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 **Fighting Globesity**

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LES MILLS CXWORX™



FEATURES

- Your Voice
- CXWORX™ Layer 2 Coaching - Coaching Towards Mastery
- The Science of Resistance Tubing

RELEASE

15

PRESENTERS FROM
NEW ZEALAND, MEXICO

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 15,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

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

**BLAH BE LOUD
BE HEARD**

Tell us what you think of this release.
Visit lesmills.com/BLAH

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2	CORE STRENGTH 1	Spectrum (Deniz Koyu Remix) Courtesy of the Universal Music Group. Written by: Zaslavski, Bair	Zedd feat. Matthew Koma 4:17
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BONUS 2	CORE STRENGTH 1	Not Too Late (Maor Levi Remix) © 2013 Ultra Records LLC. License courtesy of Ultra Records LLC. Written by: Swoon	Amba Shepherd, Tom Swoon 3:41
	CORE STRENGTH 1	Not Too Late (Maor Levi Remix) © 2013 Ultra Records LLC. License courtesy of Ultra Records LLC. Written by: Swoon	Amba Shepherd, Tom Swoon 2:36
3	STANDING STRENGTH 1	A Light That Never Comes © 2013 Les Mills Music Licensing Ltd. Written by: Aoki, Bennington, Boudon, Delson, Farrell, Hahn, Shinoda	Lifting Chain 5:11
BONUS 3	STANDING STRENGTH 1	The Phoenix Courtesy of the Universal Music Group. Written by: Wentz, Stumph, Trohman, Hurley	Fall Out Boy 1:29
	STANDING STRENGTH 1	The Phoenix Courtesy of the Universal Music Group. Written by: Wentz, Stumph, Trohman, Hurley	Fall Out Boy 3:56
4	STANDING STRENGTH 2	Acapella © 2013 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Heidemann, Noonan, Johnson, Hollander	Karmin 2:59
	STANDING STRENGTH 2	Acapella © 2013 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Heidemann, Noonan, Johnson, Hollander	Karmin 0:27
5	CORE STRENGTH 2	Hello Courtesy of the Universal Music Group. Written by: James, Sommerdahl, Carter, Phillips, Stafford	Stafford Brothers feat. Lil Wayne, Christina Milian 4:41
BONUS 5	CORE STRENGTH 2	Get Loose (Tiësto Remix) © 2013 Spinninrecords.com, under exclusive license to Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: W. Janssen, S. Janssen, Terpestra, Oskam	Showtek & Noisecontrollers 4:44
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THE ESSENCE

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





KEY

(Intro) introduction	1/1	2 counts down, 2 counts up
B up build up	2/2	4 counts down, 4 counts up
(C) chorus	3/1	6 counts down, 2 counts up
(V) verse	4/4	8 counts down, 8 counts up
(Instr) instrumental	1/3	2 counts down, 6 counts up
B back		
F&B forward & back		
F forward		
L left		
O/H over head		
R right		
T&B top & bottom		
w. with		
ROM range of motion		
Alt alternating		
HOH hands on hips		

CREDITS

Choreography – Dan Cohen & Susan Trainor

Technical Consultants – Bryce Hastings & Corey Baird

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Program Coach – Kylie Gates

Program Planner – Sarah Shortt

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™ 15



From L-R: Emma Vandenberg, Dr David McKenzie, Dan Cohen, Corey Baird, Susan Trainor, Santiago Parra, Jo Archibald

Take a move, set it up, build on it, extend it, shorten it, work it, perfect it, feel it, improve on it, challenge it, then nail it!

Yep, that about sums up the newest release from Dan and Susan.

It focuses on fewer transitions, enabling both instructors and participants to perfect each exercise, not only with a deeper level of 'feel' but a deeper element of 'how'.

Modifications and options are a key coaching focus in Release 15, with exciting and challenging moves such as the Bicep Mac Raise, the Spider Plank and the resisted Bridge. CXWORX™ 15 has the ingredients of pure creativeness as well as feel-good torture!

A blend of Rock, Progressive House, Top 10, R'n'B, and dance music keeps the audience engaged, upbeat and focused.

We had a great time creating this workout and felt truly connected to the CXWORX™ Coaching Model. Take your time as you read through the choreography booklet and enjoy the incredible information provided to help you to be the very best coach possible - a 2014 coach with purpose.

Dan & Susan

Dan *Susan*

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.

Corey Baird (New Zealand) is a Technical Consultant for CXWORX™, BODYBALANCE™ /BODYFLOW® and BODYPUMP™ and also a personal trainer and Pilates teacher, based at Les Mills Auckland.

Dr David McKenzie (New Zealand) is an Auckland-based medical practitioner and International Presenter and Trainer for CXWORX™, BODYBALANCE™/BODYFLOW® and BODYVIVE™. He is also a BODYVIVE™ Technical Consultant.

Santiago Parra (Mexico) is an Instructor and Trainer for CXWORX™, BODYCOMBAT™ and BODYPUMP™, based in Mexico City.

Special thanks to Emma Vandenberg and Jo Archibald.

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YOUR VOICE

HAVE YOU EVER EXPERIENCED ISSUES WITH YOUR VOICE?

It's an occupational hazard that we instructors will experience vocal issues at some point in our careers. This is because we are professional voice users. We talk over loud music. Our posture when teaching is not always conducive to easily projecting our voice, like in Hovers or Squats, and our upper bodies are often loaded with tension, which affects the voice box (larynx). Then shouting, back-to-back classes, physical tiredness, dehydration and teaching when sick are all recipes for vocal damage. And how many of us reach for caffeine before class to give us that extra 'zing'?

ALL OF THE ISSUES ABOVE CAN CAUSE VOCAL SYMPTOMS SUCH AS:

- **Vocal Fatigue**
Where your voice is hard to find or breaks or fades out.
- **Changes in Vocal Quality**
It becomes rough, gravelly, breathy or hissy.
- **Reduced Vocal Range**
You can only speak at a lower pitch.
- **Reduced Vocal Power**
It requires more effort to speak or produce your loud voice.

Ongoing vocal misuse can lead to cysts and nodules in your throat which may require surgery to repair. The good news is there's heaps of things you can do to take care of your voice to ensure you deliver awesome vocal quality every time you teach.



RECIPE FOR TAKING CARE OF YOUR VOICE:

Do vocal warmups

	TIME	EXERCISE	REPS
1	0:30 each	Roll your shoulders up, back and down to release upper body each tension. Neck stretches - flex, extend, rotate and side-flex your neck.	1
2	1:00	Blow your lips together like a horse does. Add gentle voicing "brrrrr".	10
3	1:00	Tongue trill with gentle voicing "rrrrrr". Follow with "la la la la", feeling your voice bounce off the roof of your mouth.	10
4	1:00	Hum gently as if agreeing, "mmm", feeling the voice vibrations in the front of your face and the tingle in your lips. Say 5 "m" words with an exaggerated "mmm" at the beginning, eg. "mmmain, mmmore, mmmoon, mmmine, mmmoan".	10
5	1:00	Say "ng", like at the end of "sing", then glide smoothly and effortlessly into the vowel sounds: ng - ah ng - ay ng - ee ng - oh ng - oo ng - aw	10

Don't Shout!

Project your voice. Visualize your voice as a physical force which is hitting the back wall. You don't need to force anything, you just need to send it forward.

Don't teach when you are sick.

Stay hydrated.

By drinking plenty of water and steaming your throat in the shower.

Don't have too much caffeine, and don't smoke!

Rest your voice.

Our voices need time to recover. Look for activities geared towards relaxation and rest, and allow for vocal downtime. Make sure you get enough sleep to give your larynx time to heal.

THANKS TO:

Michelle Dean

Training Manager, LMAP

Patricia Baldock

Speech Pathologist, BSpThy, MSPA

Anna Rumbach

Speech Pathologist, BSc, MSPPathSt, GCHEd, PhD, MSPA CPSP

CXWORX™ LAYER 2 COACHING COACHING TOWARDS MASTERY

In this session we are focusing on Layer 2 Coaching in CXWORX™. This is the follow-up phase and we need to enhance it so participants can improve their movement awareness, execution and control.

The CXWORX™ coaching model has been structured in 3 layers:

Layer 1 –SETUP / COMPULSORIES

Sets up the basics of the movement

Layer 2 –FOLLOW-UP / INTENSITY

Moves people to intensify and perfect the movement

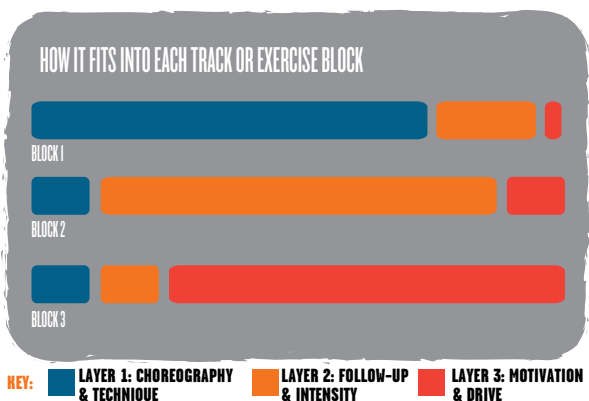
Layer 3 –MOTIVATION / DRIVE

Motivates participants to drive to their maximum edge

Layer 2 occurs once we have observed and acquired the basics of a movement, so we can become more skilled at it and learn how to intensify the workout. This is where we go from an almost 'out of body' experience to an 'in body' experience, where we are consciously aware of 'what and how' we are feeling. In this state we can think about perfecting the movement and maintaining it under fatigue to improve our strength, fitness and control. It's where we really FIND AND FEEL the workout.

4 TIPS TO SUCCESSFULLY COACH LAYER 2

- 1 Look at your choreography and plan where you will teach each layer for every movement. You should focus on Layer 1 Setup coaching at the start of the move; as the track progresses Layer 2 intensifiers will become dominant; and towards the end of the track the Layer 3 motivation helps us all to TURN IT UP.



- 2 Check out the DVD for tips from the presenters - once they have set people up, what do they say to take them to the next level, and when?
- 3 'Be in' your own body and experience what and how you feel as you do the move yourself with the music, and then turn this into coaching.

STEP 1

With the music on, set yourself up into position

STEP 2

Execute the move. What do you feel as you do this?

Examples:

My hips want to sag.

My shoulders are starting to fatigue.

I can feel my lower abs working hard.

My body is starting to twist.

STEP 3

Transform these into participant focused Coaching Cues

Examples:

Brace your abs tighter, lift your thighs and squeeze your buttocks a little to keep your hips level.

Push your forearms down stronger to keep your shoulders square.

Feel your lower abs getting stronger.

If your body is twisting, take your knees to the floor, brace your abs harder to stabilize then try and lift your knees back up again.

- 4 Watch your members closely. What can you see? What do they need to hear to perfect this move? Give them what THEY need to achieve success.

Remember, when we get our Layer 2 coaching correct - the information you give allows your class to make the right adjustments so they can maintain great form as they fatigue. It's the pushing a little harder in this phase and the next that brings the results they are seeking.

Please watch the DVD Education session for more detail. The new CXWORX™ AIM1 helps you to work with this process and is guaranteed to take your teaching to the next level. Book in NOW!

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 freeweight 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 rolemodel 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

TRACK FOCUS

My participants will switch on their minds to the workout and feel their lower and upper abdominals activated early on in the combinations.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:05	Lately (C)	5x8	Set up fingers under lower back, lying side-on, feet on floor	40	
0:27	(Piano riff)	4x8	A Alt Leg Lift R&L	4	8x
0:43	Lights (V)	10x8	B Leg Combo R R leg lift & hold L leg lift & hold Extend both legs out to 45° Draw both legs in to knees over hips Drop R leg Drop L leg	2 2 4 4 2 2	5x
1:22	Lately (C)	10x8	C Crunch Combo Crunch up Extend arms F Fingertips B to temple Shoulders B to floor	2 2 2 2	10x
2:02	The love (V)	8x8	B Repeat Leg Combo L	16	4x
2:33	Lately (C)	8x8	C Repeat Crunch Combo	8	8x
3:04	Stars	1x8	Set up for Bridge	8	
3:09	Take that	5½x8	Bridge (4/4) Lower down. Set up Cross Crawl	16 4	2½x
3:31	Feel alive	8x8	A¹ Cross Crawl R&L	4	16x
4:03	Stars	4x8	C¹ Triple Pulse Crunch	8	4x

Counting Stars > 4:20 mins

1

WHY

Priming the core muscles using short levered movements will establish the neuromuscular connections we need for a successful workout.

COACHING

Awesome song to start off the class with a bang! Being super clear with your cues will enable you to quickly connect the class to their core through the combinations. You must pre-cue the start position for each change in exercise so that your participants achieve good alignment. Educate your class how to increase their range in the second set of combinations, as Dan does on the DVD. Encourage touching of calf muscles in the Crunches and leg activation in the Leg Combo. Set the scene in the Warmup: "good range of movement will bring more intensity to the workout".

LEG COMBO

KEY COACHING FOCUS:

Brace abs to keep lower back towards the floor

SETUP

- Lift front leg, knee over hip
- Now back leg, shins parallel to floor
- Extend legs to 45 degrees
- Draw them in
- Knees over hips
- Lower one leg at a time
- Brace abs to keep lower back towards the floor

FOLLOW-UP

- Try bringing your feet together and activate the quads by pointing your toes



CRUNCH COMBO

KEY COACHING FOCUS:

Slide ribs to hips

SETUP

- Fingertips to temples
- Lift and crunch up
- Extend arms out
- Chin tucked in
- Fingers back to temples
- Lower down
- Eye gaze between knees at top of movement
- Slide ribs to hips

FOLLOW-UP

- Gently let your head touch down in between every rep
- Try and touch your calf muscles as you lift up

CORE ESSENTIALS

ALTERNATING LEG LIFT

BRIDGE

CROSS CRAWL

TRIPLE PULSE CRUNCH

2 CORE STRENGTH 1

TRACK FOCUS

My participants will understand all levels in the Hover Combo and be challenged in the Extended C-Crunch.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	Set up Hover on knees	32	
0:15	_ Breathing (V)	4x8	Transition to toes – Hover	32	
0:30	We'll run (C)	8x8	A ¹ Hover Combo L (Walk) L foot out to side, hold R foot out to side, hold L foot back to center, hold R foot back to center, hold	8 8 8 8	2x
1:00	We'll run	4x8	A ² Hover Combo L (Jog) L foot out to side R foot out to side L foot back to center R foot back to center	2 2 2 2	4x
1:15	(Heavy beat)	12x8	A ³ Hover Combo L (Sprint) L foot out to side R foot out to side L foot back to center R foot back to center, hold	1 1 1 5	12x
2:00	(Quieter)	2x8	A Hold Hover	16	
2:07	(Instr)	2x8	Transition to back, set up for C-Crunch	16	
2:15	Open (V)	4x8	B C-Crunch (2/2) Option: With plate at forehead	8	4x
2:30	We'll run (C)	16x8	B ¹ Extended C-Crunch (2/2) Extend arms O/H and legs long	8	16x
3:30	(Heavy beat)	12x8	Leg Extension R, L, R, hold, L, R, L, hold Note: Rhythm is quick, quick, quick, hold. Repeat other leg, arms by sides	16	6x
4:15	(Quieter)	5x8	Transition: Back to Hover – knees or toes	40	
4:32	_ Breathing (V)	4x8	A Hold Hover	32	
4:47	We'll run (C)	8x8	A ¹ Repeat Hover Combo R (Walk)	32	2x
5:17	We'll run	4x8	A ² Repeat Hover Combo R (Jog)	8	4x
5:31	(Heavy beat)	12x8	A ³ Repeat Hover Combo R (Sprint)	8	12x
6:16	(Quieter)	4x8	A Hold Hover	32	

Spectrum > 6:34 mins

2

WHY

Suspending the trunk between the elbows and toes or knees (Hover) starts to increase the demands on the core muscles. Supersetting these with C-Crunches will build muscle pressure and fatigue, resulting in improved core strength.

COACHING

This is a challenging track with great choreography to match the music perfectly. Watch the DVD to see how Dan caters to all levels in class. Look, see and respond so everyone knows what to do in the Hover Combo. Remember, the plate in the Extended C-Crunch is an option – you may wish to delay introducing this higher-intensity option until a few weeks after launch.

HOVER COMBO

KEY COACHING FOCUS:

Abs braced to support mid-section and stabilize hips (as legs walk out and in)

SETUP

- Back long and straight – abs braced
- R leg out hold, L leg out hold
- R leg in hold, L leg in hold
- On knees, extend one knee, extend the other knee, then drop one knee then the other
- Faster, out, out, in, in
- Feet under hips
- Now sprint – out, out, in, freeze
- Keep abs braced to support your lower back and stabilize hips



FOLLOW-UP

- To prevent bouncing, brace abs tighter and tighten quads to prevent hips from sagging
- Squeeze your elbows towards your knees to intensify Hover (in hold)



OPTION

- To decrease intensity, Hover with slow walking Knee Drops

EXTENDED C-CRUNCH

KEY COACHING FOCUS:

Brace the abs to keep lower back pressed down towards the floor as arms and legs extend. Slide ribs to hips in Crunch phase

SETUP

- Roll over onto your back
- Option with a plate
- Place it on your forehead
- C-Crunch
- Crunch up, knees stop over hips
- Transition to full extension
- Slide ribs to hips
- Crunch up, arms and legs extend out, C-Crunch in and repeat
- Brace abs hard to keep lower back pressed down towards the floor
- Gently rest your head and shoulders on the floor as you extend arms



FOLLOW-UP

- We are not here for a sprint: this is a marathon of core training
- Feel the intensity now

OPTION

- C-Crunch to decrease intensity

LEG EXTENSION

KEY COACHING FOCUS:

Brace abs to keep lower back pressed towards the floor

SETUP

- Drop the plate
- Triple Leg Extension – out, out, hold
- As you extend legs go back to the abdominal brace to press lower back towards the floor
- Too much load – take legs higher to sky or toe tap the floor



FOLLOW-UP

- Some of you want the challenge – take your legs lower and bring the opposite foot in to the knee

OPTIONS

- Decrease intensity by taking legs higher
- Decrease intensity by toe tapping, short lever

CORE ESSENTIALS

HOVER

C-CRUNCH

2 BONUS CORE STRENGTH 1

TRACK FOCUS

My participants will experience speed and control in the Leg Drops and understand how much strength and power is required to execute the new Spider Plank.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	8x8	A Hover on knees	64	
0:30	(B up)	10x8	A ¹ Hover on toes	80	
1:07	(Quieter)	4x8	Roll onto back, legs vertical, and set up for Leg Extension Sequence, side-on	32	
1:22	You (C)	18x8	B Leg Extension Sequence Front Leg Speed Leg Drop, front leg Extend B leg Lift both legs to vertical	4 4 8	9x
2:30		2x8	Set up Hover (on knees) for Spider Plank Sequence	16	
2:37	(Heavy beat)	16x8	A ² Spider Plank Sequence L Extend L arm then R arm on diagonal to Plank Hold Return L arm then R arm to Hover Hold Full Hover and Plank after 4 reps Hold Hover	2 6 2 6 8	8x
3:37	(Quiet)	1x8	A ¹	8	
3:41	(Instr)	4x8	Roll onto back and set up for Leg Extension Sequence, side-on	32	
3:56	You (C)	18x8	B Leg Extension Sequence Back Leg	16	9x
5:03		2x8	Set up Hover (on knees) for Spider Plank Sequence	16	
5:11	(Heavy beat)	16x8	A ² Spider Plank Sequence R	16	8x
6:11		1x8	A ¹ Hold Hover	8	

Not Too Late > 6:17 mins

2

WHY

True, athletic core strength requires us to be able to react quickly to sudden changes in position. These exercises train our core with speed – providing the path to athletic core power.

COACHING

Make sure you train for the new Spider Plank so you can role-model this exercise well and inspire your hardcore participants to get up on their toes; encourage everyone in the class to get off their knees for at least one repetition. Look, see and respond to the needs of your class with options and levels. Speed Leg Drops are about speed and control; follow Corey's example on the DVD and help participants understand how to increase intensity, always focusing on technique first to get them stronger. How will you sell the benefits of this track to your class?

LEG EXTENSION SEQUENCE

KEY COACHING FOCUS:

Brace abs to keep lower back towards floor

SETUP

- Roll over onto your back
- Speed Leg Drops
- Hands under lower back like we did for the Warmup
- Knees over hips
- Extend legs to the ceiling
- Bend knees if hamstrings are tight
- Drop the front leg to 45 degrees, back leg bent
- Extend back leg
- Slowly lift legs back to start position
- Brace abs to keep lower back pressure on fingers



FOLLOW-UP

- Think of your leg speed like gears in a car – we are in 1st gear
- Let's take it to 3rd gear; see if you can go faster and deeper without your back lifting – if it lifts then reduce speed
- Now hit your top gear, as fast as you can
- Time under tension for our muscles is what overloads them and makes them stronger

OPTIONS

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

SPIDER PLANK SEQUENCE

KEY COACHING FOCUS:

Back is long and straight – abs braced to support the mid-section

SETUP

- Roll over onto front
- Spider Plank
- Everyone start on knees
- Come into Hover with feet outside hips
- Back is long and straight
- Check out my arms – out, out, hold
- In, in, hold
- Arms forward of body at 45 degrees
- Brace abs to keep shoulders and hips parallel to the floor



FOLLOW-UP

- Option to intensify on your toes, even if you give one rep a go
- If you feel your back is sagging, drop back to your knees
- As we are extending the lever we load our core more so brace abs harder to support lower back
- You are Spider-Man climbing up the wall; think of your hands like suction cups
- Push your hands and feet into the floor as hard as you can to create ground reaction force – that will help you to stabilize more

OPTIONS

- Decrease intensity on knees
- Increase intensity on toes

CORE
ESSENTIALS

HOVER

3 STANDING STRENGTH 1

TRACH FOCUS

My participants will understand the importance of hip stability for dynamic strength in the Power Skier and control and precision in the Lunge with Bicep Mac Raise Sequence.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8 Set up LES MILLS™ Tube under R foot, HOH	32	
0:16	_ When it (V)	2x8 A Lunge L&R, HOH	4	4x
0:24	_ Cos I know	4x8 A ¹ Lunge w. Twist L&R, HOH	4	8x
0:40	Nights go (C)	12x8 A ² Power Skier Sequence L 8x Lunge w. Twist L&R. Hands down 8x Lunge L&R. Hands lifted 8x Power Skier L	32 32 32	
1:28	(Instr)	4x8 Set up LES MILLS™ Tube under L foot, HOH	32	
1:45	_ When it (V)	2x8 A Lunge R&L, HOH	4	4x
1:53	_ Cos I know	4x8 A ¹ Lunge w. Twist R&L, HOH	4	8x
2:10	Nights go (C)	12x8 A ² Power Skier Sequence R	96	
2:58	I was young (V)	4x8 Set up Lunge w. Plates R. Arms at 90°	32	
3:14	Nights go (C)	2x8 B 1/3 Lunge R. Arms at 90°	8	2x
3:22	I chase the	10x8 B ¹ Lunge w. Bicep Mac Raise Sequence L Lunge with Bicep Raise Extend arms to Mac Raise Return to Bicep Raise Return to start position	2 2 2 2	10x
4:03	(Instr)	2x8 Set up Lunge w. Plates L. Arms at 90°	16	
4:11	Oooh	4x8 B 1/3 Lunge L. Arms at 90°	8	4x
4:27	Nights go (C)	10x8 B ¹ Lunge w. Bicep Mac Raise Sequence R	8	10x

A Light That Never Comes > 5:11 mins

3

WHY

The Power Skier and Lunge with Bicep Mac Raise Sequences train athletic core strength. Athletes use their core to transmit force from their legs to their arms. These exercises will improve that ability by strengthening our muscular slings.

COACHING

Santiago focused his coaching for the Power Skier Sequence on 2 areas: clear target zones moving from corner to corner, and the importance of maintaining great core activation to stabilize hips and pelvis throughout this movement. For the Lunge with Bicep Mac Raise Sequence you should be clear about target zones and placement of leading arm. Reinforce strength in the core and legs to achieve stability when executing this sequence. Offer choices for weight selection and option no plates if people are fatigued or new to the class.

Practise in front of the mirror to ensure you can role-model great technique under load!

LUNGE WITH TWIST / POWER SKIER SEQUENCE

KEY COACHING FOCUS:
Brace abs to keep hips square to the front
Twist from the center of your chest

SETUP

(Wide Lunge)

- Place tube under the middle of the L foot
- Step feet wide, hands on hips
- Lift chest
- Shift hips R&L
- Push your hips back slightly
- Brace abs to keep hips square to the front**
- Twist from the center of your chest as you turn your shoulders**



(Power Skier)

- Add arms, hands shoulder-width apart
- Lengthen arms to hip level and rotate
- Step out, step in
- Handles stay at the same level

FOLLOW-UP

- To prevent the hips from rotating, stop outside handle at the outside of your knee
- Imagine you are wrestling with someone – you grab him by the shoulders and then you throw him to the corner; that's how you use your core to transfer power
- Aim for control at the start of the move and explosive power at the end

OPTIONS

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



LUNGE WITH BICEP MAC RAISE SEQUENCE

KEY COACHING FOCUS:
Brace abs to keep hips square to the front
Twist from the center of chest (Mac Raise)
Hands stop just below shoulders

SETUP

- Pick up two small plates
- Take a long step back with R leg**
- Abs braced with hips square to the front**
- Arms at 90 degrees
- Lunge with a drop and hold
- Front thigh parallel**
- Bicep, Mac Raise, Bicep, stand up
- Hands stop just below shoulders**
- Back arm at 90 degrees
- Drive the rotation from the center of your chest**
- Brace your abs and keep your hips still**



FOLLOW-UP

- To engage your obliques, rotate chest and shoulders to the corner
- Brace abs to maintain a strong foundation in your legs and maximum output in your arms
- Legs, core and arms working together through your muscular slings to make you a better athlete

3 BONUS STANDING STRENGTH 1

TRACK FOCUS

I want my class to experience power in their obliques by using great Setup Cues for the Kneeling Woodchop, and mobility and heart rate drive in the Squats to finish.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8 Set up Kneeling Woodchop. LES MILLS™ Tube under L foot	32	
0:16 Brick tied (V)	4x8 A Kneeling Woodchop L (2/2)	8	4x
0:29 Come on _	4x8 A ¹ Kneeling Woodchop L (1/3)	8	4x
0:44 Take the	4½x8 A ² Kneeling Woodchop L (4/4) Hold	16 4	2x
0:59 Blood (C)	8½x8 A ³ Kneeling Woodchop L (1/1) Last one out and hold	4 4	16x
1:29 (Instr)	4x8 Set up Kneeling Woodchop R	32	
1:43 Brick tied (V)	4x8 A Kneeling Woodchop R (2/2)	8	4x
1:56 Come on _	4x8 A ¹ Kneeling Woodchop R (1/3)	8	4x
2:10 Take the	4½x8 A ² Kneeling Woodchop R (4/4) Hold	16 4	2x
2:26 Blood (C)	9x8 A ³ Kneeling Woodchop R (1/1) Last one out and hold	4 8	16x
2:58 Boys (V)	4x8 Transition: Standing with LES MILLS™ Tube folded in half in front of chest. Set up Squat	32	
3:11 Take the	4x8 B Squat (2/2) Hold tube at chest height with tension	8	4x
3:25	½x8 Transition: Overhead Squat w. LES MILLS™ Tube O/H	4	
3:27 Blood (C)	8x8 B ¹ Overhead Squat w. LES MILLS™ Tube (1/1)	4	16x
3:55 (Instr)	4x8 Transition: Put LES MILLS™ Tube down, pick up plate	32	
4:09 _ The war	9x8 C Squat (2/2) Plate at chest	8	9x
4:40 Blood (C)	12x8 C ¹ Squat Press w. Plate (1/1)	4	24x

5:25 mins

3

WHY

The anchor point for the Kneeling Woodchop provides us with a near-horizontal orientation of the LES MILLS™ tube, allowing us to isolate the obliques. This track focuses on transmitting force and power from our legs through our core to our upper body.

COACHING

This track has strong messages to convey and the key is to order them in a logical sequence – lower body strength and stability; upper body stability and strength; then use the chest turn (the key Coaching Cue) to create strength and control through the obliques and the posterior slings. Practise this move until you understand where the intensity lies – this will enable you to bring it to life!

Clear Setup Cues will ensure great Squats – this will enable everyone to elevate their heart rate at the end of the track. Communicate the benefits and then deliver powerful technique cues as Santiago did so well!

KNEELING WOODCHOP

KEY COACHING FOCUS:
Twist from the center of your chest
Abs braced to keep hips square

SETUP

- Place the tube under R foot
- Grounded knee under hip, foot in line with hip
- Handles together, hold the fabric, arms straight
- Lean to the side to align spine
- Keep chest up
- Hips square to the front
- Abs braced
- Pull tube to the side, rotating the chest – target just under shoulder height
- Handles finish in line with the middle of the chest



FOLLOW-UP

- We need a strong solid lower body so foot presses down to activate the whole leg, abs brace hard to anchor the pelvis
- Turn chest more and feel the power in your waistline
- Now, try this with your upper body: clamp your armpits to anchor your shoulder girdle down into your back and isolate your obliques
- Feel the athletic power through your obliques and the control through the back of your body. It feels as if you're wringing your abs out like a wet towel

OPTIONS

- To reduce knee stress – Standing Woodchop – weight shifts from side to side
- Reduce resistance in Kneeling/Standing Woodchop by dropping inside tube handle

OVERHEAD SQUAT WITH LES MILLS™ TUBE

KEY COACHING FOCUS:
Hips sit back and down to just above the knee line. Keep chest lifted and abs braced to support lower back

SETUP

- (Squat)
Hold tube in front of collarbones
- Feet wider than hips, toes turned out
- Lift chest and sit hips back and down
- Brace abs to support lower back
- Butt just above knee line
- (Overhead Squat with Tube)
Hold tube over head with tension on tube
- Keep elbows slightly forward of face
- Stretch tube as you squat
- Abs braced to support the lower back
- Knees in line with toes as you squat



FOLLOW-UP

- Pull tube tighter to the forehead to engage more back muscles
- Go for full range in the Squat

SQUAT PRESS WITH PLATE

KEY COACHING FOCUS:
Hips sit back and down to just above the knee line. Keep chest lifted and abs braced to support lower back

SETUP

- Hold plate in front of collarbones
- Feet wider than hips, toes turned out
- Lift chest and sit hips back and down
- Butt just above knee line
- Elbows slightly forward of face as you press up
- Abs braced as plate moves over head
- Knees in line with toes as you squat

FOLLOW-UP

- As you squat, brace your abs harder – this will maximize the power being transferred from your legs to your arms

4 STANDING STRENGTH 2

TRACK FOCUS

My participants will focus on maintaining good knee alignment in the single leg work and feel challenged in the Bridge with heavy plate.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	3x8 Set up LES MILLS™ Tube under both feet, handles crossed, HOH	24	
0:15 Now (V)	3x8 A Double Pulse Leg Extension L&R	8	3x
0:31 _ Once	4x8 A ¹ Double Pulse Leg Extension L	4	8x
0:51 Oooh	2x8 A ² Leg Extension, adding hinge L	2	8x
1:01 Used to (C)	4x8 A ³ Single Leg Squat R	2	16x
1:22 Oooh	1x8 Reset other side	8	
1:27 _ Out (V)	4x8 A ¹ Double Pulse Leg Extension R	4	8x
1:48 Oooh	2x8 A ² Leg Extension, adding hinge R	2	8x
1:58 Used to (C)	4x8 A ³ Single Leg Squat L	2	16x
2:18 Oooh	2x8 Reset to Bridge w. Plate	16	
2:29	1x8 B Bridge w. Plate	8	
2:34 Used to (C)	5x8 B ¹ Triple Pulse Hip Lift (Bridge) Lower halfway down	6	5x
2:59 Used to	5x8 B ² Pulse Hip Lift (Bridge)	2	20x

Acapella > 3:26 mins

4

WHY

Our gluteals are key stabilizers of our hips and pelvis. In this track we use tubing, gravity and plates to improve their ability to provide us with power and control.

COACHING

Corey had fun with the music and you can too as you simultaneously connect participants strongly to their bodies. Challenge them to keep their back foot off the floor in the standing work to build a great set of glutes. Be super clear when instructing where the intensity should be felt. The Bridge is the perfect time for your participants to challenge themselves with a bigger plate!

DOUBLE PULSE LEG EXTENSION

KEY COACHING FOCUS:

Brace abs to keep hips square to the front

SETUP

- Step into your tube
- Feet hip-width apart
- Cross the handles to hips
- Left leg, push back, tap, push back
- Change sides
- **Keep hips square to the front by bracing your abs (Leg Extension)**
- Stay on the right side
- **Keep the knee bent on your standing leg to help you stay upright**

FOLLOW-UP

- Now focus on squeezing your glutes as you move against the tube resistance

SINGLE LEG SQUAT

KEY COACHING FOCUS:

Tip forward from the hips so nose is forward of toes (to activate glutes)

SETUP

- Squat up and down
- **Make sure your nose is forward of your toes to activate glutes**
- Keep your knee aligned to the middle of your foot – that will help you get more work from your hip muscles
- Chest up with abs braced
- Hips and shoulders square to the front

FOLLOW-UP

- Your challenge is to keep your foot off the floor
- This will increase the work in your stabilizers of your hip and your inner thigh
- Progressively bend your standing leg and tip forward from your hips to load your glutes more

OPTION

- Drop handles slightly to reduce resistance

BRIDGE WITH PLATE (HIP LIFT)

KEY COACHING FOCUS:

Squeeze butt to lift hips to ceiling

SETUP

- Lie on back – feet hip-distance apart on the floor, close to butt
- Secure plate on upper thighs
- **Squeeze glutes to lift the hips (Triple Pulse Hip Lift)**
- Stay in the top range to tone and strengthen
- Chest towards chin



FOLLOW-UP

- Create powerful, strong glutes for sports that use running, throwing and jumping
- Push into the heels to get more lift

OPTION

- No plate

5 CORE STRENGTH 2

TRACK FOCUS

My participants will experience a full-body workout: strength in the Mountain Climber Sequence, tension in the Crunch and a heart rate spike in the Running Mountain Climber.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8 Set up Plank , side-on	32	
0:15 (Synthesizer)	4x8 A Slow Mountain Climber L&R	4	8x
0:30	4x8 A' Running Mountain Climber L&R	2	16x
0:45 _ I've been lying (V)	2x8 Set up Oblique Crunch L	16	
0:52 _ I want	12x8 B Triple Pulse Oblique Crunch L	8	12x
1:37 (B up)	2x8 Set up Plank	16	
1:45 (Instr)	12x8 C Mountain Climber Sequence L L knee to R elbow L knee to L elbow L knee to R elbow Return to Plank Hold Plank	2 2 2 2 16	12x
2:30 (Quiet)	2x8 Set up Oblique Crunch R	16	
2:45 _ I want	13x8 B Triple Pulse Oblique Crunch R	8	13x
3:30 (B up)	1x8 Set up Plank	8	
3:37 (Instr)	12x8 C Mountain Climber Sequence R	8	12x
4:22 (Synthesizer)	4x8 A' Running Mountain Climber R&L	2	16x

Hello > 4:41 mins

5

WHY

This track supersedes integration with isolation: integration in the Planks, challenging the obliques in conjunction with the upper and lower body; isolation in the Oblique Crunches. Combining these two training techniques ensures we deliver functional strength and intensity.

COACHING

This track has everything rolled into one! Setting up great body position in the Slow Mountain Climber will enable your participants to gain intensity when the tempo increases. The overload sensation in the sequence is generated by using the same leg – be very clear on this point with your class. Remember to offer options so that everyone experiences success in this move. As Susan says on the DVD, it's the intention to try and touch your elbow with your knee – without compromising technique – that will cause your side slings to scream!

MOUNTAIN CLIMBER SEQUENCE

KEY COACHING FOCUS:
Back long and straight – abs braced to support the mid-section

SETUP

- Hands under shoulders to Plank position
- Brace abs to keep the hips square to the floor
- Hips at shoulder height or slightly lower
- Knee to inside, outside, inside, return and hold
- Same side again



FOLLOW-UP

- Try and get your knee to touch your elbow without lifting your hips
- Feel the obliques as you sculpt your waistline
- Keep bracing the abs hard to support your lower back
- Keep the weight forward so the load stays in the shoulders and abs
- If you are tempted to stop, drop to your knees

OPTION

- Decrease intensity by dropping to the knees



CORE ESSENTIALS

MOUNTAIN CLIMBER

TRIPLE PULSE OBLIQUE CRUNCH

5 BONUS CORE STRENGTH 2

TRACK FOCUS

I want my class to put in maximum effort to maximize their results in these short blocks of work.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:03 (Intro)	4x8	Set up for Alt Mountain Climber , side on	32	
0:18 (Instr)	4x8	A Alt Mountain Climber (Slow) L&R L knee to R elbow R knee to L elbow L knee to R elbow Back to Plank Repeat on other side	4 4 4 4 16	
0:33 (Heavy bass)	8x8	A' Repeat Alt Mountain Climber (Fast) L&R L knee to R elbow R knee to L elbow L knee to R elbow Back to Plank Repeat on other side	1 1 2 4 8	4x
1:02 (Quieter)	2x8	Transition to Side Hover L	16	
1:10 (B up)	4x8	B Side Hover L	32	
1:24 Beat drops _(C)	8x8	B' Side Hover w. Triple Hip Lift L	8	8x
1:54 (Quiet)	6x8	Transition to Cross Crawl Combo , knees over hips, fingertips to temples	48	
2:16 (Keyboard)	8x8	C Cross Crawl Combo (Slow) Twist to front Twist to back Crunch up to center Lower down	4 4 4 4	4x
2:46	6x8	C' Cross Crawl Combo (Fast) Twist to front Twist to back Crunch up to center Lower down	2 2 2 2	6x
3:08 (B up)	2x8	Transition to Alt Mountain Climber	16	
3:15 (Heavy bass)	8x8	A' Repeat Alt Mountain Climber (Fast) R	16	4x
3:45 (Quieter)	2x8	Transition to Side Hover R	16	
3:52 (B up)	4x8	B Repeat Side Hover R	32	
4:07 Beat drops _(C)	8x8	B' Repeat Side Hover w. Triple Hip Lift R	8	8x

Get Loose > 4:44 mins

5

WHY

High-intensity blocks for the obliques. The greater the effort in each block, the more likely it is we will strengthen our obliques. With this type of training, getting to the point of failure is success.

COACHING

Watch the DVD to see how Dr Dave helped everybody to maximize their workout. Short blocks of work mean you have to limit your coaching to what is essential and effective in Layer 1: setup. Next, work out where the intensity lies in each exercise (physically do the exercise) – Layer 2: intensify. Layer 3: drive coaching to focus on pushing participants to maximum effort to achieve results. The music is powerful and driving, so work with it to help you find the peaks of energy to drive and the quieter moments to prepare and educate your class.

ALTERNATING MOUNTAIN CLIMBER

KEY COACHING FOCUS:

Abs braced to support lower back with back long and straight

SETUP

(Slow Alternating Mountain Climber)

- Hands under shoulders
 - On toes with hips just under shoulder height
 - Lift your chest through your arms to create a long, straight back
 - Lift and brace your abs tightly to support your back
 - Cross front knee to back elbow
 - Switch leg, switch and freeze, leg back
- (Fast Alternating Mountain Climber)
- Fast, fast, freeze, step back. Get the rhythm



FOLLOW-UP

- If you are new to Mountain Climber or your upper body fatigues, do this on your knees and stay with the slower rhythm that we start with
- Push out of the floor to power your upper body
- Abs braced for control
- Butt down, drive knee to elbow to maximize intensity

OPTION

- Drop to knees to reduce intensity

SIDE HOVER WITH TRIPLE HIP LIFT

KEY COACHING FOCUS:

Lift bottom hip, keeping hips square to front

SETUP

- Knees down, back elbow down and in close, turn to Side Hover
- Elbow under shoulder with bottom hip lifted away from the floor
- Brace the abs and keep hips square to the front
- Triple Hip Lift
- 3, 2, freeze, halfway down
- Intensify with Split Stance – lower leg behind

FOLLOW-UP

- To maximize your efforts lift the hips higher and isolate into the obliques
- Press the elbow, knee or foot down to activate your whole side chain. Make the movement stronger!



CROSS CRAWL COMBO

KEY COACHING FOCUS:

Lift shoulder up and across to opposite knee

SETUP

(Slow)

- Lie on your back
- Lift front knee over hip, back knee meets it
- Fingertips to temples
- Abs braced tightly
- Lift shoulder to front knee (back knee drops down)
- Shoulder to back knee (front knee drops down)
- Lift shoulders to center, knees over hips
- Ribs to hips
- Lower slowly

(Fast)

- Pick up tempo
- Shoulder blades off the floor as you lift and twist

FOLLOW-UP

- Lift shoulder and chest as high as you can
- Don't you love this feeling of power and strength all through the front of your abs. It's like crafting an old-fashioned washboard

CORE ESSENTIALS

SIDE HOVER

6 CORE STRENGTH 3

TRACK FOCUS

My participants will focus on integrated strength in the Row & Fly Combo whilst standing and on great isolation work in the Skydivers.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8	Set up LES MILLS™ Tube under both feet, cross handles	32
0:18 Eyes on (V)	8x8 A	Row & Fly Combo Triple Pulse Wide Bentover Row Diagonal Fly , stand up (2/2) (Arms straight out to 45°, then stand up on last 2 cts)	8 8 4x
0:56 I'm going (C)	4x8 B	Diagonal Fly (2/2) Stand up in between each rep	8 4x
1:15 Eyes on (V)	8x8 A	Repeat Row & Fly Combo	16 4x
1:52 I'm going (C)	4x8 B	Repeat Diagonal Fly (2/2)	8 4x
2:11 _ You're the	4x8	Set up for Skydiver , lie on front	32
2:30 _ You're	8x8 C	Skydiver (arms and legs lift up and down)	4 16x
3:08 I'm going (C)	4x8 C¹	Triple Pulse Skydiver	8 4x
3:26 (Quiet)	1x8 C²	Hold Skydiver	8
3:31 I'm going (C)	4x8 C¹	Repeat Triple Pulse Skydiver	8 4x

Hold On, We're Going Home > 3:55 mins

6

WHY

Our posterior chain muscles keep us upright and fit to meet the demands of everyday life. These exercises teach us how to use these muscles collectively in the Row & Fly Combo and individually in the Skydiver.

COACHING

Once the move was set up, Susan gave great benefit coaching for the Row & Fly Combo so that the class remained in the load with the best technique possible. If you clearly tell your class how to perform the move, they will feel the results. As the song says, "we're going home" with the Skydivers – great postural work to bring your class to the finish line. You can option to do the last set of Skydivers or give your class a stretch.

ROW & FLY COMBO

KEY COACHING FOCUS:

Tip forward from hips, keeping the chest up
Squeeze shoulder blades together (on Bentover Row)

SETUP

- Tubing under both feet, cross handles to hips
- Feet under hips
- Hinge forward from hips and brace abs
- Brace abs to support lower back
- Triple Row 3, 2, 1, arms straight, knuckles face front
- Diagonal Fly, stand up
- Thumbs up
- Shoulder blades squeeze together as you row and feel the brace in the abs on the Fly



FOLLOW-UP

- To take the work out of the shoulders, brace the core tightly and keep the spine in neutral position
- Reset your shoulders as you come out of the Row before the Fly so you recruit the muscles of the scapular and upper back, keeping the load in the core
- The focus is on posture and stability – not how high you lift the tube

SKYDIVER / TRIPLE PULSE

KEY COACHING FOCUS:

Squeeze butt to support lower back

SETUP

- Lie onto front
- Knees wider than hips
- Bend knees and bring heels together
- Squeeze butt to support lower back
- Arms like goalposts
- Lift chest and thighs off the floor
- Squeeze shoulder blades together as you lift
- Eye gaze down
- (Triple Pulse Skydiver)
- Stay up for 3 and halfway down
- If you need to put your little fingers down you can



FOLLOW-UP

- Lift chest further off the floor to strengthen upper back
- Strengthen your posterior chain from your calves, hamstrings, glutes and back muscles, making you stronger for life

OPTION

- Decrease intensity by keeping feet on the floor

ALTERNATING 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
- Alternate back and front legs

FOLLOW-UP

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



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**



TRIPLE PULSE 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



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



C-CRUNCH

KEY COACHING FOCUS:

Slide ribs to hips to crunch up. Keep lower back towards floor as you lower the legs

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 ribs towards hips**

FOLLOW-UP

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



MOUNTAIN CLIMBER

KEY COACHING FOCUS:

Abs braced to support lower back, back long and straight, hips down

SETUP

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

FOLLOW-UP

- Drop hips down and drive knees further forward



TRIPLE PULSE OBLIQUE CRUNCH

KEY COACHING FOCUS:

Bring side ribs to top hips

SETUP

- Lie side-on
- Knees stacked just below hips
- Bottom arm straight out, palm up
- Fingertips to temples
- Triple Pulse
- **Slide ribs to hips**

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 ROM



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 floor
- **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)

