

CONTENTS



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 20

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.

Performance

5 Instant Benefits of Exercise

BODYBALANCE/BODYFLOW: Benefits for Older Populations

CXWORX Layer 2 Coaching

The Science of Resistance Tubing

TRACK		ARTIST	
1	WARMUP	Time Of Our Lives © 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: Perez, Gotwald, Walter, Taft, Smith, Burna	Pitbull & Ne-Yo 3:46
BONUS 1	WARMUP	Be Okay © 2014 Atlantic Recording Corporation. Produced Under License From Atlantic Records Corporation. Written by: Principato, Lipari, Ryan, Collins, Bouchard, Medice	Oh Honey 3:19
2	CORE STRENGTH 1	Stampede (Major Lazer x P.A.F.F. Remix) © 2014 SPRS/SpinninRecords.com, under exclusive license to Hushle Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: D. Thivaos, M. Thivaos, A. van den Hoef, C. van den Hoef, Borger Jr., Hollowell-Dhar	Dimitri Vegas, Like Mike, DVBBS & Borgeous 6:28
BONUS 2	CORE STRENGTH 1	United We Are © 2014 Revealed Recordings, under exclusive license to Central Station Records. Written by: van de Corput, Shepherd	Hardwell feat. Amba Shepherd 5:52
3	STANDING STRENGTH 1	Back To Earth © 2014 Ultra Records, LLC. Licensed courtesy of Liberator Music. www.liberatormusic.com.au Written by: Aoki, Wentz, Trohman, Stumph, Hurley	Steve Aoki feat. Fall Out Boy 4:13
4	STANDING STRENGTH 2	Bang Dem Sticks © 2015 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Trainor, J. Morales, M. Morales, Rodriguez	Meghan Trainor 2:57
		Bang Dem Sticks © 2015 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Trainor, J. Morales, M. Morales, Rodriguez	Meghan Trainor 0:58
BONUS 4	STANDING STRENGTH 2	Feel Alive © 2015 Les Mills Music Licensing Ltd. Written by: Perez, Koehike, Munson, Ferguson	The Hammer Reed 5:15
5	CORE STRENGTH 2	Alive (Cash Cash & Kalkutta Remix) © 2012 Krewella Music LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: J. Yousaf, Y. Yousaf, Trindl, Lim, Udell	Krewella 4:07
6	CORE STRENGTH 3	Jealous Courtesy of the Universal Music Group. Written by: Wilcox, Lambroza, Jonas, Feldman	Nick Jonas 3:31
		Jealous Courtesy of the Universal Music Group. Written by: Wilcox, Lambroza, Jonas, Feldman	Nick Jonas 1:22

1 WARMUP

Time of Our Lives > 3:46 mins

1

TRACK FOCUS

My participants will understand the importance of precise timing and range of motion (ROM) to prepare the core for the work ahead.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	Lie on back facing L side. Set up Single Leg Drop	32	
0:21	Ooh (C)	4x8	A Single Leg Drop R Single Leg Drop R (Front leg) Single Leg Drop L (B leg) Lift R leg Lift L leg	2 2 2 2	4x
0:36	Best (V)	8x8	B Leg Drop Combo R Single Leg Drop R Single Leg Drop L C-Crunch up	2 2 4	8x
1:06	Rent (PC)	8x8	B ¹ C-Crunch Pulse 6x Top Half Pulse Reset to floor	12 4	4x
1:36	Tonight (V)	4x8	A Repeat Single Leg Drop L	8	4x
1:51	Me	4x8	B Repeat Leg Drop Combo L	8	4x
2:06	Rent (PC)	8x8	B ¹ Repeat C-Crunch Pulse	16	4x
2:36	Everybody (Br)	8x8	Bridge 2/2	16	4x
3:06	_ This far	2x8	C Cross Crawl w. Toe Tap R&L (Slow)	8	2x
3:14	Rent (PC)	4x8	C ¹ Cross Crawl w. Toe Tap R&L (Fast)	4	8x
3:29	Ooh (C)	4x8	C ² Cross Crawl Option: Extended leg R&L	4	8x

WHY

Using bent knee patterns in the Warmup allows us to focus on engaging the target muscles before the load and intensity kicks in.

COACHING

This is a fantastic song to kick off the release! The integrated exercises will ensure the body warms up quickly, helping your class to connect with their bodies. Susan focused on clear pre-cues so the class understood the basics, then followed up with coaching to improve execution. This provided great intensity right from the start!

SINGLE LEG DROP

KEY COACHING FOCUS:

Brace abs, keeping lower back towards the floor

SETUP

- Lie down, side-on to stage
- **Brace your abs to keep your lower back towards the floor**
- Bring front knee up above hip, back knee up above hip
- Combination starts with front leg
- Front, back, front, back
- Down, down, up, up
- (Leg Drop Combo)
- Eyes up to face the front this time
- We crunch
- **As you crunch, slide ribs to hips**
- Reach hands to heels
- Eye gaze between knees

FOLLOW-UP

- Knee stops above hips to keep lower abs engaged
- Breathe out as you crunch up to contract abs
- Warming upper and lower abs

(C-Crunch Pulse)

- Hold up at the top and 6 Pulses
- Fingertips to temples and lower down
- Reach up, working upper abs
- Hold knees above hips

FOLLOW-UP

- Reach further forward
- On downward phase, brace abs really tightly to hold hips still

CORE
ESSENTIALS

BRIDGE

CROSS CRAWL

1 BONUS WARMUP

Be Okay > 3:19 mins

1

TRACK FOCUS

My participants will understand the importance of bracing their abdominals – both for this track and in preparation for the workout ahead.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	2x8	Set up lying on back, facing L side. Knees bent, feet on floor	16	
0:08	Fresh cut grass (V)	8x8	A C-Crunch Combo Knees lift Crunch Lower	2 2 4	8x
0:41	I'm wide awake (PC)	3x8	B Pulse Crunch Lower to floor	2 4	10x
0:53	Can't complain (C)	2x8	C Single Leg Lift R&L (F&B)	4	4x
1:01	Can't complain	4x8	C ¹ Cross Crawl R&L (F&B)	4	8x
1:18	Sun-kissed skin (V)	8x8	A Repeat C-Crunch Combo	8	8x
1:50	I'm wide awake (PC)	3x8	B Repeat Pulse Crunch Lower to floor	2 4	10x
2:03	Can't complain (C)	2x8	C Repeat Single Leg Lift R&L (F&B)	4	4x
2:11	Can't complain	4x8	C ¹ Repeat Cross Crawl R&L (F&B)	4	8x
2:27	(Whistle) (Br)	5½x8	Bridge Lift R foot (Front foot) Lift L foot (B foot) Bridge Roll down	8 12 12 8 4	
2:50	Can't complain (C)	2x8	C Repeat Single Leg Lift R&L	4	4x
2:58	Can't complain	4x8	C ¹ Repeat Cross Crawl R&L	4	8x

WHY

This track focuses on engaging the key muscles that we will need throughout the workout: upper and lower abs, and gluteals.

COACHING

In the Masterclass, Justin had a clear focus for the Warmup: to coach the importance of the brace position and get everyone moving with good technique. Justin says: keep Layer 1 Coaching Cues simple by using the name of the exercise and body part and direction cues. When the choreography repeats again, educate your class as to which muscles they are working and why we are performing these exercises, as well as adding intensity. Finally, celebrate the feeling of the Warmup and make everyone feel positive about the workout ahead!

C-CRUNCH COMBO

KEY COACHING FOCUS:
Slide ribs to hips to crunch up. Keep lower back towards the floor as you lower the legs

SETUP

- Lie on back, side-on to stage
- Feet on floor, hip-width apart
- Arms at sides, palms up
- **Brace abs**
- **Lower back** pushing towards the floor
- Double Knee Lift
- Upper body Crunch and lower down slowly
- Lift legs, upper body and release
- Knees lift directly above hips
- Shins parallel to ceiling
- **Slide ribs down towards hips** on Crunch to warm upper abs

FOLLOW-UP

- This is an integrated movement, using our lower and upper body to warm our lower and upper abs

BRIDGE (WITH FOOT LIFT)

KEY COACHING FOCUS:
Squeeze butt – keep hips square

SETUP

- **Squeeze butt to lift your hips into Bridge**
- Hold hips stable and lift front foot slightly
- Front foot down, now back foot
- Foot down, and ease down to the floor

FOLLOW-UP

- Squeeze your glutes more and lift your hips higher

CORE ESSENTIALS

PULSE CRUNCH

SINGLE LEG LIFT

CROSS CRAWL

2 CORE STRENGTH 1

Stampede > 6:28 mins

2

TRACK FOCUS

My participants will understand how to perform the new Resisted Superman Punch and feel the challenge of this exercise when I deliver the coaching layers with precision.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	12x8 A Set up Resisted Superman Punch L w. LES MILLS Tube: ON KNEES	96	
0:38 _ With a (V)	4x8 A ¹ Hold tube out to L side Hold tube in front of L shoulder Bend L elbow into waist	16 8 8	
0:51 (Beat)	8x8 B Resisted Superman Punch L, LEVEL 1 Single Punch low L Single Punch high L	4 4	8x 8x
1:16 (B up)	4x8 A ² Recover Reset for Resisted Superman Punch L, LEVEL 2 R leg lift	32	
1:29	8x8 B ¹ Resisted Superman Punch L, LEVEL 2 Single Punch w. R leg lift Single Punch on toes Option: Single Punch on toes, R leg lift	4 4 4	8x 4x 4x
1:55 _ Another (C)	4x8 C Transition to back Set up Extended C-Crunch Option: With plate	32	
2:07 Lord	8x8 C ¹ Extended C-Crunch 2/2 Option: Extend legs	8	8x
	Hold top of C-Crunch Plate over forehead with straight arms, legs vertical, head down	4 4	
2:34 (Heavy beat)	12x8 D Scissor Straight Leg Drop Combo R&L (Front&B leg) Shoulders down, plate up Shoulders off floor Plate behind head Option: Head on floor	4 4 4	8x 8x 8x
3:18 _ Another (C)	8x8 A Repeat Resisted Superman Punch , set up R	64	
3:44 _ With a (V)	4x8 A ¹ Repeat Hold Tube Sequence R	32	
3:57 (Beat)	8x8 B Repeat Resisted Superman Punch R, LEVEL 1	64	
4:23 (B up)	4x8 A ² Repeat reset for Resisted Superman Punch R, LEVEL 2	32	
4:35	8x8 B ¹ Repeat Resisted Superman Punch R, LEVEL 2	64	
5:01 _ Another (C)	4x8 C Repeat Extended C-Crunch setup	32	
5:14 Lord (V)	8x8 C ¹ Repeat Extended C-Crunch 2/2	64	
5:40 (Heavy beat)	12x8 D Repeat Scissor Straight Leg Drop Combo R&L	96	

WHY

Challenging ourselves in Plank position with tube tension in the Resisted Superman Punch will automatically engage more core muscles. Keeping the hips and shoulders square as we engage these muscles will train them with precision.

COACHING

This track introduces the new Resisted Superman Punch and Scissor Straight Leg Drop, with or without a plate. Your job is to role-model these movements with precision as well as being able to demonstrate and coach all levels so everyone feels successful. Everyone has control over their workout – an important focus for our new participants. Know who is in YOUR class and provide options to suit their ability. This is how you create deep connection to ensure that your coaching lands.

RESISTED SUPERMAN PUNCH

KEY COACHING FOCUS:

Brace abs to keep hips and shoulders level to floor

SETUP

- Face front, you need a plate and tube
 - Right foot in tube handle, hold tube three-quarters of the way down in right hand
 - Knees outside hip-width to stabilize lower body
 - Hands wide on floor in Pushup position
 - Weight in left arm
 - Toes locked into floor
 - **Back long and straight**
 - Right arm out to side
 - **Square hips**
 - Reach arm forward
 - **Brace abs**
 - Draw elbow into ribs
- (Resisted Superman Punch Level 1)
- Punch out and back low
 - Punch to shoulder height
 - Up and in
 - Shift weight forward and feel the abs starting to bite
- (Level 2)
- Left leg off floor
 - Punch shoulder height
 - **Brace abs to keep hips and shoulders level to floor**
 - Chin tucked in
 - Lean forward
 - Increase intensity, come onto toes on both feet
 - Last 4 reps, one foot off the floor!

FOLLOW-UP

- The more you punch the tube, the further it stretches and the more pressure you put on your abs
- Keep coming back and one day you will be able to complete all 16 reps on your toes

OPTION

- Decrease intensity by keeping knees on floor

EXTENDED C-CRUNCH

KEY COACHING FOCUS:

Squeeze ribcage towards hips on Crunch, keeping lower back towards the floor on Extension

SETUP

- Transition to back with plate to increase load
- C-Crunch 2/2
- Plate to forehead
- In, in, down, down
- **Slide ribcage towards hips**
- Stay here or extend
- Arms and legs to 45 degrees
- **Brace abs when legs go out to keep lower back towards the floor**

FOLLOW-UP

- Progressive training, add the plate and squeeze the gap closer

OPTIONS

- Decrease intensity with no plate
- Decrease intensity by not extending legs

SCISSOR STRAIGHT LEG DROP

KEY COACHING FOCUS:

Brace abs to keep lower back towards floor

SETUP

- Press arms and legs up, head down
- **Brace abs to keep lower back towards floor**
- Scissor Drop
- Front leg then back leg
- Shoulders off floor
- **Slide ribs to hips**
- Lift upper body, pressure on upper abs
- Eye gaze to knees
- Plate behind head
- Biceps towards your ears, add more pressure
- Keep chin tucked in
- Point toes, tight quads

FOLLOW-UP

- Lock shoulders in place and extended arms adds pressure on the upper abs
- Focus on upper body still, mid body still and just move legs to work lower abs
- Plate behind head works the upper abs

OPTIONS

- Decrease intensity with no plate
- Decrease intensity by keeping head on floor

2 BONUS CORE STRENGTH 1

United We Are > 5:52 mins

2

TRACK FOCUS

My participants will understand how to improve their execution of the Walking Hover.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	A Hover on knees, facing front	32	
0:19	(Beat)	8x8	A ¹ Hover on toes	64	
0:49	(Quiet)	4x8	Set up on back, legs vertical, facing L side	32	
1:04	(Keyboard)	10x8	B Single Leg Drop R&L (Slow)	32	2½x
1:42		6x8	B ¹ Speed Leg Drop L&R	16	3x
2:04	(B up)	2x8	A ¹ Set up Hover , facing front	16	
2:11	(Heavy beat)	12x8	A ² Walking Hover L Options: On toes or knees	8	12x
2:56	(Quiet)	5x8	Repeat set up on back, legs vertical, facing L side	40	
3:15	United we are (C)	12x8	B ² Double Leg Lower Option: Single Leg Drop	16	6x
4:00	(B up)	6x8	B ¹ Repeat Speed Leg Drop R&L	16	3x
4:22		2x8	A ¹ Repeat set up Hover , facing front	16	
4:30	(Heavy beat)	12x8	A ² Repeat Walking Hover R	8	12x
5:15	(Beat)	8x8	A ³ Hover Lift L leg Lift R leg Hover	16 16 16 16	

WHY

Combining Leg Drops with Hovers allows us to combine isolated and integrated exercises, providing total core conditioning.

COACHING

This is a 'wicked' track! Your focus in these body-weight exercises is to challenge the core through perfect timing and execution. Susan's initial focus in the Masterclass was to set up the perfect Hover and create an awareness of how this move feels, so everybody would remember that feeling the next time they perform it. The Leg Drops will challenge even your hardcore participants and you will need to look at who's in front of you and offer different levels to suit the needs of your class. The feature move is the Walking Hover, which has 24 reps in total. Take time, as Susan did, to coach Layer 2 cues of how to improve execution, building intensity through precision of movement. Your class will love this track!

SINGLE LEG DROP

KEY COACHING FOCUS:

Brace abs to press lower back towards the floor

SETUP

- Lie on your back, side-on to the stage
- Knees over hips
- Straighten legs up
- **Brace abs to keep lower back towards the floor**
- Single leg lowers slowly
- Raise legs back up – other side
- (Speed)
- Throw the leg towards the floor and up

FOLLOW-UP

- Catch the leg, keeping the pelvis stable
- Brace abs tighter as you catch the leg
- Try taking the leg lower to the floor, making sure lower back stays still
- Relax your upper body and let the lower abs do all the work
- Feel the abs bite at the bottom of the move, reacting to the weight of the leg

OPTION

- Reduce intensity, lower leg to 45 degrees

WALKING HOVER

KEY COACHING FOCUS:

Brace abs to support lower back. Hips and shoulders level to the floor

SETUP

- Right arm starts, up, up, down, down
- **Strong ab brace so shoulders and hips move as one**
- Hands come under the shoulders
- **Brace abs to support lower back**
- (On toes)
- Quad muscles need to pull up strongly
- Butt muscles need to squeeze

FOLLOW-UP

- If you're struggling to keep shoulders and hips in one line, as you walk up it's a Tricep Press. Hug your elbows to your ribs as you walk up and as you walk down. Use the forearm of the other arm to assist you

OPTION

- Decrease intensity, on knees

DOUBLE LEG LOWER

KEY COACHING FOCUS:

Brace abs to press lower back towards the floor

SETUP

- Lying on back, legs up
- Double Leg Lower to challenge lower abs
- **Brace abs tightly as you slowly lower, to keep lower back towards the floor**

FOLLOW-UP

- There is a point when your lower back starts to lift away from the floor. When you hit that point, stop your legs and lift slowly
- Every time you come back to CXWORX, you'll find that point will get lower to the floor

OPTIONS

- Decrease intensity, Single Leg Drop
- Decrease intensity by reducing ROM

HOVER WITH LEG LIFT

KEY COACHING FOCUS:

Brace abs to keep hips level

SETUP

- Lift one foot off the floor
- **Brace abs tightly to keep hips level**
- Lower foot, change legs

FOLLOW-UP

- Feel the shift in pressure from one side to the other as you try to stay square
- Pull elbows to toes

OPTION

- Reduce intensity, on knees

CORE ESSENTIALS

HOVER

3 STANDING STRENGTH 1

TRACK FOCUS

My participants will feel the rotational power created by the Parallel Woodchop and the abdominal lockdown required for the Atlas Lift.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	6x8	Set up Staggered Parallel Woodchop L	48	
0:21	And I know	4x8	A Staggered Parallel Woodchop L (Slow)	16	2x
0:35	Never come back (PC)	8x8	A ¹ Staggered Parallel Woodchop L (Fast)	8	8x
1:05	Fastest , oh	4x8	A ² Dynamic Parallel Woodchop L	4	8x
1:21	(Instr)	4x8	B Set up for Atlas Lift Options: Plate or tube	32	
1:36	_ Woah (Rep)	8x8	B ¹ Atlas Lift L	4	16x
2:05	(Quiet)	2x8	Hold	16	
2:13	Crooked path (V)	4x8	Repeat Set up for Staggered Parallel Woodchop R	32	
2:27	And I know	4x8	A Repeat Staggered Parallel Woodchop R (Slow)	16	2x
2:42	Never come back (PC)	8x8	A ¹ Repeat Staggered Parallel Woodchop R (Fast)	8	8x
3:12	Fastest , oh	4x8	A ² Repeat Dynamic Parallel Woodchop R	4	8x
3:26	Fastest (Br)	4x8	B Repeat Set up for Atlas Lift	32	
3:41	Fastest , oh (Rep)	8x8	B ¹ Repeat Atlas Lift R	4	16x

Back To Earth > 4:13 mins

3

WHY

Diagonal lifts such as the Atlas Lift and Woodchop allow us to train the obliques while standing, which is where we require them to be activated most frequently.

COACHING

In the Masterclass, Justin focused on the position and execution of the Parallel Woodchop to get the class moving with precision first. Offering different levels of resistance by dropping the handles or the inside tube is the key to keeping everyone's technique strong and accurate. We know this is what builds great core results, so practise your delivery of qualifying the levels so your class understands which level is right for them. The new Atlas Lift can be performed with a tube or plate – practise both ways so you understand the feel of both. Maximum resistance when using the plate is achieved when passing through mid-line and the greatest resistance will be at the top of the movement when using a tube.

STAGGERED PARALLEL WOODCHOP/DYNAMIC PARALLEL WOODCHOP

KEY COACHING FOCUS:

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

SETUP

- You need your LES MILLS Tube
- Put your left foot under the tube
- Hold outside handles
- Handles together
- Lift chest
- Handles in line with mid chest
- Feet together
- Right foot steps out, come back to mid point, come across and return to start position
- All the way over, halfway, all the way over and back to center

(Fast)

- Speed this up
- Square hips to front by bracing abs tightly**
- Power the rotation from the middle of chest to fire obliques**

- Arms stay long
- Hands at same level

(Dynamic Parallel Woodchop)

- Single Woodchop
- Step out and in
- Keep handles at same level for Parallel Woodchop feel
- Maintain constant contraction through abs

FOLLOW-UP

- The focus is not on how high your hands are, it's on abdominal loading so maybe the hands can be lower to keep level
- A bigger more dynamic Side Lunge to integrate more of the lower body into the workout
- Move from zero to 60 miles an hour (100kph) in a split second – that's Reactive Core Training, forcing your abs to brace immediately

OPTIONS

- Halve the resistance, holding one handle on the tube
- Reduce intensity by keeping hands lower
- Slow Parallel Woodchop

ATLAS LIFT

KEY COACHING FOCUS:

Keep hips square to front, arms straight and chest lifted

SETUP

- Either plate or tube
- Feet wide
- Squat down
- Lift chest**
- Hands from left knee up over right shoulder
- Square hips to front**
- Brace abs tightly**
- Move on diagonal angle
- Arms straight throughout

FOLLOW-UP

- Force abs to brace tighter, the abdominal lockdown
- Keep your ribcage down towards your hips
- Cement that
- Control the lowering, the eccentric phase for isometric training for your obliques
- Keep tension on the tube the whole way

OPTIONS

- Use tube or plate



4 STANDING STRENGTH 2

Bang Dem Sticks > 3:55 mins

4

TRACK FOCUS

My participants will experience strength in their lower bodies by executing great core control.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 Love it when it's loud (C)	4x8 Set up LES MILLS Tube under feet, cross handles, hands to hips	32	
0:19 _ Drummer (V)	4x8 A Double Pulse Rear Leg Lift L&R	8	4x
0:39 _ Got a thing (PC)	4x8 B Rear Leg Extension R	2	16x
0:54 Love it when it's loud (C)	6x8 C 4x Walk R 4x Walk L	8 8	3x
1:20 Triple it (V)	6x8 A Repeat Double Pulse Rear Leg Lift R&L	8	6x
1:46 _ Got a thing (PC)	4x8 B Repeat Rear Leg Extension L	2	16x
2:04 Love it when it's loud (C)	4x8 C Repeat 4x Walk L Repeat 4x Walk R	8 8	2x
2:21 Hey (Br)	4x8 A ¹ Squat Rear Leg Lift L&R	8	4x
2:39 Hey	4x8 A ² Squat Side Leg Lift L&R	8	4x
2:56 _ Drummer (V)	4x8 B ¹ Side Leg Lift R	2	16x
3:14 _ Got a thing (PC)	4x8 B ¹ Repeat Side Leg Lift L	2	16x
3:31 Love it when it's loud (C)	4x8 C Repeat 4x Walk L Repeat 4x Walk R	8 8	2x

WHY

The main muscle focus in these exercises is the gluteus medius. This muscle controls our knee tracking during impact activities – so improving our strength in these exercises helps keep us injury free.

COACHING

The intensity in this track sneaks up fast! Justin taught the coaching layers with precision to keep his participants connected to their bodies. He established position and execution setup first so the class understood the importance of body position; once everyone was moving well he created intensity by explaining how to improve execution of the moves. Finally, he motivated everyone by selling the great benefits of this type of training. This song has a cool, funky feel which will help everyone to reach the finish line. How will you keep your class in the workout to the end?

DOUBLE PULSE REAR LEG LIFT/ REAR LEG EXTENSION

KEY COACHING FOCUS:

Tip forward from your hips so nose is forward of toes. Keep chest and hips square to the front with abs braced

SETUP

- Step onto LES MILLS Tube
- Feet slightly wider of hips, cross handles
- Hands to hips
- Double Squat Pulse
- Right heel pushes back
- Squat Pulse, left heel pushes back
- Push heel back on a 45-degree angle
- **Squat your hips back and down and knees push forward**

(Rear Leg Extension)

- Left foot steps in
- Left heel pushes back
- Back in, back in
- **Square hips to front, lift chest, brace abs**
- **Avoid leaning as you lift**

FOLLOW-UP

- Bend your supporting knee – core stability working hard and it's not always the leg that's moving which works the hardest

OPTIONS

- Decrease intensity, lower the handles
- No tube
- Touch back foot down for better stability

SQUAT REAR LEG LIFT/ SQUAT SIDE LEG LIFT

KEY COACHING FOCUS:

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

- Slow the rhythm down
- Squat down
- Right heel pushes back (Squat Side Leg Lift)
- Squat down
- Lift leg to side
- **Brace abs to keep chest up and hips square to front**

FOLLOW-UP

- More challenge for the muscles around the hips
- In CXWORX we hit the pre-hab, not the re-hab – strengthening all the muscles that give us safer and more efficient movement in life

(Side Leg Lift)

- Test your balance – can you keep the foot off the floor?
- Find more stability, holding your hips in a vice grip with chest lifted
- **Brace abs to stabilize**

OPTIONS

- Touch back foot down for better stability
- No tube
- Touch toes down to side for better stability
- Decrease intensity by lowering the handles

WALK

KEY COACHING FOCUS:

Brace abs to keep hips and shoulders square to the front

SETUP

- 4 little steps to the left
- 4, 3, 2, 1 – walk to your right
- Small knee bend
- Tension in the tummy
- **Small squeeze of the butt – that will keep your pelvis still and square to the front**
- Hips sit back and down, knees push forward

FOLLOW-UP

- Chest lifted, upper body still
- Fight against the pull of the tube

OPTIONS

- No tube
- Decrease intensity by lowering the handles

4 BONUS STANDING STRENGTH 2

Feel Alive > 5:15 mins

4

TRACK FOCUS

My participants will understand how to execute the Deadlift correctly.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 _ Wake me (V)	4x8 A Set up Lunge Combo L with plate in R hand	32	
0:14 _ Wake me	4x8 B Lunge Combo L Lunge L – note: start sequence from BOTTOM to top Up Drop down halfway Up Down	2 2 2 2	4x
0:28 _ Let's (Br)	5x8 B' Quarter-Range Pulse Lunge L	2	16x
	Stand up fully and reset for Single Leg Deadlift L	8	
0:46 Alive (C)	4½x8 C Single Leg Deadlift L 2/2 Hold plate in R hand, working from top to bottom Hold last rep down, prepare balance for Single Leg Squat	8 4	4x
1:02 _ Wake me (V)	4x8 D Single Leg Squat L	4	8x
1:17 (Quiet)	2x8 Recover	16	
1:24 Faster (V)	16x8 C' Single Leg Deadlift L 3/1 Hold last rep down, prepare balance for Single Leg Squat	8	16x
2:21 (Instr)	4x8 D Repeat Single Leg Squat L	4	8x
2:37 _ Wake me (V)	43½x8 A-D Repeat all on R side	348	

WHY

This combination of Lunges, Deadlifts and Squats challenges our hamstrings, quads and glutes with core integration; this sequence provides an ultimate workout that delivers functional strength gains.

COACHING

The Single Leg Deadlift and Single Leg Squat moves will overload the glutes and place a huge demand on the core muscles throughout this track. The track works in 2 halves and it is tough! Offer options of the plate or tube so everyone is successful. In the Masterclass, Dan says: You have a long set of Deadlifts where you can progressively layer your Coaching Cues. Start with the basics, then use Layer 2 to educate your class as the intensity creeps in – which it definitely will! Bring your participants' awareness to the muscles that we are working and motivate everyone to work harder by highlighting the great benefits they will receive from these exercises.

LUNGE COMBO

KEY COACHING FOCUS:

Hips square to front. Brace abs, chest lifted

SETUP

- Using plate or tube as an option
- **Long Lunge position**
- Right leg forward
- **Chest up**
- Bend back knee
- **Front thigh parallel to floor**
- Starting at the bottom phase
- Rhythm is up, halfway, full range, drop down
- **Brace abs**
- **Hips and shoulders square**

(Quarter-Range Pulse Lunge)

- Up, down, fast
- Grip your foot into the floor
- Feel the bite in the quads and glutes

FOLLOW-UP

- With the plate, lock shoulders back into place
- With tube, pull against the handles
- Think speed training, putting the brakes on at the top

OPTIONS

- Use tube, double or single, under front foot, hold in opposite hand
- Reduce intensity, no weight or tube



SINGLE LEG DEADLIFT/ SINGLE LEG SQUAT

KEY COACHING FOCUS:

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

SETUP

- Step in
- Halfway down, balance, reset
- Down, down, up, up
- Slight bend in the knee
- **Hips and shoulders square to the floor**
- **Super strong ab brace**
- **Tip forward so nose is over toes**
- Arm out to help you balance (Single Leg Squat)
- Hold at bottom
- Up, down
- Toes tap down if you need to
- **Nose over toes**
- Pull shoulders back, stretch the arm to help you balance
- Push out of the floor

FOLLOW-UP

- Your abs, back extensors and glutes are supporting your pelvis and that allows the hamstrings to do their job
- Feel heat in the back of your legs
- Try keeping toes off the floor
- Body stays still
- Using multiple muscle groups, working in synergy – these are our synergists

OPTIONS

- Use tube
- Reduce intensity, no weight or tube



5 CORE STRENGTH 2

Alive > 4:07 mins

5

TRACK FOCUS

My participants will feel the challenge to their obliques as I motivate them to achieve perfect technique in this track.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8 A Set up Mountain Climber Crossover in Plank position, facing L side	32	
0:15 Oh (V)	8x8 B LEVEL 1 Slow Mountain Climber Crossover L (B leg) Option: Knees on floor Slow Mountain Climber Crossover R (Front leg)	16 16	2x
0:45 Feel alive (C)	5x8 B ¹ LEVEL 2 Mountain Climber Crossover L Mountain Climber Crossover R	4 4	5x
1:03 (Beat)	8x8 B ² LEVEL 3 Mountain Climber Crossover L Mountain Climber Crossover R	2 2	16x
1:33 (Instr)	4x8 Transition to Triple Pulse Extended Oblique Crunch L, facing front	32	
1:49 Meet me (V)	8x8 C Triple Pulse Extended Oblique Crunch L Option: Bottom leg on floor Roll to face B of room	8 8	7x
2:19	8x8 C Triple Pulse Extended Oblique Crunch R Option: Bottom leg on floor Roll onto back	8 8	7x
2:49 Feel alive (C)	4x8 Cross Crawl R&L	4	8x
3:04 Feel alive (Rep)	4x8 A Repeat Set up Mountain Climber Crossover in Plank position, facing R side	32	
3:18 (B up)	4x8 B ¹ Repeat LEVEL 2 Mountain Climber Crossover R Mountain Climber Crossover L	4 4	4x
3:34 (Beat)	4x8 B ² Repeat LEVEL 3 Mountain Climber Crossover R Mountain Climber Crossover L	2 2	8x
3:49	4x8 B ³ NEW LEVEL 4 Option: To double-time speed to increase heart rate Option: Level 2 or 3	32	As many as you can

WHY

This oblique superset switches between integrated exercises (Mountain Climbers) and isolated exercises (Oblique Crunches). This enables us to maintain the intensity that will shape and tone the obliques.

COACHING

This track is massive! Make sure you practise the moves outside of class to ensure that your physicality and vocal delivery match the intensity of the music and the moves. You will need to look at your class and assess whether you should dial up or dial down the intensity to keep everyone working with great technique. In the Masterclass, Corey carefully scripted his Layer 2 cues to help everybody move with more precision. He created a challenge in Layer 3 in the Mountain Climbers by motivating everyone to do their best! As they say, friendly competition is healthy... Everyone is a winner...

MOUNTAIN CLIMBER CROSSOVER

KEY COACHING FOCUS:

Brace abs to support lower back with hips at shoulder height or lower

SETUP

- Come into Plank position on knees or toes
- Hands shoulder-width – **shoulders over hands**
- **Back long and straight**
- **Abs braced to support lower back**
- Back knee to front elbow
- Take knee back slowly and reset
- Change legs

(Level 2)

- Speed up
- In, out, in, out
- Can either stay here or come to Level 3
- Check shoulders remain over hands

(Level 3)

- Faster! On your marks, get set, go!
- In, out, in, out

(Level 4)

- Sprint! As fast as you can!

FOLLOW-UP

- Option to drop to knees – you still get an effective oblique workout while maintaining awesome technique
- Technique is the key to core strength
- Feel your abs and brace them like cast-iron steel, keeping your ribs, spine and pelvis stable – that creates a strong foundation to drive your knees from
- Take your knee closer to your elbow for more effective oblique work
- Drive your hands into the floor for stability
- This is a race – king of the mountain! Who's going to win?
- Go, go, go!

OPTION

- Decrease intensity by working on knees



TRIPLE PULSE EXTENDED OBLIQUE CRUNCH

KEY COACHING FOCUS:

Slide top ribs to hip

SETUP

- Drop to your knees
- Look to the front of the room
- Arm in front of body
- Knees to hips
- Fingertips to temple
- **Lift knees to 45 degrees or keep underneath knee on the floor**
- Reach to ankles 3, 2, 1, legs extend
- Head stays off the floor
- Look to feet
- Tuck chin in
- **Feel top ribs squeeze towards your hip**

FOLLOW-UP

- As legs extend away, keep them 6 inches (15cm) off the floor
- Between top ribs and hips, crush a walnut – we gain strength all the way along the top side of our body



CORE ESSENTIALS

CROSS CRAWL

6 CORE STRENGTH 3

Jealous > 4:53 mins

6

TRACK FOCUS

My participants will work to their maximum in each exercise through my clear coaching of the 3 Layers.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	2x8 Tri Circuit – 1) Plate work Set up Standing Plate Bentover Bicep Row Option: To use tube, stand in tube, cross handles	16	
0:09 _ I don't (V)	4x8 A Standing Plate Bentover Bicep Row, Singles Last rep, hold Bentover position	8	4x
0:30 I turn my chin (C)	8x8 B Bentover Triple Pulse Wide Row Note: Stay in Bentover position	8	8x
1:09 _ I wish (V)	4x8 A Repeat Standing Plate Bentover Bicep Row	8	4x
1:29 I turn my chin (C)	8x8 B Repeat Bentover Triple Pulse Wide Row	8	8x
2:09 Jealous (Br)	4x8 Transition to Pushup position	32	
2:29 I turn my chin (C)	4x8 C 2) Body weight Pushup 2/2 Option: On knees	8	4x
2:49 Cause you're	8x8 C' Triple Mid-Range Pulse Pushup, L foot off floor Triple Mid-Range Pulse Pushup, R foot off floor	8 8	4x 4x
3:28 Jealous (Br)	4x8 Transition to kneeling, tube Wide Pull Down	32	
3:51 I turn my chin (C)	4x8 D 3) Tube work Wide Pull Down 2/2	8	4x
4:11 Cause you're	8x8 D' Triple Pulse Bottom Half Wide Pull Down	8	8x

WHY

Focusing on our posterior chain muscles helps us to stand tall and protects our spine. Rows bring the focus to the upper back muscles, which are often the weakest link in this chain.

COACHING

Three separate blocks of work to challenge your posterior chain muscles. We have a great mix of exercises with plates and the tube to focus on stability, strength and isolation. Don't forget: if you don't have enough plates then the entire track can be done with the tube. Watch the Masterclass to see how Dan used the 3 layers of coaching. Layer 1: Concise coaching of body part and direction. Layer 2: Coach the intensity, explaining how to dial up or dial down the levels. Layer 3: Bring your personality to the move and the song. Your job is to coach your class to work to their maximum effort in each exercise.

STANDING PLATE BENTOVER BICEP ROW

KEY COACHING FOCUS:
Tip forward from hips – keep chest lifted.
Squeeze shoulder blades towards spine
SETUP

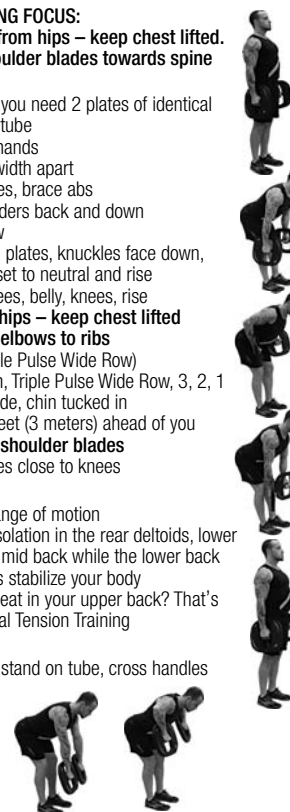
- Standing, you need 2 plates of identical weight or tube
- Plates in hands
- Feet hip-width apart
- Bend knees, brace abs
- Roll shoulders back and down
- Bicep Row
- Drop, turn plates, knuckles face down, pull in, reset to neutral and rise
- Target knees, belly, knees, rise
- **Tip from hips – keep chest lifted**
- **Squeeze elbows to ribs** (Bentover Triple Pulse Wide Row)
- Stay down, Triple Pulse Wide Row, 3, 2, 1
- Elbows wide, chin tucked in
- Look 10 feet (3 meters) ahead of you
- **Squeeze shoulder blades**
- Keep plates close to knees

FOLLOW-UP

- Use full range of motion
- Feel the isolation in the rear deltoids, lower traps and mid back while the lower back and glutes stabilize your body
- Feel the heat in your upper back? That's Mechanical Tension Training

OPTION

- Use tube, stand on tube, cross handles



PUSHUP

KEY COACHING FOCUS:
Brace abs to keep hips and shoulders level to the floor. Back long and straight
SETUP

- Take your hands wide
- Dig feet into the floor to stabilize lower body
- Down, down, up, up
- Chest no lower than elbow crease, then push away from the floor
- **Back long and straight** (Triple Mid-Range Pulse Pushup)
- Right leg off the floor, Triple Mid-Range Pulse
- 1, 2, 3 and push up
- **Square your hips and shoulders to the floor**
- **Brace abs to support back**

FOLLOW-UP

- We are testing and challenging stability – this will improve neural control, it's going to get you strong

OPTION

- Decrease intensity, knees down

WIDE PULL DOWN

KEY COACHING FOCUS:
Brace abs so you don't arch your lower back
SETUP

- Fold tube in half or single
- Arms come up over head, squeeze the butt and lock ribs down
- Pull down to the chest slowly and resist on the way up
- **Brace abs so you don't arch lower back** (Triple Pulse Bottom Half Pull Down)
- Triple Pulse at the bottom
- 1, 2, 3 slowly up
- Resist on the way up

FOLLOW-UP

- Naturally as you start to tire, the tube starts to win – don't let that happen
- We use great music, tempo and rhythm to help us isolate the muscles of the shoulders, the back and train our core muscles

OPTION

- Use single tube

