squat</b> w. <b>Plate Press</b> or Tube & <b>Knee Lift</b> L&R                       | 16  | 4x   |
| 4:59 | Hey I (C)    | 8x8   | E <sup>1</sup> <b>Triple Pulse Squat</b> w. <b>Plate Press</b> or Tube & <b>Knee Lift</b> L&R | 16  | 4x   |
| 5:28 | I don't know | 4x8   | B <sup>1</sup> 4/4 <b>Squat</b> w. <b>Plate Press</b> or Tube                                 | 16  | 2x   |

## WHY?

We use standing patterns to integrate the core with the gluteals and upper body muscles.

### SQUAT WITH LES MILLS™ TUBE OR PLATE PRESS

#### Key Coaching Focus:

Hips sit back and down in the Squat

#### Setup

- Feet just outside hips
- Toes turned out
- Plate high on chest
- **Brace abs to support lower back**
- **Hips sit down and back**
- Press Plate to the ceiling
- Stand tall
- Down two, up two
- **Elbows slightly forward of face to look after shoulders**



#### Follow-up

(Triple Pulse Squat)

- Add a Triple Squat Pulse
- 3, 2, 1, up
- Squat full depth
- Butt stops just above knees, to maximize the work in your glutes
- Squeeze glutes as you stand
- Keep tension on the LES MILLS™ Tube throughout the movement
- Squeeze shoulder blades together as you pull the LES MILLS™ Tube down to your chest

#### Option

- Reduce the resistance on your shoulders by using the LES MILLS™ Tube rather than Plate

### SQUAT WITH KNEE LIFT (PLATE OR TUBING)

#### Key Coaching Focus:

Brace abs as you lift knee for stability; pull Plate to shoulder to get rotation

#### Setup

- **Brace abs for stability**
- Squat down for 2 counts
- Pick right knee up
- Squat down then lift left knee
- **Pull the Plate to your shoulder as you stand to add rotation**
- This gets your obliques working



#### Follow-up

(Triple Squat Pulse)

- Add Triple Squat Pulse
- As you lift the knee, pull tubing towards the hip to get rotation

#### Options

- Tap foot down on floor if you are off balance
- Use LES MILLS™ Tube rather than Plate to reduce the load on your shoulders

### POWER PUSH SKATER

#### Key Coaching Focus:

Push hands out in line with the center of the chest; brace abs to keep shoulders and hips square to the front

#### Setup

- LES MILLS™ Tube under the center of left foot
- Join the handles together
- Hold the material edge of the handles
- Hold LES MILLS™ Tube just below and against the chest
- Step right foot wide
- Shift weight to the side
- **Chest up**
- **Brace abs to keep shoulders and hips square to the front**



#### Follow-up

(2/2 tempo)

- Speed the movement up
- Out and in, out and in
- **Your target is in line with the center of your chest**
- If you can't keep your hands in line with the center of your chest as you push out, reduce the load by dropping the inside handle

#### Option

- One handle to reduce the load

### DYNAMIC POWER PUSH SKATER

#### Setup

- Tap your right foot in and out
- Drive off your left leg
- **Chest up**
- **Push hands out in line with the center of your chest**

#### Follow-up

- Feel the strength in your core as you transmit power from your legs to arms
- **Abs braced to keep the hips and shoulders square**

#### Option

- If you can't keep your hands in line with the center of your chest as you push out, reduce the load by dropping the inside handle

# 5 CORE STRENGTH 2

Ladi Dadi &gt; 5:07 mins

**Track Focus:** We target our obliques with Hovers and isolated work to create overload and strength.

|      | MUSIC              |     | SEQUENCE/EXERCISE                                        | CTS | REPS |
|------|--------------------|-----|----------------------------------------------------------|-----|------|
| 0:00 |                    | 4x8 | Set up <b>Side Hover L</b>                               | 32  |      |
| 0:14 | <b>Dim the (V)</b> | 8x8 | A <b>Side Hover L</b>                                    | 64  |      |
| 0:43 | The <b>mood</b>    | 8x8 | A <sup>1</sup> <b>Rolling Side Hover L</b>               | 16  | 4x   |
| 1:12 | <b>Nobody (C)</b>  | 4x8 | A <sup>2</sup> <b>Hover w. Hip Lift</b>                  | 4   | 8x   |
| 1:26 |                    | 1x8 | Set up <b>Side Hover R</b>                               | 8   |      |
| 1:30 | <b>Steal (V)</b>   | 8x8 | A <b>Side Hover R</b>                                    | 64  |      |
| 1:58 | The <b>mood</b>    | 8x8 | A <sup>1</sup> <b>Rolling Side Hover R</b>               | 16  | 4x   |
| 2:28 | <b>Nobody (C)</b>  | 4x8 | A <sup>2</sup> <b>Hover w. Hip Lift</b>                  | 4   | 8x   |
| 2:42 | (Instr)            | 4x8 | Roll onto back, knees over hips                          | 32  |      |
| 2:57 | Take a walk        | 4x8 | B <b>Knee Drop F&amp;B</b>                               | 32  |      |
| 3:11 | Run under          | 4x8 | B <sup>1</sup> <b>Knee Drop w. Leg Extension F&amp;B</b> | 32  |      |
| 3:26 |                    | 1x8 | Extend legs to ceiling                                   | 8   |      |
| 3:29 | Bit of <b>talk</b> | 8x8 | B <sup>2</sup> <b>Double Leg Drop F&amp;B</b>            | 32  | 2x   |
| 3:58 |                    | 1x8 | Bend knees                                               | 8   |      |
| 4:03 | Take a walk        | 8x8 | C <sup>1</sup> <b>Cross Crawl F</b><br>Lower upper body  | 8   |      |
|      |                    |     | <b>Cross Crawl B</b><br>Lower upper body                 | 8   |      |
|      |                    |     |                                                          | 8   | 2x   |
| 4:31 |                    | 1x8 | Lift upper body                                          | 8   |      |
| 4:34 | Bit of <b>talk</b> | 4x8 | C <sup>2</sup> <b>Cross Crawl F&amp;B</b>                | 16  | 2x   |
| 4:48 | <b>Nobody (C)</b>  | 4x8 | C <sup>3</sup> <b>Cross Crawl F&amp;B</b>                | 4   | 8x   |

## WHY?

We focus on oblique conditioning to improve rotation control and functional strength.

### SIDE HOVER

#### Key Coaching Focus:

Lift bottom hip

#### Setup

- Right elbow under shoulder, right knee down and top leg straight
- **Lift bottom hip**
- Lift arm
- Tuck chin in

#### Follow-up

- This strengthens the underside obliques and side flexors
- Provides functional strength for when you carry a child or bag with one arm

#### Option

- To advance, lengthen bottom leg in a scissor stance; top leg is in front



### ROLLING SIDE HOVER

#### Key Coaching Focus:

Shoulders and hips move as one – brace core to support the mid-section

#### Setup

- Top arm rolls under slowly
- Pick up heels and square yourself to the floor in Hover
- Come back to Side Hover
- **Brace core to keep back long and straight**
- **Shoulders and hips move together**

#### Follow-up

- Your body moves as one unit
- Square yourself to the floor
- Feel the load transfer from obliques to front abdominal wall (as you roll from Side Hover to Hover)

#### Option

- To reduce the load, take bottom knee/knees to the floor on Hover and/or Side Hover



### HOVER WITH HIP LIFT

#### Key Coaching Focus:

Lift bottom hip away from floor

#### Setup

- **Hip lifts away from floor**
- Single pace
- Up and partway down

#### Option

- If it's too much, drop down to the bottom knee

### KNEE DROP

#### Key Coaching Focus:

Keep both shoulders on floor as you move legs side to side

#### Setup

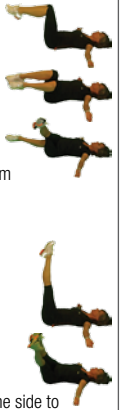
- Knees over hips, bent at 90 degrees
- Arms wide
- Feet together
- Knees roll toward the front of the room
- Bring knees back to the mid-line
- Then to the back of the room
- **Keep both shoulders on the floor as you move side to side**

#### Follow-up

- We are working obliques
- Use your obliques to pull you back to the top

#### Options

- Extend top leg as you lower legs to the side to increase the intensity
- Extend both legs to increase the load on your obliques



### CROSS CRAWL

#### Key Coaching Focus:

Shoulder lifts towards opposite knee

#### Setup

(4/4 Tempo)

- Knee over hips
- Fingertips to temples
- **Back shoulder lifts towards front knee slowly**
- Drop shoulders down
- Switch sides
- Extend opposite leg as you twist
- (Cross Crawl with shoulders lifted)
- Shoulders lift off the floor
- (Tempo speeds up)
- Shoulders stay up off the floor
- Twist side to side

#### Option

- Bend legs and foot tap to reduce the load

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