

LES MILLS CXWORX™



RELEASE **11**

THE SCIENCE BEHIND LES MILLS GRIT™ SERIES | WE ARE SOCIAL
CXWORX™ COACHING MODEL
THE SCIENCE OF RESISTANCE TUBING

PRESENTERS FROM: NEW ZEALAND

OUR DECLARATION OF INTENT

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

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

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

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

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

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

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

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

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

THE
ESSENCE

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



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

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TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	Turn Up The Music © 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: Brown, Mason Jr., Thomas, Palmer, Jimenez, Coles	Chris Brown	3:52
2 CORE STRENGTH 1	Leave The World Behind © 2009 Axtone Records Ltd, under exclusive license to Hussele Recordings, a division of Ministry of Sound Australia Pty Ltd. Licensed courtesy of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Written by: Axwell, Ingrosso, Angello, Laidback Luke, Cox, Roberts	Axwell, Ingrosso, Angello & Laidback Luke feat. Deborah Cox	6:04
3 STANDING STRENGTH 1	Boom (The Crystal Method Remix) © 2001 Atlantic Recording Corp. A Warner Music Group Company. Produced Under License From Atlantic Recording Corp. Written by: P.O.D	P.O.D	5:25
BONUS 3 STANDING STRENGTH 1	Up Around The Bend © 2012 Les Mills Music Licensing Ltd. Written by: Unknown	TenEleven	5:51
4 STANDING STRENGTH 2	I Found You © 2012 Les Mills Music Licensing Ltd. Written by: Wroldsen, Hector, Mac	Leon You	3:58
5 CORE STRENGTH 2	Music Matters (Mark Knight Remix) © 2009 Toolroom Productions. Written by: Armstrong, Bentovim, Maxi Jazz, Fox	Faithless feat. Cass Fox	5:24
BONUS 5 CORE STRENGTH 2	This Is The Life © 2012 Les Mills Music Licensing Ltd. Written by: Powell, Luna, Boutiller	Another Day	3:34
6 CORE STRENGTH 3	Galaxy © 2011 Sony Music Entertainment Australia Pty Ltd. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Vission, Alqaisi, McLaughlin, Calvillo, Bennett, Ackley	Stan Walker & Jessica Mauboy	4:03
BONUS 6 CORE STRENGTH 3	Galaxy © 2011 Sony Music Entertainment Australia Pty Ltd. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Vission, Alqaisi, McLaughlin, Calvillo, Bennett, Ackley	Stan Walker & Jessica Mauboy	0:24
BONUS 6 CORE STRENGTH 3	Find Your Love © 2012 Les Mills Music Licensing Ltd. Written by: West, Graham, Wilson, Bhasker	Jake Twist	4:18



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 – Kylie Gates

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™ 11



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

Again another challenging release with new movements to inspire and engage your class members – CXWORX™ 11!

Make sure you train these new movement patterns and combinations so you can role-model all levels of fitness.

Turn Up The Music kicks off the Warmup to connect the class to their bodies and the workout.

Be ready to switch on the mind in Track 2's *Leave The World Behind* as you coach the class through the Hovers and challenging lower abdominal work to feel the burn!

Squats with plates or tubes lift the heart rate to a *Boom* in Track 3, along with some cool innovations to shape and strengthen the shoulders.

I Found You is the perfect song for Track 4 which you know is going to give you the perfect butt!

Side slings are put to the test in Track 5's *Music Matters* – leaving a sting and burn that the class comes for.

Finish the class with the amazing sound of *Galaxy*, engaging the postural muscles and glutes with controlled back extension work in Track 6.

Don't forget three awesome Bonus Tracks for you – another Track 3, 5 and 6 to swap out and keep changing it up so your participants come back for more!

Susan, Dan & 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 CXWORX™, BODYBALANCE™/BODYFLOW® and BODYPUMP™ programs.

THE SCIENCE BEHIND LES MILLS GRIT™ SERIES

We transformed the fitness of 42 active adults in only six weeks just by changing 1 hour of their training – using High Intensity Interval Training.

The definition of High Intensity Interval Training: repeated bouts of exercise of short to moderate duration at an intensity above your anaerobic threshold followed by periods of recovery.

You may remember from your exercise science training that your anaerobic threshold is the point in intensity where you use a lower percentage of oxygen to burn energy for fuel and access your chemical reserves stored within the muscles.

There are four key benefits that differentiate this type of training from others:

1. High Intensity Training is the key to unlocking Excess Post-Exercise Oxygen Consumption or **EPOC**. When you exercise at high intensity you keep burning calories after the workout because of the EPOC effect – also known as the after-burn.
2. High-intensity exercise has been shown to be more effective for **fat loss** than low-intensity exercise.
3. Exercise intensity has been directly related to **growth hormone** production – ie the higher the intensity, the greater the production of growth hormone. Human growth hormone stimulates muscle protein synthesis, and helps the oxidation of fat – resulting in an increase in lean muscle and a reduction in body fat.
4. We see significant changes in **aerobic fitness** with High-Intensity Interval Training. People get fitter faster when they train past their anaerobic threshold than if they exercise at a steady state.

Therefore, for the LES MILLS GRIT™ workouts to be considered effective as high-intensity exercise, we should see evidence of these key benefits when people do the workouts.

This is what we put to the test.

Dr Jinger Gottschall and her team at the Pennsylvania State University took 84 active individuals and split them into two age and gender-matched groups.

Both groups did 5 hours of exercise per week for six weeks – the difference between the two was what we did with one of those 5 hours. We will call one lot the Group Fit group. Their 5 hours consisted of three cardiovascular classes – their choice of BODYATTACK™, BODYCOMBAT™, RPM™ or BODYSTEP™ – as well as two BODYPUMP™ classes.

The other group – we will call the LES MILLS GRIT™ group - also did 5 hours of exercise per week but instead of three cardiovascular classes they substituted one of these with two LES MILLS GRIT™ workouts on separate days. So their workout routine was two cardiovascular classes, two LES MILLS GRIT™ workouts and two BODYPUMP™ classes.

The LES MILLS GRIT™ group alternated between LES MILLS GRIT™ Plyo and LES MILLS GRIT™ Strength workouts each week – ie one week their two workouts were LES MILLS GRIT™ Plyo, the following week they were LES MILLS GRIT™ Strength.

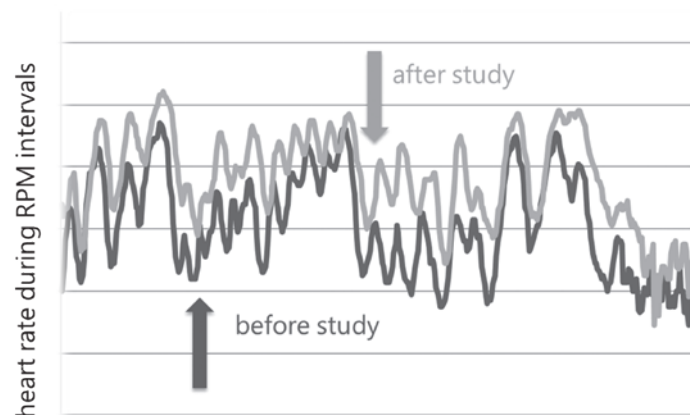
For both groups, we measured their aerobic fitness, took blood tests to assess their levels of triglycerides – which is a type of blood fat – and also measured their body composition and upper and lower body strength. We did this at the start of the study and at the completion of the six weeks.

Both groups had very high compliance throughout the study – attending around 98% of the prescribed workouts.

	Triglycerides decrease	Aerobic Fitness increase	Body Fat decrease	Back Strength increase	Waist Circumference decrease
Group 1 No GRIT	3.1%	1.7%	0.8%	8.4%	1.0cm
Group 2 GRIT	14.5%	6.4%	2.1%	21.9%	2.5cm
DIFF	-11.4%	+4.7%	-1.3%	+13.5%	-1.5cm

You can see from the table above that the LES MILLS GRIT™ group achieved 2-3 times the amount of improvement compared to the Group Fit group – indicating that LES MILLS GRIT™ delivers on the promise of High Intensity Training.

This was due to the fact that many of the participants spent 20 of the 30 minutes of the class at above 80% of their maximum heart rate.



We also recorded a change in intensity when participants returned to their regular workouts. This graph demonstrates the change in intensity of someone doing the same RPM release after doing 6 weeks of LES MILLS GRIT™. This participant wasn't trying to work harder – but because they had increased their anaerobic threshold, they developed the capacity to do more work.

Including sessions of High-Intensity Interval Training such as the LES MILLS GRIT™ workouts will also transform your other classes – you'll automatically work harder and get more bang for your buck from your other training sessions.

To check out the full report on this study go to www.lesmills.com/research

WE ARE SOCIAL

Every time you teach a class, you are influencing the health of your participants and changing their lives.

Now, with social media, it's easy to connect with them too. You don't have to share your whole life with them - it's up to you how much you want to tell them - but social media is a great way to deepen your relationship with your class. And the great news is we have content for you to share with them!

First things first, check your Facebook privacy policy. Adding someone as a friend is not the only way you can share your posts. You can do other things like allowing subscribers, creating public posts or even designing a fan page to keep certain aspects of your life separate. You decide how you want to do it.

Now what?

There are some best-practice tips available such as: how often you should post, the best times to reach a larger audience and how to respond to criticism.

As well as creating your own content, you can share content from the Les Mills Facebook pages and our Twitter feed at:

 www.facebook.com/lesmills
 www.twitter.com/lesmills

We're also beginning to provide some great information that will help you to better engage with your participants.

Every quarter, we'll give you three waves of content for each program which you can use to get your audience excited:

- Launch teasers: Photos, interviews and behind-the-scenes videos to motivate and excite your participants about the launch of the new release.
- New focus: A video from a presenter explaining innovations and new coaching that will help your participants with technique. This allows new members to put in some practice at home and feel more confident when they come to class.
- Science and research: You've heard all about the research that goes into each of our programs, so now we will give you the ability to share it with participants via links provided to you. Knowing the science behind the class and how to combine programs for best results will help provide even more motivation!

All this is available now at:
www.lesmills.com/wearesocial

Ask your participants to find you on Facebook, Twitter and Instagram. Encourage them to comment, share and like you, your program and Les Mills. Get them to share their experiences and love of your class with their friends, who will in turn share it with their friends and generate buzz. Within just a brief time, you will hopefully need a bigger studio to house the extra participants!

So keep an eye on the back cover of the choreography notes booklet - this is where we will keep you posted with updates.



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!



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 Music > 3:52 mins

Track Focus: We use a series of exercises to engage the key components of our core.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:05		4x8	Lie on back, hands under back Lift both knees over hips	16 16	
0:20	Turn up (V)	8x8	A Leg Extension Sequence front & back Front leg lowers Return to start Extend leg 45 degrees Return to start Repeat w. B leg	 4 4 4 4 16	 2x
0:49	Turn up (C)	8x8	A ¹ Leg Extension Sequence , legs together	16	4x
1:19	Turn up	4x8	B Pulse Crunch , feet on the floor	2	16x
1:33	Turn up (C)	4x8	C Slow Cross Crawl front & back	16	2x
1:48	If you're sexy	4x8	C ¹ Single Cross Crawl front & back	8	4x
2:03	Turn up (C)	8x8	A ¹ Leg Extension Sequence , legs together	16	4x
2:32	Save my life	8x8	Bridge	32	2x
3:02	Turn up (C)	4x8	C Slow Cross Crawl front & back	16	2x
3:17	Woah	4x8	C ¹ Single Cross Crawl front & back	8	4x
3:31	Turn up	4x8	B ¹ Pulse Crunch , knees over hips	2	16x

WHY?

These exercises, and options, prepare the core muscles for a successful workout.

LEG EXTENSION SEQUENCE

Key Coaching Focus:

Brace abs to keep lower back pressed toward the floor

Setup

- Feet hip-width apart and close to butt
- Hands under lower back at belly button level
- Knees above hips at right angles
- **Abs braced to keep lower back pressed toward hands**
- Front leg taps down, maintaining a 90-degree angle at the knee and then extends out long to 45 degrees from the hip
- Alternate legs
- If you can maintain back position, progress to both legs at the same time

Follow-up

- Brace abs harder as you extend a little further

Options

- Increase intensity by using both legs at the same time
- Decrease intensity by pushing both legs up to the ceiling on the extend phase, or using one leg at a time



CROSS CRAWL

Key Coaching Focus:

Lift shoulder up and across to opposite knee

Setup

- Fingers to temples
- Twist to front knee
- **Lift back shoulder up and across**
- Elbows wide
- Head and shoulders to floor between reps

Follow-up

- Lift up and then twist
- Aim chest to outer thigh

BRIDGE

Key Coaching Focus:

Squeeze butt to lift hips to the ceiling

Setup

- Feet hip-width apart and close to butt
- Press chest to chin

Follow-up

- Push hips to the ceiling

PULSE CRUNCH

Key Coaching Focus:

Slide ribcage to hips

Setup

- Feet to the floor
- Curl up and pulse
- **Squeeze ribcage to hips**
- Tuck chin in
- Arms extended past thighs

Follow-up

- Knees above hips and reach
- Shoulder blades come further off the floor to increase intensity

> COACHING TIP

Corey set up each move with precision and the right amount of detail to ensure that participants have great technique right from the start. The Warmup is the perfect place to ensure everyone is moving safely and using the right options effectively for a great workout.

2

CORE STRENGTH 1

Leave The World Behind > 6:04 mins

Track Focus: We superset Hovers and Leg Extension Sequences to begin to challenge the core muscles.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	World behind	8x8	A Set up Hover , on knees	64	
0:30	(Instr)	6x8	A ¹ Hover on toes	48	
0:53	(Quiet)	2x8	Roll onto back, knees over hips	16	
1:00	People (V)	8x8	B Leg Extension Sequence slow		
			Extend front leg	8	
			Extend back leg	8	
			Lift both legs to ceiling	8	
			Bend knees over hips	8	2x
1:30	World behind (C)	12x8	B ¹ Leg Extension Sequence		
			Extend front leg	4	
			Extend back leg	4	
			Lift both legs to ceiling	4	
			Bend knees over hips	4	6x
2:15		4x8	A ¹ Roll to Hover	32	
2:30	(Instr)	16x8	A ² Hover w. Quarter Turn		
			Front arm, back leg out	2	
			Back arm, front leg in	2	
			Repeat	4	
			Hold Hover	8	
			Repeat in reverse	16	4x
3:30		4x8	A ¹ Hold Hover	16	
			Roll onto back, knees over hips	16	
3:46	World behind (C)	12x8	B ¹ Leg Extension Sequence	16	6x
			(start with back leg)		
4:30		4x8	A ¹ Roll to Hover	32	
4:45	(Instr)	16x8	A ³ Hover w. Quarter Turn	32	4x
			Add Opposite Arm & Leg Lift		
5:45		4x8	A ¹ Hold Hover	32	

WHY?

This Hover combination challenges our stability and strength by increasing the leverage and the demands on our stabilizing muscles. It also fires up the cross slings by stressing upper and lower body coordination and balance.

HOVER

Key Coaching Focus:

Keep back long and straight – abs braced

Setup

- Elbows under shoulders, fists together
- On knees, knees wider than hips, toes tucked under
- On toes, straighten knees
- **Back long and straight**
- **Abs braced**
- Open chest to stop upper back rounding



Option

- If you feel fatigue in the lower back, drop to your knees



HOVER WITH QUARTER TURN / OPPOSITE ARM & LEG LIFT

Key Coaching Focus:

Keep shoulders and hips level to the floor

Setup

- Turn body, walking front arm and back leg
- Return to start position with back arm and front leg, full quarter turn
- **Brace abs hard** (with Opposite Arm & Leg Lift)
- Make quarter turn and then lift front arm/back leg and hold
- Return quarter turn and lift back arm/front leg and hold
- **Keep back long and straight**

Follow-up

- Lift kneecaps
- Aim for full quarter turn – travel further



Options

- Stay in Hover on knees
- Drop to knees if body is rolling and can not maintain shoulders and hips square to the floor
- No Opposite Arm & Leg Lift

LEG EXTENSION SEQUENCE

Key Coaching Focus:

Brace abs to keep lower back pressed toward the floor

Setup

- Arms by sides
- Knees over hips
- Shins parallel to the ground
- Extend one leg out to 45 degrees and hold, extend other leg out to meet it
- Lift both legs to the ceiling, bend at the knees to return to the start position



Follow-up

- Keep legs straight, feet together
- To increase intensity, lower legs further to the floor on the extension phase
- Feel the lower abs engage through smooth and steady leg control

Option

- If back lifts off the floor, keep the feet higher on the extension phase

> COACHING TIP

Susan uses her voice superbly to lure participants into working harder. Notice how she alters the tone and pitch of her voice as the intensity and core demand increases and likewise when new sets of work begin. In this track the class members have their eyes away from you, so play with your vocal tone and words to capture their attention and demand their best effort.

3

STANDING STRENGTH 1

Boom > 5:25 mins

Track Focus: In this track we combine Squat and Woodchop patterns to begin coordinating strength in the upper and lower body.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Boom	4x8	Set up Wide Squat w. plate or tube	32	
0:18		2x8	4/4 Wide Squat	8	2x
0:27	I never (V)	6x8	A Squat Press Sequence slow		
			Wide Squat	4	
			O/H Press on rise	4	
			Wide Squat w. plate O/H	8	3x
0:54	Boom (C)	4x8	A ¹ Squat Press Sequence		
			Wide Squat	2	
			O/H Press on rise	2	
			Wide Squat w. plate O/H	4	4x
1:14	We run (V)	6x8	A Squat Press Sequence slow	16	3x
1:41	Boom (C)	8x8	A ¹ Squat Press Sequence	8	8x
2:18		4x8	B Transition to Kneeling Isolated Woodchop L	32	
2:37	Is that all	2x8	B ¹ 4/4 Kneeling Isolated Woodchop L	8	2x
2:46	Is that all	4x8	B ² 2/6 Kneeling Isolated Woodchop L	8	4x
3:04	Boom (C)	4x8	B ³ Woodchop Sequence L		
			Kneeling Isolated Woodchop & hold	2	
			Lower from rib height to hip height	2	
			Back to start point, slowly	4	4x
3:23		2x8	B Transition to Kneeling Isolated Woodchop R	16	
3:32	Is that all	4x8	B ¹ 4/4 Kneeling Isolated Woodchop R	8	4x
3:51	Is that all	4x8	B ² 2/6 Kneeling Isolated Woodchop R	8	4x
4:09	Boom (C)	4x8	B ³ Woodchop Sequence R	8	4x
4:28	Is that all	4x8	Transition to standing w. plate or tube	32	
4:46	Boom (C)	8x8	A ¹ Squat Press Sequence	8	8x

WHY?

The Squat Press Sequence is a compound movement pattern fatiguing the abdominal and lower limb muscles. We combine this with an oblique focus in the Kneeling Isolated Woodchop. The kneeling position helps to isolate the load into the transverse plane.

SQUAT PRESS SEQUENCE WITH PLATE / TUBE

Key Coaching Focus:

Abs braced to support lower back, butt down and back to just above knee line

Setup

- Hold LES MILLS™ Tube or plate in front of collarbones
- Feet wider than hips, toes turned out, weight in heels
- Lift chest and sit hips back and down
- **Butt just above knee line**
- **Elbows slightly forward of face as you press up**
- **Abs braced to support the lower back**
- Knees in line with toes as you squat



Follow-up

- Pull LES MILLS™ Tube tighter and in front of face to engage more back muscles
- Go for full range in the Squat
- Brace harder as the plate moves over head

KNEELING ISOLATED WOODCHOP

Key Coaching Focus:

Drive the LES MILLS™ Tube from the center of the chest

Setup

- Hold material on outside of the handles
- Knee grounded under hip, other leg extended out, foot in line with grounded knee
- LES MILLS™ Tube under foot on extended leg
- Torso leans away from extended leg slightly
- **Keep chest up**
- **Hips square to the front**
- **Abs braced**
- Pull the tube to the side, rotating the chest – target just under shoulder height
- Handles finish in line with the middle of the chest



Follow-up

- Lift thigh of extended leg
- Isolate the obliques by driving the rotation through the chest

Options

- To reduce knee stress – Standing Isolated Woodchop – weight shifts from side to side
- Reduce resistance in Kneeling/Standing Isolated Woodchop by dropping inside LES MILLS™ Tube handle

> COACHING TIP

Dan made this challenging Squat Press Sequence and new Kneeling Isolated Woodchop enjoyable by hooking into the music. Once you have set up the participants safely, use the great musical pauses and BOOMS to tap into a new level of intensity. *BOOM! Here comes the BOOM – ready or not?*

STANDING STRENGTH 1

Up Around The Bend > 5:51 mins

Track Focus: This track focuses on butt and core strength. Getting low in these exercises is the secret to improving butt tone and challenging the core.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8 Set up Windmill L w. LES MILLS™ Tube	32	
0:15	There's a	6½x8 A 6/2 Windmill L, bent arm	8	6x
		Hold and reset shoulders square	4	
0:38	Bring a song	6½x8 A¹ 6/2 Windmill , straight arm	8	6x
		Reset for Lunge R	4	
1:00		2x8 B Single Resisted Lunge R	4	4x
1:07		4x8 B¹ Lunge Sequence R		
		Single Resisted Lunge x2	6	
		Hands to hips on second Lunge	2	3x
		Reset for Windmill L	8	
1:21	There's a (C)	6½x8 A¹ 6/2 Windmill , straight arm	8	6x
		Hold and reset shoulders square	4	
1:43	Bring a song	6½x8 A² 2/6 Windmill , straight arm	8	6x
		Reset for Lunge R	4	
2:05		2x8 B Single Resisted Lunge R	4	4x
2:12		4x8 B¹ Lunge Sequence R	8	4x
2:26		4x8 Set up Windmill R	32	
2:39	There's a (C)	6½x8 A 6/2 Windmill , bent arm	8	6x
		Hold and reset shoulders square	4	
3:01	Bring a song	6½x8 A¹ 6/2 Windmill R , straight arm	8	6x
		Reset for Lunge L	4	
3:24		2x8 B Single Resisted Lunge L	4	4x
3:31		4x8 B¹ Lunge Sequence L	8	3x
		Reset for Windmill R	8	
3:45	There's a (C)	6½x8 A¹ 6/2 Windmill R , straight arm	8	6x
		Hold and reset shoulders square	4	
4:07	Bring a song	6½x8 A² 2/6 Windmill R , straight arm	8	6x
		Reset for Lunge L	4	
4:29		2x8 B Single Resisted Lunge L	4	4x
4:36		4x8 B¹ Lunge Sequence L	8	4x
4:50	Come on	4x8 Set up for Side Step L&R	32	
5:03	Come on	4½x8 Side Step L&R	8	
		Side Squat L&R	16	
		Side Lunge L&R	8	
		Preview Side Lunge w. Plate Press O/H L	4	
5:19	Do, do	8x8 Side Lunge w. Plate Press O/H R&L	8	8x

WHY?

In this track we use a combination of functional strength patterns to integrate our obliques with our leg muscles. This provides us with the type of strength we need for day to day as well as giving our heart rate a real kick.

WINDMILL

Key Coaching Focus:
Twist from center of chest

Setup

- LES MILLS™ Tube under center of front foot
- Cross handles, lift foot and adjust length of tubing so the handle by front knee is shorter
- Other leg takes long lunge back, feet hip-width apart, back foot turned out and grounded
- Tip forward of hip, so nose is over toes
- Front hand stays against knee
- Back arm bends and stays at right angles during the movement
- **Abs braced**
- **Front knee stays aligned to mid foot**
- Extend the back arm
- Eyes follow the movement
- Keep tension on the tube at the bottom of the movement

Follow-up

- Squeeze shoulder blades into spine to increase intensity
- Power the arm up – control the down phase
- Tip further forward to engage the gluteus maximus
- Turn the chest toward the side wall to increase oblique load

Option

- To reduce intensity, keep elbow at 90 degrees



LUNGE / LUNGE SEQUENCE

Key Coaching Focus:
Front thigh parallel to ground

Setup

- Adjust handles so the tube is even in length
- Elbows at shoulder height, wrists directly over elbows
- **Chest up**
- **Abs braced**
- **Front knee in line with toes**
- Wrists to waist on release, elbows close to sides of torso

Follow-up

- Keep hands forward of body and elbows at right angles to load the back of the body
- Increase intensity by driving elbows higher



SIDE SQUAT / LUNGE

Key Coaching Focus:
Butt back and down in Squat

Setup

- Plate or LES MILLS™ Tube to chest
- Feet wider than hips
- **Hips sit back and down**
- **Abs braced**
- Chest up
- Press LES MILLS™ Tube or plate high as hips sit back
- **Take a long lunge to the side**
- **ON PRESS** – elbows slightly forward of face

Options

- Decrease the intensity by staying with the Side Squat or keeping the plate in front of the collar bones



> COACHING TIP

Corey was very clear in the initial setup stages. There are very specific adjustments to the length of the LES MILLS™ Tube, to ensure the Windmill hits the spot. He also added great power imagery to the movement when referring to a backhand in tennis. Cues like this can give these exercises more meaning as people relate their training to functional activities.

4

STANDING STRENGTH 2

I Found You > 3:58 mins

Track Focus: This track is all about functional butt training. Maintaining a forward incline in the single-leg patterns sends your glutes into overdrive.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8	Set up LES MILLST TM Tube for Single Leg Squat L	32	
0:15	Come over (V)	8x8	A Single Leg Squat L	4	16x
0:45	Found you (C)	4x8	A ¹ Single Leg Squat L w. Row	4	8x
1:00	In a river	4x8	A ² Single Leg Squat L w. Forward Raise	4	8x
1:15	Found you	2x8	Change legs	16	
1:22	Getting (V)	8x8	A Single Leg Squat R	4	16x
1:52	Found you (C)	4x8	A ¹ Single Leg Squat R w. Row	4	8x
2:06	In a river	4x8	A ² Single Leg Squat R w. Forward Raise	4	8x
2:21	Found you	4x8	Set up for Squat w. Leg Extension L&R	32	
2:36	People	8x8	B Squat w. Leg Extension L&R	8	8x
3:06	Found you (C)	4x8	B ¹ Triple Squat Pulse w. Leg Extension L&R	16	2x
3:21	Found you	4x8	B Squat w. Leg Extension L&R	8	4x
3:36	In a river	4x8	B ¹ Triple Squat Pulse w. Leg Extension L&R	16	2x

WHY?

This track tests our glute strength helping us to improve our leg alignment. We also incorporate Rows and Forward Raises to integrate the muscles of the upper body and increase the demands on our trunk stabilizers.

SINGLE LEG SQUAT

Key Coaching Focus:
Tip forward from the hips so that the nose is forward of toes

Setup

- Fold LES MILLSTTM Tube in half and step one foot onto loop, other leg long and straight behind you
- Lift handles to hips
- Single Leg Squat
- Chest up – abs braced
- Hips and shoulders square to the front
- Knee tracks forward over toes

Follow-up

- Increase intensity by stepping closer to the handles
- Back leg straight, pull kneecap up
- Squat deeper into front leg for greater glute recruitment

Options

- Reduce resistance by standing on LES MILLSTTM Tube closer to looped end
- Drop handles slightly to reduce resistance



SINGLE LEG SQUAT WITH ROW

Key Coaching Focus:
Squeeze shoulder blades together

Setup

- Pull elbows wide
- Open chest

Follow-up

- Squat deeper to integrate the legs



SINGLE LEG SQUAT WITH FORWARD RAISE

Key Coaching Focus:
Chest up – abs braced

Setup

- Elbows slightly bent
- Push arms forward and away to just below shoulders
- Wrists strong

Follow-up

- Feel the abs engage more as you take the load away from your body



TRIPLE SQUAT PULSE WITH LEG EXTENSION

Key Coaching Focus:
Sit hips back and down

Setup

- Both feet inside the LES MILLSTTM Tube
- Cross handles and bring handles to hips
- Feet outside hips
- Leg lifts back on the diagonal, alternate sides
- Chest up
- Hips square
- Abs braced

Follow-up

- Push wider and further on the diagonal with the leg extension
- Squeeze your butt harder as you stand and lift tall

Option

- To reduce resistance, drop the handles a little lower

> COACHING TIP

This track is busy with new moves. Accurately setting up the LES MILLSTTM Tube and body alignment are key to the workout results. Be clear and precise with what you need from participants to ensure the success of their workout in these short working sets. Look out and coach what is needed in the room, as Susan did on the DVD, with a variety of options and Follow-up Cues.

5

CORE STRENGTH 2

Music Matters > 5:24 mins

Track Focus: This track delivers integrated oblique training in the Side Hover patterns, coupled with isolation in the Cross Crawls.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		8x8	Set up for Side Hover L	64	
0:30	You told (C)	8x8	A Side Hover L	64	
1:00	(Instr)	8x8	A ¹ Side Crunch in Hover L	4	16x
1:30		6x8	A ² Hip Lift L	4	12x
1:52	Music	2x8	Set up other side	16	
2:00	You told (C)	8x8	A Side Hover R	64	
2:30	(Instr)	8x8	A ¹ Side Crunch in Hover R	4	16x
3:00		6x8	A ² Hip Lift R	4	12x
3:22	Music	2x8	Roll onto back	16	
3:30	(Beat)	2x8	Set up knees over hips	16	
3:37	Under the sheets	8x8	B 8x Single Leg Extension w. twist R leg (front leg)	32	
			8x Single Leg Extension w. twist L leg (back leg)	32	
4:07	You told (C)	11x8	B ¹ Slow Single Leg Extension w. twist R&L legs	32	2¾x
4:48	(Instr)	8x8	B ² Cross Crawl R&L	4	16x

WHY?

Our obliques love to work with power and speed while maintaining control. Isolating these muscles, using varying tempos and coaching perfect body position, will make our side slings stronger, delivering functional strength. We keep the knee down in the Side Crunches to maintain isolation in the trunk muscles and reduce the load on the shoulder.

SIDE HOVER

Key Coaching Focus:
Keep bottom hip lifted

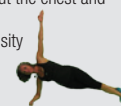
Setup

- Elbow under shoulder
- Head in line with spine
- Bottom leg bent, top leg straight
- Top arm reaches up
- Forearm pushes down into ground
- **Hips and shoulders square to front**



Follow-up

- Stretch top arm up long to open out the chest and lift out of grounded elbow
- Lift hip a little higher to drive intensity



Option

- Increase intensity by coming into Split Stance on feet (top leg forward)

HIP LIFT

Key Coaching Focus:

- Lift bottom hip as high as you can

Setup

- Top foot down, top arm over head
- Lift hip up and down
- **Hips and shoulders square to front**



Follow-up

- The higher the hip, the higher the intensity

Options

- Increase intensity by lifting onto feet, in Split Stance
- Decrease intensity by dropping hip to ground and lifting ribcage

SIDE CRUNCH IN HOVER

Key Coaching Focus:
Keep bottom hip lifted

Setup

- Bottom knee on ground
- Top arm and top leg reach long to the horizontal
- Knee and elbow pull in together
- **Knee above hip as you pull top leg in**



Follow-up

- Reach out longer with arm and leg

CROSS CRAWL / LEG EXTENSION VARIATIONS

Key Coaching Focus:

- Lift shoulder up and across to opposite knee

Setup

- Knees over hips
- Fingertips to temples
- Head and shoulders stay lifted
- **Lift shoulder up and across**



Follow-up

- Aim the chest to outer thighs
- Lift shoulder and chest as high as you can

Option

- Decrease intensity by tapping extended foot down to the ground

> COACHING TIP

Corey did a great job of challenging everyone by making this track all about internal motivation and self-accomplishment: "Back to your personal challenge, how much do you want a stronger core?" What could you do when you teach to bring the best out of your participants when they are fatigued?

5 CORE STRENGTH 2

This Is The Life > 3:34 mins

Track Focus: This track is an oblique superset. The Leg Press Sequence builds isometric tension – then it's a dynamic challenge in the Crunches and finally an integrated test in the Mountain Climbers.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8 Set up Leg Press Sequence R	32	
0:15	Boom (C)	8x8 A Leg Press Sequence R		
		Legs press out	4	
		Double leg lift	4	
		Double leg lower	4	
		Legs press in	4	4x
0:45	(Instr)	4x8 B Side Oblique Crunch R	4	7x
		Reset Leg Press Sequence	4	
1:00	We're (V)	10x8 A Leg Press Sequence	16	5x
1:37	(Instr)	4x8 B Side Oblique Crunch R	4	8x
1:52	It's time	5x8 Transition to Plank	24	
		C Slow Crossover Mountain Climber front leg	16	
2:11	(Instr)	8x8 C' Crossover Mountain Climber	4	16x
2:41		1x8 Hold last Crossover Mountain Climber	8	
2:46		4x8 Set up Leg Press Sequence L	32	
3:01	Boom (C)	8x8 A Leg Press Sequence	16	4x
3:31	(Instr)	4x8 B Repeat Side Oblique Crunch L	4	8x
3:46	We're (V)	10x8 A Leg Press Sequence	16	5x
4:24		4x8 B Repeat Side Crunch L	4	8x
4:39	It's time	5x8 Transition to Plank	24	
		C Slow Crossover Mountain Climber front leg	16	
4:57		8x8 C' Crossover Mountain Climber	4	16x
5:28		1x8 Hold last Crossover Mountain Climber	8	

WHY?

This track combines the isolated pressure of Leg Press Sequence and Crunches with integrated patterns in the Planks and Mountain Climbers. This will strengthen your mid-section, providing the ultimate CXWORX™ factor: **feeling good on the inside, to look good on the outside.**

LEG PRESS SEQUENCE

Key Coaching Focus:
Chest lifted and abs braced

Setup

- Elbow under shoulder
- **Roll onto the meaty part of your butt**
- Back hand supporting behind you
- **Chest lifted, abs braced, body still**
- Knees extend – lift and lower then return to start position

Follow-up

- Try leaning the body forward on the hip for more work into the side waist and compare this to an angle more toward the rear which targets the rectus abdominis

Option

- Reduce the intensity by using the top leg only



SIDE OBLIQUE CRUNCH

Key Coaching Focus:
Slide top rib to hip

Setup

- Knees just below hip level and at right angles
- Bottom arm forward, top hand's fingers to temple
- **Slide shoulder and top rib to hip**
- Open chest to ceiling

Follow-up

- Grounded arm presses down to create extra leverage for a greater range of motion

PLANK

Key Coaching Focus:
Back long and straight, abs braced

Setup

- Hands directly under shoulders
- Hips in line with shoulders and heels
- **Back straight – abs braced**
- Chin tucked in

Option

- Drop to knees to decrease intensity

CROSSOVER MOUNTAIN CLIMBER

Key Coaching Focus:
Back long and straight

Setup

- Hands under shoulders
- **Back long and straight**
- **Knee to opposite elbow**
- **Abs braced**
- Leg returns to start, toes off ground

Follow-up

- Brace abs tightly and lock everything in place to support the midsection
- Lift knee further toward chest and across to opposite elbow

Option

- Decrease intensity by dropping to knee

> COACHING TIP

Use your voice in a motivational way for the Mountain Climbers. The core and obliques will be fatigued and people will find this move functionally demanding; what you say right now and how you say it could make or break their sense of achievement. Watch and listen to what Dan says here to encourage the participants to finish strongly and to the best of their ability.

6

CORE STRENGTH 3

Galaxy > 4:27 mins

Track Focus: This track uses tubing to increase the challenge in Horse Stance. This is coupled with extensions to train the postural muscles of the back.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		2x8	Set up LES MILLS™ Tube in Horse Stance	16	
0:10	Not sure (V)	8x8	Extend R leg & L arm	4	
		A	Lateral Pointer R		
			Move R leg out & in sideways	4	14x
			Place toe down & pick up plate	4	
0:52	Hey (C)	8x8	B Triple Row L arm	8	8x
			Lift R leg after 4 reps		
1:33		2x8	Set up other side. Extend L leg & R arm	16	
1:44	Like a comet (V)	6x8	A Lateral Pointer L		
			Move L leg out & in sideways	4	11x
			Place toe down & pick up plate	4	
2:14	Hey (C)	8x8	B Triple Row R arm	8	8x
			Lift L leg after 4 reps		
2:56	You healed	4x8	C Childs Pose	16	
			Shoulder Stretch , hands clasp O/H	16	
3:16	Hey (C)	8x8	Triple Pulse Back Extension	8	8x
4:03	Hey there's	4x8	C Childs Pose	16	
			Side Stretch L&R	16	

WHY?

We switch the focus to the posterior chain muscles with a resisted Horse Stance using a combination of tubing and plate resistance.

HORSE STANCE / LATERAL POINTER / TRIPLE ROW

Key Coaching Focus:

Hips and shoulders square to the floor

Setup

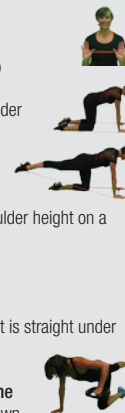
- Handles loop over each foot
- LES MILLS™ Tube around thumb under heel of hand
- Hands under shoulders, knees under hips
- **Abs braced**
- One leg extends back no higher than hip level, open to diagonal
- Opposite arm reaches out at shoulder height on a 45-degree angle, thumb up
- **Back straight**
(Horse Stance with Triple Row)
- Pick up plate
- Bring elbow to right angle so wrist is straight under elbow
- Elbow lifts to shoulder height
- **Squeeze shoulder blade to spine**
- Row three-quarters of the way down

Follow-up

- Brace abs harder to keep body still and straight
- Press grounded hand down into floor to stabilize shoulders and upper body

Options

- Touch toe down if stability can not be maintained
- To reduce resistance, do not use the LES MILLS™ Tube



TRIPLE PULSE BACK EXTENSION

Key Coaching Focus:

Squeeze glutes and bring shoulder blades together

Setup

- Lie down on belly, feet together
- Pull elbows back wide for Pulse, thumbs up
- Reach arms long and clasp hands together over head
- **Squeeze glutes**
- **Squeeze shoulder blades as arms pull in**
- Chin in, eyes down

Follow-up

- Lift chest higher

Option

- To reduce intensity, arms stay parallel as you reach over head, thumbs high



> COACHING TIP

Dan did a great job in the setup and follow-up phase when precision is key to the success of the participants' movements. Be direct and clear as your class members will be looking towards the ground. Try scripting in some 'feeling' cues that capture the intensity as Dan did on the DVD.

6 CORE STRENGTH 3

Find Your Love > 4:18 mins

Track Focus: These exercises require 3 dimensional stability from the core with an emphasis on the posterior chain.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00	4x8	Set up Horse Stance	32
0:20	I'm more (V) 8x8	A Horse Stance Sequence w. plate L	
		Extend L arm forward, R leg B	4
		Return to Horse Stance	4
		Repeat 3x	24
		Extend L arm forward, R leg B	4
		Open both to diagonal	4
		Back to front	4
		Open to diagonal	4
		Back to front	4
		Open on diagonal	4
		Back to front	4
		Return to Horse Stance	4
1:00	I'm more (V) 8x8	A Horse Stance Sequence w. plate R	64
1:40	It's more 4x8	B Pushup Sequence A	
		Triple Pulse Pushup	6
		Leg Extension L	2 4x
2:00	Loving (C) 4x8	B ¹ Pushup Sequence B	
		Single Pushup w. Leg Lift B	8 4x
2:20	Too many 4x8	C Childs Pose	16
		Set up for Pushup Sequence	16
2:40	Find (C) 4x8	B ¹ Pushup Sequence B R	8 4x
3:00	Apart 4x8	B Pushup Sequence A R	8 4x
3:20	Apart 4x8	C Childs Pose	16
		Side Stretch L&R	16
3:39	Apart 6x8	Shoulder Stretch L&R	32
		Back Stretch	8
		Chest Stretch	8

WHY?

In this track the back muscles fire as synergists during the Horse Stance and Pushup Sequences creating stability and strength in the posterior chain. Notice the elongated, beautiful and strong feeling to the posterior chain during this track.

HORSE STANCE SEQUENCE WITH PLATE

Key Coaching Focus:

Shoulders and hips level to the floor

Setup

- Knees under hips
- Shoulder over and in line with grounded hand
- Plate in other hand; this arm and opposite leg extend out
- **Abs braced – shoulders and hips square**
- Eyes to floor
- Thumb is up on extended arm
- Extended arm and leg no higher than hip and shoulder level
- Take arm and leg out to the side

Follow-up

- Feel the load increase as your arm and leg extend away from you
- Intensity increases as opposite leg and arm move to the corner, brace abs harder

Option

- No plate in extended arm



PUSHUP SEQUENCE

Key Coaching Focus:

Abs braced to support back when you lift the leg

Setup

- Hands wider than shoulders
- Elbows bend to 90 degrees
- **Chest to elbow height**
- **Back long and straight – abs braced**
- Extended leg level with hip
- Pulse 3 times, rise and lift one leg

Follow-up

- The 3-point Pushup is unstable, so brace the core harder to maintain balance and keep hips and shoulders square

Option

- Increase intensity by completing the Pushups on toes



> COACHING TIP

Match the beautiful fluid motion of these moves and harmonious music with your voice. Now is not the time to be stern and demanding; motivate by nurturing the best out of your participants. Listen to how Susan does this – she lowers her voice and requests, without compromising, the best of the participants. Using the musical highs, silences and lows will enhance the experience for your members.



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