



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		

CREDITS

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CXWORX™ 19

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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, Vilasaliu, Collins, Vaughn, Phillips, Beck Delirious (Boneless) (Reid Stefan Remix) © 2014 Ultra Records, LLC. Licensed courtesy of Liberator Music www.liberatormusic.com.au Written by: Aoki, Lake, Vilasaliu, Collins, Vaughn, Phillips, Beck Delirious (Boneless) © 2014 Ultra Records, LLC. Licensed courtesy of Liberator Music www.liberatormusic.com.au Written by: Aoki, Lake, Vilasaliu, Collins, Vaughn, Phillips, Beck	Steve Aoki, Chris Lake & Tujamo feat. Kid Ink Steve Aoki, Chris Lake & Tujamo feat. Kid Ink Steve Aoki, Chris Lake & Tujamo feat. Kid Ink	0:28 5:17 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 Centuries Courtesy of the Universal Music Group. Written by: Fonseca, Hurley, Kumari, Rotem, Stump, Tranter, Trohman, Vega, Wentz	Fall Out Boy Fall Out Boy	2:42 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 Addicted To You (Sick Individuals Remix) Courtesy of the Universal Music Group. Written by: Davis, Bergling, Krajcik, Pournouri Addicted To You Courtesy of the Universal Music Group. Written by: Davis, Bergling, Krajcik, Pournouri Addicted To You (Sick Individuals Remix) Courtesy of the Universal Music Group. Written by: Davis, Bergling, Krajcik, Pournouri	Avicii Avicii Avicii Avicii	1:15 1:18 0:53 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, Pinnoch, Thirwall 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, Pinnoch, Thirwall	Little Mix Little Mix	0:12 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

1 WARMUP

Wrapped Up > 3:16 mins

1

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

Delirious > 6:18 mins

2

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 Front leg vertical, crunch up Front leg extends, arms O/H Front leg bends in line with hip, crunch up Repeat B leg Double Leg Extension	4 4 4 4 16 16	 2x 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

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

Changing > 4:24 mins

3

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

Centuries > 5:24 mins

4

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 Transition to Single-Leg Bridge L	2	8x
1:39	I can't stop (V)	2x8	C 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

Addicted To You > 4:48 mins

5

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

Let You Go > 5:15 mins

5

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

Salute > 3:49 mins

6

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)

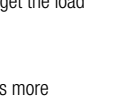
- Right arm out, hold
- Change to left side
- **Focus on sliding the shoulder blades towards the spine**

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

Latch > 4:17 mins

6

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