

LES MILLS CXWORX™



RELEASE **12**

**CXWORX™ COACHING MODEL
THE SCIENCE OF RESISTANCE TUBING**

PRESENTERS FROM: NEW ZEALAND, USA & GERMANY

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.**



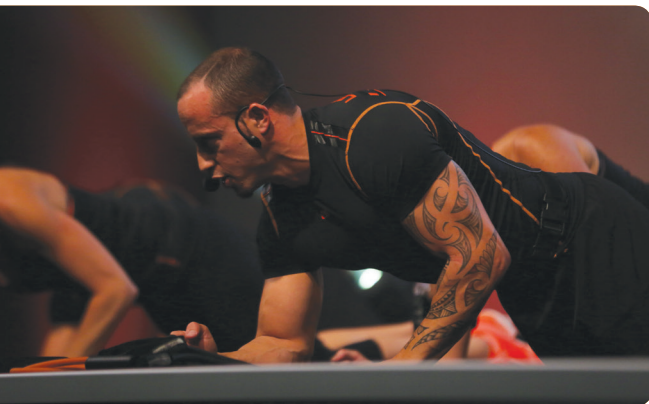
BLAH BE LOUD AND HEARD — tell us what you think of this release. Visit lesmills.com/BLAH

CXWORX™ 12 CONTENTS

CXWORX™ COACHING MODEL

THE SCIENCE OF RESISTANCE TUBING

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	Stronger © 2007 Roc-A-Fella Records, LLC. Courtesy of Roc-A-Fella Records/The Island Def Jam Music Group. Written by: West, Bangalter, De Homen-Christo, Birdsong	Kanye West	3:13
BONUS 1 WARMUP	Let It Roll © 2012 Atlantic Recording Corp. A Warner Music Group Company. Produced Under License From Atlantic Recording Group. "Let the Good Times Roll" by Freddie King used courtesy of Universal Records under exclusive license to Universal Music Enterprises. Written by: Caren, Dillard, Hedfors, Isaac, King, Mobley	Flo Rida	3:14
2 CORE STRENGTH 1	Un Deux Trois (Laidback Luke Remix) © 2011 Beaufique Productions under exclusive license to Hustle Recordings, a division of Ministry of Sound Australia Pty Ltd. (www.ministryofsound.com.au) Licensed courtesy of Ministry of Sound Australia. Written by: Arias, Stern	Laura LaRue	6:41
BONUS 2 CORE STRENGTH 1	Colours (Cosmic Gate Radio Edit) © 2012 405 Recordings, a division of Xelon Entertainment Ltd. Licensed from 405Recordings.net. Written by: E. Hewitt, A. Hewitt	Emma Hewitt	6:12
3 STANDING STRENGTH 1	Saturday Night's Alright For Fighting © 2013 Les Mills Music Licensing Ltd. Written by: Taupin, John	The Classical Spindal	4:13
4 STANDING STRENGTH 2	Trumpet Lights © 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, Jones, Harmon	Chris Brown feat. Sabrina Antionette	1:40
	Trumpet Lights © 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, Jones, Harmon	Chris Brown feat. Sabrina Antionette	3:28
BONUS 4 STANDING STRENGTH 2	Can't Hold Us © 2012 Macklemore LLC. Written by: Haggerty, Lewis	Macklemore And Ryan Lewis feat. Ray Dalton	4:18
5 CORE STRENGTH 2	My Eyes © 2011 MTA Records LLP under exclusive license to Mercury Records Limited. Courtesy of Mercury Records Limited. Written by: Ray, Stephens, Watson	Nero	4:05
	My Eyes © 2011 MTA Records LLP under exclusive license to Mercury Records Limited. Courtesy of Mercury Records Limited. Written by: Ray, Stephens, Watson	Nero	1:43
6 CORE STRENGTH 3	Suit & Tie © 2013 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Timberlake, Mosley, Carter, Harmon, Fauntleroy, Stubbs, Wilson, Still	Justin Timberlake feat. JAY Z	2:34
	Suit & Tie © 2013 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Timberlake, Mosley, Carter, Harmon, Fauntleroy, Stubbs, Wilson, Still	Justin Timberlake feat. JAY Z	1:16



KEY

(C)	chorus	1/1	2 counts down, 2 counts up
(V)	verse	2/2	4 counts down, 4 counts up
(Instr)	instrumental	3/1	6 counts down, 2 counts up
B	back	4/4	8 counts down, 8 counts up
dble	double	1/3	2 counts down, 6 counts up
F&B	forward & back		
F	forward		
L	left		
O/H	over head		
R	right		
T&B	top & bottom		
w.	with		

CREDITS

Choreography – Dan Cohen and Susan Trainor

Technical Consultants – Bryce Hastings and Corey Baird

Group Fitness Director – Dr Jackie Mills

Creative Director – Kylie Gates

Program Coach – Josef Matthews

Program Planner – Taimane Elise

CXWORX™ CORE ESSENTIALS

In this release of choreography notes we are introducing CXWORX™ Core Essentials. These are base moves/exercises you will regularly find in a CXWORX™ class.

Whenever you see this icon: **CORE ESSENTIALS** you can now go to the **back of the choreography booklet** to find the basic cues for this move.

Any variation to that base move will be available in the main part of your choreography notes as usual.

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™ 12



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

This new CXWORX™ 12 release is a phenomenal 360-degree integrated core workout... There is something for everyone in this class to satisfy the new peeps as well as your hardcore members.

There's a great combination of exercises – some tried and tested and some new – but all coming at you with fresh new music that is inspiring to the workout.

Look out for the curve ball – the Power Skier – then jump literally into the Airplane Balance... How strong is your core?

The Bonus tracks are incredible and they are timed perfectly so you can mix and match them in and out of the workout.

Make the transitions smooth for your class by perfecting your Setup coaching. This will make it easy to follow on the floor especially when out of sight and remember to give options to dial up or dial down the intensity levels so everyone is included in the workout.

You will need to be game-fit for this release so TRAIN TO TEACH to make sure you can inspire the class to push their boundaries! And don't forget – have fun along the way ☺

Dan Susan

CXWORX™ Presenters

Dan Cohen (New Zealand) co-Program Director of both CXWORX™ and BODYCOMBAT™, an International Master Trainer for BODYPUMP™, and a passionate mixed martial artist based in Auckland.

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.

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.

Patrick Müller (Germany) is a CXWORX™, BODYATTACK™, BODYBALANCE™/BODYFLOW® and BODYPUMP™ Instructor and Trainer. He is based in Dresden, where he is also a fitness club manager and BODYSTEP™ Instructor.

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

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.

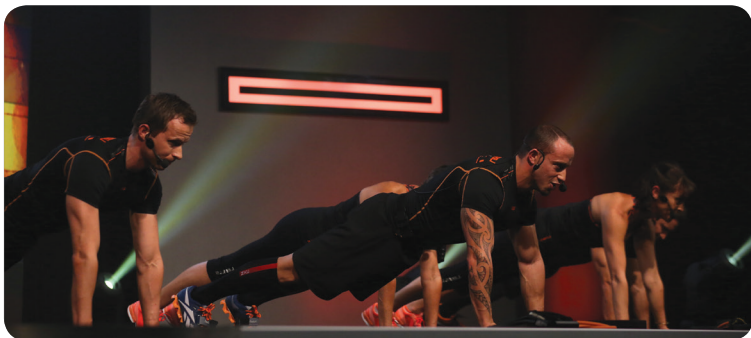
Setup Cues are simple clear and concise. They tell your class the correct '**start position**' for the track or exercise, 'what **body part** to move' and 'which **direction** to move it'. **Compulsory Cues** are part of the Setup phase and must be given either before you start the exercise or as soon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

Stronger > 3:13 mins

Track Focus: My participants will feel connected to their core muscles through clear body-part and direction coaching and early pre-cues. Use the lyrics to help inspire their workout ahead.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:02	Work it	1x8	Set up on back for Single Leg Lift – hands under lower back	8	
0:07	_ N-n-now (C)	6x8	Single Leg Lift R&L 1/1	4	12x
0:35	Get lost (V)	4x8	A Leg Lift Sequence Front leg Lift front leg Lift B leg Lower both legs	2 2 4	4x
0:53	Greatness	4x8	A ¹ Leg Lift Sequence L w. Twist to front Lift front leg, twist to front Lift B leg, crunch up Lower both legs and chest	2 2 4	4x
1:12	_ N-n-now (C)	6x8	B Triple Pulse Crunch 3/1	8	6x
1:39	_ I don't (V)	4x8	A Leg Lift Sequence B leg	8	4x
1:58	_ 'Cause it's	4x8	A ¹ Leg Lift Sequence R w. Twist to B	8	4x
2:17	_ N-n-now (C)	8x8	B ² Triple Pulse C-Crunch 3/1	8	8x
2:53	Work it	4x8	Bridge Lower down Bridge up	24 4 4	

WHY?

This track connects us to the isolated components necessary for core training – upper abs, lower abs, gluteals and back muscles.

> COACHING TIP

Watch how Susan uses very clear body-part and direction coaching throughout this track so everyone can transition easily from one move to the next. It's important to make sure the class understands what muscles they are working and where to feel it. This is how we connect the class to their bodies and prepare them physically and mentally for the workout ahead.

CXWORX™ CORE ESSENTIALS

In this release of choreography notes we are introducing CXWORX™ Core Essentials. These are base moves/exercises you will regularly find in a CXWORX™ class.

Whenever you see this icon: **CORE ESSENTIALS**

you can now go to the **back of the choreography booklet** to find the basic cues for this move.

Any variation to that base move will be available in the main part of your choreography notes as usual.

SINGLE LEG LIFT

CORE ESSENTIALS

LEG LIFT SEQUENCE

Key Coaching Focus:

Brace abs to press lower back toward the floor

Setup

- Front leg lifts
- Back leg lifts
- Lower both feet down together
- **Brace abs as you lower the legs**
- Tap floor lightly

Follow-up

- Try not to lift the knee past hip level. Why? Your abs will switch off



LEG LIFT SEQUENCE WITH TWIST

Key Coaching Focus:

Lift shoulder up and across

Setup

- Fingertips to temples
- Twist, center and lower
- **Shoulder to knee to activate the obliques**
- Elbows stay wide
- Chin in

Follow-up

- Maintain great core control as you lower legs
- Try and get more rotation for a great waistline

TRIPLE PULSE CRUNCH

CORE ESSENTIALS

TRIPLE PULSE C-CRUNCH

CORE ESSENTIALS

BRIDGE

CORE ESSENTIALS

LEG LIFT SEQUENCE WITH TWIST

Key Coaching Focus:

Lift shoulder up and across

Setup

- Fingertips to temples
- Twist, center and lower
- **Shoulder to knee to activate the obliques**
- Elbows stay wide
- Chin in

Follow-up

- Maintain great core control as you lower legs
- Try and get more rotation for a great waistline

Track Focus: My participants will be ready to strengthen their core muscles as I will be clear with setup coaching, making sure they understand which muscles they are working in each exercise.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	2x8	Set up Double Leg Lift	16	
0:09	_ Love is (C)	9x8	A Double Leg Lift 3/1	8	9x
0:43	Woodstock (V)	4x8	B Single Leg Lift Front & Back 1/1	4	8x
0:58	Come on	4x8	C Cross Crawl R&L 1/1 (feet on floor)	4	8x
1:13	_ Love is (C)	9x8	A ¹ Crunch 3/1 (feet on floor)	8	9x
1:47	Rolling (V)	4x8	B Single Leg Lift Back & Front 1/1	4	8x
2:02	All around	5x8	C Cross Crawl L&R 1/1 (feet on floor)	4	8x
2:17	Roll roll		Feet down – set up Bridge	8	
2:22	All night	8x8	Bridge – hold at top	32	
2:36	_ Love is		Walk feet out, out, in, in – R, L, R, L	24	
2:47	Come on		Lower down	8	
2:51	Come on	5x8	C Cross Crawl R&L 1/1 Option: Extend leg	4	10x

WHY?

This sequence preconditions our core muscles and engages our neural system for the work ahead.

> COACHING TIP

This song is a favorite and drives the movements, so be super clear and concise with your cues as this will focus the class, preparing them for the awesome workout ahead. Look out to the class and, if they're ready, lengthen the levers for the last set of Cross Crawls.

DOUBLE/SINGLE LEG LIFT

CORE
ESSENTIALS

CROSS CRAWL

CORE
ESSENTIALS

CRUNCH

CORE
ESSENTIALS

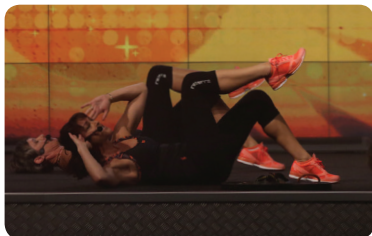
BRIDGE & WALKING FEET

Key Coaching Focus:

Squeeze glutes, keep hips level to the ceiling

Setup

- Squeeze butt and lift hips
- Press chest to chin
- Stay here and walk feet out, out, in, in, keeping **hips level**



2

CORE STRENGTH 1

Un Deux Trois > 6:41 mins

Track Focus: My participants will experience success when I clearly coach the names of the exercises, so they know early what is coming next, and the correct options for all levels so everyone is included in this challenging track.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00	4x8 Set up knees over hips, both shins parallel to the floor	32	
0:14 Un deux trois (C)	8x8 A Front leg out Back leg out Both knees back to above hips	2 2 4	8x
0:44 I say (Single beat)	6½x8 B Leg Combo front leg Front leg out B leg out Open and close both straight legs Knees back to above hips Crunch up last 4 cts on last rep	2 2 8 4 4	3x
1:08 (Heavy bass)	16x8 B¹ Leg Combo Front Leg w. Full Crunch	16	8x
2:07	4x8 C Transition to Plank on knees	32	
2:22 Un deux trois (C)	4x8 C¹ Walking Hover to Plank L hand	8	4x
2:36 I say	4x8 C¹ Walking Hover to Plank R hand	8	4x
2:51 I say	2x8 C Hold Plank on toes	16	
2:58 (Build)	1x8 C² 2x Lateral Walking Plank L	8	
3:02	1x8 C Hold Plank	8	
3:06 (Faster build)	1x8 C² 2x Lateral Walking Plank R	8	
3:10	1½x8 C Hold Plank Lower knees on last 4 cts	12	
3:15 (Heavy bass)	12x8 C³ Plank Combo Walking Hover L, on knees 2x Lateral Walking Plank L, on toes Walking Hover R, on knees 2x Lateral Walking Plank R, on toes	8 8 8 8	3x
4:00 (Soft)	4x8 Transition to back w. knees over hip Option: Plate on chest	32	
4:14 Un deux trois (C)	8x8 A B leg out Front leg out Both knees back to above hips	2 2 4	8x
4:44 I say (Single beat)	6½x8 B Leg Combo B leg Crunch up, Plate Press O/H	16 4	3x
5:08 (Heavy bass)	12x8 B¹ Leg Combo B Leg w. Full Crunch	16	6x
5:52 I say	4x8 Transition to Plank	32	
6:07 I, I, I _	8x8 C⁴ Walking Hover w. Leg Lift L&R	4	16x

WHY?

It's time to 'up the ante' on the core – using the legs as levers provides resistance for the abs, while the Hovers and Planks provide the perfect stimulus for integrated core control.

> COACHING TIP

This is a busy track so you need to be prepared to make sure you can get out your pre-cues early on. Teach the exercises clearly then layer the intensity levels, remembering options on knees for Planks, and don't forget the 'longer-levered' participants in your classes too. We want to challenge in this track, so push your class members to focus first and foremost on control of movement for amazing core results!

LEG COMBO / WITH FULL CRUNCH & PLATE

Key Coaching Focus:

Brace abs to keep lower back pressed toward the floor

Setup

- Knees over hips
- Shins parallel to the floor
- Extend one leg out to 45 degrees and hold, extend other leg out to meet it
- Draw both knees back above hips
- **Brace abs to keep lower back toward the floor**
- Chin in, so the neck is long
- Extend legs out and open and close legs twice, keeping legs straight, knees back over hips
- **Slide ribs to hips and add Crunch**
- Press plate directly upward

Follow-up

- Reach past your thighs on the Crunch
- To increase intensity, lower legs further to the floor on the extension phase
- Feel the lower abs engage through smooth and steady leg control
- Ensure the plate is directly above the head to keep the load on the abs

Options

- If back lifts off the floor, keep the feet higher on the extension phase
- Decrease range as you open and close the legs if your levers are long and your back is lifting
- Bend the knees if your hamstrings are tight



LATERAL WALKING PLANK / PLANK COMBO

Key Coaching Focus:

Back long and straight. Brace abs to support lower back and keep hips and shoulders level to the floor

Setup

- Come up onto your toes
- **Back long and straight**
- **Abs braced**
- Legs out together, out together, hold
- **As you move keep abs braced tightly so hips and shoulders are level to the floor**



Follow-up

- Keep your body solid and try to stay on your toes

Option

- On knees



WALKING HOVER WITH LEG LIFT

Key Coaching Focus:

Back long and straight. Abs braced to support lower back

Setup

- Elbows directly under shoulders
- **Hips and shoulders are square**
- **Brace the abs tightly to support the lower back**
- Leg lift – up and down
- **Keep the back long and straight**

Follow-up

- The body must remain still

Option

- From Knee Hover, straighten one leg at a time to decrease load

WALKING HOVER TO PLANK

Key Coaching Focus:

Abs braced to prevent rocking hips and shoulders from side to side

Setup

- Knees outside hip-width
- Hands directly under shoulders
- **Shoulders and hips square**
- **Abs braced to prevent hips and shoulders rocking from side to side** (as you transition to elbows)

Follow-up

- Press the floor away from you
- To prevent shoulders swaying, move gently

Track Focus: My participants will feel challenged in the Hover Leg Extension Sequence as I will coach them with a technique focus so they know how to achieve intensity and to stop them from checking out of the workout so they can reach their maximum!

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:01	(Beat) 8x8	A	Hover on knees	64	
0:29	4x8	A ¹	Hover on toes	32	
0:43	(Heavy beat) 8x8	A ²	Hover Leg Sequence L&R		
			Lift L leg	2	
			Open to diagonal	2	
			Back in	2	
			Foot down	2	
			Repeat R leg	8	4x
1:12	_ If you (V) 4x8	A ¹	Hold Hover	16	
			Roll onto back	16	
1:27	_ Of the 8x8	B	Leg Extension Sequence		
			Front, back, front, hold	8	
			Repeat B leg	8	4x
1:55	(Heavy beat) 8x8	B ¹	Leg Extension Sequence w. Crunch		
			Front, back, front, Crunch	8	
			Repeat B leg	8	4x
2:24	(Quiet) 4x8		Hold Crunch w. legs extended	32	
2:39	_ All the (C) 9x8		Roll to Hover	16	
		A ¹	Hold Hover	56	
3:11	(Quiet build) 10x8	A ²	Hover Leg Sequence L&R	16	5x
3:44	2x8		Roll onto back, plate on chest	16	
3:54	(Bass beat) 8x8	B	Leg Extension Sequence	16	4x
			Option: Use plate		
4:23	_ All the (C) 8x8	B ¹	Leg Extension Sequence w. Crunch	16	4x
			Press plate O/H on Crunch		
4:52	Life 4x8	A ¹	Roll to Hover	32	
5:07	(Heavy beat) 16x8	A ²	Hover Leg Sequence L&R	16	8x
6:01	1x8	A ¹	Hover on toes	8	

WHY?

This track uses all the benefits of reactive core training – create the right stimulus and the core will react to stabilize the trunk. This creates a functional strength benefit, training the core to react how and when you need it.

> COACHING TIP

We add a Leg Lift to the Hover to increase the intensity and a plate to the Leg Extension Sequence. Watch how Susan hooks the class into their bodies so they are responsible for their results. Teaching the class how to achieve and maintain great technique whilst in these 2 exercises is the focus for this track and there is time for you to do this. Make sure you script what you will say so you keep the class from checking out of the workout and remember, the music is a driving force to motivate your participants!

HOVER

CORE
ESSENTIALS

HOVER LEG SEQUENCE

Key Coaching Focus:

Back long and straight with abs braced to support lower back

Setup

(Hover Leg Sequence)

- Front leg lift it up, out, in and down
- Leg lifts to hip height
- Brace abs
- Hips and shoulders square
- Long, straight spine



Follow-up

- Imagine you're standing upright in this position, keep hips down
- The most important thing is to keep the hips and shoulders square to the floor
- Push out of the forearms to take the load out of your shoulders and open your chest to stop the upper back from rounding
- A strong core challenge to make you strong for everything you do

Options

- Knees or toes
- If you feel it more in your shoulders and you start to lift your hips, drop to your knees



LEG EXTENSION SEQUENCE / WITH CRUNCH

Key Coaching Focus:

Abs braced tightly to keep the lower back pressed toward the floor. Slide ribs to hips as you crunch

Setup

- Roll over, knees over hips, shins parallel with the floor
- Brace abs tightly
- Extend front leg, back leg, front leg, hold

Add Crunch

- Slide ribs to hips
- Eye gaze between knees
- Reach hands toward feet

Add plate

- Push the plate to the ceiling
- Straight up above your shoulders to add load to the upper abs

Follow-up

- As we take the legs further away from the center, brace the abs tightly to control the pelvis so it doesn't tilt and lift the lower back
- The weight of the plate is challenging the upper abs

Options

- Take legs higher than 45 degrees if lower back is coming off the floor
- To increase intensity, legs lower to the floor

3

STANDING STRENGTH 1

Saturday Night's Alright For Fighting
> 4:13 mins

Track Focus: My participants will feel the difference between dynamic movements in the Power Skier and the static Airplane Balance through my clear setups and using language that helps them increase intensity, achieving more from their core.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	2x8		Set up LES MILLS™ Tube under R foot	16	
0:06	It's getting (V) 4x8	A	Lunge L&R 2/2	8	4x
0:19	My old 5x8	A ¹	Power Skier L&R 2/2 Add arms after 2 reps	8	5x
0:34	_ Don't (C) 8x8	A ²	Power Skier L&R 1/1	4	16x
1:00	Alright 2x8	B	Airplane Balance R	16	
1:06	4x8	B ¹	Airplane Balance w. Side Raise 1/1	4	8x
1:19	4x8		Set up LES MILLS™ Tube under L foot	32	
1:31	Packed (V) 4x8	A	Lunge R&L 2/2	8	4x
1:45	A couple 5x8	A ¹	Power Skier R&L 2/2 Add arms after 2 reps	8	5x
2:00	_ Don't (C) 8x8	A ²	Power Skier R&L 1/1	4	16x
2:26	Alright 2x8	B	Airplane Balance L	16	
2:32	4x8	B ¹	Airplane Balance w. Side Raise 1/1	4	8x
2:45	4x8		Set up for Squat Use Plate or LES MILLS™ Tube	32	
2:57	Whoa 1x8		Arms O/H w. LES MILLS™ Tube or plate	8	
3:01	_ Don't (C) 8x8	C	Triple Pulse Squat w. Knee Lift L&R	16	4x
3:26	Saturday 12x8	C ¹	Squat Knee Lift L&R 1/1	8	12x

WHY?

Combining the dynamic strength in the Power Skier with isometric holds in the Airplane Balance combines athletic core strength with stability training.

➤ COACHING TIP

This one is tough. We start with great standing oblique work in the Power Skier, teaching the class to be dynamic, chiseling a great waistline, then, ready or not, a static hold that is brand new to CXWORX™ – the Airplane Balance, which will test even the hardcore athlete. Nail your Coaching Cues so you nail the intensity! Fantastic functional work with the Squat Knee Lift at the end brings the sting in the tail. Train to be game fit for this track!

POWER SKIER

Key Coaching Focus:

Keep hips square to the front as you twist from the center of your chest

Setup

(Wide Lunge)

- Place tube under the middle of the L foot
- Step feet wide, hands on hips
- Lift chest
- Shift hips R&L
- **Brace abs to keep hips facing forward**
- Add arms
- Lengthen arms to hip level and rotate
- **Twist from the center of chest as you turn your shoulders**
- **Hands stay shoulder-width apart**



Follow-up

- Aim your chest for 10 o'clock and 2 o'clock
- Control the movement through your waist
- For more resistance, hands up to chest or shoulder height
- Feel it wringing out your waist
- Let's generate more power from the legs, drive out of legs
- Imagine downhill skiing, control the corners from the waist

Options

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



AIRPLANE BALANCE WITH SIDE RAISE

Key Coaching Focus:

Brace abs and squeeze shoulder blades in Side Raise

Setup

- Step in, arms wide
 - **Tip forward from hips, chest up**
- (Side Raise)
- Small lift – up, down
 - Rear leg lifted
 - **Squeeze shoulder blades**
 - **Abs braced for stability**



Follow-up

- Let's hit the static strength
- Feel the difference between the dynamic strength and static strength by bracing the core
- Shoulder blades squeeze like a nutcracker

TRIPLE PULSE SQUAT WITH KNEE LIFT

Key Coaching Focus:

Sit the hips back and down, bracing abs and lifting chest. Elbows slightly forward

Setup

- Feet outside hip-width
- Plate up
- **Brace abs**
- **Hips back and down** to get maximum recruitment of thighs and glutes
- **Chest up**
- **Keep elbows slightly in front of face** to look after shoulders

Follow-up

- If you have a LES MILLS™ Tube, every time you press up, spread your arms wide and pull down to hip
- Drive up from the floor, knee high

Options

- Use LES MILLS™ Tube instead of plate for more back work – maintain tension on the LES MILLS™ Tube
- Use plate for more shoulder work

4

STANDING STRENGTH 2

Trumpet Lights > 5:08 mins

Track Focus: My participants will follow this track easily as my cues will be short and sharp helping them master correct position in the single leg work and I will provide great connection to their bodies and the music in the Rear Leg Extension work.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	5x8	Double up LES MILLS™ Tube under L foot		40	
0:18	(Fast synth) 6x8	A	Single L Leg Squat w. Row Add Row after 4 reps	4	12x
0:40	Whoa 2x8	A ¹	Single Leg Squat L	4	4x
0:48	Hey little (V) 4x8	A ²	Single Leg Squat w. Forward Raise L	4	8x
1:03	Whoa 2x8	A ¹	Single Leg Squat L	4	4x
1:10	I'm gonna (C) 4x8	A ³	Single Leg Squat w. Row Raise L	4	8x
1:25	Call from 4x8	Double up LES MILLS™ Tube under R foot		32	
1:39	6x8	A	Single Leg Squat w. Row R Add Row after 4 reps	4	12x
2:01	Whoa 2x8	A ¹	Single Leg Squat R	4	4x
2:09	Hey little (V) 4x8	A ²	Single Leg Squat w. Forward Raise R	4	8x
2:24	Whoa 2x8	A ¹	Single Leg Squat R	4	4x
2:31	I'm gonna (C) 4x8	A ³	Single Leg Squat w. Row Raise R	4	8x
2:46	Call from 4x8	Set up LES MILLS™ Tube under both feet, handles crossed		32	
3:01	I'm gonna (C) 8x8	B	Rear Leg Extension Sequence L 4x Rear Leg Extension L 2x Slow Rear Leg Extension L	16 16	2x
3:30	Ow Ow 4x8	C	Out, Out, In, In L	4	8x
3:45	_ You 8x8	B	Rear Leg Extension Sequence R	32	2x
4:15	Be my love 4x8	C	Out, Out, In, In R	4	8x
4:29	(Heavy beat) 2x8		Squat	8	
			Squat and stay low	8	
4:36	8x8	C ¹	8x Walks L in Squat 8x Walks R in Squat	16 16	2x

WHY?

This track focuses on integrating gluteal function with the upper body. Maintaining an inclined trunk position fires the glutes while the Rows and Forward Raises integrate the upper body muscles, delivering functional strength benefits.

> COACHING TIP

Reactive core training – lots of repetitions allow you to coach benefits of this fantastic one-leg training to your class. Check out the cues that Susan used to empower her class to go for more from the exercise and to test their brain fitness! Everyone wants to feel the burn and this track will deliver – so teach the isolation work with clear coaching, allowing the music to shine through, and have some fun in the Walks in Squat at the end.

SINGLE LEG SQUAT WITH ROW, FORWARD RAISE, ROW RAISE

Key Coaching Focus:

Tip forward from hips so nose is forward of toes.
Keep hips and shoulders square to the floor

Setup

- Double up your LES MILLS™ Tube and put it under your R foot
- The length of tube from the foot to handle is the resistance, the shorter it is the harder it is and vice versa
- Take your hands wide
- Bring your L leg back, straight leg
- Hinge forward from hips so nose is forward from toes

• Brace abs

(Single Leg Squat with Row)

- Pull wide to the side
- Keep hips and shoulders square to the floor
- Squeeze shoulder blades together
- Look down – is your knee tracking over middle toe?

(Single Leg Squat with Forward Raise)

- Keep arms straight and wrists strong
- Push arms away
- Brace abs tightly
- (Single Leg Squat with Row Raise)
- Put the moves together: 1 Row, 1 Lift
- Brace abs tighter to control the movement

Follow-up

- Fully integrated core training
- Hinge further to get deeper into the glutes
- Squeeze shoulder blades together and feel your chest opening
- Back leg straight and strong; that way, both glutes are working
- Feel the abs switch on as you take the tube away from the body; we call this reactive core training
- Your front and your back working in unison to keep your spine straight and core strong

Options

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



REAR LEG EXTENSION SEQUENCE

Key Coaching Focus:

Brace abs hard to keep hips square to the front

Setup

- Step into the LES MILLS™ Tube
- Feet under hips
- Cross handles
- Slide across to the L side
- R leg goes back
- Brace the abs tightly to keep hips square to the front
- Keep the weight on the L foot so you can balance here

Follow-up

- 15 degrees of movement – stay controlled
- Resist on the way in, that's where the control and strength come from
- If you're feeling good, keep the toes off the floor
- Isolate the glutes, so we build strength to take care of your knees

Options

- Lower the handles to decrease the resistance
- Lift the handles to increase the resistance
- No LES MILLS™ Tube

OUT, OUT, IN, IN

Key Coaching Focus: Brace abs to keep body still

Setup

- Walk feet out, out, in, in
- Squeeze butt and brace abs to keep body still

WALKS IN SQUAT

Key Coaching Focus:

Hips sit back and down with chest lifted and abs braced

Setup

- Squat hips back and down
- Squat down so your butt is just above knee line and hold
- Side steps – you've got 8
- Brace abs tightly
- Push knees out over toes
- Lift chest

Follow-up

- Step further to the side to work the glutes more

STANDING STRENGTH 2

Can't Hold Us > 4:18 mins

Track Focus: My participants will experience strength and control in the standing work as I focus on clear pre-cues and benefits and motivate them with the music for the Hip Bridge with Pulse work at the end of the track.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Stomping)	6x8		Set up LES MILLS Tube™ under both feet. Handles crossed	48	
0:19	_ Return (V)	8x8	A	Slow Leg Combo 2x Side Leg Lift L 2x Lateral Walk L 2x Side Leg Lift R 2x Lateral Walk R	8 8 8 8	2x
0:45	Let that	12x8	A ¹	Fast Leg Combo L 2x Side Leg Lift L 4x Fast Lateral Walk L 2x Side Leg Lift R 4x Fast Lateral Walk R	8 8 8 8	3x
1:25	Can we go (C)	4x8	B	Rear Leg Extension L	4	8x
1:38	Can we go	4x8	B ¹	Rear Leg Extension L Squat	2 2	8x
1:51	_ Nah (V)	12x8	A ¹	Fast Leg Combo R	32	3x
2:31	Can we go (C)	4x8	B	Rear Leg Extension R	4	8x
2:44	Can we go	4x8	B ¹	Rear Leg Extension R Squat	2 2	8x
2:57	(Trumpets)	4x8		Transition to the floor w. plate	32	
3:10		4x8	C	Bridge w. plate on thighs 4/4	16	2x
3:23	Nananana	8x8	C ¹	Bridge w. plate on thighs Halfway down Lift up Lower to floor	2 2 2 2	8x
3:50	Can we go (C)	8x8	C ²	Bridge w. Pulse 1/1	4	16x

WHY?

This track targets the key aspects of the glutes: gluteus medius in the leg combos and gluteus maximus in the Rear Leg Extensions, Squats and Bridges. Your side glutes prevent injury by controlling knee alignment while your rear glutes are a key element of the posterior chain, giving you athletic drive.

➔ COACHING TIP

The song is 'wicked' and it keeps the class connected to the workout. Pre-fatigue is the aim of the game in the first half of the track with great isolated and integrated work. Be clear, as the changes are quick. Coach what to do, how to do it and what benefits they will receive – watch how Corey and Susan did this on the DVD. Using a plate for the Hip Bridge will help provide more resistance and fire up your posterior chain.

SLOW & FAST LEG COMBO

Key Coaching Focus:

Brace abs to keep hips square to the front and stay upright, no leaning to the side (in the Lateral Walks)

Setup

- Place LES MILLS™ Tube under feet, hip-width apart
- Cross the handles over and bring them to your hips
- Pick your chest up and lift it high
- **Brace abs**
- Slight knee bend
- R Leg Lift, 2 times and 2 big steps R, same combo other side
- Bend your knees the whole way through
- **Brace your abs to keep your hips square**
- Let's add on 2 Side Leg Lifts and 4 fast Lateral Walks
- **Focus on keeping body upright by bracing tightly**

Follow-up

- Two actions are going on: stability in the standing leg, so bend the knee as you stand, and the moving leg is strengthening – so get as much tension on the tube as you can
- Fatigue is setting into your stabilizers and the good news is fatigue means they're working and you will get stronger quickly
- Staying upright means you are training the lateral sling so brace hard and keep your body centered

Options

- More resistance – shorten LES MILLS™ Tube between feet
- Less resistance – give yourself more LES MILLS™ Tube in between your feet

REAR LEG EXTENSION WITH SQUAT

Key Coaching Focus:

Hips sit back and down with the chest lifted as you squat

Setup

(Rear Leg Extension)

- R foot to the back corner of the room
- Stand up tall so you don't dump into the outer hip
- **Brace abs**

Follow-up

- Changing the angle means we have shifted the focus and are working deeper into the rear glutes

(With Squat)

- Let's add the Squat
- **Push your butt back and down**
- **Butt just above knee line**
- Tap in softly so all the load is in the L leg

Follow-up

- Push the standing knee forward as you squat; the lower you go, the more work in the butt

BRIDGE WITH PLATE

Key Coaching Focus: Squeeze the butt

Setup

- Transition to the floor – grab plate if you want more resistance and hold on your lap
- Feet hip-distance apart
- **Squeeze butt and lift hips**
- New tempo: quick to the top, halfway down, lift, all the way down

Follow-up

- Lift hips higher and drive through the heels to activate your posterior slings
- Try and get every repetition higher than the last one, for better backs, better bodies

Option

- No plate



CORE STRENGTH 2

My Eyes > 5:48 mins

Track Focus: My participants will reach their physical maximums in the Rolling Side Hover because I set it up effectively with options for all and provide great motivation when they start to fatigue.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8	Set up for Knee Drop	32	
0:21	My eyes (C)	8x8	A Knee Drop Combo		
			Oblique Drop to back	8	
			Center	8	
			Oblique Drop to front	8	
			Center	8	2x
1:04	My eyes (C)	8x8	A ¹ Knee Drop Combo w. Extension		
			Oblique Drop to back	4	
			Extend legs	4	
			Bend legs	4	
			Center	4	
			Repeat other side	16	2x
1:47	(Silence)	1x8	Slow Crunch up, hold knees, roll up	8	
1:52	(Guitar)	5x8	Set up Side Hover R	40	
2:14	(Build)	3x8	B Side Hover R	24	
2:36	(Heavy synth)	16x8	B ¹ Rolling Side Hover Combo R		
			Rolling Side Hover	8	
			Oblique Hip Lift x4	8	8x
4:01		2½x8	B Transition to Side Hover L	20	
4:14	(Heavy synth)	16x8	B ¹ Rolling Side Hover Combo L	16	8x

WHY?

In this track we begin with isolated oblique work with the Knee Drops and combine this with stability and control in the Rolling Side Hover – dynamic strength through a full range combined with isometric strength to train stability.

> COACHING TIP

This song drives the movement, along with you guiding your class through the levels and focusing on great technique as we know this is where the results come from. The choreography is simple – so, look out at the needs of your class and teach to all levels, to include everyone in the workout. Watch how Dan spaces out the timing of his cues so they can land and create real change on the floor. “It won’t be easy but it will be worth it,” as Dan said – celebrating the class as they challenged themselves.

KNEE DROP / WITH LEG EXTENSION COMBO

Key Coaching Focus:

Opposite shoulder anchored to the floor

Setup

- Lay down on back, lower back toward the floor
 - Knees over hips, shins parallel, arms out to sides
 - **Anchor both shoulders down to the ground**
 - Drop your knees away, $\frac{3}{4}$ range, stop, brace abs and come back to center
 - Feet together, knees apart
- (With Leg Extension)*
- Let's add on drop knees, open out at knee joint

Follow-up

- Feel your obliques biting as they pull you back to center
- This is our slow burner
- Take your legs lower to the floor to work harder

Option

- Reduce load by staying with bent Knee Drop (no Leg Extension)

SIDE HOVER

CORE
ESSENTIALS

ROLLING SIDE HOVER COMBO

Key Coaching Focus:

Lift bottom hip away from the floor; hips and shoulders move as one with abs braced and back long and straight

Setup

(Rolling Hover)

- Roll down and rotate back and lift hips 4 times
- **Hips and shoulders moves as one unit**
- Roll from the side of the foot to the toes

Follow-up

- Push the forearm into the ground, keeping the shoulder strong
- Lift your hip as high as you can
- Pull thighs and squeeze butt to prevent you from piking hips back

Options

- Drop knees to reduce intensity
- Touch forearm down

6

CORE STRENGTH 3

Suit & Tie > 3:50 mins

Track Focus: My participants will learn how to stabilize their trunk in the Rear Leg Extension work with simple Setup Cues to get them moving and then cues that help them feel the increased demand on the core.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:03	Wait (V) 4x8	A	Horse Stance w. Rear Leg Extension L Tap behind	2 2	8x
0:22	_ We don't 12x8	A ¹	Horse Stance w. Rear Leg Extension L Tap diagonal Tap behind Add opposite arm on diagonal after 4 reps Add no floor touch after 8 reps	4 4	12x
1:18	Stop (V) 4x8	A	Horse Stance w. Rear Leg Extension R Tap behind	2 2	8x
1:37	Ohh go 13x8	A ¹	Horse Stance w. Rear Leg Extension R Tap diagonal Tap behind Add opposite arm on diagonal after 4 reps Add no floor touch after 8 reps Set up LES MILLS™ Tube for Triple Pulse Reverse Fly	4 4 16	11x
2:39	Baby got 7x8	C	Triple Pulse Reverse Fly	8	7x
3:12	4x8	C ¹	Double Pull Down 1/1	4	8x
3:30	4x8		Shoulder Stretch L&R Back Stretch Chest Stretch	16 8 8	

WHY?

The Horse Stance pattern is one of the best exercises to fire up the posterior sling – connecting the muscles of the upper back with the opposite gluteals. The Reverse Fly sequence finishes the track with isolated upper back strength for great posture and shoulder stability.

➔ COACHING TIP

A great Track 6 to finish off the workout with torso stability work from the Horse Stance. This is where your class will rely on your verbal cues so make sure they are short and precise. A perfect time to hook the class into imagery that helps them put more demand on the core – how still can you be? The Reverse Fly work is your time to reconnect with the class and finish off their workout with upper body posture work. Stretches to finish, then the work is done!

HORSE STANCE WITH REAR LEG EXTENSION

Key Coaching Focus:

Brace abs to keep hips and shoulders square to the floor

Setup

- Body on diagonal
- Hands under shoulders
- Knees under hips
- Lift your front leg, up and down
- **Brace your abs to keep hips and shoulders square to floor**

(Horse Stance With Diagonal Tap)

- Move leg to the corner, up and out, up and in
- Keep your **hips square** as you move your leg
- Lift opposite arm to 45 degrees, thumb up
- If you want the challenge, keep the foot off the floor
- **Square hips and brace abs**
- Keep the leg at hip level to avoid the back from arching

Follow-up

- Lift your thumb to ceiling and feel the work from your shoulder blade to your glutes – activating your posterior sling

Options

- Tap toe to the floor
- Both hands on the floor

TRIPLE PULSE REVERSE FLY / DOUBLE PULL DOWN

Key Coaching Focus:

Squeeze shoulder blades together

Setup

- Double tubing, for more resistance
 - Hands shoulder level
 - Pull the tubing apart for the Reverse Fly – out, out, out, in
 - **Squeeze shoulder blades together**
 - **Brace core so you don't arch your back**
- (Double Pull Down)*
- Lift arms O/H, pull down to chest and up to ceiling

Follow-up

- Keep the tension on your LES MILLSTTM Tube

Option

- Single tubing for less resistance



Key Coaching Focus:

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

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



Key Coaching Focus:

Setup

- Lower the legs
- Chin tucked in— eye gaze to knees
- Lift shoulders off floor
- **Slide ribs toward hips**
- Hands extended past thighs



- Lift your shoulder blades further off the floor

Key Coaching Focus:

Setup

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



- Feel the warmth in your abdominals; that's muscle tone developing

BRIDGE

Key Coaching Focus:

Squeeze glutes to lift hips

Setup

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



CROSS CRAWL

Key Coaching Focus:

Lift shoulder toward opposite knee

Setup

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



HOVER

Key Coaching Focus:

Brace abs to keep back long and straight

Setup

- Elbows under shoulders
- Knuckles together
- Knees just outside hip-width
- 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

Option

- Drop to knees to reduce intensity





Key Coaching Focus:

Setup

- ## Follow-up

- ### Option

- To reduce intensity, drop bottom knee



Split Stance

Stacked Feet

[illegible][illegible]

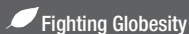




LES MILLS.COM

We are social, so join the conversation!
Don't forget to check out www.lesmills.com/wearesocial.
This round, we are looking at music and how to use it
effectively on your social media.
We've got tips and tricks especially for you.

Follow us on [twitter](#)  @lesmills
on instagram  @lesmillstribе
on [f](#) facebook.com/lesmills



Our choreography notes are printed with vegetable-based inks on chlorine-free bleached paper containing 55% recycled fiber.