

LES MILLS CXWORX™



FEATURED ARTIST

DIPLO "SET IT OFF" (THEFATRAT REMIX)

LIVE IN STOCKHOLM

FEATURES

MUSIC & EXERCISE

CXWORX™ COACHING MODEL

THE SCIENCE OF RESISTANCE TUBING

RELEASE **14**

PRESENTERS FROM
NEW ZEALAND

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™ 14 CONTENTS

MUSIC & EXERCISE

CXWORX™ COACHING MODEL

THE SCIENCE OF RESISTANCE TUBING

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	We Own It © 2013 Les Mills Music Licensing Ltd. Written by: Thomaz, Khajadourian, Isaac, Schwartz, Epps	Calcium & Bliss	3:54
BONUS 1 WARMUP	Hey Love © 2013 Vested in Culture, a division of Epic Records/Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Karshøj, Hannibal, Smith, Tamposi	Quadron	3:22
2 CORE STRENGTH 1	I Choose U (Fedde Le Grand Remix) Courtesy of the Universal Music Group. Written by: Schuller, Tranter, Jones, Resnick, Shapiro	Timeflies	2:15
	I Choose U (Fedde Le Grand Remix) Courtesy of the Universal Music Group. Written by: Schuller, Tranter, Jones, Resnick, Shapiro	Timeflies	3:23
3 STANDING STRENGTH 1	Fight On © 2013 Les Mills Music Licensing Ltd. Written by: Green	Jean-Paul Parks	5:06
4 STANDING STRENGTH 2	Set It Off (TheFatRat Remix) © 2012 Mad Decent Protocol LLC. Written by: Peritz, Bechard, Johnson	Diplo feat. Lazerdisk Party Sex	4:44
BONUS 4 STANDING STRENGTH 2	Wild Courtesy of the Universal Music Group. Written by: Cornish, Kelly, Anderson, Coleman	Jessie J feat. Big Sean	3:42
5 CORE STRENGTH 2	Waiting All Night © 2013 Warner Music UK Limited. A Warner Music Group Company Produced Under License From East West Records UK Ltd. Written by: Amor, Aggett, Dryden, Harris, Newman	Rudimental feat. Ella Eyre	4:53
6 CORE STRENGTH 3	How Ya Doin'? © 2013 Simco Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: D. Lewis, Babalola, S. Lewis, Edwards, Nelson, Pinnock, Thirlwall, Carter, Skinner, Volpelleire-Pierrot, Thorp, Brookhouse, Drummond	Little Mix feat. Missy Elliott	3:31
BONUS 6 CORE STRENGTH 3	Fine China (Instrumental) © 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: Streeter, Brown, Youngblood, Deggedingsze, Bellinger	Chris Brown	1:28
	Fine China © 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: Streeter, Brown, Youngblood, Deggedingsze, Bellinger	Chris Brown	3:12



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
F&B	forward & back	1/3	2 counts down, 6 counts up
F	forward		
L	left		
O/H	over head		
R	right		
T&B	top & bottom		
w.	with		
ROM	range of motion		
Alt	Alternating		

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

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.

CXWORXTM CORE ESSENTIALS

These are base moves/exercises you will regularly find in a CXWORXTM 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.

CXWORX™ 14



From L-R: Kenneth Mose, Dan Cohen, Susan Trainor, Hanna Lennartsson, Elin Hellström

Over a thousand LES MILLS™ Tubes, a sea of ripped cores and beaming smiles: the perfect recipe for an absolute EPIC release. CXWORX™ 14 is in the bag.

Bringing you a fully-integrated core-sculpting release, live from Stockholm, Sweden.

With mixed training tempos in the Warmup, Speed Leg Drops in the Core Strength 1 track and multiple directional moves throughout, CXWORX™ 14 truly delivers on its promise of being the Number One core workout in group fitness.

We had such an awesome time creating this release. After working our way through more than 1,500 songs, we are incredibly happy with the balance of chart-topping sounds and dance music. Also, thanks to your feedback, we are really pleased to announce the successful launch of our AIM 1 module.

Please keep sending us your feedback once you have taught this release several times.

www.lesmills.com/blah

Thanks everybody

Dan *Suzlex*

CXWORX™ Presenters

Dan Cohen (New Zealand) co-Program Director for 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.

SPECIAL THANKS TO: Kenneth Mose, Hanna Lennartsson and Elin Hellström.

THE SCIENCE BEHIND MUSIC & EXERCISE

HAVE YOU EVER TRIED DOING A SQUATS TRACK WITHOUT THE MUSIC?
DO YOU THINK IT WOULD FEEL MORE DIFFICULT THAN NORMAL?
WOULD YOU ENJOY THE EXPERIENCE?

At Les Mills, we recognize the power of the music behind the workout. Music has the ability to make us feel great; it makes us want to move, drives us to jump higher, lift heavier, punch harder and dance with greater freedom. We know that music is integral to having a great workout experience. Let's take a closer look at the science behind combining music with movement...



Researchers have discovered that music:

- Increases work output
- Reduces the rating of perceived exertion (RPE) at low to moderate intensity
- Improves metabolic efficiency
- Improves mood
- Encourages rhythmic movement

REDUCES RPE

Firstly, it does appear that music decreases our rating of perceived exertion (RPE) during low to moderate intensity exercise. In the presence of motivating music, we are distracted from how hard we are actually working. This may be due to the fact that music causes an influx of stimuli to our brain – so it distracts us from the ‘discomfort’ of exercise. It’s kind of like when you bang your elbow, and respond by rubbing it. The rubbing blocks some of the pain sensation because your brain has to process both the rubbing as well as the pain.

ANAEROBIC THRESHOLD

However, this effect upon RPE diminishes when exercise reaches levels of higher intensity. When the body is faced with more challenging demands, music no longer provides enough of a distraction from physical discomfort. The good news is that, while music can’t change perceptions of fatigue, it can make people feel more positive about the sensations of fatigue, ie more likely to commit to completing the exercise or routine.

IMPROVES METABOLIC EFFICIENCY

The use of music can reduce the metabolic demands of exercise on the body by promoting greater metabolic efficiency. A study in 2012⁽¹⁾ demonstrated

that cyclists who pedaled in time to music required 7% less oxygen to accomplish the same work as those who cycled in silence. It would appear that music helps us to achieve a degree of efficiency in our movements that requires less energy.

HOW DOES MUSIC CREATE THESE STATES?

There are 4 important aspects - listed here from the most to least important:

1. Rhythm or beat of the music
2. Musicality – pitch and harmony
3. Cultural impact – significance of the music within your society
4. Associations with that piece of music – we’ve all experienced the effect of the theme of the theme tune to *Rocky* or *Chariots of Fire*

These 4 aspects feed into our motivational drive to affect our sensory arousal, our perception of how hard we are working, and, finally, our mood.

SO, WHAT NOW?

The uplifting effects of music on how we feel mean that it can positively influence participants’ commitment or ‘stick-ability’ to exercise and increase their gym attendance – so people stay fit and get fitter! Remember to encourage track requests from your class members and, of course, we love hearing your track suggestions for future releases. Let us know the songs that are currently rocking your world:

www.lesmills.com/global/community/suggest-a-song.aspx

What’s the bottom line? TURN IT UP!

(1) Bacon C, Myers T & Karageorghis C (2012). Effect of Movement – Music Synchrony on Exercise Oxygen Consumption. *Journal of Sports Medicine and Physical Fitness* 52(4).

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 each track's 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

We Own It > 3:54 mins

Track Focus: My participants will feel their core muscles engage as I coach, focusing on rhythm. They will need to understand which muscles are working so they are physically and mentally prepared for the workout ahead.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:05	2x8	Lie onto back. Set up hands under lower back	16	
0:16	_ Money's (V) 8x8	Double Leg Lift (2/2)	8	8x
1:01	One shot (C) 8x8	Alt Single Leg Lift R, L, R Note: Rhythm is quick, quick, slow	4	16x
1:23	_ And the 6x8	Crunch (2/2) Fingertips at temples, double arm reach F	8	6x
1:56	One shot (C) 4x8	A Cross Crawl R, L, R Note: Rhythm is quick, quick, slow Transition: Knees over hips on last 2 cts	4	8x
2:19	_ This the (V) 8x8	Alt Double Leg Extension to 45° Drop feet to floor on last 4 cts	8	8x
3:03	One shot (C) 4x8	A Cross Crawl R, L, R	4	8x
3:36	Ya 4x8	Bridge (2/2) Up & hold	8	4x

WHY?

One of the key focuses of core conditioning is precision. The exercises in the Warmup establish movement control and allow us to focus on how much and what type of brace we need to stabilize the spine in each move. Extending the levers 45 degrees towards the end of the track will help increase the intensity of the brace, establishing what will be needed for the rest of the workout.

➔ COACHING TIP

The class will be focused right from the start of this workout as you coach them to understand how you dial up and dial down the intensity of the brace depending on the demands of each exercise. This is a fantastic way to connect your class to their bodies and creates an objective to take into the other tracks.

We teach rhythm in the Cross Crawl, which we revisit in Track 5. Coach precise timing so the obliques are primed and ready. Intensity builds towards the end with the Leg Extensions, so you will need to dial up the brace cues!

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.

SINGLE / DOUBLE LEG LIFT

**CORE
ESSENTIALS**

CRUNCH

**CORE
ESSENTIALS**

ALTERNATING SINGLE LEG LIFT R, L, R

Key Coaching Focus:

Brace abs to press lower back towards the floor

Setup

- New tempo: Single Leg Lift
- Front, back, slow-switch
- Quick, quick, slow – really milk the slow timing
- Tap foot to floor, maintaining a 90-degree knee angle, knee above the hip on non-tapping leg
- **Brace abs to press lower back towards the floor**
- **Maintain pressure on fingers**

Follow-up

- Changing the rhythm creates a different connection to the core in an exciting way
- Quick, quick, slow – really milk the slow timing

CROSS CRAWL R, L, R

Key Coaching Focus:

Lift shoulder towards opposite knee

Setup

- Keep your fingertips at your temples
- Cross Crawl – quick, quick, slow
- Chin tucked in
- Keep elbows wide and off floor, rotate center of the chest
- **Lift shoulder towards opposite knee**

Follow-up

- Focus on more rotation so the rear shoulder comes closer to the knee
- Twist and lift shoulders higher to work the obliques

ALTERNATING DOUBLE LEG EXTENSION TO 45 DEGREES

Key Coaching Focus:

Brace abs to press lower back towards the floor

Setup

- Both feet up, knees over hips
- Extend your front leg out to 45 degrees; as you bring it in, switch legs, switch again
- Head and shoulders relaxed on the floor
- **Brace abs and maintain the position of the lower back towards the floor**

Follow-up

- What's going on with the brace? Because the legs are long they're heavier and you may need to brace harder
- Extend legs, keeping them on a 45-degree angle

BRIDGE

**CORE
ESSENTIALS**

Track Focus: My participants will be successful when I coach with precise body part and direction cues to make all transitions smooth, along with cues to let them know which muscles they are working.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Mmmm	2x8		Set up hands under lower back, knees over hips	16	
0:08	Hey love (C)	8x8	A	Leg Sequence Front Tap front toes to floor Tap B toes to floor Double Leg Lift	2 2 4	8x
0:41	Best is (V)	8x8	B	Double Leg Lift	8	8x
1:14	Hey love (C)	8x8	A ¹	Leg Sequence Back Add Crunch on Double Leg Lift	8	8x
1:46	Best is (V)	4x8	B ¹	Double Leg Lift w. Crunch & Arms Over Head	8	8x
2:19		4½x8		Bridge	36	
2:35	Best is	4x8	C	Single Leg Lift L&R	4	8x
2:54	Prove	4x8	C ¹	Cross Crawl L&R	4	8x
3:11	One	2x8	C ²	Cross Crawl L&R (slow)	8	2x

WHY?

Using short-levered arm and leg patterns provides the best opportunity to gradually engage the core stabilizers and prepare us for the workout ahead. Lifting the arms over head increases the demands on the lower abs as the lat tension will attempt to lift the lower back away from the floor.

➤ COACHING TIP

This track starts with a Leg Sequence to focus the class so they achieve the most out of the 30-minute workout! Precise leg positioning is key for the lower abs to fire, before integrating the upper abs by adding Crunches. Finally, we add arms over head to keep building the intensity. Cues need to be exact as changes are quick, so script what you will say to make your coaching effective.

LEG SEQUENCE / WITH CRUNCH

Key Coaching Focus:

Hands under lower back, brace abs to press lower back towards the floor
Slide the ribs to hips on the crunch

Setup

- Place the hands under the natural curve of the spine and brace abs so lower back is pressed towards the floor
- Bring both legs up over the hips, shins parallel to the floor so you have 90-degree angle
- Front leg tap, back leg tap, lift both legs back to start position
- Maintain the pressure on the lower back and the 90-degree angle of the legs

(Crunch on Double Leg Lift)

- Release fingers by your sides, back leg begins combo
- Back, front, crunch up
- Slide the ribs to the hips, shortening the space between them
- Chin tucked in

Follow-up

- Reach the fingers towards the heels to try to lift higher
- Imagine the floor is covered in egg shells, so touch toes lightly the ground

DOUBLE LEG LIFT WITH CRUNCH & ARMS OVER HEAD

Key Coaching Focus:

As legs lower, brace abs to keep lower back towards the floor
Slide the ribs to hips on the crunch

Setup

- Both legs down and up
- Arms go over head
- Brace abs to keep lower back towards the floor
- Slide the ribs to hips as you crunch

Follow-up

- When the arms go over head the back wants to arch – so you need to feel the brace to hold the pelvis and back position still

BRIDGE

CORE
ESSENTIALS

CROSS CRAWL

CORE
ESSENTIALS

SINGLE / DOUBLE LEG LIFT

CORE
ESSENTIALS

2

CORE STRENGTH 1

I Choose U > 5:38 mins

Track Focus: My participants will move fast in between the Hover and Leg Extension work to keep the transitions and intensity up for the entire track and I will coach options for the Speed Leg Drop for great execution.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00		4x8	A	Set up Hover on knees	32	
0:14		4x8		Hover on knees	32	
0:26	Late nights (V)	9x8	A ¹	Double Knee Lift	4	18x
1:00	Everybody (C)	2x8		Hold Hover	16	
1:07	Choose you	2x8		Roll onto back, extend legs to 45°	16	
1:15	Everybody	12x8	B	Knee Sequence		
				Bend front knee in	4	
				Extend front leg out to 45°	4	
				Bend B knee in	4	
				Extend B leg out to 45°	4	6x
1:59	(Drums)	12x8	B ¹	Speed Leg Drop L&R	16	6x
2:45	(Quiet)	4x8	A	Roll to Hover on knees	32	
3:00	Everybody (C)	8x8	A ¹	Double Knee Lift	4	16x
				Hold Hover	16	
3:30	You	2x8		Roll to back	16	
3:45	(Drums)	4x8	B ¹	Speed Leg Drop L&R	16	2x
4:00	(Drums + clap)	8x8	B ²	Speed Leg Drop w. Crunch L&R	16	4x
4:29		8x8		Double Leg Lower	16	3½x
				Roll to Hover on last 8 cts		
4:59		8x8	A	Hover	64	

WHY?

In this track the exercises focus on isometric core control with varying challenges during the leg patterns – isometric core activation in the Hover coupled with Knee Lifts; isometric core activation in the Speed Leg Drops as you throw the leg towards the floor. Learning to lock the core in place against these loads helps us stabilize the pelvis when we need it the most – during speed and power moves.

➤ COACHING TIP

The Speed Leg Drop is back, with extra challenge in executing this move from a 45-degree angle plus adding a Crunch = full core integration. The challenge is to drop and catch the leg, bracing abs tightly, working on speed and control. The Double Knee Lift with Hover helps teach your class how to do a perfect Hover. Look out at your class, give options and explain them as Susan did on the DVD, then encourage them to try the full Hover to keep them connected to the workout, staying right to the end of the track with you!

HOVER

CORE ESSENTIALS

DOUBLE KNEE LIFT (FROM HOVER ON KNEES)

Key Coaching Focus:

Hips kept still (as legs lower and lift)

Abs braced to keep the back long and straight

Setup

- Brace the abs hard
- Keep hips still
- If you're new to class, just lift one knee and then the other holding hips still
- Maintain ab brace to support lower back as you move
- Up and hold, breathe, feel length through your body

Follow-up

- Keep lower abs braced hard so hips don't move as you lift knees up and down
- Your lower abs are working twice as hard because you can't use your legs to hold yourself up
- This is teaching you how to do a perfect Hover
- Open the chest to prevent the back from rounding

Option

- To reduce intensity, on knees. Straighten one leg at a time

KNEE SEQUENCE

Key Coaching Focus:

Abs braced to keep lower back pressed towards the floor

Setup

- Roll over onto your back
- Brace hard as you extend your legs to 45 degrees
- Front knee comes in and out, back leg comes in and out

Follow-up

- You may need more brace to keep the lower back towards the floor as you keep your legs extended out
- If lower back is starting to lift, take your toes higher to the ceiling, decreasing load

Options

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

SPEED LEG DROP / WITH CRUNCH

Key Coaching Focus:

Brace abs to keep lower back pressed towards the floor

Slide the ribs to hips on the crunch

Setup

- Speed Leg Drop
- Drop the back leg down and up
- Drop the front leg down and up
- Throw your leg to the floor and catch it with the brace
- Go as low as you can, providing the lower back stays towards the floor

(With Crunch)

- Let's add a Crunch, slide ribs to hips
- Reach fingers past the knees

Follow-up

- Focus on speed and then slowly take legs up for control
- For a challenge, start the Speed Leg Drop from 45-degree angle, and back to 45-degree angle, working abs twice as hard

Options

- To increase intensity, start Speed Leg Drop from 45-degree angle
- To decrease intensity, start Speed Leg Drop with legs straight up

DOUBLE LEG LOWER

Key Coaching Focus:

Brace abs to keep lower back pressed towards the floor (as legs lower)

Setup

- Both legs up, head down
- Both legs down super slowly
- Brace abs to keep lower back pressed towards the floor

Follow-up

- Go as super-slowly as you can

Options

- To increase intensity, lower legs closer to the floor
- To decrease intensity, lower legs to a 45-degree angle

3

STANDING STRENGTH 1

Fight On > 5:06 mins

Track Focus: My participants will know Target Zones and range of motion for each move in this dynamic track to ensure intensity hits early and then I will challenge them to FIGHT ON!

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Woah	5x8	A Set up L-Press . Step L foot into middle of LES MILLS™ Tube, R arm fist at shoulder height, L arm at side. Lunge position	40	
0:18	_ We've (V)	4x8	A ¹ L-Press L (2/2)	8	4x
0:31	_ They	2x8	A ² L-Press L (1/3)	8	2x
0:39	We will (C)	6x8	A ³ L-Press L (1/1)	4	12x
1:00	_ I see (V)	2x8	B Set up for Power Skater. Hold outside LES MILLS Tube™ handles	16	
1:07	_ They	2x8	B ¹ Power Skater R (2/2) No Twist	8	2x
1:14	_ We	4x8	B ² Power Skater R (2/2) Add Twist	8	4x
1:28	We will (C)	6x8	B ³ Power Skater R (1/1)	4	12x
1:50	You	1½x8	C Set up for Drop Squat w. Press Options: Use plate or LES MILLS™ Tube	12	
1:55	Woah	4x8	C ¹ Drop Squat w. Press (2/2)	8	4x
2:09	We will (C)	4x8	C ² Drop Squat w. Press (1/3)	8	4x
2:24	Woah	2½x8	C ³ Drop Squat w. Press (1/1)	4	5x
2:31	_ Woah	5x8	A Set up L-Press . Step R foot into middle of LES MILLS™ Tube, L arm fist at shoulder height, R arm at side. Lunge position	40	
2:48	_ We've	4x8	A ¹ L-Press R (2/2)	8	4x
3:02	_ They	2x8	A ² L-Press R (1/3)	8	2x
3:10	We will (C)	6x8	A ³ L-Press R (1/1)	4	12x
3:31	_ I see	2x8	B Set up for Power Skater. Hold outside LES MILLS™ Tube handles	16	
3:38	_ They	2x8	B ¹ Power Skater L (2/2) No Twist	8	2x
3:45	_ We	4x8	B ² Power Skater L (2/2) Add Twist	8	4x
4:00	We will (C)	6x8	B ³ Power Skater L (1/1)	4	12x
4:21	You	1½x8	C Set up for Drop Squat w. Press Options: Use plate or LES MILLS™ Tube	12	
4:26	Woah	4x8	C ¹ Drop Squat w. Press (2/2)	8	4x
4:40	We will (C)	4x8	C ² Drop Squat w. Press (1/3)	8	4x
4:54	Woah	2½x8	C ³ Drop Squat w. Press (1/1)	4	5x

WHY?

The dynamic exercises in this track challenge us to integrate our upper and lower body strength. When we train this way we use core activation to help us shift the transmission of load between the two areas. This is functional strength training – training the core the way we use it from day-to-day – a hallmark of CXWORX™.

→ COACHING TIP

This Track 3 is dynamic. For your participants to be successful, be precise with Target Zones and ROM so they will feel intensity early in each exercise. Option all movements so everyone can achieve effective quality of movement, and make sure you are strong and powerful in your role-modeling of the exercises. This means practising your technique before you teach this track. This is where your biggest connection with the class can happen and to get the class to FIGHT ON, you need to lead from the front. Enjoy!

L-PRESS

Key Coaching Focus:

Brace abs to keep hips square to the front
Chest lifted

Setup

- Long step back to Lunge – back heel lifted
- Set fist to shoulder, LES MILLS™ Tube on inside
- L-Press – one arm over head, one arm straight out to the side
- **Chest lifted**
- **Abs braced to keep hips and shoulders square to front**
- Upward arm slightly forward
- Side arm just below shoulder height



Follow-up

- Build explosive power on the Singles
- Use the big leg muscles to assist the upper body

Options

- To decrease intensity, maintain stacked position
- If you are strong, full Press or muscle it up

DROP SQUAT WITH PRESS (PLATE OR LES MILLS™ TUBE)

Key Coaching Focus:

Hips back and down on the Squat
Chest lifted
Abs braced to support lower back

Setup

- Quick transition, tube or plate
- Squat Press over head and stand up
- **Hips sit back and down on the Squat**
- **Abs braced at the bottom of the Squat**
- **Chest lifted**
- **Elbows in front of face as the plate moves over head**

Follow-up

- Quick slow, drop and catch
- Stretch the tube in front of face as you squat down
- This creates mobility for the shoulders and strength of the upper back

Options

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



POWER SKATER

CORE
ESSENTIALS

4

STANDING STRENGTH 2

Set It Off > 4:44 mins

Track Focus: My participants will follow this track easily as my cues will be short and sharp, helping them to master correct positions in the Single Leg work, and I will provide coaching so they have great connection to their bodies and to the music in the Rear Leg Extension work.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 4x8	Set up both feet inside LES MILLS™ Tube, handles crossed, hands to hips	32	
0:18 (Instr) 4x8	A Side Tap L	4	8x
0:35 _ I wanna (C) 4½x8	A¹ Back Tap L	4	8½x
0:55 8x8	A² Leg Extension Pulse L	2	32x
1:31 4x8	B Wide Back, Back, Forward, Forward L	4	8x
1:49 _ I wanna (C) 4x8	A Side Tap R	4	8x
2:06 _ I wanna (C) 4½x8	A¹ Back Tap R	4	8½x
2:26 (Heavy beat) 8x8	A² Leg Extension Pulse R	2	32x
3:02 4x8	B Wide Back, Back, Forward, Forward R	4	8x
3:20 _ I wanna (C) 4x8	Squat	4	8x
3:37 (Heavy beat) 4x8	A² Leg Extension Pulse L Reset other side on last 4 cts	2	14x
3:55 4x8	A² Leg Extension Pulse R Reset feet under hips on last 4 cts	2	14x
4:13 _ I wanna (C) 6½x8	A³ Back Tap L&R	8	6½x

WHY?

Gluteal strength and control is a great injury predictor. The weaker the glutes are, the more likely you are to injure your lower legs. This track isolates and trains the mechanism that keeps our legs injury free with precision and intensity.

➔ COACHING TIP

This track will be a memorable one as we SET fire to the glutes and hips to deliver great functional strength benefits. Keep setups simple, as the music will provide a great motivation to drive your class. This is a fantastic track for connection so encourage response from your members as the intensity builds in the track, watch the DVD and hear the participants' reactions! Challenge the class to add the extra load to the core in the Rear Leg Extensions with extended arms and, bingo, you have SET IT OFF!

SIDE TAP / BACK TAP

Key Coaching Focus:

Tip forward from the hip so nose is forward of toes (to engage hip muscles)

Brace abs to keep hips and shoulders square

Setup

- Step inside the LES MILLS™ Tube with both feet
- Cross the handles and bring them to your hips
- Transfer weight across to one foot
- Tap your other foot to the side, out and in
- **Tip forward from the hip so nose is forward of toes**
- **Brace abs to keep hips and shoulders square to the front**
- Hinge from the hip to **keep chest lifted**
- Start to take your leading leg around to the back



Follow-up

- You're switching your glutes on and off as you move
- This move is about knee tracking – your glutes help to control knee alignment and they need to be strong
- Imagine your body is in a corridor where you don't want to hit the sides – so stand up tall and go forward

Options

- No LES MILLS™ Tube
- To reduce intensity, lower handles

LEG EXTENSION PULSE

Key Coaching Focus:

Tip forward from the hip so nose is forward of toes (to engage hip muscles)

Brace abs to keep hips and shoulders square

Setup

- Hold your leading leg out the back and lift it off the floor
- Bend your standing leg as much as you can
- Straighten leg, pushing out on the diagonal
- **Hinge from hip to keep nose forward of toes**
- **Keep the abs braced so keep hips and shoulders square to the front**
- **Keep chest lifted**
(Extend arms)
- For more intensity, take hands off hips and extend arms out straight
- Squeeze shoulder blades together and keep **chest lifted**



Follow-up

- Think about the back leg – keep it straight, flex foot and keep hinging to increase intensity in the glutes
- If you have your hands off hips, you should feel your abs working harder and your front and back body will be working stronger

Option

- Touch back foot down to floor for more stability

WIDE BACK, BACK, FORWARD, FORWARD

Key Coaching Focus:

Brace abs to keep hips square to the front and body upright

Setup

- Out out, in in
- **Body upright**
- **Strong ab brace to keep hips and shoulders square to the front**
- Keep your feet wide then narrow

STANDING STRENGTH 2

Wild > 3:42 mins

Track Focus: My participants will experience strength and control in the standing work as I focus on correct technique giving benefits of each exercise to educate and motivate.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	_ Jessie	2x8	Set up both feet inside LES MILLS™ Tube, handles crossed and hands to hips	16	
0:07	If I go (V)	4x8	A Circle Leg Extension L w. Toe Tap	8	4x
0:22	_ Ooh it	4x8	A ¹ Circle Leg Extension L – no Toe Tap	8	4x
0:37	_ If (C)	4x8	B Triple Pulse Side Leg Lift L w. Toe Tap	8	4x
0:52	_ If	4x8	B ¹ Triple Pulse Side Leg Lift L – no Toe Tap	8	4x
1:06	When it (V)	4x8	A Circle Leg Extension R w. Toe Tap	8	4x
1:21	_ Ooh it	4x8	A ¹ Circle Leg Extension R – no Toe Tap	8	4x
1:36	_ If (C)	4x8	B Triple Pulse Side Leg Lift R w. Toe Tap	8	4x
1:51	_ If	4x8	B ¹ Triple Pulse Side Leg Lift R – no Toe Tap	8	4x
2:06	_ Wild	2x8	Bottom Half Squat Pulse	2	8x
2:13	Today (V)	10x8	C Alt Rear Leg Extension w. Squat L&R (2/2)	16	5x
2:50	_ If (C)	12x8	C ¹ Alt Triple Pulse Rear Leg Extension L&R	16	6x

WHY?

As Dan says on the DVD, our hip control often worsens as we age or if we repeat faulty postures. This track uses loaded hip abduction and Squat patterns to re engage and strengthen these key stabilizers to prevent these problems. Keeping these muscles in tune is one of the best ways to prevent lower limb injuries.

➤ COACHING TIP

The pressure is on and it stays on for the entire track as the focus is on slow, controlled movements. It's a great time here to set up the class with awesome technique about what and how to execute the movement, then do as Dan did – add the wonderful benefits that come with this single-leg training. This means they will train harder and we know there is always fun to be had in the hip tracks!

CIRCLE LEG EXTENSION

Key Coaching Focus:

Brace abs to keep hips square to the front
Avoid leaning to the side

Setup

- Step inside the LES MILLS™ Tube with both feet
- Cross the handles and bring them to your hips
- Shoulders back, soft knees
- Transfer weight across to one foot
- Draw a half circle with your other foot and tap down
- **Keep your hips and shoulders square to the front by bracing abs**
- **Avoid leaning to the side**
- **Chest lifted**
- Slightly bend standing leg

Follow-up

- You don't have to tap down, you may lose balance; this is part of the challenge and you are building core strength the entire time

Options

- To decrease intensity, lower the handles
- To increase intensity, lift the handles
- No LES MILLS™ Tube

TRIPLE PULSE SIDE LEG LIFT

Key Coaching Focus:

Avoid leaning to the side

Setup

- New Move: Triple Pulse Side Leg Lift
- 3, 2, 1, tap down
- Left knee stays bent to keep glutes loaded
- **Keep shoulders and hips square to the front, avoid leaning, chest lifted**
- Bend standing leg

Follow-up

- Great stabilizing move to strengthen the hips
- Can you do it without touching to the floor?

Options

- To decrease intensity, lower the handles
- To increase intensity, lift the handles
- No LES MILLS™ Tube

BOTTOM HALF SQUAT PULSE

Key Coaching Focus:

Hips back and down to just above knee height

Setup

- Feet wide then Squat
- **Butt goes back with chest lifted**
- Knees out
- **Abs braced**

Follow-up

- Full range to engage the glutes

ALTERNATING REAR LEG EXTENSION WITH SQUAT (TRIPLE)

CORE
ESSENTIALS

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CORE STRENGTH 2

Waiting All Night > 4:53 mins

Track Focus: My participants will experience success in the Cross Crawls as I will set up good technique then coach rhythm and timing, focusing on the slow movement to wring out their waistlines.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	_ I've been	5x8	A	Set up Leg Extension on back, knees above hips Leg Extension Front & Back	32 8	
0:28	_ I've been	4x8	A ¹	Leg Extension Front & Back w. Twist	8	4x
0:50	Need me (C)	6x8	A ²	Cross Crawl Sequence Cross Crawl Front, Back, Front Cross Crawl Back, Front, Back Note: Rhythm is quick, quick, slow	4 4	6x
1:22	_ I've been	4x8	B	Side Hover	32	
1:44	_ I've been	4x8	B ¹	Side Hover w. Tap	2	16x
2:06	Need me (C)	4x8	B ²	Side Hover w. Side Crunch Roll onto back on last 4 cts	2	14x
2:28	_ Yeah	4x8	A ²	Cross Crawl Sequence	8	4x
2:51	Ooooooh	4x8		Change to other side	32	
3:12	Ooooooh	4x8	B	Side Hover	32	
3:34	Ooooooh	4x8	B ¹	Side Hover w. Tap	2	16x
3:56	Need me (C)	4x8	B ²	Side Hover w. Side Crunch Roll onto back on last 4 cts	2	14x
4:18	Yeah yeah	6x8	A ²	Cross Crawl Sequence	8	6x

WHY?

Combining isolation in the Cross Crawls and integration in the Side Hovers allows us to work the obliques functionally and to deliver intensity. Isolation gives us strength through time under tension – integration gives us power, how and where we need it.

➔ COACHING TIP

This track is all about the Cross Crawl Sequence with a quick, quick, slow timing to really work the obliques, which links to the moves in the Warmup. Make sure you give the option of using shorter levers so everyone feels success and can go the distance, because what we do on one side we do on the other. Precision and stability are the keys with the Side Hover. It's a great time to connect as you challenge and motivate your class with this great song.

LEG EXTENSION FRONT & BACK / WITH TWIST / CROSS CRAWL SEQUENCE

Key Coaching Focus:

Abs braced to keep lower back pressed towards the floor

Lift shoulder up and across to opposite knee

Setup

- Knees over hips, hands by your sides
- **Brace the abs**
- Extend your back leg to 45 degrees, then in
- Front leg out and in
- Fingertips to temples
(With Twist)
- **Brace your abs to keep the lower back pressed down towards the floor**
- Keep elbows wide
- Option to tap the toe down
(Cross Crawl Sequence)
- Triple – Quick, quick, slow
- **Lift shoulder up and across to opposite knee**

Follow-up

- Lifting the shoulder up and across the mid-line works the obliques
- So power, speed and control – all in one exercise

Option

- To decrease intensity, maintain legs at 90-degree angle and tap foot to floor

SIDE HOVER WITH TAP / WITH SIDE CRUNCH

Key Coaching Focus:

Keep hips square to the front (on Side Hover with Tap)

Keep bottom hip lifted

Setup

- Lie on one side
- Elbow under shoulder
- Top leg straight, bottom leg bent
- Lift the hip to a Side Hover
(With Tap)
- Lift top leg to parallel
- Down, up, down, up
- **Brace the abs**
- **Keep hips square to the front**
- Toe taps down to the floor lightly
- **Keep bottom hip lifted**
(With Side Crunch)
- Bring your arm over your head
- Side Crunch, elbow to knee

Follow-up

- Your goal is to keep the body still while the arms and legs challenge the core
- Reach as long as you can
- Bring your knee in as close as you can to feel the obliques work harder

SIDE HOVER

CORE
ESSENTIALS

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CORE STRENGTH 3

How Ya Doin'? > 3:31 mins

Track Focus: My participants will work on increasing isolated strength in their mid and upper backs for the Seated Row & Fly work and integrated strength in their posterior chains through great extension work.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Phone rings)	4x8	Set up Seated Row with LES MILLS™ Tube under feet	32	
0:24	_ Ain't got (V)	6x8	A Row & Fly Combo Seated Row Reverse Fly	4 4	6x
0:53	Hey (C)	6x8	B Triple Pulse Wide Row	8	6x
1:22	_ All (V)	6x8	A Repeat Row & Fly Combo	8	6x
1:50	Hey (C)	4x8	B Triple Pulse Wide Row	8	4x
2:09		2x8	Set up for Star Pose Lie onto front, feet together, hands under shoulders	16	
2:19	(Rap)	6x8	C Star Pose (Upper Body) , feet on floor Both arms reach F Both arms to side Both arms F Hands under shoulders	2 2 2 2	6x
2:47	Hey (C)	4x8	C ¹ Star Pose (Upper & Lower Body) Both arms reach F. Feet off floor Both arms to side. Feet out to side Both arms F. Feet B to center Hands under shoulders. Feet down	2 2 2 2	4x
3:06	Never	4x8	D Pulse Back Extension w. Arms Out To Side	2	16x

WHY?

The thoracic spine – between the shoulder blades – is often the weakest link in our posterior chain. The isolated work in the Rows focuses on this part of the chain by strengthening the trapezius and rhomboids. Then we integrate the rest of these muscles with the extensions. Remember, the posterior chain gives us athletic drive and protects our spine during power movements.

➤ COACHING TIP

An amazing posterior chain focus to finish the workout. The Row & Fly Combo can be done with a single or double tube to suit your class participants' levels. Dan used simple cues about what to do and then how to intensify and challenge – all with a smile. Encourage the class and then ask them to do a little more. The 'sting' will happen also in the Star Pose Sequence at the end – eyes are down, so be clear and give the option of fingertips to floor so everyone makes it strongly through to the finish line.

ROW & FLY COMBO

Key Coaching Focus:

Chest lifted, abs braced to support lower back
Shoulder blades squeeze together

Setup

- Single or double your LES MILLS™ tube
- Place the tube under the middle of your feet, holding the handles or the tube
- Bend knees – heels on floor
- Lean back with chest lifted and abs braced
- Row in and resist on the way back
- Shoulder blades squeeze together as you resist, avoiding rounding upper back



Follow-up

- Less challenge: bend knees more
- More challenge: straighten legs

Options

- Single tubing for less resistance
- Double tubing for more resistance

TRIPLE PULSE WIDE ROW

Key Coaching Focus:

Squeeze shoulder blades together
Chest lifted, abs braced

Setup

- Palms up
- Triple Wide Row 3, 2, 1
- Chest stays lifted with abs braced
- Squeeze shoulder blades together

Follow-up

- Lift your chest at the same time you pull and Row
- As you release, fully extend your arms

STAR POSE (UPPER & LOWER BODY)

Key Coaching Focus:

Squeeze butt

Setup

- Squeeze butt
- Lift chest
- Bring your feet together
- Arm-lines – forward, side, forward, release
- Chin in, eyes down
- Squeeze shoulder blades as you open
- Phase one of Star Pose
- Thumbs facing upward
(Upper and Lower Body)
- Full Star Pose – add the legs
- Everything up, open, close, release

PULSE BACK EXTENSION WITH ARMS OUT TO SIDE

Key Coaching Focus:

Squeeze butt

Setup

- Leave your arms open wide and pulse just the upper body
- Keep your butt squeezed
- Lift chest
- If it's too much for the upper body, keep fingers down

Follow-up

- Lift higher to engage the posterior chain even more

Option

- To reduce intensity, keep hands down



Track Focus: My participants will learn how to stabilize their trunks whilst increasing demand on their cores through great plate and body-weight training.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Instr)	4x8	Set up Horse Stance , plate in L hand, R leg extended B	32	
0:18	(Keyboard)	8x8	A L-Row Sequence L Lift L elbow to side Extend L arm to side Return to Row Return to start position Note: R leg stays extended throughout	2 2 2 2	8x
0:55	(Downbeat)	3x8	A ¹ L-Row Pulse L Set up for Pushups on last 4 cts	2	10x
1:09		4x8	B 3-Point Pushup Reset Horse Stance , plate in R hand, L leg extended B on last 4 cts	4	7x
1:27	Baby (V)	8x8	A L-Row Sequence R Lift R elbow to side Extend R arm to side Return to Row Return to start position Note: L leg stays extended throughout	2 2 2 2	8x
2:04	_ He's so	3x8	A ¹ L-Row Pulse R Set up for Pushups on last 4 cts	2	10x
2:18	It's alright (C)	4x8	B 3-Point Pushup	4	8x
2:36	Baby	4x8	B ¹ Triple Pulse Pushup , feet down	8	4x
2:55	_ He's so	3x8	Childs Pose Come to standing, holding plates	4 20	
3:09	It's alright (C)	8x8	A ² Standing L-Row Sequence Row, lift elbows side Extend arms side Lower arms down	2 2 4	8x
3:46	Give me a (V)	4x8	A ³ Standing L-Row Pulse	2	16x
4:04	It's alright (C)	4x8	A ² Standing L-Row Sequence	8	4x
4:23	(Instr)	3x8	Stretch	24	

WHY?

Scapular control is a vital ingredient of shoulder stability. In this track we load the scapula retractors to help strengthen and protect the shoulders. We integrate this with core control in the standing patterns and unstable Pushups.

> COACHING TIP

Don't let the super-cool song fool you – this is a very challenging track! We use single plates to increase demand in the L-Row Sequence, both kneeling and standing, and body weight in the 3-Point Pushup. Options for everyone is essential, along with precise Setup Cues so the transitions are seamless. Focus is time under tension, so keep the class engaged with their bodies by telling them where they should be feeling it and what the benefits are and they'll be wanting more! Remember to tell them to get 2x plates of the same weight at the start of the workout.

L-ROW SEQUENCE

Key Coaching Focus:

Brace abs to support lower back

Keep hips and shoulders level to the floor

Squeeze shoulder blades towards spine

Setup

- Plates in front of you
- Take one plate in the right hand
- Knees under hips
- Hands shoulder-width apart
- Left leg back
- Toes on ground or lift up to parallel to the floor
- Prepare with the right arm – L-Row
- Up, open, in, halfway down
- **Brace the abs to keep the hips and shoulders square to the floor**
- **Back long**
- Lift the elbow and extend the lower arm, keeping upper arm still

(Row Pulse)

- **Squeeze shoulder blades towards spine**

Follow-up

- You can lift the elbow as high as you like but you need to unfold the arm at that height
- While working our upper back, we're also working the core stabilizers around the spine to hold us still
- As we take the load away from the body, the intensity increases



STANDING L-ROW SEQUENCE

Key Coaching Focus:

Brace abs to support lower back

Squeeze shoulder blades together (as elbows pull back)

Setup

- Pick up your plates, one in each hand
- Standing works the upper back
- Feet under hips
- Knees bent
- Plates at knees
- **Hinge from hips**
- **Chest lifted**
- Lift arms into L-Row
- Up, out, down slowly
- **Take weight back into heels and feel a strong ab brace to support your lower back**

(L-Row Pulse)

- **Squeeze shoulder blades together**

Follow-up

- Focus on time under tension so make the moves slow
- Shoulder blades kiss together, working postural muscles that help us stand tall



3-POINT / TRIPLE PULSE PUSHUP

Key Coaching Focus:

Ab brace to keep hips and shoulders square to the floor

Setup

- Plate comes down
- Hands out wide
- Pushup, down and up
- Back leg stays lifted
- **Abs braced to keep the back long and hips and shoulders square to the floor**
- Elbows bent to 90 degrees

(Triple Pulse Pushup)

- Both feet down to floor
- Triple Pulse 3, 2, 1 and up
- Options on the knees, bring hips higher or on your toes

Follow-up

- To build more stability, one leg off floor makes your core work twice as hard

Options

- Keep both knees down to decrease intensity in the 3-Point Pushup
- Bring knees closer to hands to decrease intensity in the Triple Pulse Pushup



CXWORX[™] CORE ESSENTIALS

SINGLE / DOUBLE LEG LIFT

Key Coaching Focus:

Brace abs to press lower back towards the floor

Setup

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

Follow-up

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



CRUNCH

Key Coaching Focus:

Slide ribs to hips

Setup

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



Follow-up

- Lift your shoulder blades further off the floor

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 towards opposite knee

Setup

- Fingertips to temples
- Chin tucked in
- Keep elbows wide and off the floor
- Lift shoulder towards 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 to prevent the back from rounding

Option

- To reduce intensity, drop to knees





Key Coaching Focus:

Twist from the center of your chest

- Place LES MILLSTM Tube under center of left foot
- Join handles together
- Hold the outside and keep to chest
- Step wide into Side Lunge
- Step in and toe tap, bend knees
- **Add rotation from the center of the chest**
- **Hips square to the front of the room**
- Hinge slightly forward from the hips, chest lifted



- Great training for the oblique's for all rotational sport and exercise
- Notice how you keep one leg straight, sink into your knee bend and twist at the peak
- I encourage you to step longer, sink wider for more intensity

- Single tube to reduce intensity

Key Coaching Focus:

Setup

- Feet wide and squat
- **Abs braced – butt goes back and down with chest lifted**
- **Butt just above knee line**
- Knees out in line with toes



- Full range – get your butt down just above the knees for maximum gluteal activation

[illegible]



ALTERNATING REAR LEG EXTENSION / WITH SQUAT

Key Coaching Focus:

Try not to lean to the side, brace abs to keep hips square to front of room

Setup

- Step into the LES MILLS™ Tube
- Feet under hips
- Cross handles
- Shift weight
- Right leg goes back
- **Brace the abs tightly to keep hips square to the front of the room**
- **Try not to lean to the side**



(With Squat)

- Rear Leg Extension with Slow Squat
- Squat down and press leg back on standing

Follow-up

- It's not about 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
- (Alternating Triple Pulse Rear Leg Extension)
- You can toe-tap down, but if you want the challenge try with the Tap down
- Add a little bit of explosion!

Options

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

SIDE HOVER

Key Coaching Focus:

Keep bottom hip lifted

Setup

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



Follow-up

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

Option

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



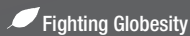






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