

LES MILLS CXWORX



PRESENTERS FROM NEW ZEALAND

RELEASE

19

FEATURES

- Layer 2 Coaching: The Art of Mastery
- Group Fitness: The 3 Elements That Make It Work
- BODYPUMP™: Improving Strength and Gait Speed in Older Adults
- CXWORX™ Layer 2 Coaching
- The Science of Resistance Tubing

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.

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CONTENTS

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Group Fitness: The 3 Elements that Make it Work
BODYPUMP™: Improving Strength and Gait Speed in Older Adults
CXWORX™ Layer 2 Coaching
The Science of Resistance Tubing

TRACK		ARTIST	
1	WARMUP	Wrapped Up © 2014 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Murs, Robson, Kelly, McCoy	Olly Murs feat. Travie McCoy 3:16
2	CORE STRENGTH 1	Delirious (Boneless) © 2014 Ultra Records, LLC. Licensed courtesy of Liberator Music www.liberatormusic.com.au Written by: Aoki, Lake, Villasaliu, Collins, Vaughn, Phillips, Beck	Steve Aoki, Chris Lake & Tujamo feat. Kid Ink 0:28
		Delirious (Boneless) (Reid Stefan Remix) © 2014 Ultra Records, LLC. Licensed courtesy of Liberator Music www.liberatormusic.com.au Written by: Aoki, Lake, Villasaliu, Collins, Vaughn, Phillips, Beck	Steve Aoki, Chris Lake & Tujamo feat. Kid Ink 5:17
		Delirious (Boneless) © 2014 Ultra Records, LLC. Licensed courtesy of Liberator Music www.liberatormusic.com.au Written by: Aoki, Lake, Villasaliu, Collins, Vaughn, Phillips, Beck	Steve Aoki, Chris Lake & Tujamo feat. Kid Ink 0:33
3	STANDING STRENGTH 1	Changing © 2014 Les Mills Music Licensing Ltd. Written by: Hector, McMahon, Kelleher, Kohn, Barnes	Outer Space 4:24
4	STANDING STRENGTH 2	Centuries Courtesy of the Universal Music Group. Written by: Fonseca, Hurley, Kumari, Rotem, Stump, Tranter, Trohman, Vega, Wentz	Fall Out Boy 2:42
		Centuries Courtesy of the Universal Music Group. Written by: Fonseca, Hurley, Kumari, Rotem, Stump, Tranter, Trohman, Vega, Wentz	Fall Out Boy 2:42
BONUS 4	STANDING STRENGTH 2	She Came To Give It To You © 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: Raymond, Williams, Maraj	Usher feat. Nicki Minaj 4:03
5	CORE STRENGTH 2	Addicted To You Courtesy of the Universal Music Group. Written by: Davis, Bergling, Krajcik, Pournouri	Avicii 1:15
		Addicted To You (Sick Individuals Remix) Courtesy of the Universal Music Group. Written by: Davis, Bergling, Krajcik, Pournouri	Avicii 1:18
		Addicted To You Courtesy of the Universal Music Group. Written by: Davis, Bergling, Krajcik, Pournouri	Avicii 0:53
		Addicted To You (Sick Individuals Remix) Courtesy of the Universal Music Group. Written by: Davis, Bergling, Krajcik, Pournouri	Avicii 1:22
BONUS 5	CORE STRENGTH 2	Let You Go (Nero Remix) Courtesy of the Universal Music Group. Written by: Ballance-Drew, Kennard, Milton	Chase & Status 5:15
6	CORE STRENGTH 3	Salute © 2014 Simco Limited, under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Barnes, Kelleher, Kohn, Cottone, Edwards, Nelson, Pinnock, Thirlwall	Little Mix 0:12
		Salute © 2014 Simco Limited, under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Barnes, Kelleher, Kohn, Cottone, Edwards, Nelson, Pinnock, Thirlwall	Little Mix 3:37
BONUS 6	CORE STRENGTH 3	Latch Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Napier, Smith	Disclosure feat. Sam Smith 4:17



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.

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™ 19



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

With a strong focus on testing the exercises and their options, the participant learning excels.

Allowing members in your class to spend a longer time testing their physical and technical potential, before either increasing intensity or decreasing load, allows for a great, well-balanced workout.

We know great movement will generate great results. Each song was selected with this in mind. Changing tempos, using plates, drilling one movement pattern – all this makes for an exciting yet challenging release.

The Spider Plank makes a return and once mastered on the lower levels can really drive that inner challenge to go for several reps on the toes.

Backward-Stepping Lunges, tube Front Raises, and Deadlift patterns push the core to new limits.

Pushing patterns, pulling patterns and rotating patterns allow the body to never stop working for results.

Try teaching this release for 3 to 5 weeks and then change up the feel of the class using the Bonus tracks. Just as your class starts to excel... boom – hit them with a different feel.

Enjoy this release and let your charisma flow.

Dan & Susan

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™ 3.1. She has previously performed and taught with some of the leading dance companies in New Zealand and Australia and is based in Auckland.

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

LAYER 2 COACHING: THE ART OF Mastery

OUR JOB IS TO GET PEOPLE ADDICTED TO EXERCISE

There are many different elements that contribute to this: the music, amazing choreography, the energy of you the instructor... One of the most powerful tools that you can use is **Layer 2 Coaching**.

WHEN YOU UNDERSTAND HOW TO COACH LAYER 2, YOU TAKE YOUR PARTICIPANTS TO THE NEXT LEVEL – MOVING THEM TOWARDS MASTERY.

Your participants want to move and look like you. Perceived competence – or how good we think we are at something – is a key ingredient to feelings of satisfaction and enjoyment in class. Believing we are getting better at something that matters to us is extremely motivating.

How do we enable people to improve in our classes? Through **Layer 2 Coaching**.

Let's briefly review Layer 1. This provides us with the Setup, and it establishes the rules.

LAYER 1 SETUP: THE SQUAT

The Squat is a complex move. A clear Setup will eliminate the anxiety people may have around the exercise as it gives them some simple rules to follow. We use simple cues like:

- *Sit your hips back and down*
- *Knees move forward in line with toes*
- *Butt stops just above knee level*

Once we have people moving safely and effectively – what next?

THE POWER OF THE PAUSE

In BODYBALANCE™/BODYFLOW®, once we have established the movement pattern, we stop – pause – look at the people in front of us – and ask ourselves what do THEY need next? Do they need more Setup or are they ready for the next level?

Always coach to the people in front of you – do you need to dial up the intensity to give them a challenge, or will this be out of their reach today and make them feel unsuccessful?

LAYER 2: MASTERY

If they are ready for Layer 2, then we can focus on moving towards mastery.

The aim of Layer 2 is to enhance, refine or improve their execution, or to explore how to intensify the workout. Layer 2 enables us to take people from just exercising to training: practising with purpose. It provides us with the opportunity to educate our participants so that they can progress.

THERE ARE 3 PHASES TO DEVELOPING A SKILL...

1. Observation
2. Skill Acquisition
3. Experimentation

Observation

When you are teaching a complex movement, it can be helpful to tell people to focus on just one element that will enable them to ‘get it’. For example, “watch my chest... lift your chest UP”. Identify the one component of the move that will create the biggest shift in people’s technique, and demonstrate it clearly so that they can replicate it.

Skill Acquisition

This is the practice phase: your participants practise this new skill, experiencing what it feels like, so that they can perceive the difference. After all, you don’t learn to ride a bike just by watching someone else!

The important thing with skill acquisition is to **avoid cluttering your coaching**. Give people the space to integrate this new skill and practise it so that they can feel it. Layer 2 is not a list of points like Layer 1; people can only process one new concept at a time. Identify your objective, coach it, and give it space to land.

Experimentation

We then allow people to explore and refine their skills. For example, part of achieving mastery in BODYCOMBAT™ is developing speed. Dan Cohen says: “I relax in my Karate punch. I don’t try to ‘muscle through’ the punch – which will slow you down. I soften my knees and I deliberately relax until the point of impact. It’s this relaxation phase that is the key to creating speed.”

For this type of information to really land we need to give our participants the space and time to explore the new skill and feel the difference – only through repetition can they integrate it into their technique.

Remember: Have one clear Layer 2 objective and nail it. Don’t be scared to go back to that same objective in another track or in the next class; it takes time for people to progress – so give them the space and time to do so. Once they’ve got it, they’ve got it forever.



GROUP FITNESS: THE 3 ELEMENTS THAT Make It Work

DID YOU KNOW THERE ARE 3 KEY FACTORS THAT AFFECT
A NEW PERSON'S GROUP FITNESS EXPERIENCE?

SMARTSTART

The level of satisfaction that our members experience in class will determine whether or not they come back the following week. Consider this: 50% of people who start a new exercise regime will drop out within the first 6 months. If we understand how we can influence our participants' satisfaction levels, this will help us to get new exercisers addicted to fitness.

THE THREE KEY FACTORS

Past research has highlighted three variables that are key to improving satisfaction during exercise classes. These are: intensity, social connection and competence.

Intensity

Previous research has indicated that exercising at high intensity can result in a level of discomfort that can be associated with reduced satisfaction, particularly for beginners.

Social Connection

Feeling connected to the group and the instructor has been found to be important to achieving satisfaction in class.

Competence

Perceived competence – or the belief that you can execute the moves in a class – has also been shown to influence levels of satisfaction.

THE TEST

To see how these variables affect class satisfaction in LES MILLS™ programs, we completed a 30-week intervention with 25, non-active, but otherwise healthy, adults between the ages of 25 and 40. The participants completed a 6-week familiarization protocol followed by two 12-week blocks of 6 or 7 Les Mills classes per week. After each class, they completed surveys that included questions related to their levels of satisfaction with the class, what they thought of the instructor, the levels of intensity, their connection to the group and the instructor, and their levels of competence.

THE RESULTS

There was a difference between the levels of satisfaction and **Intensity** depending on the type of class. For example, when the participants completed a cardio class such as BODYATTACK™, BODYCOMBAT™, BODYSTEP™, or RPM™ and rated the class as being intense and challenging, they also rated the class as being highly satisfying. On the other hand, if they found a BODYPUMP™ or BODYBALANCE™/BODYFLOW® class to be more intense than anticipated, then they were not as satisfied with the overall experience.

Feeling **Connected** to the group and the instructor was extremely important to the levels of satisfaction in the class, and this was particularly evident during the first 12-week block. This connection allowed participants to cope with the discomfort of exercise, and therefore increased their enjoyment of the workout.

Finally, when we looked at **Competence**, the beginner participants were more satisfied when there was technical and clear instruction, enabling them to execute the movements well. Then, once they felt they had developed the skills required to complete the moves, they were able to focus more on enjoying the energy of the class.

WHAT DOES THIS MEAN FOR YOUR CLASSES?

1. Remember: new participants require a more structured and planned approach than your regulars. They still enjoy being pushed to their limits in the cardio classes, but we need to progress people more slowly in BODYBALANCE™/ BODYFLOW® and BODYPUMP™.
2. Using clear instructions that will enable new people to get comfortable with the moves in the early stages will improve their skill levels, giving them the freedom to enjoy the energy of the class later on.
3. It's vital that your members feel connected to you the instructor, and to the workout. For tips on how to create awesome connection in your classes, check out the Education session with the Program Directors on the previous release!

Don't forget to use the **SMARTSTART template** to introduce them gradually, and provide new people with the option to leave after the first few tracks.

www.lesmills.com/knowledge/smart-start/

BODYPUMP™

Improving Strength and Gait Speed in Older Adults

It's a well-established fact that our strength and speed deteriorate as we age, and this is typically seen once we are into our 40s and 50s. Resistance training is recognized as an effective way to prevent this deterioration; many interventions have successfully utilized heavy loads to counteract these changes. However, less is known about the effects of low-load, high-repetition programs, and there are conflicting reports as to whether this type of training is as effective.

With no conclusive evidence to support high rep/low load training, a team at the University of the Sunshine Coast in Queensland, Australia, decided to put this type of workout to the test, utilizing Les Mills BODYPUMP™. Their objective was to discover whether this class could improve maximal strength and walking speed in healthy and active older adults.

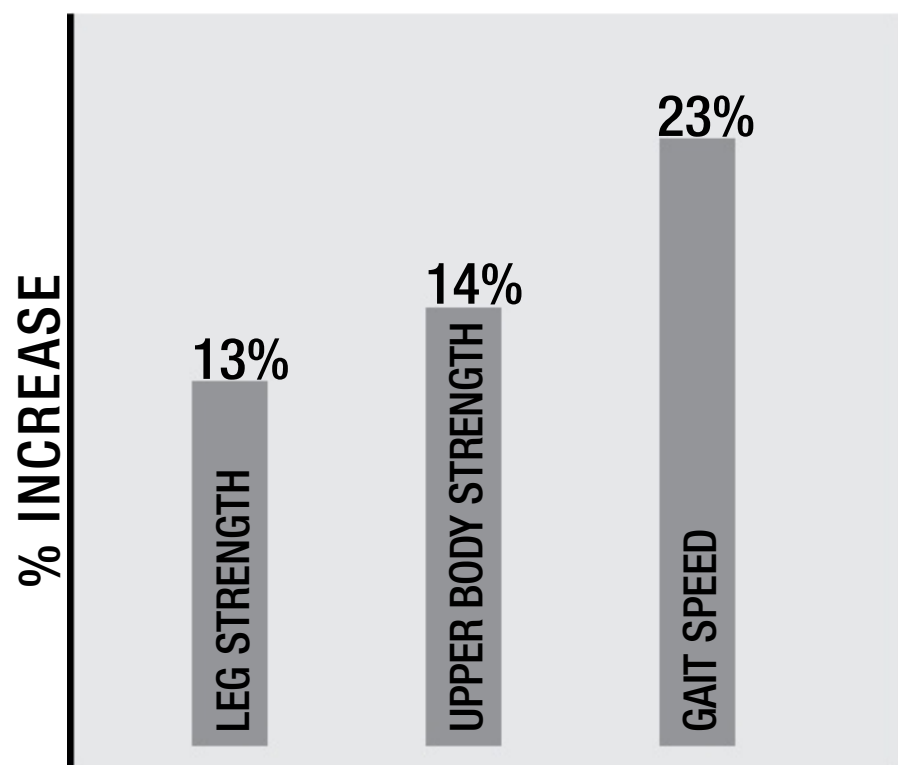
THE STUDY

A total of 68 participants aged 55 plus took part in the study. They were split into two groups – one that completed 26 weeks of BODYPUMP™ training, and one that served as a control. The BODYPUMP™ group trained twice a week for 6 months. The control group did not undertake any training and were instructed to maintain their current level of physical activity during this period.

THE RESULTS

Maximal strength and gait speed were assessed at the beginning and the end of the trial. Researchers saw significant improvements in the BODYPUMP™ group. Participants gained 13% additional leg strength, 14% upper body strength, and improved their gait speed by 23%. They also significantly increased their squat weight during the study.

6-MONTH BODYPUMP™ TRIAL



So how do these results compare to traditional high-load/low-rep programmes? **The most striking outcome was that the increases seen in gait speed were greater than what is typically seen in conventional resistance training programmes.** Gait speed is of particular importance as we age. Walking requires energy and movement control, and demands the integration of multiple systems in the body. A slowed pace of walking can indicate a reduction of efficiency, which can predict impending health issues. Gait speed, therefore, is a simple way to assess a person's vitality.

BODYPUMP™ KEEPS US STRONG AND MOBILE

This study is the first of its kind to demonstrate that high-rep/low-load training programs can improve strength and walking speed in middle-aged and older adults effectively. This is great news for attendees of Les Mills BODYPUMP™ as it proves that this class is an effective way to maintain our health as we age!



CXWORX™

LAYER 2 COACHING

COACHING TOWARDS MASTERY

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

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

Layer 1 – SETUP / COMPULSORIES

Sets up the basics of the movement

Layer 2 – FOLLOW-UP / INTENSITY

Moves people to intensify and perfect the movement

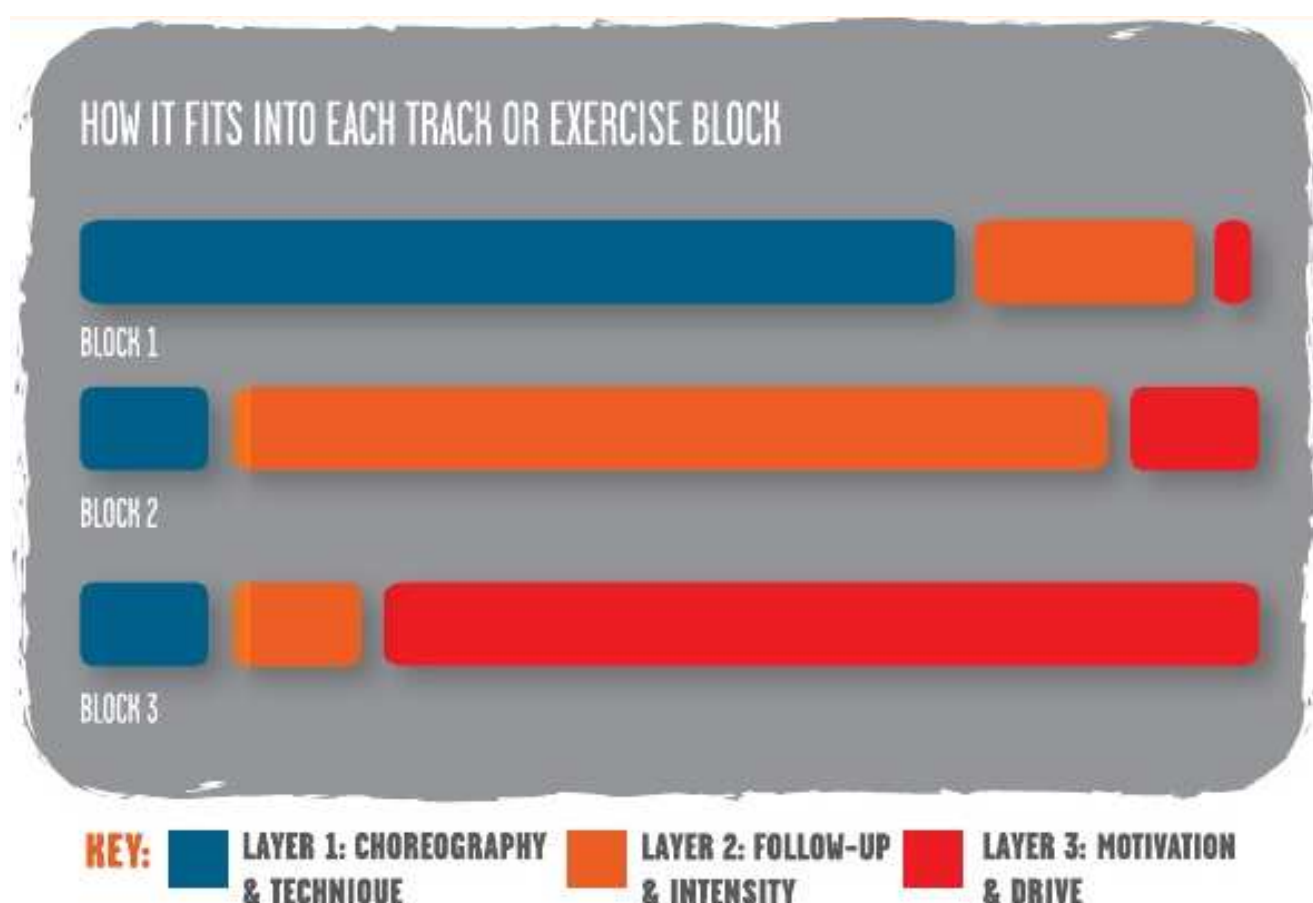
Layer 3 – MOTIVATION / DRIVE

Motivates participants to drive to their maximum edge

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

4 TIPS TO SUCCESSFULLY COACH LAYER 2

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





2 Check out the DVD for tips from the presenters – once they have set people up, what do they say to take them to the next level, and when?

3 ‘Be in’ your own body and experience what and how you feel as you do the move yourself with the music, and then turn this into coaching.

STEP 1 With the music on, set yourself up into position	
STEP 2 Execute the move. What do you feel as you do this?	STEP 3 Transform these into participant-focused Coaching Cues
Examples: My hips want to sag.	Examples: Brace your abs tighter, lift your thighs and squeeze your buttocks a little to keep your hips level.
My shoulders are starting to fatigue.	Push your forearms down stronger to keep your shoulders square.
I can feel my lower abs working hard.	Feel your lower abs getting stronger.
My body is starting to twist.	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 release Education session for more detail. The new CXWORX™ AIM1 helps you to work with this process and is guaranteed to take your teaching to the next level. Book in NOW!

THE SCIENCE OF RESISTANCE TUBING

Tubing is versatile, easy to use and inexpensive. It has a wide appeal across a range of age groups and it provides us with the ability to take a simple exercise and make it challenging.

THE MAIN CONSIDERATIONS WHEN TRAINING WITH TUBING ARE:

- The point of **MAXIMUM RESISTANCE** is different when you use tubing compared to using free weights
- Tubing allows you to provide **RESISTANCE** to movements in other directions other than straight down as we see in body weight or free-weight exercises
- There is **NO MOMENTUM** when you use tubing so it is often safer to use during quicker and large-range exercises such as Woodchops
- There are some common rules that make using tubing safe and effective.



POINT OF MAXIMUM RESISTANCE

With the Dumbbell Curl we have a small arc of maximum resistance in the middle of the curl.

With tubing, the load is quite different as it occurs at a different point, depending on the line of pull, and continues to **increase** as you move through the range.

DIRECTION OF RESISTANCE

Tubing always pulls toward the point to which it is anchored, eg by fixing the tube under one foot we now have a line of pull directly against the action of the Woodchop.

The tubing allows us to stand and bear weight while providing different angles of pull to challenge the core, which allows us to produce a training stimulus in the position we need it most.

Gluteal exercises are a really important part of core conditioning. Normally we lie down on our side to work the side hip stabilizers but we can use the tubing by wrapping it in the direction needed to resist the movement and perform the same exercise whilst standing.

To adjust the amount of resistance, we can alter the tension of the tube in the start position by using a shorter length across the same distance or we can use more starting length to make the exercise easier.

MOMENTUM

In exercises such as Woodchops which are performed through a large range with quite a quick tempo, momentum is a key safety issue when choosing different types of resistance.

When using free weights our muscles accelerate at the start of the movement and decelerate at the end. This deceleration phase can be very stressful on muscles and joints as the muscles need to contract eccentrically in a lengthened position.

With tubing, there is no momentum effect because the resistance keeps increasing as it moves further through the range without needing a deceleration phase. This makes tubing safer to use during wide-range faster movements such as Woodchops.

TUBING RULES

Try to keep the load on the tube at all times – in most exercises we can adjust the start length to keep load on the tube throughout the movement.

Always anchor the tubing firmly on its fixation point. This will help you avoid a slingshot effect and make the exercise safer for you and the people around you.

Tubing is graded from light to heavy so always try a new exercise with a lighter grade of resistance until you are comfortable with the technique. Go heavier when you can role-model perfect execution from the start.

Always keep the wrist in a strong functional position with a firm grip around the handle and the wrist slightly extended.

1 WARMUP

TRACK FOCUS

My participants will feel the heat in their core muscles as I coach precise execution of the movements.

MUSIC				SEQUENCE/EXERCISE	CTS	REPS
0:10	Now excuse me (V)	4x8	A	Knee Lift Combo – Front Leg Lift front knee Back knee Both legs lower	2 2 4	4x
0:26	You got the lock (PC)	4x8	A ¹	Knee Lift Combo – Front Leg w. Upper Body, Twist Front Lift front knee, twist front Lift B knee, crunch center Legs and body lower	2 2 4	4x
0:42	Wrapped up (C)	4x8	B	Double Pulse Crunch	8	4x
0:57	Don't ever want (V)	4x8	A	Repeat Knee Lift Combo – Back Leg	8	4x
1:13	You got the lock (PC)	4x8	A ¹	Repeat Knee Lift Combo – Back Leg w. Upper Body, Twist Rear	8	4x
1:29	Wrapped up (C)	4x8	B	Repeat Double Pulse Crunch	8	4x
1:45	Wrapped up (Rep)	4x8	B ¹	Double Pulse C-Crunch	8	4x
2:01	My princess (Rap)	4x8	C	Knee Drop F&B	32	
2:16	Happiest boy	2x8	C ¹	Knee Drop F&B	16	
2:24	Everything you do (Br)	4x8		Bridge	32	
2:40	Wrapped up (C)	8x8	B ¹	Repeat Double Pulse C-Crunch	8	8x

WHY

This track utilizes short lever movements to engage our target muscles, establishing the muscle connections that we will require for the rest of the class.

COACHING

Corey’s initial focus was to ensure that everybody understood the combination patterns and how to execute the moves. He achieved this by naming the exercises and using precise body part and direction cues in Layer 1. His second objective was to coach the timing in the Double Pulse Crunch so that the class would feel: the ‘hold’ in the Crunch, followed by the slow descend to load the muscles for longer and place them under greater tension! Use the Warmup to educate your class and build excitement for the workout ahead...

KNEE LIFT COMBO

KEY COACHING FOCUS:

Brace abs, keeping lower back towards the floor

SETUP

- Lie down side-on to the stage
- Grab your waist and gently draw your belly in, as that will strengthen your spine
- **Brace your abs so they swell under your fingers; this will give you stability as you move**
- Front leg lifts, then back leg, both feet lower
- Knees stop over hips
- Take hands back to floor
- Bring fingertips to temples and twist towards front knee

(Knee Lift Combo with Upper Body)

- Up, center and slowly down
- Repeat
- **Lift the shoulder up and across** to get the waist muscles working
- **Focus on your lower back as your legs lower; you need to keep it close to the floor**

FOLLOW-UP

- Fingertips are light on your temples, which will stop you pulling on your head, and your neck muscles have to work with your trunk

DOUBLE PULSE CRUNCH

KEY COACHING FOCUS:

Squeeze ribcage to hips on Crunch

SETUP

- New move with feet down
- Pulse Crunch
- Reach to shins, hold and slowly lower
- Up, freeze, slowly lower
- **Squeeze ribcage to hips** to get your six-pack working

(Double Pulse C-Crunch)

- Lift knees over hips
- **Brace your abs to keep your lower back toward the floor as you lower your legs**

FOLLOW-UP

- We are going to increase the intensity
- Reach towards your toes
- Focus on going slowly as you come down as it loads the muscles eccentrically and puts them under tension

CORE
 ESSENTIALS

KNEE DROP FRONT & BACK

BRIDGE

2 CORE STRENGTH 1

TRACK FOCUS

My participants will execute the Spider Plank with great technique and enjoy the challenge created by an increase in speed.

MUSIC		SEQUENCE/EXERCISE			CTS	REPS
0:00	(Intro)	4x8	A	Hover	32	
0:14	Hear me here (V)	8x8	A ¹	Hover w. Arm Reach L&R	16	4x
0:44	(Beat)	16x8	A ²	Spider Plank L	16	8x
1:43	Give me some (B up)	4x8		Roll onto back, set up in C-Crunch position	32	
1:59	(Instr)	16x8	B	Leg Extension Sequence w. Plate		
				Front leg extends, arms O/H	4	
				Front leg vertical, crunch up	4	
				Front leg extends, arms O/H	4	
				Front leg bends in line with hip, crunch up	4	
				Repeat B leg	16	2x
				Double Leg Extension	16	4x
3:07	Give me some (C)	4x8	A	Repeat Set up Hover	32	
3:23	(Instr)	16x8	A ²	Repeat Spider Plank R	16	8x
4:22	Give me some (C)	4x8		Repeat Roll onto back, set up in C-Crunch position	32	
4:38	(Instr)	16x8	B ¹	Repeat Leg Extension Sequence w. Plate, both legs	16	8x
5:29	Give me some (C)	4x8	A	Repeat Set up Hover	32	
5:44	Out till the sun (V)	4x8	A ³	Repeat Spider Plank L	8	4x
6:00	La la la	4x8	A ³	Repeat Spider Plank R	8	4x

Delirious > 6:18 mins

WHY

Extending the length of our levers in this track increases the intensity. Research tells us that challenging our core in Hovers and Planks delivers fast results and gets us functionally strong for everyday life.

COACHING

Great training for the abdominals! 3 big blocks of the Spider Plank combined with 2 blocks of Leg Extensions will ensure this track is fun and tough. Your participants' success will depend on your coaching layers: once everyone has mastered the Spider Plank on knees, encourage them to progress to their toes; in the Leg Extension Sequence coach single leg first, then intensify this with both legs. Script your cues so you Say and Do first, then look out at your class to ensure that everybody is following you. Provide options according to what your members need today. The increased speed in the Spider Plank adds an element of fun – how will you use this great opportunity to connect with your class?

HOVER WITH ARM REACH

KEY COACHING FOCUS:

Brace abs to keep hips and shoulders level to floor

SETUP

- Elbows under your shoulders
- Fists together
- Take your knees out wider than your hips for stability
- **Brace abs to keep the back long and strong**
- Right arm shoots out on the diagonal, bring it in
- Left arm out, bring it in
- **Try and keep your hips and shoulders square to the floor as you do this**

FOLLOW-UP

- Straighten your legs if you want more intensity
- Your hands are flat on the floor

OPTION

- Decrease intensity by working from knees

SPIDER PLANK

KEY COACHING FOCUS:

Brace abs to keep hips and shoulders level to floor

SETUP

- **Keep your back long and straight**
- Right arm leads, Spider Plank
- Out, out, hold
- Bring it in
- In, in, hold
- Right arm leads each time
- **Brace abs to keep hips and shoulders level to the floor**



FOLLOW-UP

- It's not a Pushup – you don't push your body up; try and keep your shoulders at the same place all the time
- If you can keep your shoulders level, try working up on your toes
- Push the floor away and feel your lat muscles connect to the back and the glutes
- Pull up the quad muscles as tightly as you can

OPTION

- Decrease intensity by working from knees

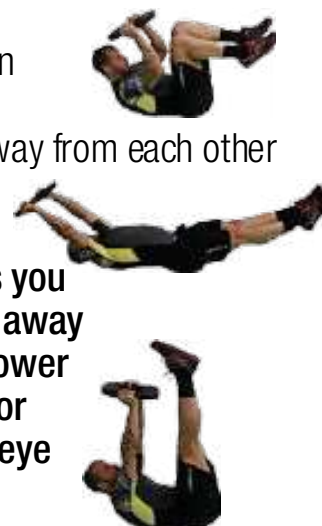
LEG EXTENSION SEQUENCE WITH PLATE

KEY COACHING FOCUS:

Brace abs to keep lower back towards floor

SETUP

- Grab your plate and lie side-on to stage
- Plate or no plate
- Come into C-Crunch position
- **Abs braced**
- Front leg and arms move away from each other
- Out, up, open and come in
- Other leg
- **Brace abs really tightly as you extend the arms and legs away from each other to keep lower back down toward the floor**
- **Slide the ribs to hips and eye gaze to the knees**



FOLLOW-UP

- Out, scoop up, open everything then close
- Try both legs – increasing the level of intensity
- The hardest part of this move is when your back wants to arch while you're extending your legs. Your job is to stop that from happening

OPTIONS

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

CORE
ESSENTIALS

HOVER

3 STANDING STRENGTH 1

TRACK FOCUS

My participants will understand how to execute the Lunge and Squat exercises and feel the recruitment of their target core muscles.

MUSIC		SEQUENCE/EXERCISE			CTS	REPS
0:00	(Intro)	4x8		Set up Backward-Stepping Lunge w. Press R	32	
0:11	Hell (V)	8x8	A	Backward-Stepping Lunge w. Press R 4/4	16	4x
0:34	Changing (C)	16x8	A ¹	Backward-Stepping Lunge w. Press R Double Pulse	8	16x
1:19	(Instr)	5x8		Transition to other side	40	
1:33	Hell (V)	8x8	A	Backward-Stepping Lunge w. Press L 4/4	16	4x
1:55	Changing (C)	16x8	A ¹	Backward-Stepping Lunge w. Press L Double Pulse	8	16x
2:40	(Instr)	4x8		Transition to Squat w. Bicep Raise with LES MILLS™ Tube	32	
2:51	I don't (V)	8x8	B	Squat w. Bicep Raise 4/4	16	4x
3:13	Changing (C)	16x8	B ¹	Squat w. Bicep Raise Double Pulse	8	16x
3:58	Here (Rep)	8x8		Squat w. Double Front Raise 1/3	8	8x

WHY

Integrating abdominal work with Lunges and Squats is the ultimate in functional core training; the additional use of the LES MILLS™ Tube and plates in this track places extra demand on the stabilizers to maintain control of our spinal position.

COACHING

The music drives the feel of the Double Pulse in the Lunge and Squat combinations. Dan used the slow tempo to cue Layer 1 (Setup), then focused on lifting intensity and coaching precision for Layer 2 (Follow-up) in the Double Pulse. Finally, he motivated everyone to stay in the work with Layer 3 (Motivate & Drive). The moves are challenging, so be sure to train outside of class before you teach so you can role-model them well. Remember – taking time to script will ensure your cues stay fresh and relevant.

BACKWARD-STEPPING LUNGE WITH PRESS

KEY COACHING FOCUS:

Brace abs so hips are square to the front

SETUP

- You will need a light to medium plate or body weight and a tube
- Plate in your left hand
- Backward-Stepping Lunge left leg, slowly
- Feet directly under hips as you step in again
- **Brace abs and keep hips and shoulders square to the front**
- **Keep elbow slightly forward of face as you press up**
- **Keep the chest lifted**
- **Long Lunge position will help you to balance**
- **Front thigh parallel to the floor**



FOLLOW-UP

- Gently put the weight on the ball of the left foot (Double Pulse Lunge)
- Speed injection – Double Pulse Lunge
- Deepen the ROM
- Lift your chest and brace abs to help keep your ribcage locked down
- This is really challenging – not just for balance but also for coordination; adding the extra load is making the abs work extra hard

OPTION

- Decrease intensity with no plate

SQUAT WITH BICEP RAISE

KEY COACHING FOCUS:

Abs braced with chest lifted

SETUP

- Quick transition
 - Grab your tube
 - Both feet inside the tube
 - Set up Wide Squat Bicep Raise
 - Knuckles to front to start
 - **Butt goes back and down**
 - Bring knuckles in line with forehead
 - **Brace abs, especially at bottom of Squat range**
 - **Keep chest up**
 - Elbows come back to ribs
- (Squat with Double Pulse)
- Kick it – Bottom Half Pulse and stand up
- (Squat with Double Front Raise)
- Front Raise and freeze

FOLLOW-UP

- At no point do you ever extend the elbows – they stay at 90 degrees
- If shoulders are fatigued, reduce the ROM or simply drop a rep and come back in
- Last challenge – 30 seconds
- Catch at the bottom of the Squat
- Try and pull your lats back to help you stabilize

OPTIONS

- Decrease intensity with no tube
- Decrease ROM to decrease intensity
- Decrease intensity by missing a rep

SQUAT WITH DOUBLE FRONT RAISE



4 STANDING STRENGTH 2

TRACK FOCUS

My participants will feel successful when I clearly coach how to execute the Deadlift with Plate.

MUSIC		SEQUENCE/EXERCISE			CTS	REPS
0:00	(Intro)	3x8		Set up Deadlift w. Plate R	24	
0:17	Just one (V)	2x8	A	Deadlift w. Plate R 2/2	8	2x
0:28	Hey (C)	2x8	A ¹	Deadlift w. Plate R Singles	4	4x
0:39	Mummified (V)	5x8	A ²	Deadlift w. Plate R 3/1	8	5x
1:06	Some legends (C)	4x8	A ¹	Deadlift w. Plate R Singles Note: Hold last rep in Aeroplane Balance	4	8x
1:28	Hey	2x8	B	Single-Leg Squat L	2	8x
1:39	I can't stop (V)	2x8	C	Transition to Single-Leg Bridge L Keeping L foot on floor, cross R foot on knee – option: Add plate to L thigh	16	
1:50	Opposite	3x8	C ¹	Up, halfway down	4	6x
2:06	Some legends (C)	6x8	C ²	Top Half Pulse	2	24x
2:41	(Instr)	3x8		Repeat Set up Deadlift w. Plate L	24	
2:59	Just one (V)	2x8	A	Repeat Deadlift L 2/2	8	2x
3:10	Hey (C)	2x8	A ¹	Repeat Deadlift L Singles	4	4x
3:20	Mummified (V)	5x8	A ²	Repeat Deadlift L 3/1	8	5x
3:48	Some legends (C)	4x8	A ¹	Repeat Deadlift L Singles	4	8x
4:10	Hey	2x8	B	Repeat Deadlift Single-Leg Squat R	2	8x
4:21	I can't stop (V)	2x8	C	Repeat Transition to Single-Leg Bridge R Keeping R foot on floor, cross L foot on knee – option: Add plate to R thigh	16	
4:31	Opposite	3x8	C ¹	Repeat Up, halfway down	4	6x
4:48	Some legends (C)	6x8	C ²	Repeat Top Half Pulse	2	24x

WHY

Supersetting Deadlifts with Hip Bridges maximizes the demands on the gluteal maximus. Deadlifts challenge the glutes in the outer range, before we shift to an inner-range focus with Bridges.

COACHING

Your posterior chain will be on fire by the end of this track! Corey says: Practise delivering your pre-cues so your class can successfully follow the timing changes in the Deadlift. Deliver your cues slowly – one cue per rep – so everybody can feel which muscles they are working and understand what they can accomplish by overloading one leg. Our focus is to achieve precision of technique; allow people a few classes to master this move, then offer the challenge of lifting the foot off the floor for more stability work in the Deadlift. Allow your participants to control the intensity of their workout: provide the option of no plate or using a light weight in both moves, to build strength and stability.

DEADLIFT WITH PLATE

KEY COACHING FOCUS:

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

SETUP

- Grab the edge of the weight plate
- Feet under hips
- **Chest up and brace abs**
- Left leg goes back for Deadlift
- Down for 2, up for 2
- **Make sure you tip forward from your hips so nose is forward of toes**
- Slight knee bend
- **Brace abs to keep hips and shoulders square to the floor**

(Single-Leg Squat)

- Hold, arm to 45 degrees, thumb up
- Single-Leg Squat
- Down and up
- Bend your knee as much as you can and keep your back leg lifted
- **Knee tracking forward, in line with toes**

FOLLOW-UP

- Pull your shoulders back to keep your chest lifted
- Take your eyes 10 feet (3 meters) forward to help you balance
- Challenge is to keep the foot off the floor to work the stabilizers even more
- Start to feel the burn in your glutes

OPTION

- Decrease intensity with no plate



SINGLE-LEG BRIDGE

KEY COACHING FOCUS:

Squeeze butt to lift the hips

SETUP

- Come down to the floor for Hip Bridge
 - Front leg crosses back leg
 - Plate on thigh
 - Up, halfway down, up halfway
 - **Squeeze your butt super tight**
- (Top Half Pulse)
- Stay and pulse
 - **Keep your hips square**

FOLLOW-UP

- Every time you lift your hip, squeeze your butt to the maximum – that will open your hip and create overload in the glute, giving you muscular change
- Let's build history in the top 2 inches (1 centimeter) to build pressure in the muscles

OPTION

- Decrease intensity with no plate



SINGLE-LEG SQUAT



4 BONUS STANDING STRENGTH 2

TRACK FOCUS

My participants will understand the importance of correct body position and posture to successfully train their glutes.

MUSIC		SEQUENCE/EXERCISE			CTS REPS	
0:02	It ain't what (C)	4x8		Set up LES MILLS™ Tube	32	
0:18	Imagine (V)	4x8	A	Back Tap w. Hinge L	4	8x
0:34	She was up	6x8	A ¹	Back Tap Sequence L Back Tap w. Hinge Side Tap Back Tap Side Tap	2 2 2 2	6x
0:58	It ain't what (C)	4x8	A ²	Back & Side Tap w. Hinge L	8	4x
1:14	So many (V)	4x8	A	Repeat Back Tap w. Hinge R	4	8x
1:30	Don't be	6x8	A ¹	Repeat Back Tap Sequence R	8	6x
1:54	It ain't what (C)	4x8	A ²	Repeat Back & Side Tap w. Hinge R	8	4x
2:10	I'm so confused (Br)	2x8	B	Back, Back, Forward, Tap R Back, Back, Forward, Tap L	4 4	2x
2:18	Flirty curl (Rap)	4x8	B ¹	Back, Back, Forward, Extend R Back, Back, Forward, Extend L	4 4	4x
2:34	Five plus five	4x8	B ²	Back, Back, Forward, Extend R Hold Back, Back, Forward, Extend L Hold	4 4 4 4	2x
2:50	I'm so confused (Br)	8x8	A ³	Back Tap w. Hinge R&L	8	8x
3:22	Come on (Rep)	8x8	B ²	Repeat Back, Back, Forward, Extend R Hold Back, Back, Forward, Extend L Hold	4 4 4 4	4x

She Came To Give It To You > 4:03 mins

4

WHY

Training our gluteals when standing, using the LES MILLS™ Tube for resistance, improves our hip control where we need it the most – providing functional glute training.

COACHING

Fatigue will slowly set in during this track so you need to coach the moves well to keep your participants in the workout. You must nail your pre-cues and always teach with the Track Focus in mind – body position and posture – so everybody sustains the load and control. Remember to provide the option without the tube so they can become familiar with the moves first, before adding intensity. This track offers the perfect opportunity to create connection as we all want a strong, functional, toned butt!

BACK TAP SEQUENCE

KEY COACHING FOCUS:

Tip forward from the hips so nose is forward of toes with chest up

SETUP

(Back Tap)

- Step into your tube with both feet
- Cross handles over
- **Chest up and brace abs**
- Bend knees
- Take your right leg back
- Tap back and stand up
- **Nose forward of toes to load glutes**
- Standing leg bent

(Back & Side Tap)

- Tap back and wide
- Stay down
- **Keep hips and shoulders square to the front**
- Light Tap

(Back Tap Sequence)

- Back, tap wide, tap back, step in

FOLLOW-UP

- Feel your abs – they should be gripping tightly and bracing to keep your pelvis facing forward
- Pull your shoulders back to give you an open chest
- You know you're loading the glutes when your nose is forward of toes and there's no shortcuts

OPTION

- Decrease intensity with no tube

BACK, BACK, FORWARD, TAP

KEY COACHING FOCUS:

Keep hips square to the front

SETUP

- Same leg goes back
- Back, Back, Forward, Tap
- Stay upright
- Hips facing front
- Kick the heel back and squeeze the butt
- **Keep your abs braced to keep everything facing forward**

(Back, Back, Forward, Extend)

- Back, Back, Forward, Hold
- **Squeeze your butt and stay tall**
- **Avoid leaning to the side**

FOLLOW-UP

- How's your balance?
- We are creating a great butt!

OPTION

- Decrease intensity with no tube

5 CORE STRENGTH 2

TRACK FOCUS

My participants will experience how much strength, control and balance is required to execute the Standing Oblique Crunch.

MUSIC		SEQUENCE/EXERCISE			CTS	REPS
0:00	(Intro)	5½x8		Set up Standing Oblique Crunch w. Plate R	44	
0:20	Guess I should (V)	8½x8	A	Standing Oblique Crunch w. Plate R Hold for last 4 cts	4 4	16x
0:52	Addicted to you (C)	5x8	A¹	Standing Oblique Crunch w. Plate R Foot off floor	4	10x
1:11		4x8		Set up Oblique Leg Extension R	32	
1:30	You (Rep)	6x8	B	Oblique Leg Extension R	4	12x
1:52		2x8		Set up Side Hover w. Oblique Crunch L	16	
2:00	(Instr)	8x8	C	Side Hover w. Oblique Crunch L	4	16x
2:34	Addicted to you (C)	3x8		Repeat Set up Standing Oblique Crunch w. Plate L	24	
2:45	Got me hypnotized (V)	6½x8	A	Repeat Standing Oblique Crunch w. Plate L Hold for last 4 cts	4 4	12x
3:09	Addicted to you (C)	4½x8	A¹	Repeat Standing Oblique Crunch w. Plate L Foot off floor	4	9x
3:26	Addicted to you	4x8		Repeat Set up Oblique Leg Extension L	32	
3:41	You (Rep)	6x8	B	Repeat Oblique Leg Extension L	4	12x
4:03		2x8		Repeat Set up Side Hover w. Oblique Crunch R	16	
4:11	(Instr)	8x8	C	Repeat Side Hover w. Oblique Crunch R	4	16x

WHY

This track trains the obliques from all angles. Our obliques are the key stabilizers of our spine and provide our foundation core strength when training, running and lifting.

COACHING

Susan's objective was to cater to all fitness levels, empowering her class to choose the level of intensity that was right for them. She achieved this aim by clearly coaching technique – explaining how to perfect the movements – and outlining how to dial the intensity up or down. This track introduces the new move – Standing Oblique Crunch. The balance challenge is tough so make sure you train outside of class to enable you to demonstrate it well. When coaching this track you should keep returning your focus to creating the C-shape in the spine.

STANDING OBLIQUE CRUNCH WITH PLATE

KEY COACHING FOCUS:
Chest lifts up and over

SETUP

- You need a light plate
- Feet under hips
- Put your body weight on your right leg
- Plate in left hand
- Reach your arms up
- Side Crunch
- **Brace your abs**
- Bring the elbow towards the knee
- **Slide rib to hip**
- **Elbow stays forward of face**
- Top hand reaches up
- **Chest lifts up and over, to create a C-curve of the spine**

FOLLOW-UP

- Lift the foot off the floor and try to balance
- Focus your mind and pull up on the standing leg
- What do you need to balance and stay strong?

OPTIONS

- Decrease intensity by tapping the floor
- Decrease intensity with no plate



CORE
ESSENTIALS

OBLIQUE LEG EXTENSION

SIDE HOVER WITH OBLIQUE
CRUNCH

5

BONUS CORE STRENGTH 2

TRACK FOCUS

My participants will feel successful in the Rolling Hover when I coach all levels of intensity throughout the track.

MUSIC		SEQUENCE/EXERCISE			CTS	REPS
0:00	(Silence)	4x8		Set up Hover position with elbows out to the side	32	
0:14	(Intro)	4x8	A	Hold Hover	32	
0:28	You say (V)	8x8	B	Rolling Side Hover , weight in L arm Roll B to Hover	16 16	2x
0:55	There’s nowhere (PC)	4x8	C	Roll to Side Hover and hold L	32	
1:09	There’s no way	4x8	D	Hip Lift L	4	8x
1:22	Go (C)	24x8	E	Rolling Hover Combo L Reverse Rolling Hover (from top to bottom) Roll B to Side Hover and hold 4x Hip Lift	8 8 16	6x
2:44	You say (V)	4x8	A	Set up and hold Hover	32	
2:58	Each day	4x8	B	Repeat Rolling Hover R	32	
3:12	There’s nowhere (PC)	4x8	C	Repeat Roll to Side Hover and hold R	32	
3:26	There’s no way	4x8	D	Repeat Hip Lift R	4	8x
3:39	Go (C)	24x8	E	Repeat Rolling Hover Combo R	32	6x

WHY

Uncontrolled rotation of the spine is a common cause of injury. Rotating Hovers, where the whole body moves as one unit, provides great conditioning to prevent this problem occurring.

COACHING

Dan's coaching focus centered on endurance training. The simple choreography ensures that your class will be able to follow the moves easily, but watch out for the intensity kick! The benefit of having Bonus tracks is that you can swap out tracks to provide different challenges for your class. Watch the filming footage to see how Dan expertly coached the different levels, making sure nobody was left behind; keep checking in with your class to provide different options in intensity. Make sure you practise this exercise before the launch so you are physically ready to teach it. We saw class participants gain strength in these moves just during filming week!

ROLLING SIDE HOVER

KEY COACHING FOCUS:

Brace abs so that hips and shoulders move as one

SETUP

- Come side-on to the stage
- Hover position, crossing arms under your body
- Push forearms into the floor
- **Strong ab brace so you are locked on**
- Hips in line with shoulders
- Side Hover
- Roll over and face the front
- Top leg straight and bottom leg bent
- **Elbow under shoulder**
- Roll back into Hover
- Equal weight in forearms
- Hips and shoulders move as one
- (Hip Lift)
- Reach to ceiling with top arm
- **Lift bottom hip away from floor**
- **Hips square to the front**
- Lift for 8 counts

(Combo)

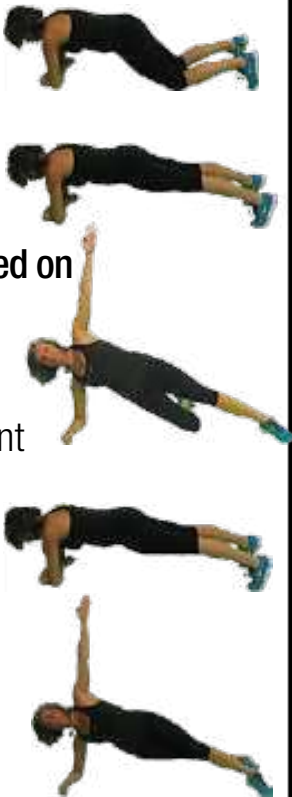
- Roll to Hover, roll back, quadruple Hip Lift

FOLLOW-UP

- Every time you roll back into Hover this is your Set position
- This track is about endurance training
- You can stay on your knees or try intensifying the move on your toes
- Pull thigh muscles up to help the body roll as one unit
- Elbow pulls down to your lats to create a strong Side Hover position
- If you are on toes, roll from the side of the foot to the toes
- We want efficiency in this move, so use an option if you are losing form

OPTIONS

- Decrease intensity by staying on one knee for Side Hover
- Decrease intensity by holding Side Hover without the Hip Lift



CORE
ESSENTIALS

HOVER

SIDE HOVER

6 CORE STRENGTH 3

TRACK FOCUS
My participants will understand the new tubing setup and how to execute the Rear Fly, feeling the work in the targeted muscles.

MUSIC		SEQUENCE/EXERCISE			CTS	REPS
0:00	(Intro)	8x8		Set up Seated Row w. LES MILLS™ Tube	64	
0:23	Ladies (V)	8x8	A	Seated Row L Seated Row R	4 4	8x
0:46	Salute (PC)	4x8	A ¹	Double Wide Row 1/3	8	4x
0:58	Ladies (C)	8x8	A ²	Row Combo Seated Row L Seated Row R 2x Top Half Pulse	4 4 8	4x
1:22	Sisters (V)	8x8	B	Rear Fly L Rear Fly R	8 8	4x
1:45	Salute (PC)	4x8	B ¹	Double Rear Fly 1/3	8	4x
1:57	Ladies (C)	8x8	A ²	Repeat Row Combo	16	4x
2:20	Salute (Br)	9x8		Set up Back Extension w. Salute	72	
2:47	Attention (C)	20x8		Back Extension Salute L Back Extension Salute R Back Extension Double Salute	4 4 8	10x

WHY

Our scapula retractors (rhomboids and mid-traps) support and stabilize the thoracic spine. The Wide Row and Rear Fly challenge these muscles, helping us to improve our posture and shoulder stability.

COACHING

Success in this track will be determined by your Setup of the tube for the Seated Rows and Rear Fly work. You don't want to stop the music, so script a clear and effective Setup as Dan did in the filming footage – using a mixture of visual and verbal cues. Focus on coaching great posture first, then increase the intensity through Range of Motion. Look out to see what the needs of your class are and provide relevant cues to suit your participants. Remember that you will be out of sight for the Back Extension Salutes, so coach this move with simplicity and clarity. Have some fun with the music, just like Dan did!

SEATED ROW/REAR FLY WITH TUBE

KEY COACHING FOCUS:

Chest lifted, squeezing shoulder blades towards spine

SETUP

(Single Rows)

- Double the tube, keeping handles in right hand
- Place tube underneath the middle part of your foot
- Allow for more length on one side of tube so you can thread through
- Sit yourself back at a 45-degree angle
- Knees bent
- **Chest up**
- **Brace abs**
- Wide Row, single right, single left
- **Shoulder blades squeeze together**

(Double Wide Row)

- Up and hold

(Combo)

- Single, Single, 2 Pulses

(Rear Fly)

- Right arm out, hold
- Change to left side
- **Focus on sliding the shoulder blades towards the spine**

FOLLOW-UP

- Eccentric loading means you're working as the tube is pulling you back
- Rear shoulder, mid and upper back get the load
- Straighten legs to increase intensity

OPTION

- Decrease intensity by bending knees more



BACK EXTENSION SALUTE

KEY COACHING FOCUS:

Squeeze butt

SETUP

- Feet out of the tube
- Roll onto your belly
- Feet close together
- **Squeeze butt to protect lower spine**
- Thumbs up
- Lift chest off the floor
- Right-arm Salute
- Left-arm Salute
- Both arms together slowly
- Quick, quick, hold



FOLLOW-UP

- When it gets challenging, touch little fingers on floor and reduce ROM
- You will feel this deep into the muscles of the lower back and upper glutes, the posterior chain

OPTION

- Decrease intensity by having fingers on floor

6

BONUS CORE STRENGTH 3

TRACK FOCUS

My participants will focus on bracing their abdominals tightly in the Horse Stance to create core stability.

MUSIC		SEQUENCE/EXERCISE			CTS	REPS
0:00	(Intro)	4x8		Set up Horse Stance Extend L leg on last 4 cts	32	
0:16	You lift my heart (V)	8x8	A	Horse Stance Diagonal Lift & Tap L	8	8x
0:48	(Instr) (C)	8x8	A ¹	Horse Stance Diagonal Lift & Tap L, R arm extended	8	8x
1:19	Now I've got (V)	8x8		Triple Pulse Pushup	8	8x
1:51	I'm so (V)	8x8	A	Horse Stance Diagonal Lift & Tap R	8	8x
2:22	(Instr) (C)	8x8	A ¹	Horse Stance Diagonal Lift & Tap R, L arm extended	8	8x
2:54	Enough	4x8		Set up for Row Sequence on Knees w. Plates	32	
3:09	Now I've got (V)	12x8		Row Sequence on Knees w. Plates 4x Row Pulse Extend arms to side Return to start position	8 4 4	6x
3:55	Go	4x8		Shoulder Stretch L&R	32	

WHY

Precision is a key ingredient to creating stability in our core. Focusing on keeping the pelvis square during the Horse Stance Diagonal Lift & Tap enables us to achieve this precision – a key component of injury prevention.

COACHING

Control is the focus of this track: 3 different moves to challenge the core – improving posture and developing strength in the body. Susan says: Clearly cue body part and direction as you want your participants to be looking down – not straining their neck looking up at you. Once your class has developed strength, challenge them to try Pushups on toes to reach the next level of intensity. Make sure they are hinging from the hip in the Row Sequence to create overload in the postural muscles of the back.

HORSE STANCE DIAGONAL LIFT & TAP

KEY COACHING FOCUS:

Hips and shoulders stay square to the floor with abs braced

SETUP

- Come down to all fours
- Hands under shoulders
- Knees under hips
- **Brace the abs**
- Eye gaze at fingers to keep neck long
- Extend your right leg away
- Lift your leg up and tap to the corner and to the back
- Up, corner, up, back
- **Brace abs to keep the hips and shoulders square and still**
- Leg just below hip height so you don't arch your back

(Arm Extended)

- Release your opposite arm on diagonal
- Arm lifts to shoulder height
- Thumb up

FOLLOW-UP

- Feel the tension from the fingertips along the shoulder to the opposite hip and glute, training the cross slings
- Use you core stabilizers to keep hips still
- Abs have to work much harder to keep you balanced
- For more challenge, don't tap your toe on the floor

TRIPLE PULSE PUSHUP

KEY COACHING FOCUS:

Abs braced to support lower back

SETUP

- Arms come forward and out wide
- 3, 2, 1, Pushup
- **Brace the abs to keep the back long and strong**
- **Bend your elbows to no more than 90 degrees**

FOLLOW-UP

- If you can, get on your toes – keeping chin tucked and core strong

OPTION

- Decrease intensity by staying on knees

ROW SEQUENCE ON KNEES WITH PLATES

KEY COACHING FOCUS:

Tip forward from hips with abs braced, squeezing shoulder blades together

SETUP

- Grab your 2 plates
- Knees aligned with hips
- Toes together
- Plates down
- **Brace the abs**
- **Chest leads as you tip forward from the hips**
- 4 Rows, hold and extend, come up
- Go again
- **As you Row, slide the shoulder blades across the back to lift the elbows**

FOLLOW-UP

- Latching on to the upper back, working the postural muscles

OPTIONS

- Decrease intensity with no plates
- Substitute tubing for plates

KNEE DROP FRONT & BACK

KEY COACHING FOCUS:

Opposite shoulder anchored to the floor

SETUP

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



FOLLOW-UP

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

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



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

- Decrease intensity by dropping to knees



OBLIQUE LEG EXTENSION

KEY COACHING FOCUS:

Chest lifted with abs braced

SETUP

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



FOLLOW-UP

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

OPTION

- Decrease intensity with one foot down on floor



SIDE HOVER WITH OBLIQUE CRUNCH

KEY COACHING FOCUS:

Keep hips square to the front

Keep bottom hip lifted off floor

SETUP

- Lie on one side
- Elbow under shoulder
- Top leg straight, bottom leg bent
- Lift the hip to a Side Hover
- Lift top leg to be parallel to floor
- Down, up, down, up
- **Brace the abs**
- **Keep hips square to the front**
- **Toe taps down to the floor lightly**
- **Keep bottom hip lifted**
(With Oblique Crunch)
- Bring your arm over your head
- Side Crunch, elbow to knee



FOLLOW-UP

- Your goal is to keep the body still while the arms and legs challenge the core
- Reach as far as you can
- Bring your knee in as closely as you can, to feel the obliques working harder

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)

