

LES MILLS CXWORX™



FEATURES

- Exercise and Pregnancy
- The Stages of Change
- CXWORX™ Layer 2 Coaching – Coaching Towards Mastery
- The Science of Resistance Tubing

RELEASE **17**

PRESENTERS FROM
NEW ZEALAND, UK



OUR DECLARATION OF INTENT

The Les Mills global family is made up of 15,500 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.

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**EXERCISE AND PREGNANCY
THE STAGES OF CHANGE
CXWORX™ LAYER 2 COACHING – COACHING TOWARDS MASTERY
THE SCIENCE OF RESISTANCE TUBING**

	TRACK	ARTIST	
1	WARMUP	Come Get It Bae © 2014 Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Williams	Pharrell Williams 3:27
2	CORE STRENGTH 1	Rockin' N' Rollin' © 2014 Les Mills Music Licensing Ltd. Written by: Fedde Le Grand	Trivial Lead 5:26
BONUS 2	CORE STRENGTH 1	Jumanji (Original Mix) © 2013 Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: Kirithas, Geary, Hyde, Richards	J-Trick & Taco Cat feat. FERAL is KINKY 5:16
3	STANDING STRENGTH 1	Never Seen Runaway (Lost Soul & Genjo Mix) © 2013 The Hustle Standard. Written by: Caripides, Hill	Jay Kill & The Hustle Standard 4:10
BONUS 3	STANDING STRENGTH 1	Guilty All The Same © 2014 Les Mills Music Licensing Ltd. Written by: Bennington, Bourdon, Delson, Shinoda, Farrell, Hahn	The Misd Mayhem 4:41
4	STANDING STRENGTH 2	Work © 2009 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Harris, Hills, Arcaica, Elliott	Ciara feat. Missy Elliott 4:06
5	CORE STRENGTH 2	Satisfy Courtesy of the Universal Music Group. Written by: Ray, Stephens, Watson	Nero 2:34
		Satisfy Courtesy of the Universal Music Group. Written by: Ray, Stephens, Watson	Nero 2:43
BONUS 5	CORE STRENGTH 2	Tidal Wave (KillSonik Remix) Courtesy of the Universal Music Group. Written by: Douwma, Matthews, Pockson, Ghost	Sub Focus feat. Alpines 2:25
		Tidal Wave (KillSonik Remix) Courtesy of the Universal Music Group. Written by: Douwma, Matthews, Pockson, Ghost	Sub Focus feat. Alpines 2:26
6	CORE STRENGTH 3	F For You Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Blige	Disclosure feat. Mary J. Blige 4:57



KEY

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

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™ 17



From L-R: Corey Baird, Dan Cohen, Huw Davis

CXWORX™ 17 is a wrap!

Dynamic Core Training at its best... we work the core and everything supporting the core, with a strong focus on tempos. Faster tempos which will challenge your muscles to engage with speed and slower tempos for conditioning and strength. Nail the different timing and ranges and you'll nail the intensity throughout this release.

Tempo changes will influence your coaching language, challenging you to get your participants moving with great technique. Always spend time to script, so you keep classes fresh and relevant to your members.

You will need to physically prepare the body for the new tempo feels as well – remember, do the practice hours for this new release so you are the role model leading the charge in your classes...

NEW MOVES like the Arnie Press, Parallel Woodchop and Rolling Hover create a new feel for CXWORX™ 17; so make sure you watch and physically do the Education to master them the first time you teach.

Bonus Tracks 2, 3 and 5 are fierce and powerful so check these out! As usual, replace like for like.

Musically it's another journey of contrast – we LOVED this music and we hope you do too. We always love to hear your feedback so, once you've taught this release 3 to 4 times, please fill out the BLAH survey.

Dan Sullivan

CXWORX™ Presenters

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

Huw Davis (United Kingdom) is a CXWORX™, BODYPUMP™ and RPM™ Instructor and Trainer, a BODYCOMBAT™ Instructor, personal trainer and sports massage therapist. He is based in Edinburgh, Scotland.

EXERCISE AND PREGNANCY

Pregnancy and exercise is a hotly debated topic, and it's really important that we know what to advise our pregnant members. This Education session will explore the benefits of exercise for expectant mothers, and explain how they can stay safe while being active.

Remind your participants to seek advice from their obstetric caregiver. The advice of their doctor should always be the first consideration when undertaking exercise while pregnant.

Recent guidelines¹ encourage participating in regular exercise before, during and after pregnancy for both active and sedentary women. They emphasize that pregnancy - and the associated physiological changes - are no longer seen as limitations; this is not the time to be confined to the couch! Even those who have been previously inactive are encouraged to take up some form of exercise, and make some healthy lifestyle changes.

So why, for those few months of your life when all you want to do is sleep and eat donuts, do we have to eat really well and exercise?

BENEFITS OF EXERCISE

- Maintaining a good level of fitness will set you up for an easier, shorter labor with better recovery and fewer chances of complications.³
- Training your abs during pregnancy will lessen the degree of abdominal wall separation too – a condition which can cause lower back and pelvic pain.²
- Exercise helps normalize the birth weight of your baby. This is important as heavy babies are more likely to develop illnesses such as obesity, metabolic disease and cardiovascular disease later in life.⁴
- Staying physically active helps you avoid getting Gestational Diabetes Mellitus (GDM) - a type of diabetes that can occur during pregnancy. This condition puts you at greater risk of complications, and makes you more prone to developing type 2 diabetes in the future. Women with GDM are also more likely to deliver large babies, who may subsequently suffer from childhood obesity and metabolic disorders.⁴
- Problems with high blood pressure – known as hypertensive disorders – can cause issues like pre-term delivery and is the leading cause of maternal mortality also. Studies have shown that being active during pregnancy can help to prevent these complications as well.⁴

Other benefits include having babies that are alert, calm, self-quieting and better able to cope with the stresses of labor.³ On the other hand, neglecting exercise and gaining too much weight during pregnancy can place extra stress on the joints and contribute to an increase of lower back pain.³

SO, WHAT'S OUR ADVICE?

The following programs are not recommended during pregnancy:

BODYCOMBAT™

We don't recommend BODYCOMBAT™ because of the joint instability. The release of hormones such as oestrogen and relaxin can result in joints being less stable – so the kicks in BODYCOMBAT™ may aggravate the hips and pelvis.

LES MILLS GRIT™

LES MILLS GRIT™ is a high-intensity workout for people who are wanting to really take their fitness to the next level. Pregnancy is not the time to be pushing the body to its limits.

The rest of our programs should be OK to continue with, but with the following modifications:

CXWORX™

Working the core in CXWORX™ should be safe in the first and second trimester and has been shown to minimize disruption of the abdominal wall during pregnancy.¹ You can offer the option for them to work the abs in four-point kneeling, supporting themselves on their elbows (ensuring they keep their chest lifted) or rolling over to do Hover or Plank work when it's no longer comfortable for them to lie flat on their back.

BODYATTACK™ and BODYSTEP™

If they have regularly attended these classes prior to their pregnancy, then these programs should be safe to continue. A few suggested modifications include:

- Taking low-impact options in BODYATTACK™.
- In BODYSTEP™, decrease the number of risers and take low-impact options. Ensure they have a stable base of support by ensuring that the foot is always planted firmly on the step every time and by keeping a slightly wider base of support.

BODYPUMP™

Participants should set their bench to an incline.

RPM™

Participants should modify their intensity by taking regular breaks, reducing resistance and avoiding standing positions on the bike when they feel it is necessary.

BODYVIVE™ ACTIVE AND BODYBALANCE™/BODYFLOW™

Both programs can be started for the first time during pregnancy, and are ideal for making healthy lifestyle changes.

Check out the DVD for some great demonstrations of these options.

SO WHAT CAN YOU TELL YOUR PREGNANT MEMBERS?

- Exercise is really important for a healthy mother and baby
- Do whatever you have been doing, reducing intensity when you, and your doctor, think you should
- Drink plenty of water
- Wear comfortable, cool clothing
- Don't lie on your back
- Remember to consult your caregiver about your plans for exercise



REFERENCES:

1. Artal, R. and O'Toole, M. (2003) Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *Br J Sports Med*, 37: 6–12.
2. Benjamin, D.R., et al. (2014) Effects of exercise on diastasis of the rectus abdominis muscle in the antenatal and postnatal periods: a systematic review. *Physiotherapy*, 100 1–8.
3. Piper, T.J. Core Training Exercise Selection During Pregnancy. *Strength and Conditioning Journal*, Vol. 34, No. 1, February 2012.
4. Mudd, Lanay M. Health Benefits of Physical Activity During Pregnancy: An International Perspective. *Medicine & Science in Sports & Exercise*, July 2012.

SMARTSTART

Hey Instructors, wanna pack your classes?

There's a big group of people out there who need our help - and you'll often find them in the back row trying not to be noticed. By using some simple, proven tools to take care of this group you can get them hooked into fitness and, at the same time, grow your class numbers.

Statistics tell us that 50% of people who join gyms will drop out within the first 6 months.¹ We need to look after the back row, because it is this group that we are most at risk of losing. Over the next 12 months we'll be giving you tips and tricks to make sure you have the tools to look after the new people in your classes. We've also developed a bunch of resources for participants to help them on their journey to fitness. We've called this body of work "SmartStart", and it'll always be labeled like this:

SMARTSTART

Les Mills has conducted in-depth research into beginners' adherence to exercise, and we now know that the key to great results is starting slowly. As instructors, this means giving new people the option to leave after the first few tracks (and slowly building track by track), as well as taking an interest in their training schedules; the optimal mix is cardio, strength, core training and flexibility.

Getting started doesn't mean running a marathon on day one. Or even month one! Encouraging people to ease their way into exercise means they are more likely to stick with it for the long haul.

Read the first of our education series on the following page to gain great insights into just what these new people are going through.



STAGES OF CHANGE

There are 6 stages of change that people experience when they move from sedentary behavior to taking up exercise.

THE STAGES OF CHANGE

1. **PRECONTEMPLATION** Not currently active and don't intend to become active in the immediate future: I WON'T and I CAN'T stage.
2. **CONTEMPLATION** Not currently active, but intending to become active at some point in the next 6 months: I MIGHT stage.
3. **PREPARATION** Not regularly active but preparing to begin exercise within the next 30 days: I WILL stage.
4. **ACTION** Currently participating in exercise, but at risk of returning to their previous inactive state: I AM stage.

5. **MAINTENANCE** Active for at least 6 months, exercise has become a stable part of their life; I HAVE stage.
6. **TERMINATION** or **RELAPE** Either a permanent change has been made or people will regress to an earlier stage – at which point they will either give up or have to start again.

The challenge for you as an instructor is to guide people through these stages – making the job easier for them and understanding how vulnerable they are of returning to their previous inactive lifestyle.

THE KEY FACTOR – SELF-EFFICACY

The key factor in how likely someone is to progress through these stages of change is their level of self-efficacy.

SELF-EFFICACY = CONFIDENCE

Self-efficacy is the confidence someone has in overcoming obstacles and resisting temptation (to return to their previous behavior) in order to reach their goals. Studies have shown a consistently positive relationship between self-efficacy and progress through the stages of change²; the higher their level of confidence, the greater the likelihood that individuals will achieve their goals. So, the secret to looking after the back row in your classes is to keep their confidence HIGH... how do we do this?

1. THEY CONTROL THEIR WORKOUT

Allow your members to manage both the duration and intensity of their training. Trying anything new can be intimidating and – as you now know – the key to success is to start slowly and feeling like you're in control.

2. FREQUENCY BEFORE INTENSITY

It's more important to just get people into the habit of exercising, before you start yelling at them to work harder. Remember to offer people options so they can tailor the workout to their ability, and ensure you present these modifications in a positive way – allowing them to feel good about what they can do, rather than making them feel like they can't keep up.

3. CELEBRATE THE IMMEDIATE WINS

Focus on the gains that occur as soon as people become active: increased energy levels, feeling more positive, or the endorphin high you get straight after a workout. These things happen straight away, and are much better to focus on than long-term aesthetic goals like getting a smaller butt!

Combining these 3 tools will reduce anxiety around exercise – increasing people's confidence and helping them reach the stage whereby physical activity is a permanent feature in their lives.

REMEMBER: Instil confidence, give people control, and celebrate every small step of their journey to fitness. Because if we stand for a fitter planet, this means everyone – not just the front row.

REFERENCES:

1. Armitage, C. J. (2005). Can the theory of planned behavior predict the maintenance of physical activity. *Health Psychology*, 24(3), 235–245.
2. Jackson D. How Personal Trainers Can Use Self Efficacy Theory to Enhance Exercise Behavior in Beginning Exercisers. *Strength and Conditioning Journal*, Volume 32 Number 3 June 2010.

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

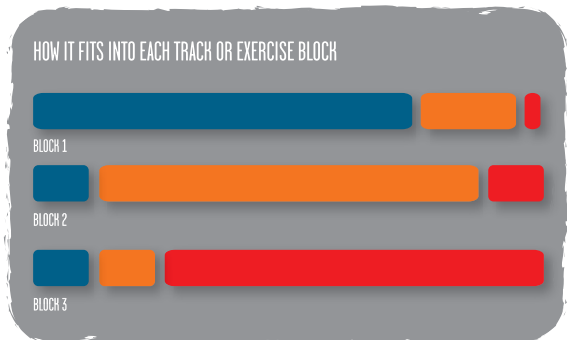
Layer 3 – MOTIVATION / DRIVE

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 switch on their lower abdominals and understand the importance of bracing the core for an effective workout.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	2x8		Set up lying on floor, hands under lower back	16
0:12	(Beat)	8x8	A	Double Leg Lift	8 8x
0:44	Certainly (C)	4x8	A ¹	Double Leg Lift , no touch down	8 4x
1:01	Ride	4x8	B	Triple Pulse Crunch	8 4x
1:17	I can see (V)	4x8	A	Double Leg Lift	8 4x
1:33	Certainly (C)	4x8	A ¹	Double Leg Lift , no touch down	8 4x
1:48	Ride	4x8	B	Triple Pulse Crunch	8 4x
2:05	Comes a time (Br)	2x8	C	Bridge	16
2:13	Comes a time	6x8	C ¹	Walking Bridge Lift Roll down on last 8 cts	8 5x
2:37	Come get it (C)	4x8	D	C-Crunch	8 4x
2:52	Ride	4x8	D ¹	Triple Pulse C-Crunch	8 4x
3:09	Hey	4x8		Cross Crawl L&R	4 8x

WHY

Short-lever limb movements allow us to prime the muscles for the workout ahead; Bridges engage the posterior core muscles to complete a 3-dimensional Warmup.

COACHING

Activation of the lower abdominals is the key focus in this track. Challenge your class to keep their feet off the floor to fire up the target muscles. Coaching the importance of bracing the abs early on will prepare participants for the workout ahead. Watch the DVD to see how Dan coaches with precision, while simultaneously matching his voice and energy to this great piece of music.

WALKING BRIDGE LIFT

KEY COACHING FOCUS:

Squeeze butt to lift hips. Keep hips square to the ceiling as you walk your feet

SETUP

- Bring your feet close to butt
- Squeeze your butt
- Lift hips to ceiling
- Press chest to chin
- Keep hips square to the ceiling as you walk your feet



FOLLOW-UP

- Walk front leg, out, out, in, in
- Engage glutes and hamstrings

CORE ESSENTIALS

DOUBLE LEG LIFT

TRIPLE PULSE CRUNCH

CROSS CRAWL

C-CRUNCH

2 CORE STRENGTH 1

TRACK FOCUS

My participants will master the execution of the Deadbug to Hover as I clearly coach the setup and how these movements should feel.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	Ooh ooh	8x8	Set up Deadbug Roll to Hover	16 48	
0:30	(Beat)	8x8	A Hover Knee Combo Front & Back 3x Alt Knee Drop – front, back, front Slow extension of front leg Repeat other side	4 4 8	4x
0:59	(B up)	6x8	B Rolling Combo from Hover Roll to Deadbug Roll to Hover	8 8	3x
1:21	Ooh ooh	2x8	Roll to Deadbug Extend legs to 45°	8 8	
1:30	(Beat)	8x8	C Leg Extension Combo Front & Back 3x Alt Knee over hip – front, back, front Slow extension of front leg to 45° Repeat other side	4 4 8	4x
2:00	(B up)	4x8	C' Leg Extension Combo w. Crunch Front & Back Crunch up as leg extends	16	2x
2:15	(Quiet)	2x8	Hold legs at 45° Return to Deadbug	12 4	
2:22	(Beat)	6x8	B' Rolling Combo from Deadbug Roll to Hover Roll to Deadbug	8 8	3x
2:45		2x8	Roll to Hover Hold	8 8	
2:52	Ooh ooh	10x8	A Hover Knee Combo Front & Back	16	5x
3:30	(B up)	2x8	Roll to Deadbug Extend legs to 45°	8 8	
3:37	(Beat)	8x8	C Leg Extension Combo Front & Back	16	4x
4:07	(B up)	4x8	C' Leg Extension Combo w. Crunch Front & Back	16	2x
4:22	(Beat)	6x8	B' Rolling Combo from Deadbug	16	3x
4:45	(Clap)	1x8	Hold Hover	8	
4:49	(Beat)	9x8	A Hover Knee Combo Front & Back	16	4½x

WHY

This is Reactive Core Training – using the core dynamically and explosively. The Rolling Hover trains agility while the leg patterns develop the type of stability you need for activities such as running and sprinting.

COACHING

If you're on a wooden floor, please use a mat placed lengthwise to protect your elbows in the Rolling Hover. Your class will love the new DEADBUG move where you get them Rockin' N' Rollin' their way through Core Strength 1. Start the class on the knees, as Corey did on the DVD, and focus on perfect execution and building confidence in the movement. The Hover Knee Combo presents a challenge for the lower abdominals so be sure to provide options early on. It's a fun track: get creative with your coaching language, as Corey did, so your participants really feel the workout. Enjoy!

HOVER KNEE COMBO

KEY COACHING FOCUS:

Back long and straight. Abs braced to keep lower back supported

SETUP

- Back is long and straight and abs braced in Hover
- Front leg leads 3 Knee Drops
- 3, 2, 1, slowly extend
- Focus on extending your legs straight by pushing your heels away
- Check out my hips, when my knees move my hips stay still
- Keep a strong braced core to support lower back

FOLLOW-UP

- Knee Drop is soft; you're not allowed to rest your knee on the floor
- The floor is hot
- Drop to your knees if your back starts to sag
- Focus on your abs; they are rigid to stabilize your spine and hips
- Pump your legs like you are sprinting
- Great crossover to running

OPTION

- Decrease intensity by working from knees, straightening one leg at a time

LEG EXTENSION COMBO

KEY COACHING FOCUS:

Brace abs to keep lower back towards the floor

SETUP

- Arms by your side
- Legs extend to 45°
- Running Man
- 3, 2, 1, slowly extend
- Lower back is pressing towards the floor
- 3, 2, 1 and reach for your toes (with Crunch)
- Ribs slide to hips and squeeze your six-pack tightly



FOLLOW-UP

- Brace your abs stronger than you have done before, to control that back position
- If you can't control back position, put your feet down and toe-tap to reduce the load (with Crunch)

ROLLING COMBO FROM DEADBUG AND FROM HOVER

KEY COACHING FOCUS:

Keep abs braced so shoulders and hips roll as one

SETUP

- Bring knees over hips
- Knees together
- Elbows over shoulders
- Fists together
- Roll to the front of the room, come with me
- Roll into Knee Hover
- Brace your abs in this position to support your lower back
- Try this as an option: drive your heels away so your legs extend straight, like steel rods
- Slide shoulder blades away from ears and that will give you a long straight back (Hover to Deadbug)
- Roll to the back of the room
- Brace your abs tightly as you roll
- Think of your hips and shoulders rolling as one



FOLLOW-UP

- It's like you're a steamroller
- Crush the bug behind you
- Like a hurricane, shoot your legs away powerfully

OPTION

- Decrease intensity by staying on knees



CORE ESSENTIALS

HOVER

2 BONUS CORE STRENGTH 1

TRACK FOCUS

My participants will feel challenged and motivated in the Hover work and understand the stages of the Leg Extensions.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	Set up Hover position	32	
0:15	(Beat)	4x8	A Full Hover	32	
0:30	(Heavier beat)	8x8	A ¹ Full Hover w. Double Knee Drop	4	16x
1:00	(Rap)	8x8	B Reach L arm F (1/3) Reach R arm F (1/3)	8 8	4x
1:27		½x8	Hold Hover	4	
1:32	(Instr)	4x8	B ¹ Hover Combo L&R Double Knee Drop x2 Reach L arm F (1/3) Double Knee Drop x2 Reach R arm F (1/3)	8 8 8 8	
1:47		12x8	B ² Hover Combo w. Arm & Leg L&R Double Knee Drop x2 Reach L arm F & lift R leg (1/3) Double Knee Drop x2 Reach R arm F & lift L leg (1/3)	8 8 8 8	3x
2:31	(Quiet)	4x8	A Hold Hover Transition: Lie onto back and set up Leg Extensions	16 16	
2:46	(Rap)	8x8	C Leg Extensions R leg out to 45° L leg out to 45° R leg in L leg in	2 2 2 2	8x
3:17	(Instr)	8x8	C ¹ Leg Extensions w. Stage 1 Crunch R leg out to 45° L leg out to 45° R leg in & Crunch up L leg in	2 2 2 2	8x
3:47		8x8	C ² Leg Extensions w. Stage 2 Crunch R leg out to 45° L leg out to 45° R leg in & Crunch up L leg in & Crunch up higher	2 2 2 2	8x
4:17	(Beat)	4x8	Transition to Hover	32	
4:32		8x8	B ² Repeat Full Hover Combo w. Arm & Leg L&R	32	2x
5:02		2x8	A Hold Hover	16	

WHY

This track supersedes Hovers with Leg Extensions to challenge the lower abdominals. It is these muscles that support a neutral spine and maintain the position of the pelvis in the Hover patterns and keep the lower back toward the floor in the Leg Extensions. Our lower abdominals are instrumental in protecting our lower back from injury.

COACHING

This big track requires you to provide options early on in the Hover Combo with arm and leg. The pressure builds in the Leg Extensions until it feels like there's a rhino sitting on your stomach! Again, offer options here so everyone stays in the workout. Huw brought the music to life on the DVD with his 'animal' theme, injecting his personality into his coaching; script your own Layer 3 Cues that are authentic to you.

HOVER WITH DOUBLE KNEE DROP**KEY COACHING FOCUS:**

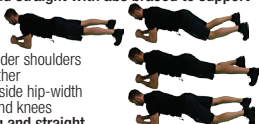
Back long and straight with abs braced to support lower back

SETUP

- Elbows under shoulders
- Fists together
- Knees outside hip-width
- Lift hips and knees
- **Back long and straight**
- **Brace your abs tightly to protect your lower back**
- Once hips and shoulders are square, lift your knees off the floor
- Double Knee Drop down and up
- Hips need to stay still; if they are moving, take the option of one knee lifting at a time

OPTION

- Decrease intensity by staying on knees then lifting one knee at a time

**HOVER 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

- Hold the Hover and front arm extends
- Slowly bring it back and switch
- **Brace the abs to keep shoulders and hips square to the floor**
- If you twist, drop down to option on knees
- Now hold the Hover and do the combo
- 2 Knee Drops and front arm extends — go!
- Try lifting opposite leg off the floor now
- Leg stops at hip height

**FOLLOW-UP**

- As soon as you lift the arm and leg you'll feel the body will want to twist, so brace tighter
- If you lose technique come down to knees and work from there
- As you pull the arm in, imagine you are pulling something heavy towards you
- 10 seconds to hold your perfect Hover

OPTION

- Decrease intensity on knees with opposite Arm and Leg Lift

LEG EXTENSIONS WITH CRUNCH**KEY COACHING FOCUS:**

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

SETUP

- Quickly roll over
- Legs to 90 degrees
- Walk the legs out, out, in, in
- **Brace abs to keep lower back towards the floor**
- If lower back lifts, take legs higher (with stage 1 Crunch)
- As the knees come in we crunch up
- **As you crunch up, slide ribs to hips**
- Chin tucked in and eye gaze through the knees (with stage 2 Crunch)
- Staggered Crunch
- Out, out, up, higher
- Reach your fingertips as close to your heels as you can

**FOLLOW-UP**

- You should be feeling the pressure in your abs
- That pressure is like you have a rhino on your belly

OPTION

- Decrease intensity by taking legs higher to the ceiling

CORE ESSENTIALS**HOVER**

3

STANDING STRENGTH 1

TRACK FOCUS

My participants will experience the integrated strength in the Arnie Press and rotational power in the Parallel Woodchop.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up Wide Squat Stance and Arnie Press with plates	32	
0:14	Heart break (C)	4x8	A	Arnie Press Reverse Pec Dec Arms Shoulder Press Rotate plates inwards Drop arms, elbows to 90°	4 4 4 4	2x
0:29	Danger	12x8	A ¹	Arnie Press w. Squat Reverse Pec Dec Arms and Squat Shoulder Press Rotate plates inwards Drop arms, elbows to 90° and stand up	4 4 4 4	6x
1:12	(Instr)	8x8	A ²	Arnie Press w. Squat (faster) Reverse Pec Dec Arms and Squat Shoulder Press Rotate plates inwards Drop arms, elbows to 90° and stand up	2 2 2 2	8x
1:40		8x8	A ³	Arnie Press w. Isolated Squat Note: Stay in Isolated Squat during Arnie Press Option: Rotate plates with knuckles F	8	8x
2:09	(Quiet)	4x8	B	Transition: Wide Stance Parallel Woodchop R Step L foot on LES MILLS™ Tube, both hands to outside of handles, legs wide	32	
2:23	Heart break (C)	4x8	B ¹	Wide Stance Parallel Woodchop R	8	4x
2:37	(Instr)	8½x8	B ²	Stepping Parallel Woodchop R Hold last rep outwards	4	17x
3:07	Heart break (C)	4x8		Transition: Wide Stance Parallel Woodchop L	32	
3:22		4x8	B ¹	Wide Stance Parallel Woodchop L	8	4x
3:36	(Instr)	8½x8	B ²	Stepping Parallel Woodchop L Hold last rep outwards	4	17x

WHY

Two moves to integrate the muscles of the upper and lower body, engaging our muscular slings; the Arnie Press combines a Squat pattern with shoulder activation while the Parallel Woodchop utilizes a Side Lunge.

COACHING

This track introduces the Arnie Press. Make sure you watch the New Moves Education to understand the muscle integration in this challenging exercise; building your own knowledge base will enable you to better coach and educate your class. The Parallel Woodchop is new also and feels fantastic to perform – as Dan says, “swing it like a baseball bat”! It’s a physically tough track so practise these moves so you can role-model inspiring athleticism.

ARNIE PRESS

KEY COACHING FOCUS:

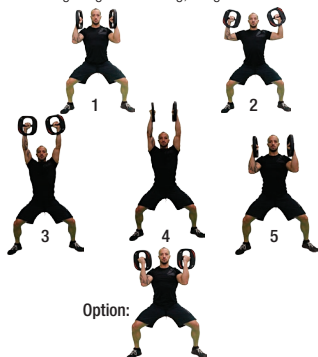
Keep arm slightly forward of face as you press.
Hips sit back and down on Squat with chest up.
Brace abs to support lower back

SETUP

- Feet wider than shoulders
- Toes turned out slightly
- Lift plates, in front of face
- Chest lifts
- Reverse Pec Dec Arms
- Open, press plates just in front of face, fingers to front of room, elbows forward
- Half Squat
- Knees push out and hips sit back and down
- Big abdominal brace, especially at the bottom of the Squat

FOLLOW-UP

- Progressively sink a little deeper into the Squat
- The load in the shoulders and legs is very powerful for the core muscles
- Isolated Squat, show your knuckles
- Let's work on more mobility through the upper body
- Your legs might be shaking, hang in there



PARALLEL WOODCHOP

KEY COACHING FOCUS:

Keep hips square to the front. Twist from the center of your chest

SETUP

- Grab your LES MILLS™ Tube and put your right foot under the tube
- Hold outside handles
- Handles in line with mid chest
- Feet wide
- Lift handles up and shift across and back
- Parallel Woodchop
- Keep hips square to the front
- Twist from the center of your chest
- Feet step out and in (Stepping Parallel Woodchop)

FOLLOW-UP

- Engage the lats to help support the upper back
- If this does get challenging, drop handles lower or drop body inside LES MILLS™ Tube
- Stop at 10 o'clock and 2 o'clock
- Rotate from the middle of your chest to engage the obliques
- Stay low in your legs and swing it like a baseball bat

OPTIONS

- Decrease intensity by lowering the handles
- Decrease intensity by using a single tube



3

BONUS STANDING STRENGTH 1

TRACK FOCUS

My participants will feel the explosive power from their legs and core in the Double Pulse Squat Press plate work and experience the overall integrated training effect.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up Lunge w. plate O/H	32	
0:18	(Instr)	4x8	A	Lunge w. plate O/H L	2	16x
0:38	Tell us all (V)	1x8	B	2/2 Squat	4	2x
0:43	The answer	5x8	B ¹	2/2 Squat Press	4	10x
1:07	Guilty all the same (C)	4x8	B ²	Double Pulse Squat Press Set up Lunge w. plate O/H on last 4 cts	4 4	7x
1:25	same	4x8	A	Lunge with Plate O/H R	2	16x
1:45	Show us all (V)	1x8	B	2/2 Squat	4	2x
1:50	Unprepared	5x8	B ¹	2/2 Squat Press	4	10x
2:14	Guilty all the same (C)	6½x8	B ²	Double Pulse Squat Press	4	13x
2:45	same	2x8		Set up Pushup, Side Plank Combo	16	
2:54	(Rap)	12x8		Pushup & Side Plank Combo L&R Pushup Side Plank L Pushup Side Plank R	4 4 4 4	6x
3:52	(Instr)	2x8		Set up Squat Pulse w. Wide Pull w. LES MILLS™ Tube	16	
4:01	Guilty all the same (C)	7½x8		Squat Pulse w. Wide Pull	4	15x

WHY

Improving vertical drive (the ability to propel our body weight and external load upwards) is a key ingredient of athleticism. In this track the Lunge and Squat patterns focus on the importance of bracing the core to improve vertical drive.

COACHING

Corey and Huw worked hard to craft unique scripts for this track! There's a lot going on, so your coaching needs to be precise. It's a physically demanding track so be sure to offer options early on to cater to all levels. Practise the Double Pulse Squat Press so your movements have strength and energy. Challenge the class to perform Pushups on toes and practise the timing of the drop 'n' catch!

LUNGE WITH PLATE OVER HEAD

KEY COACHING FOCUS:

Hips square to the front. Brace abs. Arms slightly forward of face

SETUP

- Grab your plate and place it on upper chest
- Feet under hips
- Take a long step back
- Square hips to the front
- Bend your back knee
- Slowly press plate over head
- Back knee pulses down, up, down, up
- Arms need to be in front of face to look after your shoulders and stop you arching your back

FOLLOW-UP

- Front thigh parallel to floor, that's where the intensity is
- Keep your chest lifted to fire up the back muscles
- If your shoulders fatigue bring the plate to the chest then come back in stronger

OPTION

- Keep plate high on chest if shoulders fatigue



SQUAT PRESS/ DOUBLE PULSE SQUAT PRESS

KEY COACHING FOCUS:

Hips sit back and down. Elbows slightly forward of face. Chest lifted

SETUP

- Come into the Squat
- Feet outside hip-width
- Butt sits back and down
- Press the plate to the ceiling
- Elbows forward of face
- Catch the plate on your upper chest to keep your chest lifted and give you great spinal position
- Brace your abs really tightly as we're about to go into a power move
- Rhythm change: down, pause, down, explode

FOLLOW-UP

- Squeeze your glutes aggressively as you stand
- Hips finish under shoulders
- We are transferring power from the legs through the core and into the shoulders and arms
- Develop explosive vertical power
- Push the plate to the ceiling
- Second Squat needs to be deeper

OPTION

- Keep plate high on chest if shoulders fatigue



PUSHUP & SIDE PLANK COMBO

KEY COACHING FOCUS:

Back long and straight. Abs braced so hips and shoulders roll as one

SETUP

- Come down for Pushups
- Hands outside shoulders
- Knees or toes
- Press down, up, Side Plank
- Drop, up, opposite side
- Lift the under side of your waist
- Spine long and straight
- Chest stops at elbow height
- Brace your abs so your hips and shoulders move as one

FOLLOW-UP

- Slowly decelerating; when you decelerate you overload the muscles, making them stronger
- If your back is sagging, drop to your knees

OPTIONS

- Decrease intensity with Pushups on knees
- Decrease intensity with one knee down for Side Plank



SQUAT PULSE WITH WIDE PULL

KEY COACHING FOCUS:

Brace abs so lower back does not arch as you pull down. Keep chest lifted as you pull down

SETUP

- Grab your LES MILLS™ Tube, single or double it
- Feet outside hip-width
- Tubes up over head
- Double Pulse Squat with chest lifted
- Aim tube between chest and forehead
- Brace abs so lower back doesn't arch as you pull down

FOLLOW-UP

- We connect the big back muscles with our abs when we initiate the movement by pulling the shoulders down
- Grip the tube tightly
- We get both stronger and leaner

OPTION

- Decrease intensity by using a single tube



4

STANDING STRENGTH 2

TRACK FOCUS

My participants will feel the heat and pressure build under constant tension, and understand that this creates muscular change.

	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8		Set up LES MILLS™ Tube under both feet, cross handles at hips	32	
0:15	Dance trend (V)	8x8	A	Side Leg Lift & Backward Leg Extension L Triple Side Leg Lift L Backward Leg Extension L	8 8	4x
0:47	Work (C)	4x8	B	8x Lateral Side Step L 8x Lateral Side Step R	16 16	
1:03	Shake (V)	8x8	A	Side Leg Lift & Backward Leg Extension R Triple Side Leg Lift R Backward Leg Extension R	8 8	4x
1:34	Walk	4x8	C	Step Out, Out, In, In R, L	4	8x
1:50	Work (C)	4x8	B	8x Lateral Side Step R 8x Lateral Side Step L	16 16	
2:06	When a song (Br)	2x8		2/2 Squat	8	2x
2:14	Song	4x8	D	Side Leg Lift L	2	16x
2:29	Try	4x8	D	Side Leg Lift R	2	16x
2:45	Fight	4x8	C	Step Out, Out, In, In L, R	4	8x
3:01	Bet you	4x8	B	8x Lateral Side Step L 8x Lateral Side Step R	16 16	
3:17	Work (C)	12x8		Alt Backward Leg Extension L&R	16	6x

WHY

Training our hip stabilizers while standing delivers functional strength in the exact position that we need it most. These exercises are great for improving lower limb control and preventing injuries.

COACHING

We all like a good glute and hip track and the intensity in this one does not let up! You need to have all your cues nailed as the transitions are fast. The Lateral Side Step is the feature move of this track so encourage your class to take big steps; then use the Squats as an active recovery for your legs. Have some fun with this track, just like Dan did on the DVD!

SIDE LEG LIFT & BACKWARD LEG EXTENSION**KEY COACHING FOCUS:**

Brace abs to keep chest up and hips square to the front. Tip forward from hips so nose is forward of toes

SETUP

- Feet under hips
- Cross handles at hips
- **Brace abs so your hips and shoulders are square**
- Shift weight into your left leg
- Triple Side Leg Lift
- Slide same leg backwards
- **As you slide the leg back, tip from hip and bring nose over toes**

**FOLLOW-UP**

- Aim to get your back leg straight
- Fantastic exercise for hips, glutes and balance
- Stabilize body and try to go for more stretch on the LES MILLS™ Tube
- Create pressure to make change

STEP OUT, OUT, IN, IN**KEY COACHING FOCUS:**

Brace abs to keep hips and shoulders square to the front

SETUP

- Step out, out, in, in
- Soften knees and stay in the move
- **Brace abs to keep hips and shoulders square to the front**

**SIDE LEG LIFT****KEY COACHING FOCUS:**

Brace abs to keep chest up and hips square to the front

SETUP

- 16x Leg Lifts
- Tap down or keep the toes off floor
- Bend standing leg
- **Brace abs to keep chest up and hips square to the front**

**FOLLOW-UP**

- It's like super food: this move is really good for the inside as well as the outside

LATERAL SIDE STEP**KEY COACHING FOCUS:**

Keep chest up

SETUP

- Lateral Side Step to the right side
- Progressively get lower into Squat
- **Chest up and abs braced**
- Knees track forward in line with toes

FOLLOW-UP

- Can you get lower?

5 CORE STRENGTH 2

TRACK FOCUS

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

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up Alt Knee Drop	32
0:15	I can feel it (V)	17x8	A	Alt Knee Drop Combo R Drop knees to front Knees return to center Drop knees to back Knees return to center Repeat Extend legs to vertical Repeat Knee Drop to front & back with legs straight	8 8 8 8 32 8 32 2x
1:20	(Instr)	2x8		Set up for Double Oblique Leg Extension	16
1:28	Satisfy (C)	8x8	B	Double Oblique Leg Extension Roll to side on last 8 cts	4 8 14x
1:59	Satisfy (C)	9x8	C	Side-Lying Oblique Crunch Hold last rep for 4 cts	4 4 17x
2:35	(Instr)	4x8		Set up Alt Knee Drop	32
2:50	I can feel it (V)	17x8	A	Alt Knee Drop Combo L	136
3:54	(Instr)	2x8		Set up for Double Oblique Leg Extension	16
4:02	Satisfy (C)	8x8	B	Double Oblique Leg Extension Roll to side on last 8 cts	4 8 14x
4:33	Satisfy (C)	9x8	C	Side-Lying Oblique Crunch Hold last rep for 4 cts	4 4 17x

WHY

This track superset 3 exercises for the obliques. The first 2 require a stable upper body as the challenge is generated by the weight of the legs. The Side-Lying Oblique Crunch integrates upper and lower body to recruit every fiber of the target muscles.

COACHING

Three moves to chisel the obliques. Corey's tip is: Coach the setup on the 1st side for all 3 exercises, then enhance the movements with great Follow-up Cues to connect the class to their bodies on the 2nd side. Provide options for the Knee Drops if people have tight hamstrings. Establish a strong position to ensure the obliques are 'screaming' in the Leg Extensions, and nail the timing of the Side-Lying Oblique Crunches to match the feel of the music!

ALTERNATING KNEE DROP COMBO**KEY COACHING FOCUS:**

Keep shoulders anchored to the floor

SETUP

- Lie on your back
- Spread arms wide, palms up
- Bring knees over hips
- Feet together
- **Anchor shoulders to the floor**
- Bring both knees to the front of the room
- Back to the center
- Now to the back of room
- **Only go as far as you can without the shoulders lifting off floor**
- Hold here, straighten legs
- Bring both feet to the front of the room
- If your shoulders are lifting, bend your knees to reduce load or reduce range

**FOLLOW-UP**

- Control the movement
- Challenge yourself; go down as far as you can then squeeze the muscles to bring your legs back up
- Focus on your waist muscles; feel the muscles start to pull on your ribs and pelvis to bring you back to the center
- The further you go, the more strength in the muscles and greater spinal mobility

DOUBLE OBLIQUE LEG EXTENSION**KEY COACHING FOCUS:**

Chest lifted with abs braced

SETUP

- Elbow under shoulder
- Balance on meaty part of butt
- Legs straight, feet together
- Knees to chest and out
- **Pick your chest up to give you great posture**
- **Brace your abs like concrete to keep you stable**

**FOLLOW-UP**

- Challenge, lift the back arm, hold your waist; the tighter you can make those muscles the harder you work and get greater results
- If your chest drops, put one foot down

OPTION

- Decrease intensity with one foot down on floor

**SIDE-LYING OBLIQUE CRUNCH****KEY COACHING FOCUS:**

Slide top ribs to hip

SETUP

- Roll onto your side
- Arm forward
- Arm over head
- Legs lift
- Side Crunch in, out
- **Focus on your top rib; crush it to your hip**

**FOLLOW-UP**

- Hold at the top and explode outwards
- 66 lb (30 kg) in your top hand so you can engage lats and obliques

OPTION

- Decrease intensity by keeping bottom leg on floor

5

BONUS CORE STRENGTH 2

TRACK FOCUS

My participants will understand how to execute the Raised Knee Oblique Crunch through my precise coaching.

	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	You can't	4x8		Set up Plank position	32	
0:22	I'm tired (V)	9x8	A	Staggered Knee to Elbow L Move knee towards elbow in stages (3, 6, 9 inches) then finish in Plank position	8	9x
1:10	(B up)	1x8		Transition: Raised Knee Oblique Crunch	8	
1:17	(Heavy beat)	4x8	B	Raised Knee Oblique Crunch L	8	4x
1:39	Your love (C)	8½x8	B¹	Triple Pulse Raised Knee Oblique Crunch L	8	8½x
2:26	Give it	4x8		Set up Plank position	32	
2:47	I'm tired (V)	9x8	A	Staggered Knee to Elbow R Move knee towards elbow in stages (3, 6, 9 inches) then finish in Plank position	8	9x
3:36	(B up)	1x8		Transition: Raised Knee Oblique Crunch	8	
3:42	(Heavy beat)	4x8	B	Raised Knee Oblique Crunch R	8	4x
4:04	Your love (C)	8½x8	B¹	Triple Pulse Raised Knee Oblique Crunch R	8	8½x

WHY

Combining integrated patterns (Staggered Knee to Elbow) with the isolated Raised Knee Oblique Crunch improves functional strength while producing enough isolated tension to demand a response from your obliques. Lifting the legs in the Oblique Crunch Raises the intensity for our side flexors which are key core stabilizers.

COACHING

The intensity in this track really kicks in! The Raised Knee Oblique Crunch is a cool new variation on the Side-Lying Oblique Crunch. By sustaining load we create a massive burn in the target muscles. Make sure you allow space for your coaching to land. Give tips for execution, as Dan did on the DVD, and then find Motivational Cues to drive everyone to the finish line!

STAGGERED KNEE TO ELBOW**KEY COACHING FOCUS:**

Back long and straight. Abs braced to support lower back

SETUP

- Side-on for Plank position
- On knees or toes
- **Brace abs to support the lower back**
- 3-stage climber
- Knee to elbow 1, 2, 3
- Back low and straight

FOLLOW-UP

- Pull elbows towards knee to lock in the lats to create a strong platform
- Option to one knee and then extend knee long behind you
- Maintain stability in the shoulders
- Aim the elbow to the knee on the same side
- Fantastic work for the side body



On knees:

**RAISED KNEE OBLIQUE CRUNCH****KEY COACHING FOCUS:**

Slide top ribs to hip

SETUP

- Turn and roll to front – we use the same side
- Arm forward of body
- Fingertips to temples
- Lift up shoulders and feet
- Slowly unwind to the back of the room
- Lift and throw arm to foot
- **Slide top ribs down to hip**
- Option to keep knees down (Triple Pulse)
- Triple Pulse Crunch 3, 2, 1 and unwind

FOLLOW-UP

- Push out of supporting arm to get higher



6

CORE STRENGTH 3

TRACK FOCUS

My participants will understand how to execute all the movements in this track as I coach with clear Setup Cues.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	I've been infected (V)	4x8	Set up LES MILLS™ Tube under knees and cross handles for Alt Triple Pulse Fly	32	
0:17	I've been infected	4x8	A Alt Triple Pulse Fly L&R	16	2x
0:33	Because I play (C)	8x8	A ¹ Double Fly	8	8x
1:03	For your love (V)	8x8	A Alt Triple Pulse Fly L&R	16	4x
1:34	Because I play (C)	4x8	A ¹ Double Fly	8	4x
1:50	Because I play	4x8	Stand up	32	
2:05	For your love (V)	8x8	B Resisted Running Man L	8	8x
2:36	Because I play (C)	8x8	B Resisted Running Man R	8	8x
3:08	I'll play (Br)	4x8	Reset for Alt L-Rows	32	
3:23	Because I play (C)	8x8	C Alt L-Row L&R	16	4x
3:54	I'll play (Br)	4x8	C ¹ Double L-Row	8	4x
4:09	I've been infected (V)	8x8	C ² Pulse L-Row 4x Pulse Row Extend arms wide Return to start position	8 4 4	4x
4:40	(Instr)	4x8	Shoulder Stretch L&R	32	

WHY

These exercises teach us how to hinge from the hips – a key ingredient in athletic conditioning. The ability to hinge forward, while maintaining a neutral spine, will enable us to isolate the gluteals and integrate all the muscles of the posterior chain.

COACHING

Huw recommends that you begin with clear body-part and direction coaching, then use feeling cues to hook the class into the physical intensity. The Running Man is back! This great move develops stability by challenging our balance. Offer different levels to ensure everyone feels successful. The plate work keeps the tension burning in the L-Row, providing a tough workout for your posterior chain!

ALTERNATING TRIPLE PULSE FLY

KEY COACHING FOCUS:

Tip forward from the hips. Brace abs and lift chest. Squeeze shoulder blades towards spine, keeping shoulders square to the floor

SETUP

- Grab your LES MILLS™ Tube, stretch it apart
- Knees on tube
- Cross handles
- **Shoulders square to the floor and brace abs**
- **Tip forward from the hip and lift chest**
- Triple Pulse right hand 3, 2, 1
- Switch over
- Knuckles in line with shoulders for range
- Come up Double Fly (Double Fly)
- Out, out and come up right
- Tip forward more, shifting butt to heels
- **Slide shoulder blades towards spine**



RESISTED RUNNING MAN

KEY COACHING FOCUS:

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

SETUP

- Pick up 2 light plates
- Weight into right leg
- Slow Running Man
- **Brace abs to tip forward from hips so nose is forward of toes**
- **Keep hips and shoulders square to the floor**

FOLLOW-UP

- Lift the knee if you feel you have the balance, or even keep foot off the floor
- It feels like you're running in super-slow mo!

OPTION

- Decrease intensity by keeping toes on the floor for stability



ALTERNATING L-ROW/DOUBLE L-ROW/ PULSE L-ROW

KEY COACHING FOCUS:

Tip forward from hips. Keep chest lifted. Squeeze shoulder blades towards your spine

SETUP

- Heels under hips
- Plates to knees
- **Tip from hips**
- L-Row up, out and lower
- Keep arm straight on the way down
- Elbow can go as high as you want
- **Brace the abs and keep shoulders square to front**
- Stand tall, both arms out
- Double Arm L-Row
- Up, out, round and down



FOLLOW-UP

- Feel the tension between the shoulder blades
- 4x Pulse Row and extend
- Stay strong through your core
- Shoulder blades kiss together, working postural muscles that help us to stand tall

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**



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**
- Lift knees over hips
- Tap feet to floor, maintaining a 90-degree knee angle

FOLLOW-UP

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



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



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



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



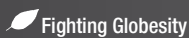
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