

LES MILLS CXWORX™



RELEASE **13**

DIET VS EXERCISE
CXWORX™ COACHING MODEL
THE SCIENCE OF RESISTANCE TUBING
PRESENTERS FROM: NEW ZEALAND & AUSTRALIA

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 15,000 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.

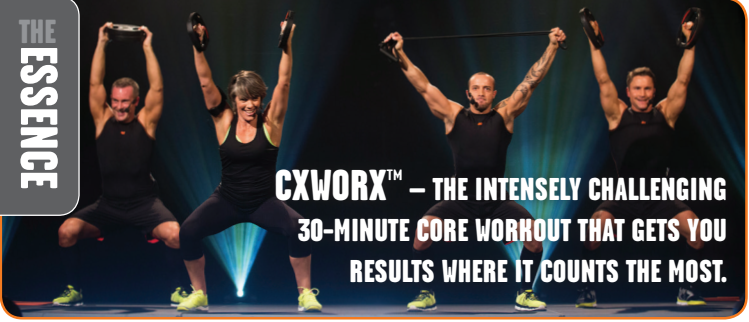
As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

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 offense. 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™ 13 CONTENTS

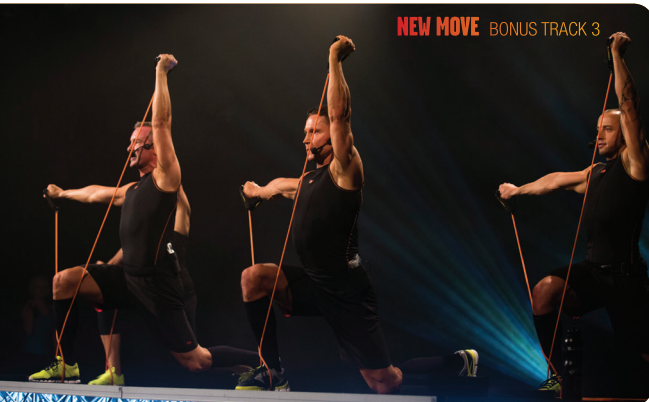
DIET VS EXERCISE

CXWORX™ COACHING MODEL

THE SCIENCE OF RESISTANCE TUBING

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	All Around The World © 2012 Licensed courtesy of Universal Music Enterprises, a division of UMG Recordings, Inc. Written by: Atweh, Messinger, Bridges, Bieber, Lambroza	Justin Bieber feat. Ludacris	4:08
2 CORE STRENGTH 1	Just One Last Time [Extended] © 2012 What A Music Ltd license exclusive EMI Music France. Courtesy of EMI Music France. Written by: Guetta, Tuinfort, Liljergren, Ryberg	David Guetta feat. Taped Rai	4:45
	Just One Last Time [Extended] © 2012 What A Music Ltd license exclusive EMI Music France. Courtesy of EMI Music France. Written by: Guetta, Tuinfort, Liljergren, Ryberg	David Guetta feat. Taped Rai	1:46
BONUS 2 CORE STRENGTH 1	Glowing (Fedde Le Grand Remix) © 2012 The Island Def Jam Music Group. Courtesy of The Island Def Jam Music Group. Written by: Arulpragasam, Araica, Hills	Nikki Williams	5:26
3 STANDING STRENGTH 1	Up In The Air © 2013 Licensed courtesy of Universal Music Enterprises, a division of UMG Recordings, Inc. Written by: Lelo	Thirty Seconds To Mars	4:28
BONUS 3 STANDING STRENGTH 1	Fat Bottomed Girls © Licensed courtesy of Universal Music Enterprises, a division of UMG Recordings, Inc. Written by: May	Antigone Rising	1:41
	Fat Bottomed Girls © Licensed courtesy of Universal Music Enterprises, a division of UMG Recordings, Inc. Written by: May	Antigone Rising	2:38
4 STANDING STRENGTH 2	Bad Girls (Nick Thayer Remix) © 2012 Licensed courtesy of Universal Music Enterprises, a division of UMG Recordings, Inc. Written by: Arulpragasam, Araica, Hills	M.I.A.	2:22
	Bad Girls (Nick Thayer Remix) © 2012 Licensed courtesy of Universal Music Enterprises, a division of UMG Recordings, Inc. Written by: Arulpragasam, Araica, Hills	M.I.A.	2:21
5 CORE STRENGTH 2	If I Lose Myself (Extended Remix) © 2013 Licensed courtesy of Universal Music Enterprises, a division of UMG Recordings, Inc. Written by: Kutzle, Filkins, Levin, Tedder, Lindblad	Alesso, OneRepublic	2:39
	If I Lose Myself (Extended Remix) © 2013 Licensed courtesy of Universal Music Enterprises, a division of UMG Recordings, Inc. Written by: Kutzle, Filkins, Levin, Tedder, Lindblad	Alesso, OneRepublic	2:30
BONUS 5 CORE STRENGTH 2	Finale © 2013 Les Mills Music Licensing Ltd. Written by: LeClercq, Petricca	Crazed & Confused	2:37
6 CORE STRENGTH 3	Blurred Lines © 2013 Licensed courtesy of Universal Music Enterprises, a division of UMG Recordings, Inc. Written by: Williams, Thicke	Robin Thicke feat. T.I & Pharrell	4:21

NEW MOVE BONUS TRACK 3



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		
ROM	range of movement		

CREDITS

Choreography – Dan Cohen & Susan Trainor

Technical Consultants – Bryce Hastings & Corey Baird

Group Fitness Director – Dr Jackie Mills

Creative Director – Kylie Gates

Program Coach – Josef Matthews

Program Planner – Taimane Elise

CXWORX™ CORE ESSENTIALS

These are base moves/exercises you will regularly find in a CXWORX™ class.

Whenever you see this icon:  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™ 13



From L-R: Matt Sadler, Susan Trainor, Dan Cohen, Corey Baird.

CXWORX™ 13 is well structured, well balanced and guaranteed to challenge your core.

With a fantastic playlist by some of the top-selling artists in the world, this release has some amazing musically-driven choreography.

Attacking the abdominals right from the first track, the body will definitely be primed for the *Hold on, you're in for a ride*, Hover track.

Featuring a new move for CXWORX™ – Lunge with Mac Raise – challenges the muscular slings of the body while loading the upper and lower limbs.

Continuing this theme while you're standing, the hips, GLUTES and core will be screaming! Whether you're good or bad, the challenge here is to hold on to perfect execution and do it all with a smile.

Crossing the line from the front of the body to your posterior chain can sometimes be blurred! However, this Track 6 makes no mistake – you will feel it from the start.

BONUS, BONUS, BONUS... As with all our releases, it's so difficult to choose which should be the first 6 tracks and which should be the bonus, and that's why we LEAVE this up to YOU. They're all truly amazing with fantastic exercises and are delivered with incredible coaching. So answer us this... which version of the class are you going to teach? BONUS? First 6? Both? Or a MIX?

Dan and Susan

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 Technical Consultant for CXWORX™, BODYBALANCE™/BODYFLOW® and BODYPUMP™ programs. He is also a personal trainer and Pilates teacher at Les Mills Auckland.

Matt Sadler (Australia) is CXWORX™ Head Program Coach for Les Mills Asia Pacific and an Instructor for BODYATTACK™, BODYBALANCE™/BODYFLOW®, BODYCOMBAT™, BODYPUMP™ and BODYVIVE™.

DIET VS EXERCISE

WE ALL KNOW THAT DIET AND EXERCISE ARE 2 KEY COMPONENTS OF HEALTHY LIVING. LET'S LOOK AT WHICH OF THESE 2 STRATEGIES WORKS BEST FOR DIFFERENT HEALTH BENEFITS.

WEIGHT LOSS

Which method, diet or exercise, will result in the biggest change on the scales?

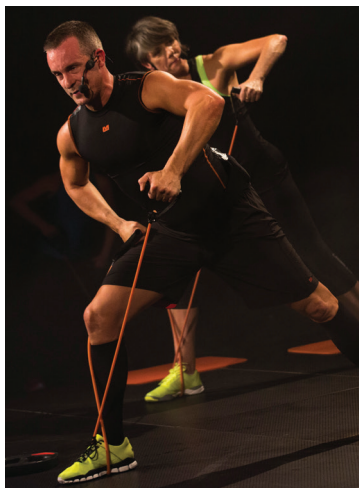
The correct answer is diet. Typically, cutting calories through changes to our food intake promotes weight loss more effectively than exercise. It is a lot easier to eat 1000 calories than it is to burn 1000 calories. For instance, 1 piece of cake can be 1000 calories, which could be equal to the calories burned in 1 LES MILLS™ cardio class and 1 BODYPUMP™ class. However, this does not mean physical activity is not important for weight control – once you reach an ideal mass, exercise is critical for long-term maintenance.



ENERGY LEVELS

Is diet or exercise the best way to get more energy during the day?

Exercise. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. When your heart and lungs work more efficiently, you have more sustained energy throughout the day. Exercise is also the answer for short bursts of energy. It causes the brain to release invigorating neurotransmitters like dopamine and norepinephrine. Over 70 scientific studies have demonstrated that people who exercise are more productive due to enhanced energy levels.



HEART DISEASE

Is diet or exercise more important in preventing heart disease?

The answer is BOTH. They each play a large role in preventing heart disease. Exercise is critical to keep blood-sugar levels stable as our muscles use glucose. Exercise can also help lower cholesterol and blood pressure. Diet can affect these variables too. A diet low in saturated fat and high in fiber can help prevent high cholesterol, while limiting salt or sodium, can lower blood pressure. Therefore, achieving optimal health through exercise and diet is the strongest defense against heart disease.

DEPRESSION

Which influences depression and anxiety the most – diet or exercise?

Definitely exercise. When we participate in physical activity, our bodies release endorphins, which trigger positive feelings shown to reduce depression. According to a study from the University of Vermont in the USA, a 20-minute sweat session can be enough to perk up your mood for up to 12 hours! It can also be as effective as medication for treating depression in some people. And exercise can lead to changes in the brain that strengthen your resolve against stress.

A HEALTHY AND BALANCED LIFESTYLE REQUIRES A COMBINATION OF DIET AND EXERCISE. REMEMBER, EXERCISE DELIVERS MANY MORE BENEFITS THAN JUST WEIGHT LOSS.

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

All Around The World > 4:08 mins

Track Focus: My participants will feel their core muscles engage as I coach with clear Setup Cues and connect the class to the exercises. I will then lift the intensity in the final set of C-Crunches with Drive Cues.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		4x8	Set up side-on hands under lower back	32	
0:20	Beautiful (V)	8x8	A Double Leg Lift	8	8x
0:50	World	4x8	B Crunch (2/2)	8	4x
1:05	World (C)	4x8	B ¹ C-Crunch (2/2)	8	4x
1:20	World	4x8	B ² Double Pulse C-Crunch	8	4x
1:35	Crazy (V)	8x8	Crunch w. Twist Front & Back	16	4x
2:05	World	4x8	A Double Leg Lift	8	4x
2:20	World (C)	4x8	B ¹ C-Crunch (2/2)	8	4x
2:35	World	4x8	B ² Double Pulse C-Crunch	8	4x
2:50	(Rap)	4x8	Bridge	32	
3:05		4x8	A ¹ Single Leg Lift L&R	4	8x
3:20	World (C)	4x8	C Cross Crawl L&R	4	8x
3:35	World	4x8	B ¹ C-Crunch (2/2)	8	4x
3:50	World	4x8	B ² Double Pulse C-Crunch	8	4x

WHY?

The majority of our participants will come to class with little or no sense of connection to their core muscles. By the end of this track they will have established that connection and be ready to improve their core strength.

> COACHING TIP

This Warmup is tough. To get the class engaged into the workout early on, be super clear with your cues so the class can rely on your verbal cues without having to look at you.

Intensity progresses through the track and it is important to coach this. Matt used Drive Cues for the final round of Double Pulse C-Crunch: *The front wall of your abdominals is totally primed and ready for the workout!* And for the Cross Crawl: *Let's use some speed to prepare the obliques.*

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 / DOUBLE LEG LIFT



CRUNCH



DOUBLE PULSE C-CRUNCH



CRUNCH WITH TWIST FRONT & BACK

Key Coaching Focus:

Lift shoulder towards opposite knee

Setup

- Lift, twist, center and down
- Fingertips to temples
- Elbows wide
- Chin tucked
- Slide ribs to hips
- Lift shoulder towards opposite knee
- Hand to outside of knee



BRIDGE



CROSS CRAWL



2

CORE STRENGTH 1

Just One Last Time > 6:31 mins

Track Focus: My participants will feel the intensity kick in fast in both sequences so I will look out and give options to allow everyone to maintain strong technique to the end for great results.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	4x8	A Set up Hover on knees	32	
0:14 (Heavy bass)	13x8	A ¹ Option to go to Full Hover	104	
1:02 (Piano)	4x8	Transition to back – knees over hips	32	
1:17 _ This is (V)	8x8	B Leg Combo (set up slow) Front leg out to 45° and hold Back leg out to 45° and hold Draw knees B over hips	16 8 8	2x
1:47 Even	8x8	B ¹ Repeat Leg Combo (faster) Front leg out to 45° and hold B leg out 45° and hold Draw knees B over hips	4 8 8	4x
2:16 (Synth)	4x8	B ² Leg Combo w. Crunch Front leg out and hold B leg out and hold Draw knees B over hips and Crunch up	4 4 8	2x
2:30 Instr (C)	8x8	B ³ Repeat Leg Combo w. Crunch (faster) Front leg out to 45° B leg out to 45° Draw knees B over hips and Crunch up	2 2 4	8x
3:00 _ There (V)	4x8	A ¹ Transition to Hover	32	
3:15 _ And I	12x8	C Hover w. Circle Arm L&R Arm F, L Arm to side, L Reset Hover (elbow under shoulder) Repeat w. R arm	4 4 8 16	3x
3:59 (Synth)	4x8	C ¹ Hover w. Circle Arm & Leg Lift L&R Circle arm L, R leg lifted Circle arm R, L leg lifted	16 16	
4:13 Instr (C)	8x8	C ² Hover w. Circle Arm Line & Leg Lift (faster) Circle arm L, R leg lifted Circle arm R, L leg lifted	8 8	4x
4:43 _ There (V)	4x8	Transition to back w. plate on chest	32	
4:59 _ And I	16x8	B ² Repeat Leg Combo w. Crunch (faster) Last 2 reps, press plate O/H on Crunch	16	8x
5:58 Instr (C)	8x8	B ³ Repeat Leg & Crunch Combo (faster) press plate O/H on Crunch Hold last Crunch up and freeze	8	8x

WHY?

In Track 2 we intensify the integrated action of our core with Hover patterns and the Leg Combo with Crunch. Integrated core training gives us the type of trunk stability we need on a day-to-day basis.

➤ COACHING TIP

This track builds intensity fast in both sequences so look out at the needs of your class and coach the options needed. Remember – the Plate Crunch option might need a few weeks of practice before it's offered. Use the Key Coaching Focuses so the class achieves great alignment and intensity as you are the master of their destiny – Results! The song is sensational so let the music have a voice, allowing it to drive the workout as you will see Dan did on the DVD. Dan finished the track with a gem – *Train insane or simply remain the same.*

HOVER

CORE
ESSENTIALS

HOVER WITH CIRCLE ARM & LEG LIFT

Key Coaching Focus:

Keep shoulders and hips level to the floor

Setup

- On knees or toes for Hover
- Forearms press into floor
- **Back long and straight**
- R arm comes forward, to side and then slowly comes back in
- Brace the abs tightly
- **Keep shoulders and hips level to the floor as you move**

(Lift opposite leg)

- Lift leg, hip level, hold still
- **Brace the abs tightly to keep the hips square to floor**

Follow-up

- As you move, your upper body wants to rotate so press into the floor to keep the shoulders still
- Let's see how many reps you can do with perfect technique
- As you lift your leg – your hips may rotate. Brace the abs super tightly to keep your pelvis square

Option

- On knees. If you feel it more in your shoulders and you start to lift your hips, drop to your knees.



LEG COMBO / WITH CRUNCH / WITH PLATE

Key Coaching Focus:

Brace abs to keep lower back pressed towards the floor. Slide ribs to hips as you crunch

Setup

- Lie side-on
- Knees over hips
- **Brace the abs to keep the lower back towards the floor**
- Front leg out slowly to 45 degrees
- Back leg out
- Both knees come back over hips

(Add Crunch)

- As the knees come in crunch up
- Arms reach out long
- **Slide ribs to hips**

(Add plate)

- Plate on chest, knees over hips
- Back leg out, front leg out, crunch up as knees come in
- Press plate directly upwards

Follow-up

- As you are performing this exercise, tune into that constant contraction of the lower abs and the sensation of the Crunch loading your upper abs
- Let's see how high you can press the plate

Options

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



Track Focus: My participants will feel challenged in the Leg Extension work as I coach the precision needed for intensity and encourage a 'sprinter' finish for the Knee Drops.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	8x8 A	Hover on knees	64	
0:30 (Build up)	8x8 A ¹	Hover w. Knee Lift Front & Back	8	8x
1:00 (Keyboard)	4x8 A	Hold Hover	16	
		Roll onto back	16	
1:15	_ This is (V) 16½x8 B	Leg Extension w. Toe Tap		
		Extend legs	4	
		Tap front toes to floor	2	
		Legs together	2	
		Tap B toes to floor	2	
		Legs together	2	
		Return knees over hips	4	8x
		Extend legs out on last 4 cts		
2:16 (Synth)	20x8 B ¹	Leg Extension w. Toe Tap & Crunch		
		Tap front toes to floor	2	
		Legs together	2	
		Tap B toes to floor	2	
		Legs together	2	
		Repeat x3	16	
		Crunch w. feet on floor	4	
		Extend legs	4	5x
		After 2 reps, Crunch w. knees over hips		
3:36	Million (C) 12x8 A	Hover on toes	96	
4:21 (Synth)	12x8 A ²	Hover w. Knee Drop Front & Back	4	24x
5:05 (Instr)	4x8 A	Hover	32	

WHY?

Integrated lower and upper core work in the Hovers and Leg Extensions improves trunk stability and strength. Each of these exercises has a dynamic challenge for athletic core control.

➤ COACHING TIP

Watch the DVD to see how Corey expertly gave the class self-belief with great imagery cues and encouragement! *I think I can...* The Leg Extension work is fast and needs to be pre-cued well so the class achieves the timing of the Taps then we add the Crunch. Great ab conditioning. When you return to the Hover, Corey used a 'sprinting' analogy to get the buy-in of the class and they came with him... Often we are stronger than we think... Your class will love this track's precision.

HOVER

CORE
ESSENTIALS

HOVER WITH KNEE LIFT FRONT & BACK

Key Coaching Focus:

Brace abs to support lower back; keeping back long and straight

Setup

- Straighten one leg at a time
- Hips stay level
- Brace abs to support lower back, keeping back long and straight

Follow-up

- You will start to feel that build-up in the abs and shoulders

Option

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

LEG EXTENSION WITH TOE TAP / & CRUNCH

Key Coaching Focus:

Brace abs tightly to keep lower back pressed towards the floor. Slide ribs to hips on Crunch

Setup

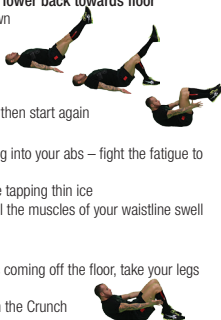
- Lie on your back
- Knees over hips
- Brace abs tightly
- Legs extend to 45 degrees, front foot tap then to floor, back foot
- Knees come back over hips
- Focus on pressing lower back towards floor
- Relax shoulders down
- 6 Taps on the floor
- Both feet down
- Curl up
- Slide ribs to hips
- Legs to 45 degrees then start again

Follow-up

- Feel the burn coming into your abs – fight the fatigue to get strong abs
- Tap softly like you're tapping thin ice
- Grab your waist, feel the muscles of your waistline swell – that's your brace

Options

- If your lower back is coming off the floor, take your legs higher
- Keep feet on floor in the Crunch



HOVER WITH KNEE DROP FRONT & BACK

Key Coaching Focus:

Brace abs to support lower back, keep back long and straight

Setup

- Up on your toes
- Long straight back
- Lower one knee down then the other
- Hold your core strong
- Brace abs to support lower back, keep back long and straight

Follow-up

- Create a pillar of strength from your core for your sprinting action
- Dig your elbows into the floor so strongly that you bring moisture out of the mat

Option

- Reverse Knee Lift if losing technique



3

STANDING STRENGTH 1

Up In The Air > 4:28 mins

Track Focus: My participants will feel strength and precision in the Lunge with Mac Raise as I coach clear targets to nail intensity and coach full ROM in the Squats to challenge the core.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	6x8		Set up for Lunge R w. plates Lunge Pulse R	32 8	2x
0:25	Air (C)	9x8	A Lunge R w. Mac Raise L (1/3)	8	9x
		1x8	Set up Squat Pulse w. Overhead Press	8	
1:02	A thousand	4x8	B Squat Pulse w. Overhead Press	8	4x
1:17	Oh oh	2x8	Set up for Lunge L	16	
1:24	Air (C)	10x8	A Lunge w. Mac Raise R (1/3) Pick up extra or heavier plate – Set up for Squat Pulse w. Overhead Press	8 8	9x
2:02	A thousand	8x8	B Squat Pulse w. Overhead Press	8	8x
2:32	Oh oh	2x8	Set up LES MILLS™ Tube under feet	16	
2:39	(Quiet)	12x8	C Squat Forward Raise	8	12x
3:26	More	4x8	D Squat Bicep Raise	8	4x
3:41	A thousand	8x8	D ¹ Squat Bicep Raise w. Leg Extension	8	8x
4:11	Oh oh	4x8	C ¹ Squat Forward Raise	16	2x

WHY?

Our core harnesses the power we produce with our arms and legs to deliver functional strength – improving propulsion and drive. The Lunge and Squat patterns in this track train that connection.

➤ COACHING TIP

NEW MOVES! Be clear setting legs first then the target zones of the arms in both the Lunge Pulse with Mac Raise and the Squat Pulse with Overhead Press. Using the single plates is tough and a great challenge for your class. Be sure to cue even setup of the handles for the Front Raise and Bicep Raise; this will help make sure your class achieves the intensity early on. Lastly, emphasize the importance of keeping the 90-degree angle of the arms in the Bicep Raise to ensure core activation. Show a side profile to help people understand this.

LUNGE WITH MAC RAISE

Key Coaching Focus:

Twist from center of chest. Keep pelvis square to the front

Setup

- Grab plates, one in each hand
 - Feet hip-width apart
 - Abs braced, chest up
 - Take a long step back
- (Pulse Lunge)*
- Down, halfway up, down and up
 - Mac Raise – one arm forward, other arm at 90 degrees, lifts to the side – both just below shoulder height
 - **Twist from center of chest, keeping pelvis square to the front**



Follow-up

- To feel your obliques, twist your chest and shoulders to the corner
- Harness the power of your legs and arms by connecting them with your core

Option

- Use the LES MILLS™ Tube instead of plates



SQUAT PULSE WITH OVERHEAD PRESS

Key Coaching Focus:

Brace abs. Sit hips back and down. Elbows slightly forward of face as you press

Setup

- Step your feet out wider than shoulders
- Toes turned outwards
- Plates to shoulders
- Squat Pulse – down, halfway, down, up
- **Brace abs**
- **Hips back and down**
- **Elbows slightly forward of face as you press**
- **Chest up**
- Butt above knee height



Follow-up

- Can you feel how hard you need to brace your abs now as you work the full range of your Squat

Options

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



SQUAT FORWARD RAISE / BICEP RAISE

Key Coaching Focus:

Sit the hips back and down, bracing abs and lifting chest

Setup

- Grab your LES MILLS™ Tube
- Both feet inside the LES MILLS™ Tube
- Make sure the hands are even
- Feet wider than hips

(Squat and Forward Raise)

- Arms lift forward to just below shoulder height, wrists strong
- **Hips sit back and down**
- **Butt above knee height**
- **Abs braced and chest lifted**



(Squat Bicep Raise)

- Turn your hands in
 - Bend arms to 90 degrees
 - **Hips sit back and down as you lift handles**
- (Squat Bicep Raise with Leg Extension)*
- Squat, stand, squat, release
 - **Abs braced and chest lifted**



Follow-up

(Squat Forward Raise)

- Feel the chest is open so you don't roll the shoulders forward as you press away
 - Wrists are strong and arms straight
 - Push knuckles to front
- (Squat Bicep Raise)*
- If you bring your hands close to shoulders you will lose the load on the core – take the hands away from the body to increase intensity

STANDING STRENGTH 1

Fat Bottomed Girls > 4:19 mins

Track Focus: My participants will build rotational power and chisel their waistlines in the Windmill; with language that connects them to their bodies and to the heart rate kicker in the Side Lunges.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	2x8	Set up LES MILLS™ Tube under L foot, R foot B, cross handles, L hand on hip	16		
0:10	Oh (C) 5x8	A R Windmill setup (2/2), R elbow bent	8	5x	
0:34	Just (V) 4x8	B R Full Windmill (3/1)	8	4x	
0:55	Singing 4x8	B ¹ R Full Windmill (1/3)	8	4x	
1:15	Oh (C) 5x8	C Triple Pulse L-Press L	8	5x	
1:41	2x8	Repeat LES MILLS™ Tube setup under R foot, L foot B, cross handles, R hand on hip	16		
1:51	Oh (C) 5x8	A Repeat L Windmill Setup (2/2), L elbow bent	8	5x	
2:16	Just (V) 4x8	B Repeat L Full Windmill (3/1)	8	4x	
2:36	Singing 4x8	B ¹ Repeat L Full Windmill (1/3)	8	4x	
2:55	Oh (C) 5x8	C Repeat Triple Pulse L-Press R	8	5x	
3:21	(Instr) 2½x8	Set up Side Lunge w. Plate Option w. LES MILLS™ Tube	18		
3:32	I got (V) 4x8	D Side Lunge w. Plate Shoulder Press L	4	8x	
3:52	Oh (C) 5x8	D Side Lunge w. Plate Shoulder Press R	4	10x	

WHY?

Conditioning in the frontal and transverse planes is often neglected in core training. This track focuses on exactly those dimensions, creating 3D core strength.

➤ COACHING TIP

Be super clear in your pre-track setup of the Windmill. Encouraging the class to lean forward, with nose over toes, is a major focus for torso position and effective loading for the obliques. Emphasis is on the back heel to create stability. Look out at your class and coach front knee alignment. Matt created great timing using drive cues: *1/3 tempo is a bit like life – slow down the lowering phase to enjoy the journey... We don't want to rush to the destination! and Explode to the top and savor the drop.* The transition to Side Lunge with Plate Shoulder Press is fast so keep cues short and sharp. Matt wanted the class to feel 'explosive, breathless and euphoric' and he created this through strong physical role-modeling of the movements. Holding the final Knee Lift created a playful ending too.

WINDMILL

Key Coaching Focus:

Twist from center of chest

Setup

- LES MILLS™ Tube under center of front foot
- Cross handles, other leg takes long lunge back, feet hip-width apart, back foot turned out and grounded
- Tip forward of hips, so nose is over toes
- One hand against knee, other hand on hip
- Back arm bends to a 90-degree angle during the movement
- **Abs braced**
- **Front knee stays aligned to mid foot**
- **Twist from the center as you Windmill**
- Eyes follow the movement
- Keep tension on the LES MILLS™ Tube at the bottom of the movement
- To increase intensity, straighten arm

Follow-up

- To increase intensity, squeeze shoulder blades into spine
- Power the arm up – control the down phase
- Keep the back leg strong for solid foundation
- Turn the chest further towards the side wall to increase oblique load

Option

- To reduce intensity, keep elbow at 90 degrees



TRIPLE PULSE L-PRESS

Key Coaching Focus:

Chest lifted, abs braced

Setup

- Long step back to Lunge – back heel lifted
- Set fist to shoulder
- L-Press – one arm over head, one arm straight out to the side
- **Chest lifted**
- **Abs braced**
- Upward arm slightly forward
- Side arm just below shoulder height

Follow-up

- Back leg drives up, side arm lifts outwards
- Keeping the little finger towards the front helps maintain wrist position



SIDE LUNGE WITH PLATE SHOULDER PRESS

Key Coaching Focus:

Keep elbows slightly forward of face, chest lifted, abs braced, hips square

Setup

- Use LES MILLS™ Tube or plate
- Feet together
- **Abs braced, chest lifted**
- Side Lunge, Knee Lift
- **Keep elbows slightly forward of face**
- **Brace abs to keep the hips square**

Follow-up

- The deeper you drop, the fitter you'll feel and the more you'll load the glutes!

Options

- Use LES MILLS™ Tube
- If you lose balance – tap the toes as you step in



4

STANDING STRENGTH 2

Bad Girls > 4:43 mins

Track Focus: My participants will feel successful when I coach clear body position and rhythm in the Leg Squat Combo, before I challenge them with more intensity.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00		2x8	A Set up LES MILLST TM Tube folded in half, L foot on tube, handles in R hand, L hand on hip	16	
0:10	Live (C)	4x8	B Single Leg Squat Combo L Squat (2/2) 2x Top Half Pulse	4 4	4x
0:32	Chains (V)	6x8	C Row Sequence L B leg on the floor Single Arm Row R w. L arm at 45° Option: To lift B leg off the floor after 8 reps	4	12x
1:04	(Synth)	6x8	B Single Leg Squat Combo L Option: w. L arm at 45°, B leg off floor	8	6x
1:36	Up	2x8	D Transition to both feet on LES MILLST TM Tube, handles crossed	16	
1:47	Up	2x8	E Rear Leg Extension R	2	8x
1:58	(Synth)	4x8	E ¹ Squat & Rear Leg Extension Combo R Top Half Wide Squat Pulse x2 Single Rear Leg Extension R	3 1	8x
2:21		2x8	A Set up LES MILLST TM Tube folded in half, R foot on tube, handles in L hand, R hand on hip	16	
2:32	Live (C)	4x8	B Repeat Single Leg Squat Combo R	8	4x
2:54	Chains (V)	6x8	C Repeat Row Sequence R	4	12x
3:26	(Synth)	6x8	B Repeat Single Leg Squat Combo R	8	6x
3:58	Up	2x8	D Repeat transition to both feet on LES MILLST TM Tube, handles crossed	16	
4:09	Up	2x8	E Repeat Rear Leg Extension L	2	8x
4:20	(Synth)	4x8	E ¹ Repeat Squat & Rear Leg Extension Combo L	4	8x

WHY?

This track trains our posterior slings that connect our gluteals through our core to the rear shoulder muscles. Training this muscular connection improves our posture and the ability to generate power.

> COACHING TIP

Notice how Dan sets the class up well with great body position of *nose over toes* and keeps reinforcing this position to maintain intensity. The combo comes in quickly, so help the class achieve the rhythm and timing early on with great verbal cues so they don't have to keep looking up at you. The Squat & Rear Leg Extension Combo will keep the burn on, and remember – it's not a big move, so go for control of movement and the class will be screaming for more glute work!

SINGLE LEG SQUAT COMBO / ROW

Key Coaching Focus:

**Tip forward from hips with nose over toes.
Brace abs to keep hips and shoulders square
and squeeze shoulder blades towards spine in
the Row**

Setup

- Double up your LES MILLS™ Tube and put it under your foot
- The length of tube from the foot to the handle is the resistance. The shorter it is, the more intense it is and vice versa

- Hold handles in L hand
- Take your leg back long
- **Tip from hip with nose over toes**

(Single Leg Squat Combo)

- Down down, up up, 2 Pulses
- Knee tracks in line with middle of foot
- **Brace abs and keep shoulders and hips square**

(Row)

- Row, pull into just above hip
- Elbow pulls into ribcage
- **Squeeze shoulder blade towards spine**
- Take arm out to 45 degrees
- Bring weight onto front foot, take back foot off floor

Follow-up

- Press out of the heel to engage the glutes
- Lean forward to keep the load in the glutes
- Reach out through your arm to work the muscular slings connecting the glutes to the lifted arm

Options

- No LES MILLS™ Tube
- To decrease intensity, with the handles further away from the outside of the foot
- To increase intensity, with the handles closer to the outside of the foot
- Touch back foot down for better stability

SQUAT & REAR LEG EXTENSION COMBO **CORE ESSENTIALS**

5

CORE STRENGTH 2

If I Lose Myself > 5:09 mins

Track Focus: My participants will feel the isolation in their obliques with the Leg Oblique Extensions as I give them cues that help them tune into what muscles are working and how they can increase intensity.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	6x8		Set up for Double Leg Oblique Extension	48	
0:21	I stared (V) 8x8	A	Double Leg Oblique Extension L (3/1)	8	8x
0:52	_ If I lose (C) 8x8	A ¹	Double Leg Oblique Extension w. Split L		
			Extend legs out	2	
			Split legs	2	
			Close	2	
			Knees to chest	2	7x
			Roll onto back	8	
1:22	(Instr) 12x8	B	Leg Drop to R side	16	5x
			Set up Side-Lying Crunch	16	
2:07	(Heavy beat) 8x8	C	Side-Lying Crunch L	4	16
2:37	(Quiet) 4x8		Set up for Double Leg Oblique Extension	32	
2:52	I stared (V) 8x8	A	Double Leg Oblique Extension R (3/1)	8	8x
3:22	_ If I lose (C) 8x8	A ¹	Double Leg Oblique Extension w. Split R	8	7x
			Roll onto back	8	
3:52	(Instr) 12x8	B	Leg Drop to L side	16	5x
			Set up Side-Lying Crunch	16	
4:36	(Heavy beat) 8x8	C	Side-Lying Crunch R	4	16x

WHY?

Training our obliques improves rotation and our ability to maintain our trunk position when carrying heavy objects on one side. These muscles are therefore key for injury prevention as well for shaping our waistline.

→ COACHING TIP

This track was team-taught on the DVD – you may like to try it this way too. Susan's focus was on clear Setup Cues, teaching precision of movement. Matt's focus was all about feel and intensity at the halfway mark. By resetting great posture and movement control and by reminding the class of options, he was able to focus on precision. In the Leg Drops, Matt delivered the message of *bent knees for tight hamstrings, keeping the knees over hips* as the priority. Lastly, in the Side-Lying Crunch, Matt was driving the class with cues like: *The more your torso lifts, the greater the crunch in your obliques and legs up challenges balance and loads your core!*

DOUBLE LEG OBLIQUE EXTENSION / WITH SPLIT

Key Coaching Focus:

Roll onto the meaty part of your butt. Lift chest and brace abs

Setup

- Elbow under your shoulder
- Fist forward
- Other arm back, fingertips lightly touch floor
- Roll onto the meaty part of your butt
- Abs braced
- Chest up
- Extend your legs 3, 2, 1
- Aim to extend legs just above floor
- Try and keep your body still

(With Split)

- Split legs out, in, in
- As you push the legs away long, stay lifted

Follow-up

- Pressure through elbow, forearm and fist will help to lift your chest for great posture
- The body remains totally still as the legs drive outwards
- To increase intensity, point your toes and really lengthen your legs

Option

- Drop the bottom foot to the floor for better stability



LEG DROP

Key Coaching Focus:

Lower legs as far as you can, while maintaining shoulders anchored to the floor

Setup

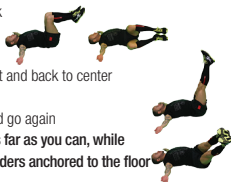
- Roll onto your back
- Arms wide
- Shins parallel
- Drop knees to front and back to center
- Repeat
- Straighten legs and go again
- Only lower legs as far as you can, while maintaining shoulders anchored to the floor

Follow-up

- Lower your legs straight to the side, keeping knees in line with hips
- For maximum load, lower your legs straight to the side
- Bend knees if your hamstrings are tight

Option

- Stay with legs bent



SIDE-LYING CRUNCH

Key Coaching Focus:

Slide top ribs towards hip

Setup

- Roll onto your side
- Bottom arm to 45 degrees
- Legs straight and off the floor
- Other arm over your head

(Side Crunch)

- Lift your whole body off the floor, sliding top ribs toward hip

Follow-up

- Lift your legs to fire up your inner and outer thighs
- Try getting your elbow past your knee
- Reach super long between each rep

Option

- If you lose balance, drop your bottom leg to the floor



Track Focus: My participants will feel the strength and control needed in the Plank Sequence as I coach at all levels to perform this movement well.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	4x8	Set up Plank	32	
0:21	_ Woah 8x8 A	L knee to outside L elbow	4	16x
1:02	_ Your last 2½x8	Set up Triple Pulse Oblique Crunch	20	
1:15	_ Go out (C) 8x8 B	Triple Pulse Oblique Crunch L	8	8x
1:50	Raise 1x8	Set up Single Leg Press	8	
1:55	_ Woah 4x8 C	Single Leg Press		
		Bottom leg out & in	4	
		Top leg out & in	4	4x
2:15	_ Hey, hey 4¼x8 C¹	Double Leg Press	4	9x
		Legs out & in		
		On last 2 cts hold legs out		
2:37	_ Woah 2x8	Set up Plank	16	
2:47	_ Woah 8x8 A	R knee to outside L elbow	4	16x
3:28	_ Your last 2½x8	Set up Triple Pulse Oblique Crunch	20	
3:40	_ Go out (C) 8x8 B	Repeat Triple Pulse Oblique Crunch R	8	8x
4:16	Raise 1x8	Repeat set up Single Leg Press	8	
4:20	_ Woah 4x8 C	Repeat Single Leg Press	8	4x
4:41	_ Hey, hey 4½x8 C¹	Repeat Double Leg Press	4	9x
5:04	_ Your last 2x8	Roll onto back	16	
5:14	_ Go out (C) 2x8 D	Cross Crawl L&R	8	2x
5:24	_ Brace 2x8 D¹	Cross Crawl L&R (faster)	4	4x

WHY?

Super-setting overloads muscles, which generates fatigue. Fatigue creates muscle change. This track will change your obliques by supersetting Planks, Oblique Crunches and Leg Presses.

> COACHING TIP

The Plank work is a slow burner for the core. It's intense so look out at YOUR class and see what their needs are and give options to cater to all levels... There's a quick transition between the Oblique Crunches and the Leg Press so get the class moving first and then make sure to give postural cues like *chest lifted*, once they are moving correctly.

PLANK

CORE
ESSENTIALS

CROSS CRAWL

CORE
ESSENTIALS

PLANK WITH KNEE TO OUTSIDE ELBOW

Key Coaching Focus:

Abs braced with back long and straight

Setup

- Bring R knee to R elbow
- Crunch the space between hip and arm
- **Brace abs with back long and straight**



Follow-up

- Press the floor away from you



Option

- To increase intensity, don't touch the foot down – Hold Plank on knees to reduce intensity

TRIPLE PULSE OBLIQUE CRUNCH

CORE
ESSENTIALS

SINGLE & DOUBLE LEG PRESS

Key Coaching Focus:

Roll onto meaty part of your butt. 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
- Press legs out and in



Follow-up

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

Option

- To decrease intensity, use the top leg only



6

CORE STRENGTH 3

Blurred Lines > 4:21 mins

Track Focus: My participants will understand the Arm Fly Sequence as I coach technique, along with benefits of this training, and how to add intensity.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	4½x8	Set up LES MILLS™ Tube under knees, handles crossed		36	
0:18	_ If you (V) 4x8	A Single Arm Fly L (2/2)		8	4x
0:34	_ OK now 4x8	A¹ Triple Pulse Single Arm Fly L		8	4x
0:50	Good girl (C) 8x8	A² Fly Sequence			
		Double Arm Fly (2/2)		8	
		Triple Pulse Double Arm Fly		8	4x
1:22	What do (V) 4x8	A Single Arm Fly R (2/2)		8	4x
1:38	_ OK now 4x8	A¹ Triple Pulse Single Arm Fly R		8	4x
1:54	Good girl (C) 8x8	A² Fly Sequence		16	4x
2:26	_ One (V) 4x8	Set up for Back Extension Arms wide, thumbs up		32	
2:41	_ Honey 4x8	B Back Extension (1/1)		4	8x
2:58	Shake 4x8	B¹ Triple Pulse Back Extension		8	4x
3:14	_ Baby 4x8	C Airplane L&R		16	2x
3:30	Good girl (C) 8x8	C¹ Airplane Sequence L&R			
		Airplane L		8	
		Triple Pulse Back Extension		8	
		Repeat on other side		16	2x
4:01	_ Everybody 4x8	Shoulder Stretch L&R		32	

WHY?

This track begins with isolation into the posterior shoulder muscles then integrates these with the gluteals and spinal erectors. This is posterior chain activation, great for extension and any movement requiring forward propulsion and drive.

> COACHING TIP

You can see how clearly Corey coached the Fly Sequence on the DVD, so the class knew what to do and then how to intensify their training. You may also wish to coach the first move, Single Arm Fly, starting with your right arm (class to your left) in every second class to allow your members to experience better ROM on both sides. This track has a real 'sting in the tail' at the end with the Airplane Sequence so be very clear about the option to have fingertips on the floor. It's a great song – have fun with it, like Corey did!

SINGLE ARM FLY / TRIPLE PULSE / FLY SEQUENCE

Key Coaching Focus:

Tip forward from hips with abs braced.

Keep hips and shoulders square to the floor and squeeze shoulder blades toward spine

Setup

- Add some tension to the LES MILLS™ Tube
- Place the LES MILLS™ Tube under your knees

- Knees outside hip-width

- Feet together

- Cross handles over

- **Brace abs and tip forward from hips**

- R arm only

- Out out, down down

- Stay down

- Arm stays slightly bent, palm down

(Triple Pulse)

- Stay down and triple pulse

- 3-quarters on the way down

- **Square shoulders and hips to floor so you get the load into your upper back**

(Fly Sequence)

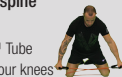
- Both arms

- Down down, stay down, triple pulse

- **Shoulder blades squeeze**

Follow-up

- Tip forwards, if you stay upright you will end up with shoulders like a shot-putter
- You need the abs braced as you are tipped forward to maintain load



BACK EXTENSION / TRIPLE PULSE

Key Coaching Focus:

Squeeze butt

Setup

- No LES MILLS™ Tube

- Lie down on your belly

- Feet together

- **Squeeze butt**

- Arms wide, thumbs up

- Lift chest and arms

- Lift up and down

- Triple Pulse

- Chin tucked in

Follow-up

- We are strengthening our butt and back

- Great postural work

Option

- If you are fatigued, put hands down



AIRPLANE / AIRPLANE SEQUENCE

Key Coaching Focus:

Squeeze shoulder blades together.

Twist from the center of the chest, keeping belly button on floor

Setup

- R arm twists then come back to center

- **Keep belly button on floor and twist from center of chest**

- **Squeeze shoulder blades together**

Follow-up

- The floor is hot; don't touch down – you can do it

- Grunting is allowed!

Option

- If you are fatigued, put hands down





Key Coaching Focus:

Setup

- Fingers under lower back
- Knees above hips
- **Draw belly in gently and brace abs to keep lower back pressed toward 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

- Chin tucked – eye gaze to knees
- Lift shoulders off floor
- **Slide ribs toward hips**
- Hands extended past thighs



Follow-up

- 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**



Follow-up

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

[illegible]

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

- To reduce intensity, drop to knees





Key Coaching Focus:

Setup

-

- Try not to lean to the side

- Wide Double Pulse Squat and Leg Extension

- Squat down and press back

- It's not how far you take the leg back, it's how controlled you are in the move; brace abs strongly
- Kick down to keep control
- Body drives straight up so you don't lean

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

Key Coaching Focus:

Bring side ribs to top hips

Setup

-

Follow-up

- Keep your chin tucked in and stay at the top
- The Pulses create the intensity in your obliques
- Open the chest to the ceiling for full range



PLANK

Key Coaching Focus:

- Abs braced with back long and straight

Setup

- Hands under shoulders
- On knees or toes



- Abs braced with back long and straight

Options

- Knees or toes







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