

LES MILLS CXWORX™



LIVE AT AUCKLAND'S VIADUCT

FEATURES

- BODYATTACK™ Sports Conditioning
- BODYBALANCE™ / BODYFLOW® – The Science of New Yoga
- The Art of Connection
- Fighting Obesity
- CXWORX™ Layer 2 Coaching – Coaching Towards Mastery
- The Science of Resistance Tubing

RELEASE

18

PRESENTERS FROM
NEW ZEALAND, AUSTRALIA, FRANCE

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 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 of 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

Hey Instructors! When it comes to mixing up past releases, please consider track length, music genre and choreography; for example, you should avoid overloading on plate work or Hover/ Plank work.

CONTENTS

BODYATTACK™ Sports Conditioning
 BODYBALANCE™ / BODYFLOW® – The Science of New Yoga
 The Art of Connection
 Fighting Obesity
 CXWORX™ Layer 2 Coaching – Coaching Towards Mastery
 The Science of Resistance Tubing

TRACK TYPE	TRACK	ARTIST	
1	WARMUP Love Runs Out Courtesy of the Universal Music Group. Written by: Fisher, Kutzie, Brown, Filkins, Tedder	OneRepublic	3:50
BONUS 1	WARMUP Ugly Heart © 2014 Kemosabe Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Baharloo, Dean, Gottwald, Monds, Walter	G.R.L	3:18
2	CORE STRENGTH 1 Tsunami (Jump) (Radio Edit) © 2014 Spinninrecords.com, under exclusive license to Husle Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: A. Van den Hoef, C. Van den Hoef, Borger Jr, Dhar, Okogwu	DVBBS & Borgeous feat. Tinie Tempah	5:11
BONUS 2	CORE STRENGTH 1 Do What You Wanna Do (Chocolate Puma Remix) © 2014 Cr2 Records Ltd. Written by: Rodgers	Nile Rodgers	5:16
3	STANDING STRENGTH 1 Spitfire © 2014 Les Mills Music Licensing Ltd. Written by: Howlett, Lewis	The Meditating Dreamer	4:47
4	STANDING STRENGTH 2 Main Chick (Reid Stefan Mix) © 2014 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Collins, McFarlane, Proby, Brown, Alvarez	Kid Ink feat. Chris Brown & Bunji Garlin	3:33
5	CORE STRENGTH 2 Figure 8 (The Alias Club Mix) Courtesy of the Universal Music Group. Written by: Lattimer, Goulding	Ellie Goulding	3:58
	CORE STRENGTH 2 Figure 8 (The Alias Club Mix) Courtesy of the Universal Music Group. Written by: Lattimer, Goulding	Ellie Goulding	1:20
6	CORE STRENGTH 3 XXX 88 © 2013 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Ørsted, Diplo	MØ feat. Diplo	2:51
	CORE STRENGTH 3 XXX 88 © 2013 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Ørsted, Diplo	MØ feat. Diplo	2:11
BONUS 6	CORE STRENGTH 3 It's My Birthday Courtesy of the Universal Music Group. Written by: Harris, Adams, Rahman, Wise, Leroy	will.i.am feat. Cody Wise	4:04
	CORE STRENGTH 3 It's My Birthday Courtesy of the Universal Music Group. Written by: Harris, Adams, Rahman, Wise, Leroy	will.i.am feat. Cody Wise	0:59



KEY

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

CORE ESSENTIALS

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

Whenever you see this icon: **CORE ESSENTIALS**

you can now go to the **back of the choreography booklet** to find the basic cues for this move.

Any variation to that base move will be available in the main part of your choreography notes as usual.

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™ 18



From L-R: Martha Cooper, Billy Gani (shadow), Fatma Azzouz, Dan Cohen, Susan Trainor, Kylie Gates, Matt Sadler

CXWORX™ 18! A tremendous fusion of integrated and isolated movement patterns to fully test the machine we call our CORE.

Susan and I felt really inspired for CXWORX™ Release 18 to focus the workout on the obliques and shoulders to help maximize core training.

Exercises like the Kneeling Weighted Triangle, the Resisted Running Man and The Modified Alligator Pushups absolutely fire up the muscles that make up our core.

From the Masterclass you will clearly see lots of options and modifications to help guide your members towards great technique and hear well-timed coaching to help layer the progress of credible movement.

Putting each release together has become such a fantastic process of a very well-thought-out balance between science, music, feel-good movement patterns and results.

We welcome our newest valued member to the team, Kylie Gates, who sits in the role of CD (Creative Director) and we had the pleasure of Kylie's teaching on this release.

Enjoy the workout.

Dan & Susan

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.

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.

Kylie Gates (New Zealand) is a Les Mills International Creative Director, and a CXWORX™, BODYBALANCE™/BODYFLOW® and BODYPUMP™ Instructor and Trainer. She also teaches Yoga and is based in Auckland.

Matt Sadler (Australia) is an Instructor, Trainer and Head Program Coach for CXWORX™ and an Instructor for BODYATTACK™, BODYBALANCE™/BODYFLOW®, BODYCOMBAT™, BODYPUMP™ and BODYVIVE™. He is based in Sydney.

Martha Cooper (France) is an Instructor and Trainer for CXWORX™, BODYPUMP™, BODYSTEP™ and BODYVIVE™, a LES MILLS GRIT™ Series Coach and Trainer, and a BODYBALANCE™/BODYFLOW®, BODYCOMBAT™ and RPM™ Instructor. She is based in Lézignan-la-Cèbe where she is also a CrossFit coach and manages her own small-group training studio.

Fatma Azzouz (France) is a CXWORX™, BODYPUMP™ and RPM™ Instructor and Trainer, and a BODYBALANCE™/BODYFLOW® and SH'BAM™ Instructor. She has a background in artistic gymnastics and dance, and is based in Soustons.

BODYATTACK™

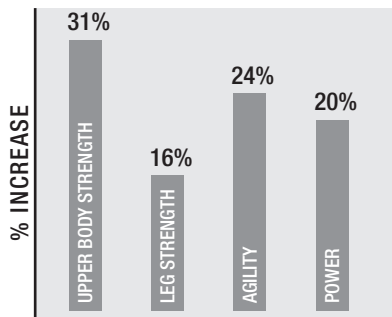
Sports Conditioning

Recent trends in the fitness industry have seen people demanding workouts that are of short duration, high intensity in nature, and deliver both functional strength and fitness. At Les Mills, we know that BODYATTACK™ has delivered this type of training for a long time: an intense, athletic workout that is both suitable for the beginner AND challenges the hardcore athlete.

We asked Dr Jinger Gottschall and her team at Penn State University to run some tests to see exactly what BODYATTACK™ can do for our fitness.

We took 20 participants, aged 18 to 40, and subjected them to a 6-week trial of a 45-minute version of BODYATTACK™. These people had not undertaken regular exercise in the previous 3 months. At the beginning of the study they had average cardiovascular fitness, high blood pressure, poor leg and upper body strength, restricted agility and limited ability to produce powerful movements.

6-WEEK BODYATTACK™ TRIAL



We used the following tests to measure speed, agility and power:

- Shuttle runs to measure speed; this involved sprinting back and forth between 4 cones placed 15 feet (4.5meters) apart
- Ladder drills to test agility; using a 10-rung speed ladder, participants ran forward through the ladder touching every space with each foot
- Plyometric box jumps to measure power; as many as they could perform in 20 seconds

They also performed Squat, Deadlift and Pushup tests to measure strength.

The results of this trial were impressive. The group showed a 31% increase in upper body strength, 16% increase in leg strength, improved agility by 24% and power by 20%. Just 3 classes per week was enough to transform their fitness levels.

What's awesome about this data is that it really gives credibility to what we've always known about BODYATTACK™ – that this program can truly take your fitness and physical profile to the next level, and now we have the research to prove it.

THE SCIENCE OF New Yoga

In this Education on Les Mills BODYBALANCE™ / BODYFLOW® we will be looking at the many psychological and physical benefits that this program has to offer.

ADVANTAGES OF YOGA

As you can imagine, there have been plenty of studies undertaken over the years examining the effects of Yoga, and some more specifically looking at BODYBALANCE™ / BODYFLOW®. We performed a literature review of some of the most recent studies, and discovered that the results support what we have known about Yoga programs for years.

A few interesting findings were...

- The effects of Yoga are comparable to psychological treatments such as meditation, massage and group therapy in the management of anxiety and depression.
- Studies suggest that Yoga may also help to combat stress.
- Yoga has been shown to improve strength, cardio-respiratory function and balance in older adults.
- It can assist with weight loss as well as improving metabolic health.
- Yoga can help to reduce lower back pain, and expectant mothers who practise Yoga can look forward to a better pregnancy and an easier birth.

If you would like to read more on these studies and the advantages of practising Yoga go to lesmills.com/knowledge

BENEFITS OF BODYBALANCE™ / BODYFLOW®

So, what do we specifically know about BODYBALANCE™ / BODYFLOW®? Does it deliver the benefits observed in these Yoga studies? The answer is yes! Together with all the gains already mentioned, this program also promotes increased strength and flexibility.

A study in 2008* measured the effects of doing BODYBALANCE™ / BODYFLOW® 3 times per week for 12 weeks. Alongside all the expected effects, participants also experienced reductions in anxiety, as well as significant increases in core strength and hip mobility.

Observations at our research studio – Fitology in Penn State, in the USA – concur with these findings. We have seen significant shifts in core, upper body and leg strength when participants from a variety of age groups perform BODYBALANCE™ / BODYFLOW®.

So there you have it! Including BODYBALANCE™ / BODYFLOW® in your workout routine will deliver a whole host of benefits – both transforming your fitness and improving your well-being.

* Khan, R.S. (2008) Physiological and psychological responses to a 12-week BODYBALANCE™ training programme. *Journal of Science and Medicine in Sport*

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. We've developed a 4-part Education series to give you tips and tricks 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

In BODYPUMP™, BODYBALANCE™ / BODYFLOW®, BODYATTACK™, RPM™, BODYCOMBAT™, BODYJAM™ and BODYSTEP™, our SmartStart logo will appear at the point in the class that we suggest you encourage new people to leave. This will help to ensure their long-term success.

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 second in our Education series on the following page to gain great insights into how to connect with the people in your classes.

1. Armitage, C.J. (2005). Can the theory of planned behavior predict the maintenance of physical activity? *Health Psychology*, 24(3):235–245.

THE ART OF Connection

You can grow your class numbers by creating **powerful relationships** with your participants. What makes or breaks a group fitness experience is you the Instructor. Your job is to hook them in. Engage them. Get them to come back.

Connecting is all about taking the focus off yourself and bringing your attention to your participants. Engaging them so they are part of the class and not just watching you perform on stage.

SO HOW YOU DO IT? HOW DO YOU CONNECT AND ENGAGE?

You must approach your members with RESPECT and CARE. These people have made an effort to come to YOUR class, to exercise with you today. When you treat people with care and enthusiasm it changes the energy in the room. We are in the business of motivation, so imagine your class as friends that you want to help. Be open, approachable, and respectful of all types of people. This is the foundation of connection.

Show an interest in people and find out what they want to talk about before and after class. Don't just dominate from the stage. You will create Connection with people when you are genuinely interested in THEM – rather than trying to get them to be interested in you! Arrive at the studio early, so you can chat to people before the class starts.

Be a good listener. Practise your listening skills: stop what you're doing. Turn to face the person who is talking. Put your arms down. Calm your face. Close your mouth and nod; really absorb what they are saying. Use the power of reflective listening: rephrase what people have said and repeat it back to them so they know you have been paying attention.

Learn names. It's not easy to remember lots of people's names – it takes practice. Try writing people's names down in a book and looking at it before class. Repeat their name 3 times in conversation to help fix it in your mind, or try associating their name with something memorable. Do not underestimate the power of a name – the sweetest and most important sound to anybody in the world is the sound of their own name!

TAKE ON THE CONNECTION CHALLENGE! In your next class...

1. Learn one person's name
2. Chat to someone before class and really listen to what they are saying
3. Show a genuine interest

YOU WON'T BELIEVE THE DIFFERENCE IT WILL MAKE.

Your class numbers will grow. Your Coaching will land. You'll get so much more enjoyment out of teaching and you will be totally 'in the zone'.

Check out the Education video on this release for Connection tips from the Program Directors.

FIGHTING Obesity

THE DEBATE CONTINUES: WHAT'S MORE EFFECTIVE FOR WEIGHT CONTROL – DIET OR EXERCISE?

We are constantly inundated with facts about obesity. This epidemic is sweeping the globe and it's one of the most visible and yet neglected public health problems. If we don't take action soon, millions of people will suffer from its associated health consequences. But what's more important – should we pay closer attention to what we're eating? Or do we really have to get off the couch and get more active?

Well – up to now – there has been a great deal of evidence to suggest that a better diet has more impact on weight control than exercise; and there is certainly no denying that eating well is great for your health.

However, a study released in April 2014* has challenged this theory.

Researchers at Stanford University tracked trends in obesity, physical activity and caloric intake in adults in the US from 1988 to 2010. As you'd expect, the prevalence of obesity increased substantially over these two decades with younger women aged 18 to 39 demonstrating the most dramatic increase in weight gain. However, the really surprising result of this study was that the daily caloric intake did not change significantly during these 20 years, whereas the proportion of adults who reported no leisure-time physical activity DID increase – from 19.1% to 51.7% in women, and from 11.4% to 43.5% in men.

Researchers concluded that there was a significant association between the level of physical activity, but not caloric intake, and the observed increases in obesity. Simply put, it's not what we're eating, but how much we're moving – or not moving.

The results from this study have led The Institute of Medicine to make physical activity the top priority when it comes to addressing the US obesity epidemic.

These findings have been reflected in our research at Les Mills. When we get inactive people into group fitness we have seen significant changes in their body composition without changing their diet. There's even the possibility that people start eating better as a result of being active – that when they experience the increased energy levels and feelings of self-esteem that exercise creates, making good diet choices follows automatically.

The debate will no doubt continue. But the message we can take away from this study is this: if we all got a little more active AND improved our nutrition, we can have an impact upon this very real threat to global health.

* Laudabaum U. Obesity, Abdominal Obesity, Physical Activity, and Caloric Intake in US Adults: 1988 to 2010. *The American Journal of Medicine*, April 2014



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.

HOW IT FITS INTO EACH TRACK OR EXERCISE BLOCK



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 engage the muscles of their core as I clearly cue body part and direction and coach the rhythm of the Cross Crawl.

	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8		Set up lying on floor, hands under lower back	32	
0:21	Be your light (V)	6x8		Double Leg Lift	8	6x
0:45	Be your ghost	6x8	A	Triple Pulse Crunch	8	6x
1:09	Mind made up (C)	6x8	A ¹	Triple Pulse C-Crunch	8	6x
1:33	A maniac (V)	6x8	B	Triple Single Leg Lift w. Hold R&L	16	3x
1:57	Mind made up (C)	6x8	B ¹	Triple Cross Crawl w. Pulse R&L	16	3x
2:21	Oooooh (Br)	8½x8		Bridge Set up Triple Cross Crawl w. Pulse	32 4	2x
2:55	Mind made up (C)	6x8	B ¹	Triple Cross Crawl w. Pulse R&L	16	3x
3:19	Be your light (V)	7x8	A ¹	Triple Pulse C-Crunch	8	7x

WHY

This track provides the perfect opportunity to connect to the core and explore different tempos to help us maximize the training benefits.

COACHING

Susan engaged her participants in the workout by naming the exercises and coaching clear body part and direction; precise verbal cues are vital for success when the class may not be able to see you! The rhythm of the Cross Crawl appears again in Track 5, so take this opportunity to familiarize your participants with the timing. Watch the release to see how Susan clearly sets it up, then encourages everyone to lift higher in the second set. This move has a bit of a bite and will prepare the class for the oblique focus of CXWORX™ 18!

**TRIPLE PULSE CRUNCH/
C-CRUNCH****KEY COACHING FOCUS:**

Squeeze ribcage to hips on Crunch and keep lower back down towards the floor as legs lower

SETUP

- Fingertips to temples
- Triple Pulse Crunch
- 3, 2, 1 and lower
- **Squeeze ribcage to hips**
- Reach arms long
- **Chin tucked**
- Eye gaze in between knees (Triple Pulse C-Crunch)
- Add arms and legs
- **As your legs lower keep lower back towards the floor**

FOLLOW-UP

- Lightly touch toes as you come down and then throw arms quickly

**TRIPLE SINGLE LEG LIFT WITH
HOLD R&L****KEY COACHING FOCUS:**

Brace abs to keep lower back towards the floor

SETUP

- Hands down by your sides
- Single Leg Lift
- Front then back and hold
- 3, 2, 1 and hold
- **Brace abs to keep lower back still as legs move**

FOLLOW-UP

- As you move, the pelvis stays still by focusing on bracing the abdominals

**TRIPLE CROSS CRAWL WITH
PULSE R&L****KEY COACHING FOCUS:**

Lift shoulder up and across

SETUP

- Fingertips to temples
- Triple Cross Crawl
- 3, 2, lift and twist
- **Work your shoulder up and across to engage obliques**

FOLLOW-UP

- Lift rather than roll from side to side
- Try and get a little higher on the double twist
- We will do this tempo again in Track 5

**CORE
ESSENTIALS****BRIDGE****DOUBLE LEG LIFT**

1 BONUS WARMUP

TRACK FOCUS

My participants will feel successful when I pre-cue the transitions early so they can achieve every repetition.

MUSIC			SEQUENCE/EXERCISE		CTS REPS	
0:00	(Intro)	2x8		Set up Crunch	16	
0:08	(Instr)	6x8	A	Crunch 2/2	8	6x
0:31	_ I wonder (PC)	4x8	A ¹	Crunch 1/3	8	4x
0:45	OK you're pretty (C)	4½x8	B	Cross Crawl Front & Back	4	9x
1:03	Heart	6x8	C	Double Leg Lift 2/2	8	6x
1:26	_ I wonder (PC)	4x8	C ¹	Double Leg Lift (no foot touch) 2/2	8	4x
1:42	OK you're pretty (C)	4½x8	B	Cross Crawl Front & Back	4	9x
1:59	Heart	4x8	D	Bridge	32	
2:14	OK you're pretty (Rep)	6½x8	D ¹	Bridge Pulse Lower down	2 4	24x
2:39	OK you're pretty (C)	4½x8	B	Cross Crawl Front & Back	4	9x
2:57	Heart	4½x8	B ¹	Cross Crawl w. Extended Leg Front & Back	4	9x

WHY

Warming the core with short lever patterns is a great opportunity to establish precision in our training.

COACHING

This Warmup is driven by the music; be sure to practise your pre-cues to enable your participants to transition successfully between the moves – while staying safe and effective. Because this track begins with Crunches – not with fingers under the spine – you must set up the abdominal brace and explain its importance at the start of the class. This song rocks!

CROSS CRAWL

KEY COACHING FOCUS:

Lift shoulder towards opposite knee

SETUP

- Cross Crawl
- Fingertips to temples
- **Chin tucked in**
- Keep elbows wide and off the floor
- **Lift shoulder towards opposite knee**
(with Extended Leg option)
- If you are maintaining a strong brace you can extend your leg as an option

FOLLOW-UP

- Keep a strong brace to stabilize hips and pelvis as you move

BRIDGE PULSE

KEY COACHING FOCUS:

Squeeze your butt to lift your hips

SETUP

- Heels close to the butt
- **Squeeze butt and lift hips**
- Lift chest to chin
- Hold at the top

FOLLOW-UP

- Think squeeze/release on every rep
- Stay in the top 2.5 inches (1centimeter) range

CORE ESSENTIALS

CRUNCH

DOUBLE LEG LIFT

2 CORE STRENGTH 1

TRACK FOCUS

My participants will understand the importance of shoulder and hip alignment in the Hover Salute to challenge the core and control the leg extension work.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	6x8	A Set up Hover Option: On toes	48	
0:22	_ Stuck in (V)	4½x8	B Hover Salute Slow L Hover Salute Slow R Hold Hover	16 16 4	
0:39	(Instr)	12x8	B¹ Hover Salute Faster L Hover Salute Faster R	8 8	6x
1:24	(Quiet)	4x8	A Hold Hover	32	
1:39	_ I hope (V)	2½x8	C Transition to Crunch Combo	20	
1:49	(Instr)	12½x8	D Crunch Combo – Plate Option C-Crunch Extend to 'V'-sitting position Lower arms and legs straight away from body Hold C-Crunch on last rep for 4 cts	4 4 8 4	6x
2:38	_ Stuck in (V)	4x8	A Transition back to Hover	32	
2:53	_ Stuck in	4½x8	B Hover Salute Slow R Hover Salute Slow L Hold Hover	16 16 4	
3:10	(Instr)	12x8	B² Hover Salute Faster w. Opposite Leg Raise R&L Option: On knees, no Leg Raise	16	6x
3:55	(Quiet)	4x8	A Hold Hover	32	
4:10	_ I hope (V)	2½x8	C Transition to Crunch Combo	20	
4:19	(Instr)	12½x8	D Crunch Combo – Plate Option Hold C-Crunch on last rep for 4 cts	16 4	6x

WHY

Core stability is created by training with precision. Preventing twisting of the hips and shoulders in our Hover Salute will teach the core how to control our spine when we encounter rotational forces.

COACHING

We start to build intensity with a focus on great technique for results. The music is strong and slow and the movements are controlled and progressive. Kylie's objective was to empower the class to choose the level that was right for them. She achieved this by clearly coaching technique, explaining how to perfect the exercises and how to dial up or dial down the intensity. Make sure you can role-model great strength to match this powerful song!

HOVER SALUTE**KEY COACHING FOCUS:**

Brace abs to keep hips and shoulders level to the floor

**SETUP**

- Hover position
- Elbows under shoulders
- Bring fists together
- Knees hip-width apart
- Level 1 is on your knees
- Level 2 straighten legs
- **Brace your abs tightly to support your back**
- **Your back is long and straight**
- Slow Salute right arm
- Fingertips to temples, extend, back in and reset
- Left arm repeat
- We are about to speed up
- In, out, in and down
- **Brace tightly to keep hips and shoulders level as you move**

FOLLOW-UP

- The challenge is to avoid any twisting; so, if you are, take your feet wider or drop to your knees for good technique
- Extra challenge to take the opposite leg off the floor
- Keep the leg lifted under the hip line to keep the body level
- Keep bracing to support your back and know this is you getting stronger right now

OPTION

- Decrease intensity by dropping to knees

CRUNCH COMBO**KEY COACHING FOCUS:**

Slide ribs to hips on Crunch

Brace abs to keep lower back towards the floor as you extend

SETUP

- Grab your plate and lie side-on to the stage
- Bring plate to the forehead
- C-Crunch in
- Press above head
- Slowly lower legs to 45 degrees
- **As you extend your legs brace abs to keep lower back towards the floor**
- **Slide ribs to hips as you Crunch**
- Keep plate above head to load upper abs
- Extend with control

**FOLLOW-UP**

- Try lifting shoulders and tail bone to lift higher and engage more muscles
- How much of your body can you lift?
- Working slower means more results

OPTIONS

- Decrease intensity with no plate
- Decrease intensity by stopping legs at 45 degrees

CORE
ESSENTIALS

HOVER

2 BONUS CORE STRENGTH 1

TRACK FOCUS

My participants will feel successful in the Alligator Pushup as I coach all levels clearly, explaining how to improve execution in each block.

MUSIC			SEQUENCE/EXERCISE		CTS REPS	
0:00	(Intro)	12x8	A	Hover Option: On toes	96	
0:45	What you wanna do (C)	4x8	B	Plank on knees	32	
1:01	(Instr) (Beat)	8x8	B ¹	Alligator Pushup L&R Option: On knees	16	4x
1:32		4x8		Set up on back, legs 45°	32	
1:47	(Instr) (Beat)	8x8	C	Crunch w. Leg Extension L&R	16	4x
2:18	(Quiet)	12x8	A	Hover	96	
3:04	What you wanna do (C)	4x8	B	Plank Option: On toes	32	
3:20	(Instr) (Beat)	8x8	B ¹	Alligator Pushup L&R Option: On toes	16	4x
3:50		4x8		Set up on back, legs 45°	32	
4:06	(Instr) (Beat)	8x8	C	Crunch w. Leg Extension L&R	16	4x
4:36	(Quiet)	1x8	B	Roll to Plank	8	
4:40	(Instr) (Beat)	8x8	B ¹	Alligator Pushup L&R	16	4x

WHY

The Alligator Pushup provides a great integrated strength challenge. Keeping the chest square will ensure that the obliques are engaged to control our body position.

COACHING

This track is comprised of 3 rounds – each one building in intensity and offering a greater challenge. Use Round 1 to clearly coach the basics – allow your class to get a feel for the Alligator Pushup and Crunch with Leg Extension. In Round 2, focus on increasing skill mastery and manipulating the intensity; coach precision and explain where they should be feeling the work. Round 3 is all about maximizing effort – where will you take your class? Make sure you practise the new move, Alligator Pushup, so that you can effectively role-model this exercise.

ALLIGATOR PUSHUP

KEY COACHING FOCUS:

Keep shoulders level to the floor and brace abs to support lower back as you move

SETUP

- Drop to your knees and walk up to Plank position
- Wrists under shoulders
- **Brace the abs**
- Alligator Pushup right arm, left leg
- Out and freeze
- Push back to Plank position
- Left arm right leg
- **Chest stops at elbow height**
- **Back is long and straight**
- **Abs braced to support lower back as you move**
- **Keep shoulders level to the floor**
- Your knee touches the floor
- Take front hand wide as you move forwards

FOLLOW-UP

- Challenge yourself on your toes; nothing changes – think knee to elbow
- Great upper body conditioning happening right now

OPTIONS

- Decrease intensity by staying on the knees
- Increase intensity by working up on your toes

On knees



On toes



CRUNCH WITH LEG EXTENSION

KEY COACHING FOCUS:

As legs extend, focus on abs bracing to keep lower back towards the floor

SETUP

- Roll over on to your back
- Legs to 45 degrees with a strong abdominal brace
- Front knee comes to chest and you Crunch up
- Arms extend past thighs
- **Slide ribs to hips as you Crunch up**
- **As legs extend, focus on bracing abs to keep lower back close to the floor**

FOLLOW-UP

- If lower back is lifting bring the knees over the hips, extending the leg from there

OPTIONS

- Decrease intensity by starting with knees over hips and extend legs one at a time
- Decrease intensity by taking legs higher to the ceiling

CORE ESSENTIALS

HOVER

PLANK

3 STANDING STRENGTH 1

TRACK FOCUS

My participants will understand how to execute great technique as I coach precision of movement in the Kneeling Weighted Triangle, and power and intensity in the Lunges.

MUSIC			SEQUENCE/EXERCISE	CTS REPS	
0:00	(Intro)	4x8	Set up Kneeling Weighted Triangle	32	
0:15	(Instr)	4x8	A Kneeling Weighted Triangle Test L	16	2x
0:31	(Beat)	18x8	A ¹ Kneeling Weighted Triangle Combo L L Shoulder Press x2 (hold the last rep up) L Kneeling Weighted Triangle	8 8	9x
1:41	(Quiet)	2x8	B Transition to standing, change to larger plate or LES MILLS™ Tube option	16	
1:50	I was (C)	8½x8	C Backward-Stepping Lunge w. Press R	4	17x
2:23	(Instr)	4x8	Set up for Kneeling Weighted Triangle	32	
2:38		4x8	A Kneeling Weighted Triangle Test R	16	2x
2:54	(Beat)	18x8	A ¹ Kneeling Weighted Triangle Combo R	16	9x
4:05	(Quiet)	2x8	B Transition to standing, change to larger plate or LES MILLS™ Tube option	16	
4:13	I was (C)	8½x8	C Backward-Stepping Lunge w. Press L	4	17x

WHY

The Kneeling Weighted Triangle trains strength and control. Creating a C-shape in the spine engages our side flexors to deliver strength, while keeping the chest square to the front trains movement control.

COACHING

The Kneeling Weighted Triangle is a new move and was inspired by Kettle Bell training. Multiple repetitions allow you lots of space to coach this exercise. The key is to "say and do"; pace your cues — making sure they land — before you deliver the next one. Dan introduced a fun challenge for this move, giving his participants the confidence to try for more! The Lunges have a dynamic feel and provide a spike for the heart rate — enjoy!

KNEELING WEIGHTED TRIANGLE

KEY COACHING FOCUS:

Chest is lifted and square to the front as you create a C-shape in your spine

SETUP

- Stay on your knees
- Pick up a medium or large-sized plate
- Right foot forwards
- Relax your left foot so knee is comfortable
- Press your right arm to the ceiling
- Bring your left hand down towards the floor
- **Keep chest lifted and square to the front**
(Single Arm Plate Press)
- 2 Presses, **plate stays directly above shoulder**
- **Lift chest up and over as you side bend to create a C-shape in your spine**
- **Brace abs to avoid leaning as you Press**

FOLLOW-UP

- Let's find your maximum edge to work your side flexors
- Try pressing the plate away and take your arm further away from you
- As you C-shape try looking up to your top hand to challenge your balance
- Your left side body is expanding as you lower your arm and is working hard to pull you back up again



BACKWARD-STEPPING LUNGE WITH PRESS

KEY COACHING FOCUS:

Brace abs so hips are square to the front and keep elbows slightly forward of face when you Press

SETUP

- Left leg stepping back
- Same leg for 17 reps
- Take a long step back
- Bring your feet back under your hips
- **Chest lifted**
- **Abs braced**
- **Hips stay square to the front**
- **Front thigh parallel to the floor**
- **Keep elbows slightly forward of face as you Press**

FOLLOW-UP

- If you're using the LES MILLS™ Tube, stretch it apart as you step back and keep tension on as you step back in
- Give it more power, get under the plate quickly
- Be dynamic to lift the heart rate

OPTIONS

- Use tubing instead of a plate
- Pull tube wide and down to chest height

4

STANDING STRENGTH 2

TRACK FOCUS

My participants will experience how much strength, control and balance they need to execute the Resisted Running Man and understand the great benefits of this single leg training exercise.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	6x8	Set up LES MILLS™ Tube under L foot, handles in R hand	48	
0:26	Main chick (C)	2x8	A Single Leg Squat L	4	4x
0:35	Know your name	6x8	A ¹ Single Leg Squat L w. Row R Change handles on last 4 cts	4 4	11x
1:01	A boyfriend (V)	4x8	B Resisted Running Man L	8	4x
1:18	Sitting in	8x8	B ¹ Resisted Running Man L Option: Foot off the floor after 8 reps	4	16x
1:53	Don't know your name (C)	2x8	Set up LES MILLS™ Tube under R foot, handles in L hand	16	
2:02	Main chick	2x8	A Single Leg Squat R	4	4x
2:10	(Instr)	6x8	A ¹ Single Leg Squat R w. Row L Change handles on last 4 cts	4 4	11x
2:37		4x8	B Resisted Running Man R	8	4x
2:54	I know your name (C)	8x8	B ¹ Resisted Running Man R Option: Foot off the floor after 8 reps	4	16x

WHY

These exercises alternate between Single Leg Squats (targeting the quads and glutes) and a Deadlift pattern (targeting the glutes and lower back). Establishing lower limb control is a key component of core training.

COACHING

Matt says: We want our participants to experience the difference in feel between these exercises. Clearly coach minimal weight in the back foot during the initial posture/position setup. Cue a deep knee bend with hip/glute power during the Single Leg Squat, then coach to progressively reduce the knee bend in the standing leg in the Resisted Running Man. Tell your class to fix their eye gaze in preparation for the balance challenge – when the Running Man becomes more of a Single Leg Deadlift.

SINGLE LEG SQUAT**KEY COACHING FOCUS:**

Keep knee aligned with 2nd and 3rd toes

SETUP

- Pick up your LES MILLS™ Tube
- Double it over
- Step your right foot on to the tube, close to handles for more resistance
- Hold the handles in your left hand
- Take your leg behind you, long and light
- **Brace abs**
- **Tip forward from hips so nose is forward of toes**
- Arm on diagonal, thumb up
- Single Leg Squat – bend knee
- **Knee aligned with 2nd and 3rd toes**
- Bend and straighten (With Row)
- Pull the handles to your hip
- **Keep hips and shoulders square to the front**
- **Keep chest lifted**
- **Squeeze shoulder blade towards spine**

FOLLOW-UP

- Make sure you are staying hinged over
- Keep your back leg light so you achieve the Single Leg Squat feel

**RESISTED RUNNING MAN****KEY COACHING FOCUS:**

Tip forward with chest lifted so nose is over toes with abs braced to keep hips and shoulders square

SETUP

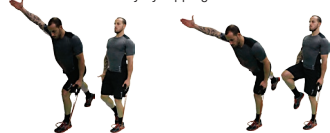
- Change handles
- Other arm up
- Tap back long and then step in and stand upright
- **Tip forward from hips so nose is forward of toes**
- You can tap your foot down anytime
- **Keep hips and shoulders square to the front**
- **Brace abs**
- **Keep chest lifted**
- Faster, single time and stand up
- Now, less knee bend as we do the Running Man
- Take your foot off the floor at the back and drive the knee forward or tap

FOLLOW-UP

- If you're tapping, tap back as far as you can
- If you're lifting your foot off the floor, try to lift the leg so it's parallel to the floor
- Drive through the heel as you stand up, feel the glute
- If you're lifting your foot off the floor, you will feel more activation in the hamstrings
- Avoid leaning to the right by resisting the tube and working the side flexors

OPTION

- Decrease intensity by tapping foot to the floor



5 CORE STRENGTH 2

TRACK FOCUS

My participants will be challenged to keep their hips lifted and square in the Side Hover when they integrate the Figure 8 circles, and I drive them to reach fatigue in the Cross Crawl combination.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up Side Hover	32	
0:14	Breathe the smoke (V)	10x8	A	Side Hover L Option: On knee	80	
0:51	Chase your love (C)	8x8	A ¹	Side Hover w. Leg Tap Front & Back L Figure 8 Leg after 4 reps	8	8x
1:20	Place a kiss (V)	10x8	A	Side Hover R	80	
1:57	Chase your love (C)	8x8	A ¹	Side Hover w. Leg Tap Front & Back R Figure 8 Leg after 4 reps	8	8x
2:26	Yeah yeah (Br)	4x8		Roll to back, legs 45°	32	
2:41	Lovers hold on (Rep)	10x8	B	Slow Cross Crawl Front & Back	32	2½x
3:14	Chase your love (C)	8x8	B ¹	Triple Cross Crawl w. Pulse Back & Front	16	4x
3:43	Way way (Rep)	4x8	B ²	Cross Crawl Back & Front	4	8x
3:58	Hold on (Rep)	4x8		Set up Plank Option: On knees	32	
4:12	Hold on (B up)	5x8	C	Slow Cross Mountain Climber Front & Back	16	2½x
4:31	Chase your love (C)	8x8	C ¹	Triple Cross Mountain Climber w. Pulse Back & Front	16	4x
5:00	Way way (Rep)	4x8	C ²	Mountain Climber Back & Front	2	16x

WHY

This sequence combines integrated exercises (Side Hover and Mountain Climber) with isolated exercises (Cross Crawl). This combination delivers both functional strength and a high level of intensity to improve our core strength.

COACHING

What a track! Susan's objective was for her participants to work as hard as possible in each of the 3 exercises. She achieved this by offering different levels and coaching the benefits of the exercises. You hold positions for an extended period; explain what fatigue looks and feels like, and offer options so that everyone can maintain perfect technique – this is where the results lie! Be positive as you drive everybody to the finish line.

SIDE HOVER WITH LEG TAP FRONT & BACK**KEY COACHING FOCUS:**

Keep bottom hip lifted away from floor with chest and hips square

SETUP

- Come down to the floor and set up for a Side Hover
- Right elbow directly under shoulder
- Underneath leg bent and top leg straight
- **Lift hips away from the floor**
- **Brace abs so hips stay square to front**
- Focus on keeping the hips lifted as you move
- Lift the leg to hip level
- Tap front and behind
- **Focus on keeping hips square to the front**
- Try the Figure 8
- Circle down and up

FOLLOW-UP

- The side flexors and obliques are working hard now
- Hips and shoulders square, like you're between 2 panes of glass
- Pushing through the forearm to strengthen the shoulder girdle
- Reaching through the top fingers
- Try not to arch, brace abs tightly
- This is a controlled move – hold the body still like you're wearing a corset

OPTION

- Decrease intensity by tapping foot forward and back only

**SLOW CROSS CRAWL****KEY COACHING FOCUS: Lift shoulder up and across SETUP**

- Lie down on your back
- **Brace the abs** and extend the legs to 45 degrees
- Fingertips to temples
- **Chin tucked**
- Slow Cross Crawl
- **Lift shoulder up and across**
- **Keep lower back pressed towards the floor as legs extend and head lowers** (Triple Cross Crawl with Pulse)
- Hold here, Triple Pulse
- 3, 2, Double Pulse
- Lift your shoulder even more on the Double Pulse

FOLLOW-UP

- Tap toes to floor if you are fatiguing and lift your body higher
- How low can you get your legs to the floor? (Single fast Cross Crawl)
- Singles to the end
- Try not to pull on your head, light fingertips at temples
- Wring out your waistline

OPTION

- Decrease intensity by tapping toes to floor

SLOW CROSS MOUNTAIN CLIMBER**KEY COACHING FOCUS: Abs braced to support lower back with hips at shoulder height or lower SETUP**

- Roll up and come into Plank position
- Hands shoulder-width
- Shoulders over hands
- On knees if shoulders are fatigued but bring your weight forwards
- Front knee to back elbow
- **Hips stay at shoulder level or lower**
- **Brace abs to support lower back** (Triple Cross Mountain Climber with Pulse)
- 3, 2, Pulse
- If you're on your knees try and get your knee to touch your elbow
- If you're on your toes keep your weight forwards and your hips under shoulders (Mountain Climber)
- Everybody now run
- Go slower if you need to

FOLLOW-UP

- Drive the knees close to the floor
- Heart rate is up

OPTION

- Decrease intensity by working on knees

CORE ESSENTIALS**SIDE HOVER****MOUNTAIN CLIMBER**

6 CORE STRENGTH 3

TRACK FOCUS

My participants will increase isolated strength in their glutes in the one-leg plated Bridge work, and complete their posterior chain conditioning with the LES MILLS™ Tube.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	Set up for Single Hip Bridge w. plate	32	
0:21	I feel the waterflow (V)	6x8 A	Staggered Single Leg Hip Bridge L	8	6x
0:52	Oh oh oh (C)	5x8 A ¹	Single Leg Hip Bridge Pulse L	2	20x
1:17	(Quiet)	1x8	Set up other side	8	
1:23	And dear (V)	6x8 A	Staggered Single Leg Hip Bridge R	8	6x
1:54	Oh oh oh (C)	5x8 A ¹	Single Leg Hip Bridge Pulse R	2	20x
2:20		1x8	Set up Bridge	8	
2:25	Oh oh oh (C)	5x8 A ²	Bridge Pulse	2	20x
2:51		1x8	Roll down	8	
2:57	And dear (V)	2x8	Set up for Upper Back Pull Apart w. LES MILLS™ Tube	16	
3:07	Oh no buddy	4x8 B	Upper Back Pull Apart	8	4x
3:28	Oh oh oh (C)	6x8 B ¹	Triple Upper Back Pull Apart	16	3x
3:59	Oh where did	6x8	Wide Pull Down	4	12x
4:30	(Instr)	4x8 B ²	Pulse Pull Apart	2	16x
4:51		2x8	Shoulder Stretch L&R	16	

WHY

The posterior chain (our hamstrings, glutes and back) is responsible for athletic drive and propulsion. This track conditions all elements of this muscular sling.

COACHING

The new Single Leg Hip Bridge is a wonderful innovation that will challenge even the strongest participant. We all have a weaker side so use this move to focus on developing equal strength in both. Fatma advises that a great way to retain connection with the class is to tell them how many reps they have left. The second half of the track provides great conditioning for the upper body. Martha says: Coach high elbows, offer options, and feel the burn in the Pulses that will sculpt a strong back!

SINGLE LEG HIP BRIDGE**KEY COACHING FOCUS:**

Squeeze your butt

SETUP

- Grab a plate
- Lie down on your back
- Feet under knees
- Plate on back leg
- Cross your front leg
- Single Leg Hip Bridge
- **Squeeze butt and lift hips**
- Up halfway down, up, three-quarters down
- **Keep your hips square to the ceiling**
- Lift chest to chin

FOLLOW-UP

- Push your heel into the floor to feel your hamstrings and glutes
- Stay high, 20 Pulses to build intensity
- Isolation will improve the balance in both legs
- How high can you go?
- Find the burn

OPTION

- No plate

**REAR DELTOID TUBING FLY****KEY COACHING FOCUS:**

Squeeze shoulder blades together

SETUP

- Come up on to your knees
- Grab your tube, single or double
- Knees under hips
- **Brace abs and squeeze butt**
- Elbows go back, open wide and forward
- **Squeeze shoulder blades together**
- **Brace abs and squeeze butt so you don't arch your lower back**
(Triple Upper Back Pull Apart)
- Stay for 3, 2, 1
- 90 degrees at the elbows

FOLLOW-UP

- Keep your elbows high so you keep the work in the upper back
- Your shoulders are stable so you can engage your triceps

WIDE PULL DOWN**KEY COACHING FOCUS:**

Brace abs so you don't arch your lower back

SETUP

- Tube goes up over head
- Pull wide to the side
- Slow down and up
- Bring LES MILLS™ Tube to collarbone and up
- **Brace abs so you don't arch lower back**

**FOLLOW-UP**

- Think about pulling your shoulder blades towards your butt, working deltoids and lats
- Keep tension on tube at the top

PULSE DELTOID TUBING FLY**KEY COACHING FOCUS:**

Brace abs so you don't arch your lower back

SETUP

- Arms come forward
- 16 Pulses
- Pull the tube apart
- **Keep tension on and brace abs so you don't arch your back**

FOLLOW-UP

- Focus on the muscles of the upper back doing the work
- Slide shoulder blades together to pull arms apart

CORE ESSENTIALS**BRIDGE**

6 BONUS CORE STRENGTH 3

TRACK FOCUS

My participants will understand how to stabilize their trunk while increasing the demand on their core in the tubing work, and challenge their body weight with the 3-Point Pushups.

MUSIC			SEQUENCE/EXERCISE		CTS REPS	
0:00	(Intro)	4x8		Set up Reverse Fly w. LES MILLS™ Tube Step on tube, cross handles at waist, tip forward from the hips	32	
0:18	_ It's my birthday (C)	4x8	A	Reverse Fly Triple Pulse Note: Stand up and reset in between reps, however stay down on last rep	8	4x
0:37	_ We can turn (V)	8x8	A ¹	Single Arm Reverse Fly 2/2 L Single Arm Reverse Fly 2/2 R	8 8	4x
1:14	_ It's my birthday (C)	4x8	A	Reverse Fly Triple Pulse Note: Stand up and reset in between reps, however stay down on last rep	8	4x
1:33		4x8		Wide Row Pulse	2	16x
1:52	_ It's my birthday (C)	4x8		Transition to Pushup position	32	
2:10	_ Mamacita (V)	16x8	B	3-Point Pushup 2/2 L 3-Point Pushup 2/2 R 3-Point Pushup 2/2 L 3-Point Pushup 2/2 R	8 8 8 8	4x 4x 4x 4x
3:25		4x8	B ¹	Top Half Pulse Pushup	2	16x
3:43	Oh oh, (Br)	2x8		Transition to Aeroplane Balance w. Rotation	16	
3:53	Don't care	2½x8	C	Aeroplane Balance w. Rotation L Aeroplane Balance w. Rotation R Hold Back Extension	8 8 4	
4:05	_ It's my birthday (C)	12x8	C ¹	Aeroplane Balance Combo Pulse Back Extension x4 Aeroplane Balance w. Rotation L Pulse Back Extension x4 Aeroplane Balance w. Rotation R	8 8 8 8	3x

WHY

As Dan says – unstable exercises such as the Single Arm Reverse Fly and the 3-Point Pushup provide an opportunity to train our stabilizing muscles. Coaching precision of movement when our balance is compromised is the perfect training stimulus for our core.

COACHING

This fantastic track has 3 big blocks of work. Coach stability in the standing work of the Reverse Flys, and explain how the core reacts to this type of training. You must role-model with control, and direct your participants' attention to specific body parts – as Kylie did on the Masterclass. The Pushup sequence will be a class favorite! We are training from an unstable platform, so challenge your class with the different levels. Finally – the Aeroplane Balance is back! Check out how Dan and Kylie maintained connection with the class by coaching them to improve their execution.

REVERSE FLY TRIPLE PULSE/ SINGLE ARM REVERSE FLY

KEY COACHING FOCUS:

Tip forward from the hips and squeeze shoulder blades (Reverse Fly Triple Pulse) and square shoulders to the floor (Single Arm Reverse Fly)

SETUP

- Stand inside the LES MILLS™ Tube
- Cross handles
- **Brace abs**
- **Tip forward from hips – chest lifted**
- Nose forward of toes
- Tension in the tube
- Triple Reverse Fly
- 3, 2, 1 and slowly stand
- Do that again
- **Every time you lean forward keep your chest up**
- **Squeeze shoulder blades towards spine**
- Stay down and freeze (Single Arm Reverse Fly)
- Just the right arm out, out, in, in
- Other side
- **Keep shoulders square to the floor**
- Brace abs tightly



FOLLOW-UP

- Lead with pinky finger to engage rear deltoids
- We are shaping and toning the upper back

WIDE ROW PULSE

KEY COACHING FOCUS:

Squeeze shoulder blades towards spine

SETUP

- Stay down
- Turn knuckles to face the front
- Small Pulses for 16
- **Squeeze shoulder blades towards spine**
- **Keep chest lifted**

FOLLOW-UP

- Keep bracing your abs to support your back
- Know you are doing something awesome for your body right now

3-POINT PUSHUP

KEY COACHING FOCUS:

Brace abs to keep hips level to the floor

SETUP

- Set up a wide Pushup
- Hands outside shoulder-width
- **Hips and shoulders square to the floor**
- Brace abs and lift your right leg
- Lower down, down, up, up
- Back is long and straight
- **Chest stops at elbow height**
- **Abs braced to keep hips level to the floor**



FOLLOW-UP

- Body moving slowly with control
- You have 3 points of contact with the floor so we are training stability from this unstable position
- Squeeze your butt to keep your leg at hip level
- Push the floor away as you rise up

OPTIONS

- Decrease intensity by decreasing range of motion
- Decrease intensity with no leg lift, keep toes on floor or stay on knees only
- Increase intensity by working on toes

AEROPLANE BALANCE W. ROTATION

KEY COACHING FOCUS:

Squeeze butt and twist from the center of your chest

SETUP

- Lie down on the floor
- Feet together
- **Squeeze your butt**
- Arms wide, thumbs up
- **Lift chest**
- Aeroplane Balance, right arm lifts and lower
- Now the other side
- Keep hips on the floor as you rotate (Pulse Back Extension)
- 4 Pulses, rotate to right
- **Twist from the center of your chest**
- **Squeeze shoulder blades together**



FOLLOW-UP

- It's not about how mobile you are in your shoulders that will govern the height of your Aeroplane, it's about how strong your back extensor muscles are and how great your thoracic rotation is
- See if you can get your kneecaps off the floor to keep the legs engaged and strong

OPTION

- Decrease intensity by having fingertips on the floor

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 the floor as you lower the legs

SETUP

- **Brace abs to keep lower back towards the floor as you 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 extend past thighs

FOLLOW-UP

- Lift your shoulder blades further off the floor



BRIDGE

KEY COACHING FOCUS:

Squeeze glutes to lift hips

SETUP

- **Lie on back – feet on the floor, knees bent**
- Squeeze glutes to lift the hips



SIDE HOVER

KEY COACHING FOCUS:

Keep bottom hip lifted

SETUP

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



FOLLOW-UP

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

OPTION

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



MOUNTAIN CLIMBER

KEY COACHING FOCUS:

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

SETUP

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

FOLLOW-UP

- Drop hips down and drive knees further forward



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

PLANK

KEY COACHING FOCUS:

Abs braced with back long and straight

SETUP

- Hands under shoulders
- On knees or toes
- **Abs braced with back long and straight**



FOLLOW-UP

- Knees or toes

LES MILLS



facebook.com/lesmills



@lesmills



@lesmillstribе

Reebok 
ONE

**TO RECEIVE 25% OFF CLOTHING &
FOOTWEAR* SIGN UP TO REEBOKONE**

VISIT REEBOKONE.COM

***AVAILABLE TO INSTRUCTORS WHERE REEBOKONE IS OFFERED**

Our choreography notes are printed with vegetable-based inks on chlorine-free bleached paper containing 55% recycled fiber.