

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: 

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.

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.

CREDITS

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The Fine Print

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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, Kutzle, 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 Hushie 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
	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
	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
	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

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1 WARMUP

Love Runs Out > 3:50 mins

1

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
0:08 (Instr)	6x8	A	Crunch 2/2
0:31 _ I wonder (PC)	4x8	A ¹	Crunch 1/3
0:45 OK you're pretty (C)	4½x8	B	Cross Crawl Front & Back
1:03 Heart	6x8	C	Double Leg Lift 2/2
1:26 _ I wonder (PC)	4x8	C ¹	Double Leg Lift (no foot touch) 2/2
1:42 OK you're pretty (C)	4½x8	B	Cross Crawl Front & Back
1:59 Heart	4x8	D	Bridge
2:14 OK you're pretty (Rep)	6½x8	D ¹	Bridge Pulse Lower down
2:39 OK you're pretty (C)	4½x8	B	Cross Crawl Front & Back
2:57 Heart	4½x8	B ¹	Cross Crawl w. Extended Leg Front & Back

Ugly Heart > 3:18 mins

1

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

Tsunami > 5:11 mins

2

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 lift 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

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

Do What You Wanna Do > 5:16 mins

2

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



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

Spitfire > 4:47 mins

3

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

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

Main Chick > 3:33 mins

4

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

Figure 8 > 5:18 mins

5

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

XXX 88 > 5:02 mins

6

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 A¹	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 A¹	Single Leg Hip Bridge Pulse R	2 20x
2:20	1x8	Set up Bridge	8
2:25 Oh oh oh (C)	5x8 A²	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 B¹	Triple Upper Back Pull Apart	16 3x
3:59 Oh where did	6x8	Wide Pull Down	4 12x
4:30 (Instr)	4x8 B²	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

It's My Birthday > 5:03 mins

6

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