

LES MILLS CXWORX™



RELEASE **10**

LES MILLS NUTRITION | THE LES MILLS 21-DAY CHALLENGE
THE LES MILLS FOOD PYRAMID | FREE WEIGHT TRAINING
APPLIED CORE SCIENCE | CORE TRAINING FOR MAXIMUM RESULTS
THE SCIENCE OF RESISTANCE TUBING

PRESENTERS FROM: GERMANY, NEW ZEALAND, UK & USA

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 14,000 fitness clubs, 90,000 instructors and millions of participants from 80 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

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

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

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

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

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

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

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

THE
ESSENCE

**CXWORX™ – THE INTENSELY CHALLENGING
30-MINUTE CORE WORKOUT THAT GETS YOU
RESULTS WHERE IT COUNTS THE MOST.**



BLAH BE LOUD AND HEARD – tell us what you think of this release. Visit lesmills.com/BLAH

CXWORX™ 10 CONTENTS

LES MILLS' NUTRITION

THE LES MILLS 21-DAY CHALLENGE

THE LES MILLS FOOD PYRAMID

INTRODUCING FREE WEIGHTS INTO CXWORX™

CXWORX™ COACHING MODEL

APPLIED CORE SCIENCE

THE SCIENCE OF RESISTANCE TUBING

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	Turn Up The Love © 2012 Les Mills Music Licensing Ltd. Written by: Schuller, Choung, Nishimura, Roh, Coquia, Baier	Body Language	3:38
2 CORE STRENGTH 1	Fire Inside (Original Mix) © 2012 Inspected Records. Written by: Slinger	Gemini (UK) feat. Greta Svabo Bech	6:42
BONUS 2 CORE STRENGTH 1	Everybody Get Up (Bombs Away Remix) © 2012 ONELOVE Recordings Australia Pty Ltd. Written by: Patsalides, Murphy, Berchik	Jam Xpress & Seany B	5:07
3 STANDING STRENGTH 1	Shot Through The Heart (Power Remix) © 2004 Power Music, Inc. Written by: Bongiovi, Pontiorio	Power Music	4:08
4 STANDING STRENGTH 2	Hero © 2009 Atlantic Recording Corp. Produced Under License From Atlantic Recording Corp. Written by: Cooper, Cooper	Skillet	3:05
	Hero © 2009 Atlantic Recording Corp. Produced Under License From Atlantic Recording Corp. Written by: Cooper, Cooper	Skillet	1:17
BONUS 4 STANDING STRENGTH 2	Pound The Alarm © 2012 Les Mills Music Licensing Ltd. Written by: Vaughn, Yacoub, Khayat, Hajji, Jannusi, Maraj	Natural Habitat	3:22
5 CORE STRENGTH 2	Euphoria © 2012 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Raymond IV, Angello, Ingrosso, Axwell, Åhlund, Lewis, Lovett, Najera	Usher	1:45
	Euphoria © 2012 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Raymond IV, Angello, Ingrosso, Axwell, Åhlund, Lewis, Lovett, Najera	Usher	4:13
6 CORE STRENGTH 3	Me & You © 2012 Les Mills Music Licensing Ltd. Written by: Ray, Stephens, Watson	Hall Syndicate	4:49
BONUS 6 CORE STRENGTH 3	Perfect Nightmare © 2012 Les Mills Music Licensing Ltd. Written by: Duggan, McCants, Jenkins	Laid Back	4:41



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 – Dr Jackie Mills

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™ 10



From L-R: Susan Renata, Justin Riley, Susan Trainor, Dan Cohen, Corey Baird and Marcus Müller

Check out the bonus tracks in the brand-new choreography notes – use them as you see fit. Just remember to substitute like for like.

There are two demanding workouts in this release, each with its own magic moments and challenges.

Coming at you thick and fast, a Track 2 that combines speed and mental toughness. Don't let the Speed Leg Drops catch you off guard. USSAIN Bolt, we're coming for ya! The Modified Woodchop certainly gives CXWORX™ 'a bad name'. You need a *Hero* to save you from the

bad-ass Track 4 and you'll feel the *Euphoria* in the cardio Mountain Climbers in Track 5.

And... who would have thought skydiving could be so much fun (and with such a low fatality rate!) as we work our posterior chain in Track 6.

We roll into the three Bonus Tracks 2, 4 and 6, leaving you feeling like you've been given back your body.

Enjoy the release!

Susan, Dan and Corey

CXWORX™ Presenters

Susan Trainor (New Zealand) is the co-Program Director for CXWORX™ and Program Director for BODYVIVE™. 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 CXWORX™ and BODYCOMBAT™, 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.

Marcus Müller (Germany) is a National Trainer for CXWORX™, BODYBALANCE™/BODYFLOW®, BODYCOMBAT™ and BODYPUMP™. He is based in Hamburg.

Susan Renata (United States) is an International Master Trainer for CXWORX™ and BODYSTEP™ and Head Trainer for BODYPUMP™. She is based in San Francisco.

Justin Riley (United Kingdom) is a CXWORX™, BODYCOMBAT™ and BODYPUMP™ Instructor who is also Head Trainer for CXWORX™ in the United Kingdom.

LES MILLS NUTRITION

Nutrition is an essential part of health. We all know the huge benefits of exercise and that eating healthy, whole, clean, nutrient-rich foods enhances health even further.

You may have heard about the new 21-day eating plan Les Mills is offering.

Les Mills is moving into nutrition because we stand for a fitter planet, plain and simple.

The 21-day challenge is a way to RESET YOUR HABITUAL EATING PATTERNS. This means we are using a safe 3-week period to help detox your body and healthy eating habits so you can start fresh with more conscious behaviors around food.

The Penn State University undertook a Literature review on the safety and efficacy of low carbohydrate diets like this one.

What you need to know is the 21-day plan is a low carbohydrate diet and it has the essential components to be considered safe.

You must follow the plan as it is, especially the prescribed amounts of vegetables and water and eating at the regular intervals. And if you can't live without carbs, eat some; just make sure they are whole, unprocessed and nutrient rich.

And remember, this approach may not be right for you; it is just an offering for those of you who want to try it!

If you have tried it and feel it is beneficial, you are most welcome to share it. Please check this is OK with your Group Fitness Manager or Club Manager.

You can find the full report on:
www.lesmills.com/research

THE FACTS:

1. There is no evidence to suggest that low carbohydrate diets for a short period of time are harmful.
2. This diet eliminates the foods we KNOW to be terrible for us – high in calories and low in nutritional value – like processed snack foods and sweetened beverages.
3. Numerous investigations have demonstrated that low carbohydrate diets improve glucose control in the body, raise HDL cholesterol, reduce triglycerides (TGs) and improve the parameters of metabolic syndrome.

THE LES MILLS 21-DAY CHALLENGE

Reduce your waist size in just 21 days! Check out the Les Mills Food Pyramid to remind yourself of the different food classifications first. Now, this is tough – but I promise that you won't regret it. You will only be sorry for not having tried it sooner.

This is it: Women eat five meals per day and men eat six meals a day. On workout days, one of these meals is a post-workout protein shake.

MEAL PLANNING

Every meal must contain:

Protein – one palmful of animal protein; that includes fish, chicken, turkey, duck, pork, beef, lamb, shellfish and eggs.

Fat – a thumb size, focusing on getting in your essential fatty acids; like avocado, olive oil, walnuts and flaxseeds.

Carbohydrates – one to two handfuls of low-starch carbs such as asparagus, cabbage, broccoli, cauliflower, leafy greens, raw carrots, onions, tomatoes and eggplant.

Protein Shake – only whey protein and water. Women should have .01 ounces/.3 grams per kg of body weight; men .02 ounces/.5 grams per kg of body weight.

Water – take your body weight in kg and multiply by 0.033 liters of water per day, then add an extra glass for every hour of exercise.

Foods to avoid – dairy products, roasted salty nuts, grains including oats, polenta, rice and couscous, wheat, fruit, legumes, starchy vegetables and soy apart from Tamar.

And to drink? Water, herbal tea, coffee (black), black tea. No sweeteners.

Tips

- Never skip meals as this will just leave you feeling hungry.
- If you feel hungry between meals, snack on 6-8 nuts.
- Try to stop eating 2 hours before bedtime so the digestion process does not affect your sleep and recovery.
- Vary your protein sources to get a good mix of amino acids, so you do not end up with food sensitivities.
- Never skip the veggies as these are an important source of fiber to keep your digestive system healthy.
- Eat a ratio of 2:1 white meat to red meat.
- To monitor how well you are doing, take a waist measurement before and after the challenge.

DAY 22

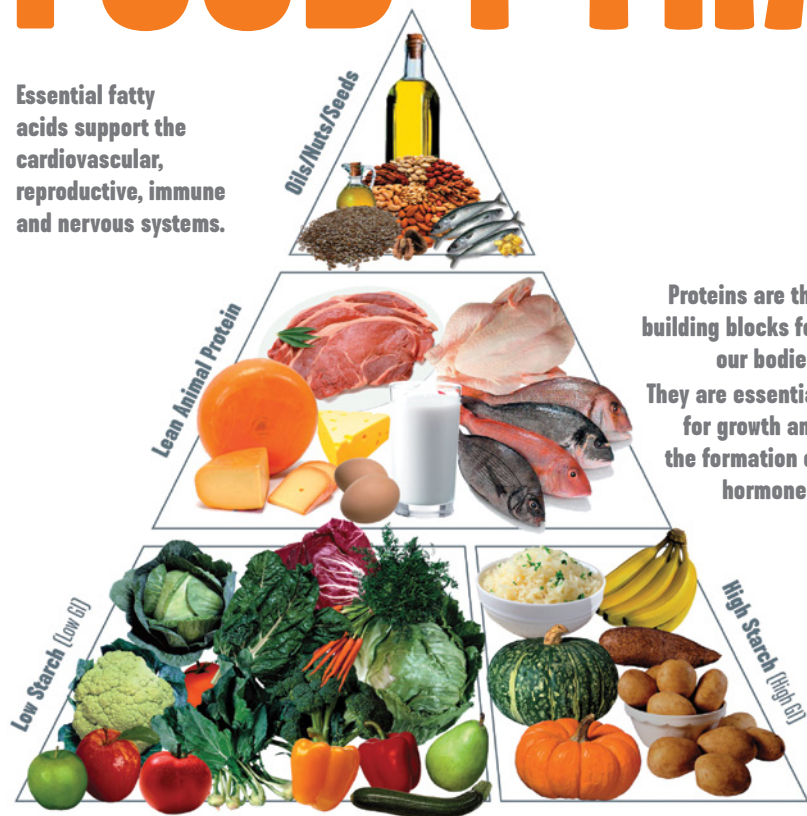
Follow the eating guidelines shown in the Les Mills Food Pyramid and make sure you practise following the portion sizes suggested. Remember: Try to stay focused on eating whole foods only!

This eating plan is difficult; you'll have moments where you want to chew your arm off, and times when you'd consider mugging someone for their French fries! But once you slide gracefully into your skinny jeans in three weeks' time, all the pain will be forgotten. Go to your cupboard now, put everything that's not on the list in a box, drive to the nearest homeless shelter and leave the box there. Go to the gym and enjoy the next 21 days of bliss.

Make sure you check out the commonly asked questions at www.lesmills.com/research

THE LES MILLS FOOD PYRAMID

Essential fatty acids support the cardiovascular, reproductive, immune and nervous systems.



Proteins are the building blocks for our bodies. They are essential for growth and the formation of hormones.

Carbohydrates are broken down in the body to give us energy.

Start out as a mixed type, then adjust until you feel like you can keep going and concentrate for 3 to 4 hours without feeling hungry.



HOW CAN YOU TELL IF YOU ARE EATING ENOUGH?

- 1 Look at your plate.
- 2 Look at your hand.
- 3 If you are a **protein type**, you should have about one whole hand of protein and half a fist of starchy carbohydrates or one handful of non-starchy carbs and one thumb of fat at each meal.
- 4 If you are a **carb type**, you should have about two fists of starchy carbohydrates or four handfuls of non-starchy carbs and half a palm of protein at each meal, plus one thumb of good fats.
- 5 And if you are a **mixed type**, you will need one palm of protein and one and a half fists of starchy carbs or three handfuls of non-starchy carbs.

WHO ARE YOU?

- 1 **Protein types** live to eat!
If you are a protein type and eat too many carbs you will feel sleepy an hour or so after eating and find it difficult to concentrate!
- 2 **Carb types** eat to live and can quite often go for long periods without eating.
When they eat too much protein and fat they tend to feel tired and sluggish straight after the meal. They will also have problems concentrating.
- 3 **Mixed types** are a combination of both and are the hardest to please!

Once you start to eat like this, keep a food diary and record how you feel after you eat.

CHECKLIST

- 1 If you feel sleepy about an hour after a meal = too many carbs.
- 2 If you feel sluggish immediately after a meal = too much fat and protein.

If you feel bloated, hyper or sluggish, you know you have not eaten what your body needs. Try again!

Suggested reading:
 · Paul Chek 2004, Chapter 3, *The "No-Diet" Diet*, pages 43-53, How To Eat Move And Be Healthy, San Diego, CA, USA; A.C.H.E.K. Institute Publication
 · William L. Wolcott and Trish Fahey 2000, *The Metabolic Typing Diet*, New York, Broadway Books
 · Sally Fallon 2000, *Nourishing Traditions*, Warsaw, New Trends Publishing
 · Michael Pollan 2011, *The Omnivore's Dilemma*, London, Bloomsbury Publishing PLC

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.

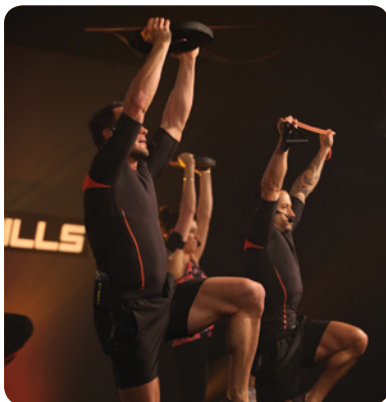
Free weights offer another opportunity to keep CXWORX™ challenging to participants of all levels and to continue to deliver a sufficient level of intensity in just 30 minutes.

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.

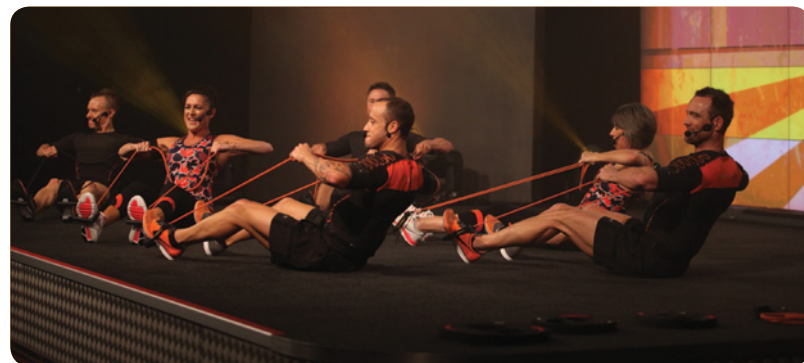
Setup Cues are simple clear and concise. They tell your class the correct '**start position**' for the track or exercise, '**what body part** to move' and '**which direction** to move it'. **Compulsory Cues** are part of the Setup phase and must be given either before you start the exercise or as soon 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.

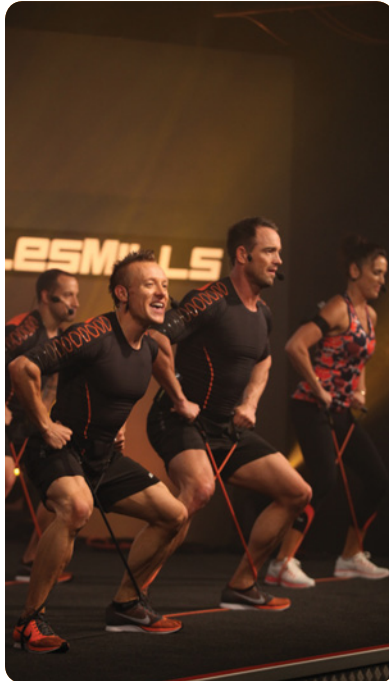


THE SCIENCE OF RESISTANCE TUBING

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

Turn Up The Love > 3:38 mins

Track Focus: This track gets your mind connected with the target muscles and gets your class moving with precision.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		2x8	Set up for Double Foot Tap	16	
0:07	We are one (C)	5x8	A Double Foot Tap	8	5x
0:27		10x8	A ¹ Alternating Foot Tap		
			Tap front foot	2	
			Tap back foot	2	
			Lift front foot	2	
			Lift back foot	2	10x
1:06	We are one (C)	4x8	B Lower legs	4	
			Fingertips to temples	4	
			Crunch up	8	
			Lower down	8	
			Crunch	8	
1:21	We are one	4x8	C C-Crunch	8	4x
1:38	Go ahead (V)	8½x8	Cross Crawl L&R	8	8½x
2:09	Turn me on	4x8	B ¹ Crunch	8	4x
2:25	We are one (C)	9x8	Bridge	8	
			Extend front leg	24	
			Extend back leg	32	
			Roll down	8	
3:00		8x8	C ¹ Double Pulse C-Crunch	8	8x

WHY?

These exercises prepare the muscles of the core for the work ahead.

ALTERNATING SINGLE AND DOUBLE FOOT TAP

Key Coaching Focus:

Brace abs to press lower back toward the floor

Setup

- Fingers under lower back
- Knees above hips
- Draw belly in gently and brace abs to keep lower back pressed towards the floor
- Tap foot to floor maintaining a 90-degree knee angle, knee above the hip on non-tapping leg



Follow-up

- Engage the core and press back down harder to feel the lower abs working

CROSS CRAWL

Key Coaching Focus:

Lift shoulder to opposite knee

Setup

- Fingertips to temples
- Chin tucked in
- Elbows out wide
- Lift shoulder to opposite knee, knee bends up to just above hip

Follow-up

- Lift and twist as high as possible (shoulder off floor) to increase the load on obliques

CRUNCH

Key Coaching Focus:

Slide ribs to hips

Setup

- Fingertips to temples
- Chin tucked in – eye gaze to knees
- Lift shoulders off floor

(C-Crunch and Double Pulse C-Crunch)

- Lift the knees to hip level as you crunch up
- Slide ribcage toward hips to work upper abdominals
- Hands reach for heels
- Keep lower back toward the floor as you lower your legs

BRIDGE

Key Coaching Focus:

Squeeze glutes to lift hips toward ceiling

Setup

- Feet hip-distance apart
- Arms by side, palms up
- Lift one knee then lower and extend leg out
- Lift chest towards chin
- Keep hips square to floor

Follow-up

- Push through the heel to get more out of the glutes

> DRIVE TIP

Justin does a great job of firing up the core – quickly! Listen to his clear and precise Setup Cues on the DVD; by getting everyone moving correctly at the start of each move, you'll have lots of space to drive them to work harder. Don't be fooled – this may be the Warmup, but you still need to drive your class hard to get them ready for the tracks ahead.

2 CORE STRENGTH 1

Fire Inside > 6:42 mins

Track Focus: This track uses a combination of Hovers and Leg Drops with speed to challenge the core.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		8x8	A Set up Hover	64	
0:30	Crash (C)	16x8	A ¹ Hover	112	
			Roll onto back, legs above hips	16	
1:30		8x8	B Speed Leg Drop		
			Lower one leg	1	
			Hold	3	
			Lift to start	4	
			Repeat other leg	8	4x
2:00		8x8	C Double Leg Lower	16	3½x
			Roll over to Hover	8	
2:30	Crash (C)	16x8	A Hover	112	
			Roll onto back, legs above hips	16	
3:30		8x8	B ¹ Speed Leg Drop L&R		
			w. plate on chest	16	4x
4:00		8x8	C ¹ Double Leg Lower w. plate	16	3½x
			Roll over to Hover	8	
4:30	Crash (C)	16x8	A Hover	112	
			Roll onto back, legs above hips	16	
5:30		8x8	B ¹ Speed Leg Drop L&R		
			w. plate on chest	16	4x
6:00		8x8	C ¹ Double Leg Lower w. plate	16	4x

WHY?

This combination develops athletic core strength. That's core strength on the move, setting the foundation for strength and power.

HOVER

Key Coaching Focus:

Brace abs to keep back long and straight

Setup

- Elbows under shoulders
- Knuckles together
- Knees just outside hips
- Lift up on toes, hips to shoulder height
- Abs braced to support lower back, keep back long and straight
- Shoulders back and down
- Eye gaze to your fists



Follow-up

- Lift kneecaps to tighten the quads, push harder through the forearms, open the chest
- Pull your elbows into the floor toward your feet to intensify your Hover

Option

- Drop to knees to reduce intensity



SPEED LEG DROP

Key Coaching Focus:

Brace abs to keep lower back pressed toward the floor

Setup

- Feet above hips
- Arms by side, palms facing up
- Drop one leg quickly toward floor, keeping leg straight
- Other knee bends, toe at opposite knee
- Brace abs to keep lower back toward the floor as the leg lowers



Follow-up

- Encourage speed with the Leg Drops
- Brace your abs tightly to catch your leg at the bottom of the movement

Options

- Knee bent throughout sequence to reduce intensity
- Extended leg to 45 degrees only

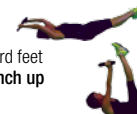
DOUBLE LEG LOWER (WITH PLATE)

Key Coaching Focus:

Brace abs to keep lower back toward the floor as you lower the legs

Setup

- Feet above hips
- Legs lower together toward the floor, abs braced to stop back from arching away from floor (With plate)
- Extend arms over head
- Crunch up reaching plate toward feet
- Slide ribs to hips as you crunch up with plate



Follow-up

- Lower legs (and weight) closer to floor to challenge your abs
- Reach higher toward shoelaces in Crunch to increase the demand on the upper abs

Options

- No plate, knees bent throughout sequence to reduce intensity
- Legs lower to 45 degrees or less

> DRIVE TIP

Dial up the intensity in this track! It's out of the starting blocks and into the race. Encourage your class to find intensity by doing Hovers on toes, pressing forearms into the floor and bracing tighter. You can also dial up the intensity by encouraging fast transitions so that there's more time spent in the workout and less time spent in recovery. The speed in the Leg Drops gives this track an athletic kicker.

2 CORE STRENGTH 1

Everybody Get Up > 5:07 mins

Track Focus: This track uses Planks, Hovers and Crunches to challenge every aspect of the core.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		5x8	Set up Plank	40	
0:18	I tend to (V)	7x8	A Walking Plank on knees L	8	7x
0:44	Everybody (C)	8x8	A ¹ Walking Plank on toes L	8	8x
1:14	Up	4x8	B Hover	32	
1:29	Everybody	4x8	B ¹ Hover w. Leg Extension L	32	
1:44	I don't want (V)	4x8	Roll onto back Set up Double Leg Extension	32	
1:58	I tend to lose	4x8	C Double Leg Extension	16	2x
2:13		3x8	C ¹ Double Leg Extension	8	3x
2:24	Everybody (C)	4x8	C ² Double Leg Extension w. Crunch	8	4x
2:39	Everybody	4x8	C ³ Double Leg Extension w. Crunch & Arm Extension	8	4x
2:54	Everybody	8x8	C ⁴ Double Leg Extension w. Crunch & Arm Extension	16	4x
3:24	I don't want (V)	4x8	Set up Plank	32	
3:39	I tend to lose	7x8	A Walking Plank on knees R	8	7x
4:06	Everybody (C)	8x8	A ¹ Walking Plank on toes R	8	8x
4:35	Everybody	4x8	B Hover	32	
4:50	Everybody	4x8	B ¹ Hover w. Leg Extension R	32	

WHY?

Research tells us that integrating the core muscles as we train mimics the way we use our core in day-to-day activities.

WALKING PLANK

Key Coaching Focus:

Brace abs to keep back long and straight – hips and shoulders square as you walk the hands

Setup

- Knees wider than hips
- Hands under shoulders
- Shoulders away from ears
- **Back long, strong and straight**
- Start on knees
- Hands walk out, one at a time, in front of shoulders
- Lift up on to toes



Follow-up

- Reach the hands out further in front of body
- Brace abs harder to keep body still as you extend the arms



Option

- Stay on knees

HOVER WITH LEG EXTENSION

Key Coaching Focus:

Abs braced, back long and straight, hips square to the floor

Setup

- Elbows under shoulders
- Knuckles together
- Knees just outside hips
- Lift up on toes, hips to shoulder height
- **Abs braced to support lower back, keep back long and straight**
- **Lift one leg to hip height – keep hips square**

Follow-up

- Lift kneecaps to tighten through quads, push down through forearms

Option

- Stay in Hover position on knees – no Leg Extension

DOUBLE LEG EXTENSION

Key Coaching Focus:

Brace abs to keep lower back pressed toward the floor

Setup

- Feet straight up, above hips
- **Lower back toward floor**
- Arms by side, palms facing up
- Extend both legs toward floor
- **Brace abs to keep lower back toward the floor as the legs lower**
- Bend knees toward the chest – knees above hips, extend back out

Follow-up

- Lower legs closer to the floor and press lower back harder toward the floor to fire up the core

Options

- Bend knees, drop toes to the floor to reduce the load on the core
- Reduce range of extension

DOUBLE LEG EXTENSION WITH CRUNCH

Key Coaching Focus:

Slide ribs to hips on way up – brace abs to keep lower back toward the floor as you extend

Setup

- Fingertips to temples
- **Full extension with the legs, lower back down toward the floor**
- Upper and lower body move toward each other
- **Slide ribcage toward hips to work upper abdominals in Crunch phase**

(With Arm Extension)

- **Extend legs out, hands reach over head – brace abs to keep lower back toward the floor**
- **Slide ribs to hips, reach fingertips toward the heels**



Follow-up

- Extend the arms and legs further toward the floor and lift up higher to increase intensity

Option

- Bend knees, tap toes to the floor

> DRIVE TIP

This track is all about control. Keeping your shoulders and hips square in the Hover and Plank patterns and squeezing intensity out of the Crunch patterns is the key to success here. Make sure you demonstrate all of the options to keep your class safe and tailor the workout to each individual. The sets are long and strong, so you have time to get creative and use imagery to maintain focus to the end.

3

STANDING STRENGTH 1

Shot Through The Heart
> 4:08 mins

Track Focus: We use Lunges and Woodchops to train the core in standing.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8	Set up LES MILLS™ Tube	32	
0:15		4x8	Set up feet	32	
0:30		4x8	A Side Lunge L&R	8	4x
0:45	An angel's (V)	4x8	A ¹ Half Woodchop L	8	4x
0:59	Woah	4x8	A ² Woodchop L	8	4x
1:14	Shot through (C)	6x8	A ³ Woodchop L Hold for 8 cts	4	11x
1:36		4x8	Set up feet	32	
1:51		4x8	A Side Lunge R&L	8	4x
2:05	Angel's smile (V)	4x8	A ¹ Half Woodchop R	8	4x
2:20	Woah	4x8	A ² Woodchop R	8	4x
2:35	Shot through (C)	5x8	A ³ Woodchop R	4	10x
2:54		3x8	Set up for Lunge	24	
3:05		8x8	B Triple Pulse Lunge w. plate L Knee Lift R	6 2	 8x
3:34	Shot through (C)	8x8	B Triple Pulse Lunge w. plate R Knee Lift L	6 2	 8x

WHY?

These exercises integrate the core with the arms and legs, building on the athletic power we developed in Track 2.

WOODCHOP

Key Coaching Focus:

Keep hips square, rotate from center of chest. Use the chest rotation to drive the LES MILLS™ Tube

Setup

- Fold LES MILLS™ Tube in half and place under one foot
- Grab the fabric next to the handles and place in center of the chest
- Take a wide step, feet outside shoulders
- **Brace abs, lift chest**
- Lunge to one side, hands to knee
- Bring arms up to lower chest, keeping them long and straight and strong

(Woodchop with full Arm Extension)

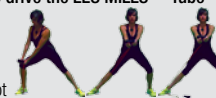
- Bring arms across center of body, and rotate the chest to extend up above opposite shoulder
- **Twist from center of chest**
- **Keeping the hips square to the front**

Follow-up

- Reach longer and higher to increase the demands on the cross slings

Options

- Reduce range, or drop inside handle of LES MILLS™ Tube



TRIPLE PULSE LUNGE + KNEE LIFT

Key Coaching Focus:

Drop front thigh parallel to the floor

Setup

- Long Lunge back
- **Abs braced, chest lifted**
- **Front thigh parallel to floor to get glutes working**
- Lower back knee to floor and pulse in bottom half, plate at forehead
- Elbows at shoulder level directly under the plate
- Squeeze glutes and drive up out of Lunge, press plate up above head
- **Elbows forward of face as you press the plate up**
- Move knee up in line with hip

Follow-up

- Front leg parallel to floor to load the glutes and work the thighs
- Power the plate up and drive the knee forward to develop athletic core strength

Options

- Use the LES MILLS™ Tube instead of the plate to reduce load and challenge the upper back – pull the tube outward as you pull it into the chest
- Toe Tap when returning out of the Lunge (instead of lifting the knee in line with hip)



> DRIVE TIP

This is all about functional core training, the kind of training that will help with all the other physical activities you do. Sell the benefits of this type of training to your class, as they'll be fatiguing by this stage and will need a bit of extra motivation. Focus on more than just what the movement is and how they should do it; focus on **why** they should do it!

4

STANDING STRENGTH 2

Hero > 4:22 mins

Track Focus: This track uses the tubing and body weight to target the gluteus maximus and medius.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		6½x8	Set up LES MILLS™ Tube	52	
0:22	I'm just a (V)	8x8	A Single Leg Squat w. Rear Leg Extension R	8	8x
0:49	I need a (C)	4x8	A¹ Single Leg Squat w. Rear Leg Extension R	4	8x
1:02	I gotta (V)	8x8	A Single Leg Squat w. Rear Leg Extension L	8	8x
1:30	I need a (C)	6x8	A¹ Single Leg Squat w. Rear Leg Extension L	4	12x
1:50		2x8	B Squat	16	
1:56	Who's gonna	4x8	B Side Leg Lift L	4	8x
2:10	I've got to	4x8	C Side Leg Lift R	4	8x
2:24		1x8	B¹ Squat	8	
2:27	I need a (C)	10½x8	A¹ Single Leg Squat w. Rear Leg Extension R	4	21x
3:03		2x8	Set up Side Leg Lift	16	
3:11	Who's gonna	4x8	C Side Leg Lift R	4	8x
3:25	I've got to	4x8	C Side Leg Lift L	4	8x
3:38		1x8	B¹ Squat	8	
3:41	I need a (C)	10½x8	A¹ Single Leg Squat w. Rear Leg Extension L	4	21x

WHY?

These muscles are a vital part of the core helping to control lower limb alignment, creating the platform for athletic power and precision.

SINGLE LEG SQUAT WITH REAR LEG EXTENSION

Key Coaching Focus:

Tip forward from hip so nose is forward of toes; chest up, hips square to the front

Setup

- Step both feet inside LES MILLS™ Tube
- Cross handles and take hands to hips
- Step one leg back on 45 degree angle – straighten knee
- Keep hips and shoulders square to the front
- Abs braced
- Tip forward from hips so nose is forward of toes to activate glutes
- Bend supporting knee to squat, elevate back toe off floor

Follow-up

- Bend deeper in supporting leg to really activate the glutes and thighs

Options

- Keep back toes grounded on floor for stability and balance
- No LES MILLS™ Tube



SIDE LEG LIFT

Key Coaching Focus:

Brace your abs to keep your hips square – don't lean to the side

Setup

- Feet under hips
- Chest lifted
- Brace abs to keep hips square to the front
- Lift foot and push heel back toward corner
- Bend supporting leg
- Brace abs and bend knee to stop body rocking to the side

Follow-up

- Push heel back further to drive intensity
- Brace abs tighter to stop body rocking to the side as you fatigue

Option

- No LES MILLS™ Tube

➤ DRIVE TIP

This is a big song, and a big workout for the glutes. Embrace the intensity in the music by using an authoritative voice to drive the workout harder. Watch how Dan gets more from the class by asking: *Can you go any deeper?* Connecting people to their bodies is a great way to re-engage them in the workout and to make sure they're working as hard as they can.

STANDING STRENGTH 2

Pound The Alarm > 3:22 mins

Track Focus: We use tubing exercises to challenge our hip muscles; combining these exercises with Squats drives intensity.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Oh oh oh	4½x8	Set up LES MILLS™ Tube	36	
0:17	Yeow (V)	8x8	A Out, Out, In, In – L Add Squat (during Out, Out) after 8 reps	4	16x
0:48	Oh oh oh	5x8	B Rear Leg Lift R	4	10x
1:07	Pound the alarm (C)	4x8	C Walking Combo R&L Back R Back L Forward R Rear Leg Lift L Back L Back R Forward L Rear Leg Lift R	1 1 1 1 1 1 1 1	4x
1:22	I wanna (V)	8x8	A Out, Out, In, In – R Add Squat (during Out, Out) after 8 reps	4	16x
1:53	Oh oh oh	5x8	B Rear Leg Lift L	4	10x
2:12	Pound the (C)	8x8	C Walking Combo L&R	8	8x
2:43	Oh oh oh	5x8	Squat	8	5x
3:02	Pound the (C)	4x8	C Walking Combo L&R	8	4x

WHY?

Training the gluteals in standing allows us to focus on lower limb control while weight bearing. That's core control when and how you need it in day-to-day life.

OUT, OUT, IN, IN (WITH SQUAT)

Key Coaching Focus:

Brace core to stop body swinging from side to side

Setup

- Step into the LES MILLS™ Tube
- Cross the handles and take hands to hips
- Feet under hips
- **Chest lifted, abs braced**
- Step the feet outside the hips, one at a time, knees bent
- **Brace core to keep body upright and hips square**
- Squat – butt sits back and down as legs walk out



Follow-up

- Bend the knees deeper to squat down further as you step the legs out, adding load for the glutes
- Step feet out wider to challenge the side glutes

REAR LEG LIFT

Key Coaching Focus:

Brace abs to keep hips square to front

Setup

- Feet under hips
- Extend one leg to back corner, keeping leg straight
- **Brace abs to keep hips square to front**
- **Avoid leaning to the side**
- Slight bend in supporting leg
- Keep chest lifted

Follow-up

- Drive heel further toward back corner
- Keep the lifted toes off the floor – don't tap down

Option

- Reduce range of the Rear Leg Lift, keeping toes on the ground at bottom of movement

WALKING COMBO

Key Coaching Focus:

Brace abs to keep hips square to front

Setup

- Feet under hips
- **Chest lifted**
- Walk feet back, one at a time
- Walk one foot forward and lift the rear leg, change sides

Follow-up

- Press the heel a little further to the corner to challenge the side glutes

SQUAT

Key Coaching Focus:

Butt back and down, chest up

Setup

- Feet just outside hips
- **Abs braced, chest lifted**
- Bend knees, driving weight through heels
- **Sit butt back and down to just above knee height**
- Knees track forward over toes

> DRIVE TIP

You know we're getting hotter and hotter! Use the music to drive this workout for the glutes. It's an intense few minutes, but the great song keeps things fresh and lively, so have fun with this. It doesn't mean this track isn't a challenge – it is. Ask your class if they're up for the challenge... if they want tighter glutes and a stronger core, they should be!

5 CORE STRENGTH 2

Euphoria > 5:58 mins

Track Focus: This track brings the focus to the obliques. The Mountain Climbers give us a dynamic core challenge, providing a kicker at the end.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	2x8	Set up Staggered Oblique Crunch	16	
0:07	_ Reintroduction 12x8	A Staggered Oblique Crunch	8	12x
0:52	We are 4x8	A ¹ Set up Oblique Leg Combo	32	
1:07	(Synth) (C) 8x8	B Oblique Leg Combo L		
		Knees in	2	
		Extend legs	2	
		Scissor	2	
		Return to start	2	8x
1:37	2x8	Set up Staggered Oblique Crunch	16	
1:45	_ Reintroduction 12x8	A Staggered Oblique Crunch	8	12x
2:30	We are 4x8	A ¹ Set up Oblique Leg Combo	32	
2:45	(Synth) (C) 8x8	B Oblique Leg Combo R	8	8x
3:15	2x8	Roll onto back	16	
3:22	I went 8x8	C Knee Drop F&B	32	
		C ¹ Knee Drop w. Single Leg Extension	32	
3:52	The fire 8x8	C ² Knee Drop w. Double Leg Extension F&B	32	2x
4:22	You're glowing 4x8	Set up Mountain Climber	32	
4:37	4x8	D Mountain Climber L&R	2	16x
4:53	We are 4x8	E Hold Plank	32	
5:07	8x8	D Mountain Climber L&R	2	32x
5:38	4x8	E Hold Plank	32	

WHY?

Functional core strength is all about dynamic control – the power and control to use your core on the move.

STAGGERED OBLIQUE CRUNCH

Key Coaching Focus:
Slide top ribs to hip

Setup

- Lie on side, knees at 90 degrees
- Bottom arm out for support
- Top arm fingertips to temples
- Lift bottom shoulder off floor as you crunch

Follow-up

- Lift higher off the ground to drive more work into the obliques
- Open chest to the ceiling on the way down to increase the range

Option

- Reduce the range

OBLIQUE LEG COMBO

Key Coaching Focus:
Chest up – brace abs

Setup

- Front elbow directly under shoulder
- Top hand on floor behind body
- Sit body weight onto meaty part of glutes
- Chest lifted – support with rear arm
- Abs braced to support lower back
- Legs extend down toward the floor
- Split legs (bottom leg forward, top leg back)
- Brace abs and bring knees in toward the chest

Follow-up

- Keep your legs parallel to the floor in the split to challenge the obliques

Option

- Keep the bottom foot on the floor



KNEE DROP FORWARD & BACK

Key Coaching Focus:
Keep shoulders anchored to the floor

Setup

- Lie back with shoulders flat on floor, lower back toward the floor
- Knees over hips, shins parallel
- Arms out to side, palms facing up
- Drop knees to side, **brace abs** to return knees to center
- Go as low as you can, extend top leg out to force a bigger contraction into the obliques
- Double Leg Extension, brace abs tighter as both legs extend simultaneously

Follow-up

(Double Leg Extension)

- Take your legs lower to the floor to work harder

Option

- Stay with bent knee drop throughout sequence (no Leg Extension)

MOUNTAIN CLIMBER

Key Coaching Focus:
Abs braced to support lower back, back long and straight, hips down

Setup

- Hands under shoulders
- Body weight forward and over hands
- Abs braced
- Up on toes
- Back long, strong and straight
- Drive knees in and toward the chest

Follow-up

- Drop hips down and drive knees further forward



> DRIVE TIP

This track has a steady incline, and then a massive kicker as you approach a big hill at the end. You need to challenge people to go as hard as they can, for as long as they can. We all know that obliques are what give you great shape and definition through your mid-section, so motivate as you move through this track. See how Susan increases the power in the last set of Mountain Climbers; your class will need you here! *Chase the change!*

6

CORE STRENGTH 3

Me & You > 4:49 mins

Track Focus: This track focuses on the key components of the posterior chain: back muscles, scapula retractors, glutes and hamstrings.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		5x8	Set up Skydiver Arm	40	
0:33		4x8	A Skydiver Arm Combo 1		
			L arm extend	2	
			R arm extend	2	
			Both arms in	4	4x
0:59	Are you ready	6x8	A ¹ Skydiver Arm Combo 2		
			L arm extend	2	
			R arm extend	2	
			Both arms in	4	6x
1:40		4x8	Leg Combo Hip Extension		
			Lift knees	2	
			Lower knees	2	
			Lift & lower knees (smoothly)	4	4x
2:07	Are you	4x8	A ² Skydiver Arm & Leg Combo Hip Extension	8	4x
2:33		1x8	Childs Pose	8	
2:40	Oh yeah	5x8	Set up for Seated Row w. LES MILLS™ Tube	24	
			B Wide Row	8	
			B ¹ Low Row	8	
3:12		13x8	B ² Pulse Wide Row x4	8	
			B ³ Pulse Low Row x4	8	6½x

WHY?

Not only do these muscles align our spines for functional activities, they also give us strength and power when lifting. Training these muscles makes you fit for life.

SKYDIVER

Key Coaching Focus:

Squeeze shoulder blades together as you draw the arms in. Squeeze the glutes as you lift the chest

Setup

- Lie on front
- Knees wider than hips
- Bend knees and squeeze heels together
- **Squeeze glutes**
- Fingertips outside the shoulders
- **Squeeze shoulder blades together as arms pull in**
- Thumbs up, one hand at a time off the floor and in front of body
- **Chest lifted – eye gaze down**

**Follow-up**

- Reach out further to get more work in the shoulders
- Lift chest further off the floor to strengthen upper back

LEG COMBO HIP EXTENSION

Key Coaching Focus:

Squeeze the butt to lift the legs

Setup

- Keep heels elevated
- Forehead down on the fingertips
- Push the heels up toward the ceiling, control as you release
- **Squeeze glutes**

Follow-up

(Skydiver Arm & Leg Combo Hip Extension)

- Lift the heels further off the floor, lift upper body to strengthen the back and glutes

Options

- Reduce knee bend to decrease tension on the hip flexors
- Keep chest on floor during Hip Extensions

WIDE AND LOW ROW (SEATED)

Key Coaching Focus:

Lift chest – squeeze shoulder blades together as you row

Setup

- Place feet inside LES MILLS™ Tube handles so handles under arch of each foot
- Feet hip-width apart
- Sit back on tail bone and lean back
- Bend knees – heels on floor
- **Chest lifted, abs braced**
- Grab LES MILLS™ Tube, thumbs underneath
- Pull handles wider than shoulders
- Keep elbows wide and slightly bent
- **Squeeze between the shoulder blades**
- Low row, palms face up and elbows squeeze in toward body
- Straighten arms

**Follow-up**

- Bigger squeeze between the shoulder blades
- Lean back further and lift the chest higher to increase the power in the upper back
- Hold tubing closer to feet to add intensity

> DRIVE TIP

We know the core is in the front and back of the body, and you'll know all about that at the end of this track! There are some new and complex moves in this one. Remember to go back to basics with clear and concise Setup Cues so your class can follow along from the first rep and get more out of this final track. Tap into the great lyrics here – have fun with it, you're on the home stretch!

6 CORE STRENGTH 3

Perfect Nightmare > 4:41 mins

Track Focus: This track begins by isolating the upper and lower back muscles and then integrates these muscle groups in the Triple Dead Rows.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		6x8	Set up lying on belly with LES MILLS™ Tube	48	
0:23	Sometimes (V)	8x8	A Upper Body Extension	8	8x
0:54	Keep telling (C)	4x8	A ¹ Upper Body Extension	4	8x
1:09	No way	4x8	A ² Upper Body Extension Pulse	2	16x
1:24	Sometimes	8x8	Double Rear Leg Extension	8	8x
1:54	Keep telling (C)	4x8	A ¹ Upper Body Extension	4	8x
2:10	No way	4x8	A ² Upper Body Extension Pulse	2	16x
2:25	Hoping	4x8	Come to standing and set up LES MILLS™ Tube for Triple Dead Row	32	
2:40	Keep telling (C)	16x8	Triple Pulse Dead Row	8	16x
3:41	Perfect	5x8	Shoulder Roll	8	
			Shoulder Stretch L&R	32	
4:00	No way	2x8	Upper Back Stretch	16	
4:08	From you	2x8	Chest Stretch	16	
4:15	No way	4x8	Side Stretch L&R	32	

WHY?

The back muscles provide a key component of core strength. They keep us upright and work with the abs to stabilize our lower back and pelvis.

UPPER BODY EXTENSION

Key Coaching Focus:

Squeeze butt to support lower back and squeeze shoulder blades together as you pull on LES MILLS™ Tube

Setup

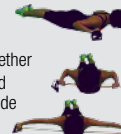
- Lie on front, toes on floor, feet together
- Fold LES MILLS™ Tube in half and hold onto each end, elbows out wide
- Lift chest off floor
- Eye gaze down; tuck chin
- Squeeze butt to support lower back
- Keep tension on the tube as you lift
- Squeeze shoulder blades together as you pull on the LES MILLS™ Tube

Follow-up

- Lift chest higher off floor to engage the back muscles
- Pull LES MILLS™ Tube further apart to work the upper back

Options

- Reduce range by lowering chest to the floor
- No LES MILLS™ Tube



DOUBLE REAR LEG EXTENSION

Key Coaching Focus:

Squeeze glutes to drive legs off the floor

Setup

- Hands in line with the shoulders
- Chest to the floor
- Lengthen legs, and elevate them off the floor by squeezing the glutes
- Control and lower
- Brace abs

Follow-up

- Lift quads further off the floor

TRIPLE DEAD ROW

Key Coaching Focus:

Tip forward from the hips – chest up; squeeze shoulder blades together as you pull elbows wide

Setup

- Place LES MILLS™ Tube under both feet, taking handles to opposite hips
- Feet hip-width apart
- Brace abs, lift chest and hinge forward from the hips
- Lift elbows up and in line with the shoulders
- Squeeze between the shoulder blades as you pull out and up
- Keep eyes forward and down so neck is in line with the back
- Release handles back in front of the body

Follow-up

- Squeeze harder between the shoulder blades
- Keep hands outside thighs to keep the load on the shoulders

Option

- Half range with the elbows, reducing the load on the upper back and shoulders



> DRIVE TIP

There's a beautiful contrast in this music, so match your voice to it. Listen to the calm voice Susan uses to set up the moves in the first set, and then hear the contrast when Dan uses intensity in his voice to bring this one home. Use your voice as a tool to create contrast and to ensure your class works to their full potential, and walks out the door knowing they've pushed as hard as they can!



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