

LES MILLS CXWORX™



FEATURES

- The World of LES MILLS™ Research
- CXWORX™ Layer 2 Coaching – Coaching Towards Mastery
- The Science of Resistance Tubing

RELEASE **16**

PRESENTERS FROM
NEW ZEALAND, USA

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 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.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.

Visit lesmills.com/BLAH

THE ESSENCE

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



THE WORLD OF LES MILLS™ RESEARCH CXWORX™ LAYER 2 COACHING - COACHING TOWARDS MASTERY THE SCIENCE OF RESISTANCE TUBING

TRACK TYPE		SONG TITLE	ARTIST	DURATION
1	WARMUP	Like A Drum © 2014 Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Sebastian, Lorenz, Martin, Harris	Guy Sebastian	3:06
BONUS 1	WARMUP	Make The World Move © 2012 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Grant, Pillay, Abernathy, Del Rio, DeZuzio, Callaway, Trovajoli	Christina Aguilera feat. CeeLo Green	3:00
2	CORE STRENGTH 1	Let's Get Ridiculous Courtesy of the Universal Music Group. Written by: Garcia, Gordy	Redfoo	2:49
		Let's Get Ridiculous Courtesy of the Universal Music Group. Written by: Garcia, Gordy	Redfoo	2:49
3	STANDING STRENGTH 1	Keep Your Hands Off My Girl © 2014 Les Mills Music Licensing Ltd. Written by: B. Combs, J. Combs	End Young	3:59
4	STANDING STRENGTH 2	Turn Down For What © 2013 Columbia Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Smith, Grigahcine, Bresso, Beckford, Campbell, Spence, Houston, Epps, Kharbouch	DJ Snake & Lil Jon	1:54
		Turn Down For What © 2013 Columbia Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Smith, Grigahcine, Bresso, Beckford, Campbell, Spence, Houston, Epps, Kharbouch	DJ Snake & Lil Jon	3:27
BONUS 4	STANDING STRENGTH 2	Video Wars © 2014 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer	Aero	4:24
5	CORE STRENGTH 2	Revolution (Panic City Remix) © 2014 Mad Decent. Written by: Pentz, Olsen, Somani, Brigante	Diplo feat. Faustix & Imanos and Kai	5:46
6	CORE STRENGTH 3	Take Me Home © 2013 Big Beat Records Inc. Produced Under License From Atlantic Recording Corp. Written by: J. Makhlof, Lowry, Frisch, Rexha, A. Makhlof	Cash Cash feat. Bebe Rexha	3:21
		Take Me Home © 2013 Big Beat Records Inc. Produced Under License From Atlantic Recording Corp. Written by: J. Makhlof, Lowry, Frisch, Rexha, A. Makhlof	Cash Cash feat. Bebe Rexha	1:53
BONUS 6	CORE STRENGTH 3	What You Wanted Courtesy of the Universal Music Group. Written by: Kutzle, Tedder	OneRepublic	3:12
		What You Wanted Courtesy of the Universal Music Group. Written by: Kutzle, Tedder	OneRepublic	1:41



KEY

(Intro) introduction
(B up) build up
(C) chorus
(V) verse
(Instr) instrumental
Alt alternating
B back
(Br) bridge
F forward
F&B forward & back
HOH hands on hips
L left
O/H over head
(PC) pre-chorus
R right
ROM range of motion

T&B top & bottom
w. with

1/1 2 counts down, 2 counts up
2/2 4 counts down, 4 counts up
3/1 6 counts down, 2 counts up
4/4 8 counts down, 8 counts up
1/3 2 counts down, 6 counts up

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.

CREDITS

Choreography – Dan Cohen & Susan Trainor

Technical Consultants – Bryce Hastings & Corey Baird

Group Fitness Director – Dr Jackie Mills

Creative Director & Program Coach – Kylie Gates

Program Planner – Eden Graziani

Cover image taken at Reebok + Les Mills photo shoot in February 2014

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™ 16



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

The super muscles of the body, better known as the back and glutes, make up our posterior chain. These vital muscles are often forgotten about as being key in activating the core.

CXWORX™ Release 16 has a fantastic approach to strengthening this area: "If you want MORE from your CORE never sacrifice the back body". In focusing on core activation, we have included two new, brilliant innovations into the workout: the **Reverse Pec Dec** and the **Grounded Kickback**.

Fluid mobility, held movements, and high reps all play an incredible part in making CXWORX™ 16 a release to remember. The options and modifications within this release allow anyone and everyone to dial up or dial down the intensity to connect to great technique.

Right from the start, the theme of "the importance of posterior chain training" is under way! Pulsing Bridges and Overhead Reaches fire up the shoulders and glutes, in preparation for the held Hovers.

Huge core activation and back extensors get all the fun in the Reverse Pec Dec whilst the glute stimulation steals the show from a grounded position. Rolling Hovers and Hip Lifts set us up amazingly well for a triple working phase that brings the 'B' into BURN!

For this release we have 3x Bonus tracks – remember to always exchange like for like. Enjoy the shoulder stimulation you get from the very satisfying yet back-defining Bonus track 6 – it's a track where even the strong are made to feel weak!

We loved bringing the music to life in this release. Powerful beats with top-selling artists make this workout pumping.

We would love to have your feedback; so, once you've taught this release 3 to 6 times please fill out the Blah survey (www.lesmills.com/blah).

Dan & Susan

Dan *SuzieX*

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 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 and is based in Auckland.

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.

Kris McAlinn (United States) is a CXWORX™ Instructor, Trainer, Program Coach and Assessor. He is based in Texas where he is also an Instructor and Trainer for BODYCOMBAT™, BODYPUMP™ and RPM™ and a personal trainer.

THE WORLD OF LES MILLS™ RESEARCH

We love the fact that our studies make a **REAL** difference to people's lives. Thanks to you instructors, we're able to bring science out of the lab and deliver it into the community with immediate effect.

There are three reasons we invest into research:

1. Give instructors confidence in the validity and science behind our programs
2. Test and tweak our products so that they're better than ever
3. Publish research that can be peer reviewed in scientific journals – therefore giving group fitness the credibility it deserves



CXWORX™

Our first published study was conducted by our team at Penn State University under the guidance of Dr Jinger Gottschall, and was instrumental in the design of our CXWORX™ program. We measured the effect of integrated core exercises – such as Hovers and Planks – against the more traditional types of abdominal exercises – such as Crunches. This study conclusively demonstrated the ability of integrated core exercises to produce superior muscle gains and functional core strength; that's why these exercises form a big part of CXWORX™ and are often included in the core conditioning tracks of our other programs.

GET FIT TOGETHER

The Get Fit Together study investigated the effectiveness of LES MILLS™ Group Fitness classes on sedentary individuals. Twenty-five adults were selected to complete 30 weeks of exercise. However, instead of the usual approach of delivering these sessions in a lab, the participants joined workouts from a live class timetable. For their cardio component we used RPM™, BODYATTACK™, BODYSTEP™ and BODYCOMBAT™, for strength training we used BODYPUMP™, and for flexibility we used BODYBALANCE™/BODYFLOW®.

The results were amazing! We dramatically lowered the risk of cardiovascular disease of those involved AND got them hooked into fitness. We also uncovered the secrets of how to gradually introduce new people into our classes so that they could fall in love with fitness, without the fear of not being able to keep up in the first few weeks; identifying and controlling these factors is crucial when getting new people engaged in exercise.

LES MILLS GRIT™ SERIES

High Intensity Interval Training (HIIT) is riding a wave of popularity. Numerous studies have clearly demonstrated the value of this type of training and its ability to change body composition, increase VO_2 and reduce the risk of cardiovascular disease in a very short space of time.

The LES MILLS GRIT™ Series is taking these benefits out of the lab and delivering them where they are needed the most – into the community. The results of 2 great studies clearly show that LES MILLS GRIT™ is delivering on the HIIT promise. The first of these measured the effects on a group of active adults. They participated in LES MILLS GRIT™ twice a week, for a period of 6 weeks. The LES MILLS GRIT™ group had 2 – 3 times the changes in cardiovascular risk factors, strength gains and changes in body composition when compared to a control group who continued with their normal training. Just 2 LES MILLS GRIT™ classes per week was enough to transform their fitness.

The second study looked at the application of LES MILLS GRIT™ in an elite women's soccer team who used the workouts in their pre-season training. Once again we saw significant changes in body composition and fitness levels in just 6 weeks – proving its effectiveness in athletes.

BODYPUMP™

Since its creation in 1991, this program has been delivering the benefits of resistance training to a multitude of people who would otherwise be too intimidated or just not interested in training in the weights room. We decided to put BODYPUMP™ under the microscope, looking at 2 key areas affected by resistance training – bone health and muscle activation. Our team at Penn State was responsible for recruiting a group of inactive participants and guiding them through 6 months of BODYPUMP™, measuring their bone density pre- and post-trial. By the conclusion of the study, participants had each significantly increased the bone health in their arms, trunk, pelvis and spine. Publication of this study is sure to have a huge impact on the prevention and management of osteoporosis, since it was previously thought that much heavier weights than those utilized in BODYPUMP™ are needed to observe these changes in bone density.

So how does BODYPUMP™ compare to conventional resistance training when it comes to muscle activation? The team at Penn State put THE REP EFFECT™ to the test. They compared the energy output of lifting heavier weights for less reps to lifting lighter weights with more reps. Both conditions were matched for work output, ie the heavier weights for less reps was an exact equivalent in terms of work, to the lighter weights with more reps. The results showed the full benefits of THE REP EFFECT™: the cost on working muscles was HIGHER with less weight for more reps.

Check out www.lesmills.com/research for more details on all these studies.

THE FUTURE

Les Mills International is looking to liaise with research facilities around the world as we test and promote the benefits of group fitness, ensuring that we remain at the cutting edge of sports science. We're engaging global teams to investigate the effects of RPM™, BODYVIVE™, BODYBALANCE™/BODYFLOW®, and BORN TO MOVE™.

Les Mills would like to say THANK YOU to our amazing team of researchers and instructors at Penn State and to you, our instructors, all over the world. It's really due to your hard work, passion and commitment that we are able to make such a difference to the health and fitness of the global community.

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

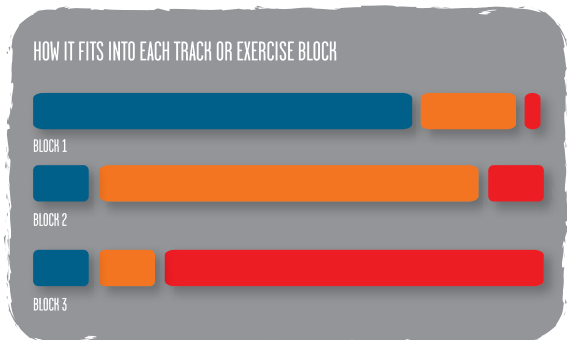
Layer 3 – MOTIVATION / DRIVE

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.



KEY: ■ LAYER 1: CHOREOGRAPHY & TECHNIQUE ■ LAYER 2: FOLLOW-UP & INTENSITY ■ LAYER 3: MOTIVATION & DRIVE

- 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 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

TRACK FOCUS

My participants will feel ready and inspired for the workout ahead as I clearly coach each movement pattern and pre-cue early.

	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	Sometimes I (V)	5x8		Set up Double Leg Lift	40	
0:24	_ Someday (C)	4x8	A	Double Leg Lift 2/2	8	4x
0:39	Like a drum	4x8	B	Alt Leg Lift (front /back)	4	8x
0:53	Just 'cause I (V)	5x8	A	Repeat Double Leg Lift	8	5x
1:12	_ Someday I know (C)	4x8	B	Repeat Alt Leg Lift (front/back)	4	8x
1:27	Like a drum	4x8	C	Cross Crawl (front/back)	4	8x
1:42	Beat again (Br)	4x8	D	Bridge Lift and hold	32	
1:56	_ Ain't gonna miss a beat (PC)	2x8	D ¹	Pulsing Bridge Lift	2	8x
2:04	_ Someday (C)	1x8		Transition back to Cross Crawl	8	
2:07	_ Just like we did	7x8	C	Repeat Cross Crawl (front /back)	4	14x
2:33	_ Someday I know (C)	8x8		Triple Crunch Pulse with Extended Arms O/H	8	8x

WHY

As Corey says on the DVD, we use this track to connect us to the muscles we will target throughout the class. These exercises open the neural pathways that will allow us to load our core.

COACHING

The song has great lyrics which will quickly bring your class into the workout. Focus on pre-cueing early so everyone achieves the changes with you. This track has all the basics needed for a great workout, along with some variations in the Bridge Lift and Triple Crunch Pulse at the end. Notice how Corey tells the class what muscles they are working and warming to internally focus them for the workout ahead. Remember, not everyone will be able to take their arms all the way to the floor in the Crunches at the end – this will depend on shoulder mobility and range.

PULSING BRIDGE LIFT**KEY COACHING FOCUS:**

Squeeze butt to lift hips

SETUP

- Bring your feet close to butt
- **Squeeze your butt**
- Lift hips to ceiling
- Press chest to chin
- Pulse hips up and down

FOLLOW-UP

- Feel your whole posterior chain activate – glutes, hamstrings, upper and lower back
- With every beat squeeze your butt tighter

**CORE
ESSENTIALS****DOUBLE LEG LIFT****ALTERNATING LEG LIFT****CROSS CRAWL****TRIPLE CRUNCH PULSE
WITH EXTENDED ARMS OVERHEAD****KEY COACHING FOCUS:**

Slide ribs towards hips

SETUP

- Triple Pulse
- Reach 3, 2, 1
- Arms over head
- **Squeeze ribs to hips**
- Chin tucked in

FOLLOW-UP

- Your arms don't have to touch the floor – just reach back
- Feel the warmth in your shoulders as we create mobility to prepare us for the workout ahead
- Lift shoulders higher to create more core warming

1 BONUS WARMUP

TRACK FOCUS

My participants will feel the progression of intensity as I coach precision first, then encourage more range in their movements.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up on floor, knees over hips	32
0:17	If one smile (V)	7x8	A	Leg Drop & Lift Combo, Front Leg Front Toe Tap Back Toe Tap Both legs lift to start	2 2 4 7x
0:49	We can	½x8		Front Toe Tap Back Toe Tap, hands to thighs	2 2
0:52	Make the world move (C)	4x8	B	Pulse Crunch x7 Lower down, knees over hips on last 2 cts	14 2 2x
1:10	If you and I (V)	7x8	A¹	Leg Drop & Lift Combo, Back Leg Add Crunch with Leg Lift	8 7x
1:40	We can	½x8		Back Toe Tap Front Toe Tap, hands to thighs	2 2
1:44	Make the world move (C)	4x8	B	Repeat Pulse Crunch x7 Lower down	14 2 2x
2:02	It starts with me (Br)	1x8		Knees up, arms wide to side	8
2:07	_ Just think about it	6x8		Knee Drop Front & Back	16 3x
2:34	Make the world move (C)	4x8	B	Repeat Pulse Crunch x7, Lower down, knees over hips	14 2 2x
2:52	It starts	1½x8	B¹	Pulse Crunch	2 5x

WHY

Short, lever Crunches and lower ab exercises allow us to connect to our core muscles with enough load to warm the muscles we will target in the workout.

COACHING

Kris says: Stay relaxed with your voice so you can connect your class participants to this fun song. You will feel the intensity increase when we add greater range to the Leg Drop Combo and the Pulse Crunch. Use precise set up cues to establish intensity from the very start, then encourage your class to lift as high as possible in the Crunches to fire the upper abs.

LEG DROP & LIFT COMBO FRONT/BACK LEG

KEY COACHING FOCUS:

Abs braced to keep lower back on hands

SETUP

- Lie down, side-on
- Palms down, hands under lower back
- **Brace your abs to keep lower back on hands**
- Knees over hips
- Shins parallel to the floor
- Drop front leg, back leg
- Both legs lift up
(add Crunch, starting with back leg)
- Add a Crunch as you lift your knees

FOLLOW-UP

- Brace your abs really tightly as you lower your legs

KNEE DROP

KEY COACHING FOCUS:

Opposite shoulder anchored to the floor

SETUP

- Knees over hips
- Drop knees towards the front
- Knees back, in line with hips
- **Anchor both shoulders to the floor**

FOLLOW-UP

- Start to feel your obliques working
- Keep the abs braced to protect your lower back

PULSE CRUNCH

KEY COACHING FOCUS:

Slide ribs to hips

SETUP

- Hands to thighs and Crunch
- 7 in a row
- **Chin tucked in**
- Look between your thighs
- **Slide ribs to hips**

FOLLOW-UP

- Brace to hold stability in hips and pelvis when knees are up
- Slide hands over knees
- Breathe all your air out and squeeze tighter

2 CORE STRENGTH 1

TRACK FOCUS

My participants will feel the intensity of the integrated Hover and the isolated burn of the Crunch.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up Hover on knees	32
0:15	I'm laid-back (V)	4x8	A	Transition to Full Hover	32
0:30	C'mon, c'mon (C)	8x8	B	Hover & Foot Lift Combo (slow) L Lift L foot up and down Lift R foot up and down	8 8x
1:00	(Instr)	4x8	B ¹	Hover & Foot Lift Combo (fast) L Lift L foot up and down Lift R foot up and down	2 16x
1:15	_ Party people in the place (V)	4x8	C	Hover & Arm Combo L Extend L arm F Side Front Reset Hover	8 4x
1:30	Ho!	4x8	C ¹	Hover & Arm Combo with Opposite Leg Lift L R held Leg Lift Extend L arm F Side Front Reset Hover ⇓ OPTION: No Leg Lift	8 4x
1:46	I'm-laid back (V)	4x8		Transition to back and set up Triple Pulse Plate Lift with Extended Crunch Combo ⇓ OPTION: No plate	32
2:00	C'mon (C)	8x8	D	Triple Pulse Plate Lift with Extended Crunch	8 8x
2:29	(Instr)	4x8	D ¹	Pulse Extended Crunch	2 16x
2:46	(Instr)	4x8	A	Transition back to Hover	32
3:03	I'm laid-back (V)	36x8	B-D ¹	Repeat all on other side	288

WHY

Integrated strength conditioning. Combining the Hover patterns with isolation in the Crunches delivers exactly what people expect from this class – functional strength + muscle tone.

COACHING

What a track – this is tough! To successfully coach this track you should prepare your cues and practise technique – you must role-model great execution and precision of movement. Observe the needs of your class so you can coach to all levels: Knee options for the Hover with Leg Lift and knees down to start the Arm Combo. Be very strict with technique – hips and shoulders must be square. The Triple Pulse Crunch can be done with or without a plate, especially if the class is fatigued. Enjoy and get ridiculous!

HOVER & FOOT/ARM LIFT COMBO

KEY COACHING FOCUS:

Abs braced to support the lower back. Keep the back long and straight. Hips and shoulders level to the floor as arm extends out.

SETUP

- Elbows under shoulders
- Knees outside hip-width
- Lift hips and knees
- **Back long and straight**
- **Brace your abs tightly to support your lower back**
- Lift the right leg up and down then the left (Hover with fast Leg Lift)
- Triple time – let's go
- Take feet wider (Hover with Arm Combo)
- Knees down
- Right arm front, side, front and back
- **If hips and shoulders are square, lift your knees off the floor**
- Take your opposite foot off the floor to hip level

FOLLOW-UP

- Straighten legs firmly like they are bars of steel
- Brace abs tighter if you feel your hips drop
- To keep shoulders still, press forearms down firmly into the floor
- To activate your muscular slings, push down through your forearms and the back leg to feel this connection

OPTIONS

- To decrease intensity on the knees, Hover on knees, lifting one knee at a time
- Decrease intensity on knees with Opposite Arm and Leg Lift



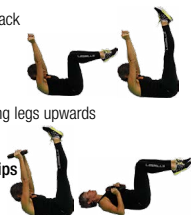
TRIPLE PULSE PLATE LIFT WITH EXTENDED CRUNCH

KEY COACHING FOCUS:

Slide ribs to hips

SETUP

- Roll over onto your back
- Option to use plate
- Plate on chest
- Knees over hips
- Watch the Crunch
- 3 Crunches, extending legs upwards
- Plate over shoulders
- **Tuck your chin in**
- **Slide your ribs to hips**
- Eyes at knees



FOLLOW-UP

- If your legs are fatiguing more than your abs, keep your knees bent
- Naturally the plate will drift towards your feet; work to keep it over your shoulders and for more intensity lift it over your head
- If your hamstrings are tight bend your knees slightly
- Work the top of the range in the Pulses to increase intensity

OPTIONS

- To decrease intensity, knees over hips or feet on floor
- To decrease intensity, no plate

CORE ESSENTIALS

HOVER

3

STANDING STRENGTH 1

TRACK FOCUS

My participants will understand how to execute the new Lunge with Reverse Pec Dec through my precise setup coaching.

MUSIC		SEQUENCE/EXERCISE		CTS REPS	
0:00	I got brass (V)	5x8		Set up LES MILLS™ Tube under L foot	40
0:18	Way that you	2x8	A	Lunge with Bicep Curl L	4 4x
0:26	Dior	2x8	A ¹	Lunge with Bicep Raise L	4 4x
0:33	Got (PC)	6x8	A ²	Staggered Lunge with Reverse Pec Dec L	8 6x
0:54	Ahh Ahh (C)	8x8	A ³	Staggered Lunge with Reverse Pec Dec Combo L Lunge with Bicep Raise Lunge halfway up Pec Dec Repeat x3 Lunge with Bicep Raise Return to start position	12 2 2 4x
1:23	Let the record play	4x8		Set up LES MILLS™ Tube under R foot	32
1:37	The way (V)	4x8	A ¹	Repeat Lunge with Bicep Raise R	4 8x
1:52	Got (PC)	6x8	A ²	Repeat Staggered Lunge with Reverse Pec Dec R	8 6x
2:14	Ahh Ahh (C)	8x8	A ³	Repeat Staggered Lunge with Reverse Pec Dec Combo R	16 4x
2:42	Let the record play	4x8		Set up for Triple Pulse Squat with Wide Pull	32
2:56	Carry Dior bags (V)	5x8	B	Triple Pulse Squat with Wide Pull	8 5x
3:15	Let the record	2x8	B ¹	Squat with Wide Pull	4 4x
3:22	Ahh Ahh (C)	4x8	B ²	Squat with Side Crunch L	4 8x
3:36	Ahh Ahh	4x8	B ²	Repeat Squat with Side Crunch R	4 8x
3:52	Brass knuckles	1x8	B	Repeat Triple Pulse Squat with Wide Pull	8

WHY

These exercises train the core to transmit force between the upper and lower body – perfect for sports conditioning and improving functional strength.

COACHING

Enjoy coaching the new Lunge with Reverse Pec Dec. It has a sting in the tail! You must coach your class to scoop the tube with their elbows to engage the muscles of the upper back. If they are feeling the work in their shoulders then focus on coaching range – front thigh parallel in the lunge, and target – elbows just under shoulder line. Turn side-on, as Susan did early in the setup, to visually coach the movement.

STAGGERED LUNGE WITH REVERSE PEC DEC

KEY COACHING FOCUS:

Long Lunge with hips square, chest up and abs braced. Elbows just below shoulder height

SETUP

- Place the tube under your right foot
- **Long step back into Lunge position**
- Feet hip width apart
- **Hips square with chest up**
- Bend your arms to 90 degrees
- Elbows in at the waist
- **Brace the abs tightly**
- Lunge down and up
- Add Bicep Raise
- Keep 90-degree angle of the arms (Reverse Pec Dec)
- Scoop your tube with your elbows and open arms wide
- **Just below shoulder height with the elbows**

FOLLOW-UP

- Elbows collect the tube to engage the muscles in the back as you stand up
- Keep your fists away from your shoulders to keep the abs switched on
- Your back extensors are working hard to not let the tube pull you forward
- Front thigh parallel in the Lunge to take pressure out of shoulders

OPTION

- To reduce intensity, no tube



TRIPLE PULSE SQUAT WITH WIDE PULL / SQUAT WITHSIDE CRUNCH (PLATE OR TUBE)

KEY COACHING FOCUS:

Hips sit back and down with chest up. Abs braced to support the lower back

SETUP

- Pick up plate or tube
- Double up the tube
- Take feet wide
- Toes turn out slightly
- Tube or plate up
- Triple Pulse Squat
- 3, 2, 1, pulling tube wide
- **Butt back and down**
- **Abs braced**
- **Chest lifted**
- **Keep elbows slightly forward of face**
- Push the plate straight up and down to chest (Side Crunch)
- Lift the right leg
- Plate to shoulder as you lift the knee
- Bring the knee towards the elbow

FOLLOW-UP

- This is where we sculpt and chisel the waistline, working the legs, upper back and increasing the heart rate

OPTIONS

- Use the tube instead of the plate for more back work – maintain tension on the tube
- Use the plate for more work in the shoulders



4

STANDING STRENGTH 2

TRACK FOCUS

My participants will focus on core stability in the new Kickback move from Horse Stance position.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	Set up LES MILLS™ Tube Handle of tube under L foot & R hand in Horse Stance	32	
0:18	Turn down for what (C)	4x8	A Kickback 45° L, 2/2	4	8x
0:37	For what	4x8	A ¹ Kickback 45° L, 1/3	4	8x
0:56	(Instr)	4x8	A ² Leg Lift L Last 2 cts, knee under hip	2	16x
1:14	Turn down for what (C)	4x8	A Repeat Kickback 45° L, 2/2	4	8x
1:33	Turn down for what	4x8	A ¹ Repeat Kickback 45° L, 1/3	4	8x
1:52	(Instr)	4x8	Transition to other leg	32	
2:12	Turn down for what (C)	4x8	A Repeat Kickback 45° R, 2/2	4	8x
2:31	Turn down for what	4x8	A ¹ Repeat Kickback 45° R, 1/3	4	8x
2:50	(Instr)	4x8	A ² Repeat Leg Lift R Last 2 cts, knee under hip	2	15x
3:08	Turn down for what (C)	4x8	A Repeat Kickback 45° R, 2/2	4	8x
3:27	For what	4x8	A ¹ Repeat Kickback 45° R, 1/3	4	8x
3:46		4x8	Transition to standing, set up LES MILLS™ Tube under both feet, cross handles at waist Set up R leg B, bend L knee	32	
4:04	For what (C)	4x8	B Single Leg Lift R	2	16x
4:23	(Instr)	4x8	C Single Leg Squat L Last 4 cts, change legs	2	14x
4:42		4x8	B Repeat Single Leg Lift L	2	16x
5:00		4x8	C Repeat Single Leg Squat R	2	16x

WHY

Research has demonstrated that side glute strength is a key factor for injury prevention. Isolating these muscles in the Kickback will, therefore, benefit both athletes as well as those wanting to improve their leg control for daily life.

COACHING

Dan says: Look out for the bite in the Kickback – a great new move that is delivered from Horse Stance to work the core, glutes and hips. Note: Your hips will rotate slightly to perform this movement. Make sure you practise this new movement pattern so you can role-model perfect technique. *We all come for different reasons but we all have the same purpose = Results.* This was Dan's motivation to drive the last spike of intensity once the glutes have become fatigued. What motivational phrases can you include to inspire your class participants?

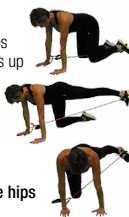
KICKBACK 45 DEGREES

KEY COACHING FOCUS:

Brace abs to stabilize hips and squeeze the butt

SETUP

- Roll the handle underneath your right foot
- Hold the middle of the tube or closer to the handle for less intensity
- Hands under shoulders
- Knees under hips
- **Brace the abs**
- Right leg Kick Back 45 degrees
- Toes drop down and heel turns up
- Heel stays under hip line
- **Squeeze butt** (add Leg Lift)
- Hold the leg out
- Foot down
- Lift the leg quarter range
- **Brace abs tightly to stabilize hips**



FOLLOW-UP

- Keep the 45-degree angle to maximize your glute overload
- Every time the knee drifts towards the elbow we are activating the obliques as well as our glutes
- Push the hands into the floor to stabilize the shoulders

OPTION

- No tube

SINGLE LEG LIFT / SQUAT

KEY COACHING FOCUS:

Tip forward from your hips so nose is forward of toes. Keep chest and hips square to the front with abs braced

SETUP

- Step the feet into the middle of the tube
- Cross the handles to waist
- Slide your left leg back
- **Nose forward of toes**
- **Brace abs, chest lifted**
- Lift leg up and down
- **Chest and hips stay square to the front**
- Light pinch between shoulder blades (Single Leg Squat)
- Lift leg up and down
- **Knee tracks over the middle of foot**



FOLLOW-UP

- See if you can straighten your leg on each Single Leg Squat
- Your glutes help to control knee alignment and they need to be strong

OPTIONS

- Touch back foot down for better stability
- No tube
- To decrease intensity, lower the handles

4

BONUS STANDING STRENGTH 2

TRACK FOCUS

My participants will feel the activation of the glutes as they tip forward from the hips with nose over toes.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up LES MILLS™ Tube	32
0:14	(Instr)	10½x8	A	Side Step L&R R foot B on last 4 cts	8 10½x
0:47	(Heavy beat)	8x8	B	Leg Circle R	8 8x
1:11	(Drum)	8x8	C	Leg Extension R	4 16x
1:35	(B up)	3½x8	A	Repeat Side Step R&L L foot B on last 4 cts	8 3½x
1:46	(Heavy beat)	8x8	B	Repeat Leg Circle L	8 8x
2:11	(Quieter)	8x8	C	Repeat Leg Extension L	4 16x
2:33	(B up)	11½x8	A¹	Side Step L&R Add Squat after 4 reps R foot B on last 4 cts	8 11½x
3:09	(Heavy beat)	8x8	B	Repeat Leg Circle R	8 8x
3:32		8x8	B	Repeat Leg Circle L	8 8x
3:55	(Quieter)	8x8	A¹	Repeat Side Step L&R with Squat	8 8x

WHY

We most frequently use our glutes when standing, so challenging them in this position will train our key stabilizers. These exercises increase functional strength and help prevent lower body injuries.

COACHING

Kris says: There is a lot to coach in this track! Make sure you use the 3 layers in the correct sequence. Stay with Layer 1 the first time you coach each move and review the same cues on the second side. Next, move to Layer 2 in the long set of Side Steps with Squat and the second round of the Leg Circles. Finish with lots of Layer 3 Motivational Cues because your participants' buns will really be burning at the end of the track!

SIDE STEP / SQUAT**KEY COACHING FOCUS:**

Keep hips square to the front with abs braced and chest up. Hips sit back and down on Squat

SETUP

- Step into the tube
- Feet hip-width apart
- Cross handles
- Bring handles to waist
- **Lift chest**
- **Brace abs to keep hips and shoulders square**
- Side Step
- Push your foot out to the side (Side Step with Squat)
- Add the Squat
- **Hips sit back and down**
- Knees out in line with middle of toes

FOLLOW-UP

- Press your knee out as you push your foot out to keep the glutes working

LEG EXTENSION**KEY COACHING FOCUS:**

Keep hips square to the front with abs braced and chest up

SETUP

- **Lift chest**
- Push your left foot back
- Single Leg Extension
- **Brace abs to keep hips and shoulders square to front**
- Push heel back at 45 degrees
- Standing knee bent
- Moving leg as straight as possible

FOLLOW-UP

- Keep foot off floor for bigger challenge
- You should feel the isolated burn by squeezing your butt cheek tightly; this will change the shape of your butt

OPTION

- No tube

**LEG CIRCLE****KEY COACHING FOCUS:**

Tip forward from the hip so the nose is forward of the toes

SETUP

- Left foot circles around then stand up
- **Tip forward from the hip**
- **Nose over toes**
- **Knee in line with center of foot**
- Push your foot back and circle as you stand
- **Hips stay square to the front with abs braced and chest up**

FOLLOW-UP

- The more you can tip forward, the more you will feel your glutes working
- Make the leg circle as big as possible

OPTION

- No tube



5 CORE STRENGTH 2

TRACK FOCUS

My participants will feel the isolated and integrated work in their obliques, and understand the associated benefits.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up for Leg Drops	32	
0:14	(Instr)	18x8	A	Leg Drops Sequence L 4x Knees Drop L Single Knee Drop L 4x Double Leg Drop L	64 16 64	
1:21	It's a revolution (C)	2½x8		Set up Side Hover	20	
1:31	(Instr)	8x8	B	Side Hover with Hip Lift R Split Stance after 16 reps	2	32x
2:01	Oh oh	4x8		Set up for Leg Drops	32	
2:16	Can you see it (V)	14x8	A¹	Leg Drops Sequence R 2x Knees Drop R Single Knee Drop R 4x Double Leg Drop R	32 16 32	
3:09	It's a revolution (C)	3x8		Set up Side Hover	24	
3:20	(Instr)	8x8	B	Repeat Side Hover with Hip Lift L Split Stance after 16 reps	2	32x
3:50		16x8		Rolling Hover to B Rolling Hover to Front	16 16	4x
4:50		2x8		Roll to Hover Come to Plank	8 8	
4:57		12x8		Crossover Mountain Climber R&L	8	12x

WHY

Daily tasks – such as carrying bags – often mean that we are loaded more on one side of the body. Our obliques play a key role in stabilizing us, so it's vital that we train these muscles for core strength.

COACHING

Watch the DVD to see how Susan sets the class up with clear body-part and direction coaching, then intelligently coaxes more intensity by giving great motivational benefits. Moving slowly and with perfect execution is the key in the Rolling Hovers when the body is fatigued, so make sure you role-model options. Think quality over quantity!

LEG DROPS

KEY COACHING FOCUS:

Keep shoulders anchored to the floor

SETUP

- On your back
- Knees over hips
- Arms wide to the side
- Drop your knees away from front of room
- Back to center
- **Anchor shoulders to the floor**
- Single Leg Extension to add more load or even Double Leg Extension



FOLLOW-UP

- Upper body is still, lower body is moving and your obliques are the glue that holds it all together
- Make sure your knees are directly over your hips and don't fall away, to isolate the obliques

OPTION

- To decrease intensity, stay with bent Knee Drop (no Leg Extension)

ROLLING HOVER

KEY COACHING FOCUS:

Brace abs so shoulders and hips move as one

SETUP

- (From Side Hover)
- Roll to the Hover
- Roll onto your back
- **Brace your abs tightly to move as one unit**
- **Hips are level with shoulders as you pass through Hover**
- **Bottom hip is lifted in Side Hover**
- Roll up onto toes and drop heels as you turn



FOLLOW-UP

- The most challenging part of this move is rolling into the eccentric phase – the whole body is working really intensely

OPTIONS

- To reduce intensity, drop gently to one knee for Side Hover
- To reduce intensity, drop gently to Knee Hover

SIDE HOVER WITH HIP LIFT

KEY COACHING FOCUS:

Lift bottom hip, keeping hips square to the front

SETUP

- Come to the front for the Side Hover
- **Elbow under shoulder with bottom hip lifted away from the floor**
- **Brace the abs and keep hips square to the front**
- Straighten legs for more intensity

FOLLOW-UP

- To maximize your efforts, lift the hips higher and isolate into the obliques
- As we fatigue we push our butt backwards and switch off work in the obliques by lifting the hips to the ceiling

OPTION

- To reduce intensity, drop gently to knee



CROSSOVER MOUNTAIN CLIMBER

KEY COACHING FOCUS:

Back long and straight with abs braced

SETUP

- Come to Hover, on knees or toes
- Hands under shoulders for Plank position
- Front knee to back elbow
- Cross and backwards, other leg
- **Back long and straight with abs braced**
- Slight rotation in the hips



FOLLOW-UP

- If you're on your knees, try to get your knees to touch your elbows
- If you're on your toes, brace abs to support your lower back and push your weight forward over your hands, working the whole body as well as your obliques



OPTION

- To reduce intensity, drop gently to knees

6

CORE STRENGTH 3

TRACK FOCUS

My participants will be challenged to work to their maximum in each of the 3 exercises.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up Back Extension Lift	32
0:15	I (V)	8x8	A	Back Extension Lift 2/2	8 8x
0:45	I still (C)	8x8	A ¹	Back Extension Combo All the way up Halfway down All the way up Halfway down	2 2 2 2 8x
1:15	(Instr)	4x8	A ²	Back Extension Top Half Pulse Option: Full extended arms to side	2 16x
1:30	Home (C)	4x8		Transition to Bridge Option: With plate	32
1:46	You're (V)	4x8	B	Bridge 2/2	8 4x
2:02	I still (C)	8x8	B ¹	Bridge Combo All the way up Halfway down All the way up Halfway down	2 2 2 2 8x
2:32	(Instr)	8x8	B ²	Bridge Triple Pulse	8 8x
3:02	home (C)	4x8	B ³	Bridge Pulse	2 16x
3:17	I'm in (V)	4x8		Transition to kneeling Set up Tube Pull Down	32
3:36	You're	4x8	C	Tube Pull Down 2/2	8 4x
3:50	I still (C)	8x8	C ¹	Tube Pull Down Combo Halfway down All the way up Halfway down All the way up	2 2 2 2 8x
4:21	(Instr)	8x8	C ²	Tube Pull Down	4 16x
4:50	home (C)	4x8		Reverse Fly Pulse	2 16x

WHY

Dan refers to “gluteal amnesia” in this track. Many people – including athletes – experience difficulty in recruiting the largest muscle in the body: Gluteus maximus. These exercises focus on training what is often the missing element when we engage our core.

COACHING

3 different exercises to recruit the muscles of the posterior chain. Check out Dan's clear coaching of the 3 layers on the DVD: He clearly instructs how to perform the move, then how to achieve more from the exercise, and finally drives everyone to work to their max. Give options for use of the plate and LES MILLS™ Tube so everyone feels included and successful.

BACK EXTENSION COMBO**KEY COACHING FOCUS:**

Squeeze butt. Squeeze shoulder blades

SETUP

- Lie onto front
- Legs long, feet together
- **Squeeze butt to support back**
- Arms like goalposts
- Lift the chest up up, down down
- **Squeeze shoulder blades**
- Up halfway down, up halfway down (arms out wide)
- Up and down, small Pulses
- Thumbs up

FOLLOW-UP

- Great work for your postural muscles

OPTION

- Rest fingers on the floor

**BRIDGE****KEY COACHING FOCUS:**

Squeeze butt

SETUP

- Grab a plate for option
- Heels close to the butt
- Plate on thighs
- **Squeeze butt and lift hips**
- Lift chest to chin

FOLLOW-UP

- Think squeeze/release on every rep
- Stay in the top 1 centimeter range
- Your butt should be burning

OPTION

- No plate

**TUBE PULL DOWN****KEY COACHING FOCUS:**

Squeeze butt and lift chest

SETUP

- Grab your tube, single or double
- Pull down down, up up
- **Lift chest and squeeze butt**
- **Brace your abs to maintain stability**
- Pull down, halfway, down and up (Reverse Fly)
- 16x Reverse Fly
- **Small Pulse as you squeeze shoulder blades**

FOLLOW-UP

- Let's see if you can increase the challenge by not bending your elbows

OPTION

- Single tube



6

BONUS CORE STRENGTH 3

TRACK FOCUS

My participants will brace their core tightly to achieve maximum rotation control in the Horse Stance Pointer work.

MUSIC			SEQUENCE/EXERCISE		CTS REPS	
0:00	(Intro)	4x8		Set up Horse Stance	32	
0:18	_ I'll find the places (V)	12x8	A	Horse Stance Pointer Sequence L Extend L leg B Diagonal Repeat x3 L leg B Return to Horse Stance Add opposite arm after 2 reps	4 4 16 4 4	3x
1:05	_ Put your poison (V)	12x8	A	Repeat Horse Stance Pointer Sequence R Add opposite arm 2 reps	32	3x
1:51	Wooo (Br)	4x8	B	Pushup Return to Horse Stance on last 4 cts	4	8x
2:07	Woah (PC)	8x8	A ¹	Horse Stance Pointer Sequence With opposite arm L – Note: 1x diagonal Release down, plate in R hand	16 16	3x
2:38	What you wanted (C)	8x8	A ²	Horse Stance Pointer Sequence L with Plate Extend L leg B, R arm F Diagonal L leg B, R arm F Return to Horse Stance	4 4 4 4	4x
3:10	Woah (PC)	8x8	A ¹	Repeat Horse Stance Pointer Sequence R With opposite arm R Release down, plate in L hand	16 16	3x
3:40	What you wanted (C)	8x8	A ²	Repeat Horse Stance Pointer Sequence R with Plate	16	4x
4:11	Instr	4x8	B ¹	3-Point Pushup R	4	8x
4:27		4x8	B ¹	Repeat 3-Point Pushup L	4	8x
4:44		2x8		Stretch L&R	16	

WHY

Corey focuses on rotational control in this track. These exercises improve the engagement of our stabilizer muscles – which prevent our lumbar spine twisting under load (and therefore avoiding potential injury).

COACHING

Corey used the analogy of a fishbowl to help participants tune into their bodies: Who can keep their fishbowl still? Think about movement control so we can look after our lumbar spine and this crosses over to everything we do, reducing wear and tear of our body: So let's work on optimal strength and control. Try educating your class participants about the benefits they will receive and how this translates to everyday life.

HORSE STANCE POINTER SEQUENCE

KEY COACHING FOCUS:

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

SETUP

- Come into Horse Stance
- Hands under shoulders
- Knees hip-width
- **Brace your abs**
- Right leg extends straight out to hip height
- Take the leg wide
- Bring the leg in and keep it lifted
- Take the leg out again and bring leg under hip
- **Keep hips and shoulders level by bracing tightly**
- Opposite arm extends outward
- Take the arm and leg out to the corners (add plate)
- Grab your plate for 4 reps
- Out, open, in and down

FOLLOW-UP

- If your lower back is working more than your butt then lower your leg height
- Make sure your arm is straight with thumb up so we can target the lower trapezius muscles
- Brace your abs tightly so there is no rotation from your lumbar spine

OPTION

- No plate



PUSHUP / 3-POINT PUSHUP

KEY COACHING FOCUS:

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

SETUP

- Take your hands wide
- Pushups down and up
- **Chest to elbow height**
- **Brace abs to support back**
- **Hips and shoulders level to the floor** (3-Point Pushup)
- Keep your leg lifted
- **Brace your abs tighter to support your back**
- **Back long and straight**

FOLLOW-UP

- More intensity on your toes
- With your leg lifted, squeeze butt to engage posterior chain



OPTION

- To decrease intensity, keep both knees down in the 3-Point Pushup

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**



ALTERNATING / DOUBLE LEG LIFT

KEY COACHING FOCUS:

Brace abs to press lower back towards the floor

SETUP

- Fingers under lower back
- Knees in line with 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



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



NOTES



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