



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

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CXWORX 21

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The Art of Connection: Part 2

CXWORX Layer 2 Coaching

The Science of Resistance Tubing

	TRACK TYPE	TRACK	ARTIST	
1	WARMUP	Masterpiece Courtesy of the Universal Music Group. Written by: Burton, Berman, Schwartz, Warren	Jessie J	3:27
2	CORE STRENGTH 1	Fresh (Instrumental) Courtesy of the Universal Music Group. Written by: Leacock, Kijucanin, Ganacci	Jillionaire & Salvatore Ganacci feat. Sanjin	3:05
		Fresh Courtesy of the Universal Music Group. Written by: Leacock, Kijucanin, Ganacci	Jillionaire & Salvatore Ganacci feat. Sanjin	3:08
3	STANDING STRENGTH 1	Higher © 2015 Les Mills Music Licensing Ltd. Written by: Hector, Hull, Barnes, Kelleher, Kohn	Cool Pickle and Blockade	4:41
BONUS 3	STANDING STRENGTH 1	She Wants To Move Courtesy of the Universal Music Group. Written by: Williams, Hugo	N.E.R.D.	1:05
		She Wants To Move Courtesy of the Universal Music Group. Written by: Williams, Hugo	N.E.R.D.	3:12
4	STANDING STRENGTH 2	Shawty Got Moves © 2010 Atlantic Recording Corp. A Warner Music Group Company. Produced under license from Atlantic Recording Corp. Written by: Poole	Get Cool	2:55
		Shawty Got Moves © 2010 Atlantic Recording Corp. A Warner Music Group Company. Produced under license from Atlantic Recording Corp. Written by: Poole	Get Cool	1:03
5	CORE STRENGTH 2	Follow Me © 2015 Revealed Recordings, under exclusive license to Central Station Records www.centralstation.com.au . Written by: de Corput, Abrahart, Desrouleaux, Kagni, Houyez, Cirone	Hardwell feat. Jason Derulo	4:40
BONUS 5	CORE STRENGTH 2	Loco © 2014 Hussle Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au . Licensed courtesy of Ministry of Sound Australia. Written by: Allen, Berchik, Calleja, Prasila	Joel Fletcher & Seany B	5:42
6	CORE STRENGTH 3	Stuck On A Feeling © 2015 Les Mills Music Licensing Ltd. Written by: Golan, Martin, Omelio, Evigan	The Flooded Impression	4:55
BONUS 6	CORE STRENGTH 3	Take This City © 2012 Word Entertainment LLC, a Warner/Curb Company. Produced under license from Word Entertainment LLC. Written by: N. Odnorolov, R. Odnorolov, Smallbone, Brown, Y. Odnorolov	Everfound	4:14

1 WARMUP

Masterpiece > 3:27 mins

1

TRACK FOCUS

My participants will experience the warmth from the isolated exercises and feel ready for the workout ahead.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	2x8	Lie on back, facing L side, hands under back	16	
0:11	So much pressure... (V)	12x8	A Leg Combo Sequence R Lift R leg Lift L leg Extend legs to 45° Bend knees over hips Drop R leg Drop L leg	2 2 4 4 2 2	6x
0:49	I still fall (C)	8x8	B Feet on floor Crunch Double Pulse at top	8	8x
1:14	Oh	4x8	B ¹ Crunch at top Lower down	4 4	7x
1:27	Mind don't matter (V)	8x8	A Repeat Leg Combo Sequence L	16	4x
1:52	I still fall (C)	4x8	B Repeat Crunch Double Pulse at top	8	4x
2:04	I wanna	4x8	B ² Double Pulse C-Crunch	8	4x
2:17	Oh	4x8	B ³ C-Crunch at top Lower down	4 4	7x
2:29	I still fall (Br)	5x8	Bridge	40	
2:45	Yeaaaaah (Rep)	8x8	Triple Single Oblique Twist , R leg lifts Note: Hold 3 rd rep up Triple Single Oblique Twist , L leg lifts Note: Hold 3 rd rep up	16 16	2x
3:10	Oh ...	4x8	Cross Crawl R&L	4	8x

WHY

Using short lever movements at the start of class will help to establish the neural connections we will need in the workout ahead.

COACHING

In the Masterclass filming, once Dan has set up precision in the movement patterns, he encourages the class to bring their attention to their bodies: what they are feeling and how they can improve their execution of the moves. This will establish a foundation of great technique for the class, enabling participants to understand how they can manipulate the intensity to tailor the workout to suit them.

LEG COMBO SEQUENCE

KEY COACHING FOCUS:

Brace abs to keep lower back pressed towards your hands

SETUP

- Lie on back, facing side-on to the stage
- Place fingers under the small of the lower back
- Create some downward pressure on your fingers
- **Maintain the brace position as you move**
- Front, back, legs to 45 degrees, knees in and lower, lower
- Lift, lift, extend to 45 degrees and feel your lower abs engage
- Go back to the brace to keep lower back pressed down towards your hands
- If you can, keep the lower back down and take hands away
- Release fingers, palms up to open shoulders

FOLLOW-UP

- The weight of the legs will start to work your abs now



TRIPLE SINGLE OBLIQUE TWIST/ CROSS CRAWL

KEY COACHING FOCUS:

Lift shoulder up and across

SETUP

- Oblique Twist, front leg 3 reps
- 1, 2, hold the last one up
- Reset and raise back leg
- **Focus on bringing the rear shoulder to opposite knee**
- Dial up the intensity now – Cross Crawl

FOLLOW-UP

- Elbows wide
- Firing up the obliques
- Shoulders off the floor

CORE ESSENTIALS

CRUNCH DOUBLE PULSE AT TOP

BRIDGE

DOUBLE PULSE C-CRUNCH

2 CORE STRENGTH 1

Fresh > 6:13 mins

2

TRACK FOCUS

My participants will master the execution of the Tap Extension Sequence and understand how to achieve a level of intensity that is right for them.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	A Hover on knees, facing front	32	
0:15	(Beat)	4x8	Hover on toes Option: On knees	32	
0:30	(Quiet)	2x8	Roll to back, facing L side, knees over hips	16	
0:37	Hey, hey	8x8	B Tap Extension Sequence w. 2 Taps R&L Extend legs to 45° Tap R foot and extend leg Tap L foot and extend leg Knees over hips	4 4 4 4	4x
1:07	(Heavy beat)	12x8	B ¹ Tap Extension Sequence w. 6 Taps R&L Extend legs to 45° 3x Tap R&L foot Knees over hips Toes to floor on last rep	4 24 4	3x
1:51		4x8	C Crunch Pulse	2	16x
2:06	(Quiet)	2x8	Roll to Hover, facing front Options: Knees or toes	16	
2:13	(B up)	6x8	A Repeat Hover	48	
2:35	Hey, hey	8x8	A ¹ Hover w. Leg Tap L&R 4x Leg Tap out & in L 4x Leg Tap out & in R	16 16	2x
3:04	(Quiet)	2x8	Roll to back, facing L side, knees over hips	16	
3:12	Fresh hunting (V)	8x8	B ² Repeat Tap Extension Sequence w. 2 Taps R&L After 2 reps, add Crunch as knees come in	16	4x
3:41	(Heavy beat)	12x8	B ³ Repeat Tap Extension Sequence w. 6 Taps R&L Add Crunch as knees come in	32	3x
4:26		4x8	C Repeat Crunch Pulse	2	16x
4:40	(Quiet)	2x8	Roll to Hover, facing front	16	
4:48	(B up)	6x8	A Repeat Hover	48	
5:10	Fresh hunting (V)	8x8	A ¹ Hover w. Leg Tap L&R Repeat 4x Leg Tap out & in L Repeat 4x Leg Tap out & in R	16 16	2x
5:40	(Heavy beat)	8x8	A ¹ Hover w. Leg Lift L&R 4x Leg Lift out & in L 4x Leg Lift out & in R Option: Leg Tap	16 16	2x

WHY

Good core control means that we can control the position of the pelvis against the pull of the leg muscles. These Hover patterns and the Tap Extension Sequence improve core control by teaching our muscles to stabilize the pelvis under challenging loads.

COACHING

This fantastic track requires you to provide great timing cues so your class doesn't have to keep looking up at you. Corey's objective was to provide enough technique information to empower his participants to choose their own level of intensity, so they could maintain good form and gain maximum benefits; Coaching with this approach will allow people to personalize their workout to suit their ability. When you offer the different levels, be sure to qualify what that level is and explain why you might take it... this means that you will need to physically do the track yourself before you teach it so you understand where the fatigue will be felt, and how to dial the intensity up or down.

TAP EXTENSION SEQUENCE

KEY COACHING FOCUS:

Brace abs to keep lower back pressed towards the floor

SETUP

(2x Tap)

- Come onto your back side-on
 - Palms up
 - Knees over hips
 - Legs extend 45 degrees, front foot taps, back foot taps, knees over hips
 - **Focus on lower back staying pressed towards the floor**
 - **Abs braced to keep it there**
 - If the back is lifting, reduce the range so you can control the movement more effectively
 - Go again, light Tap
 - Let's increase endurance
- (6x Tap)
- Extend out, 6, 5, 4, 3, 2, 1, knees over hips
 - Keep your legs straight

FOLLOW-UP

- Focus on controlling the movement – that means abs brace hard so your pelvis, spine and ribcage don't move; that way, you get an effective core workout
- Challenge to go lower than 45 degrees and now your abs need to brace tighter to control the movement
- Curl up and reach for your feet
- The curl up hits the upper abs
- Imagine that the floor is hot, so hit the floor quickly so you don't burn your toes
- If you are dominating the movement with your upper abs and your shoulders are lifting – pin them to the floor and reduce the load by taking your legs higher

OPTIONS

- Legs lower than 45 degrees to increase intensity
- Decrease intensity with bent legs or by taking them higher

HOVER WITH LEG TAP/LEG LIFT

KEY COACHING FOCUS:

Brace abs to keep hips level to the floor

SETUP

- Quickly come into Hover position
 - Elbows under your shoulders
 - Fists together
 - **Feel the tension in your abs as you brace them**
 - If at any stage the tension shifts into your lower back, drop to your knees to reduce the load and focus on the brace
 - You are tapping your right leg to the side 4 times
 - Out and in – leg is straight
 - **Pelvis is level to the floor and not moving**
 - If your pelvis is moving, brace tighter or drop to your knees
- (Leg Lift out & in)
- Right side, point the foot and keep it one inch (2.5 cm) off the floor so your back doesn't arch

FOLLOW-UP

- Push your forearms firmly into the floor and notice how your core reacts by making your abs brace tighter
- You need to maintain that tension as your leg taps
- Leg is long and straight
- Tapping on thin ice, so control the movement
- Try not to move your tailbone as your leg moves

OPTION

- Decrease intensity by working from your knees

CORE ESSENTIALS

HOVER

CRUNCH PULSE

3 STANDING STRENGTH 1

Higher > 4:41 mins

3

TRACK FOCUS

My participants will focus on great control so they feel their core reacting to the single arm load training.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8 Set up Backward-Stepping Lunge w. Shoulder Combo R w. plate Option: No plate	32	
0:10 Given (V)	8x8 A Backward-Stepping Lunge w. Shoulder Combo 4/4 R Lunge B R, Reverse Pec Dec R Hold Lunge position, Shoulder Press up & down Close Pec Dec, step R leg in	8 16 8	2x
0:33 When you (V)	8x8 A ¹ Backward-Stepping Lunge w. Shoulder Combo 2/2 R Lunge B R, Reverse Pec Dec R Hold Lunge position, Shoulder Press up & down R Close Pec Dec R, step R leg in	4 8 4	4x
0:56 Love (PC)	8x8 A ² Backward-Stepping Lunge w. Shoulder Combo Single R Lunge B R, Reverse Pec Dec R Hold Lunge position, Shoulder Press up & down R Close Pec Dec R, step R leg in	2 4 2	8x
1:18 Higher (C)	8x8 B Double Pulse Lunge w. Shoulder Press R Step in lifting R knee	4 4	8x
1:42 (Instr)	4x8 Set up Backward-Stepping Lunge w. Shoulder Combo L	32	
1:52 Given (V)	8x8 A Repeat Backward-Stepping Lunge w. Shoulder Combo 4/4 L	32	2x
2:14 When you (V)	8x8 A ¹ Repeat Backward-Stepping Lunge w. Shoulder Combo 2/2 L	16	4x
2:37 Love (PC)	8x8 A ² Repeat Backward-Stepping Lunge w. Shoulder Combo Single L	8	8x
2:59 Higher (C)	8x8 B Repeat Double Pulse Lunge w. Shoulder Press L	8	8x
3:22 (Instr)	6x8 Set up Squat w. Front Raise w. LES MILLS SMARTBAND/Tube	48	
3:39 Love (V)	4x8 C Squat w. Front Raise 4/4	16	2x
3:50 Love (PC)	8x8 C ¹ Squat w. Front Raise 1/3	8	8x
4:13 Higher (C)	8x8 C ² Double Pulse Squat w. Front Raise	8	8x

WHY

Squatting and lunging require core strength to transmit force between the upper and lower body. The focus of this track is to improve that ability and ultimately increase functional strength.

COACHING

This is an awesome track which focuses on single arm loading to overload the core and utilizes Lunges to shape the legs. Dan's focus in the Masterclass was to set up the Lunge sequence with simplicity to help his participants achieve control and stability. Coach the setup of the Double Pulse Lunge first, then increase intensity by focusing on power – driving out of the standing leg to maximize the results. The Squat with Front Raise has a focus on speed to drive the heart rate up, create Reactive Core Training, and push your participants to achieve more than they thought they were capable of. They will love it!

BACKWARD-STEPPING LUNGE WITH SHOULDER COMBO/DOUBLE PULSE LUNGE WITH SHOULDER PRESS

KEY COACHING FOCUS:
Long step back with abs braced to keep hips square to the front

SETUP (4/4)

- Small or medium plate in your left hand
- Feet under hips
- Hips and shoulders square to the front
- Brace abs
- Right arm down, plate up
- Long Lunge with left leg
- Reverse Pec Dec, open, press up, elbow drops in line under shoulder, feet under hips as you step in
- Keep the weight in the front leg and keep leg bent as you step in

(2/2)

- Again, this time a little faster
- Keep your chest lifted and brace your abs
- As the plate goes up make sure elbow stays forward of face

(Single)

- Speed it up, single time
- 4, 3, 2, Tap
- Long Lunge back so your thigh muscle is parallel to the ground

(Double Pulse Lunge with Shoulder Press)

- Double Pulse Lunge, arm goes straight up
- Knee and elbow meet in the middle
- Straight back to the long Lunge
- Steady eyes to something in front of you

FOLLOW-UP

- Use your opposite arm to reset shoulders and help you to balance
- If you're losing balance, make sure your feet are hip-width apart
- Keep the leg loaded by dropping the back knee more and feel the heat
- Absorb strength on the Double Pulse on the way down
- It's a power move; drop low and drive out of your standing leg
- Feel the crunch between the plate and the knee

OPTION

- Decrease intensity with no plate

SQUAT WITH FRONT RAISE

KEY COACHING FOCUS:

Abs braced with chest lifted to support lower back

SETUP (4/4)

- Quick transition
- Grab your band or tube
- Feet outside hip-width
- Squat with Front Raise
- Butt goes back and down
- Knees push out in line with toes
- Brace abs, especially at bottom of Squat range
- Keep chest up
- Handles sit just under shoulders

(1/3)

- Down fast, up slowly
- Pull your shoulders back

(Double Pulse Squat)

- 2 Pulses at the bottom
- Brace abs tighter and keep chest lifted

FOLLOW-UP

- Speed training to intensify the load on our abdominal muscles
- Start to increase the speed to make your core react

OPTIONS

- Decrease intensity with no band/tubing
- Decrease range to reduce intensity
- Decrease intensity by dropping a repetition

3 BONUS STANDING STRENGTH 1

She Wants To Move > 4:17 mins

3

TRACK FOCUS

My participants will enjoy the feeling of the Lunge with Plate Arc move as I challenge them to maintain perfect technique.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8	Set up LES MILLS SMARTBAND/Tube under R foot, hands on hips	32	
0:17 She makes me (V)	8x8 A	Power Skier Sequence L 4x Lunge L&R 4x Lunge w. Twist L&R 8x Skier L&R, arms F	16 16 32	
0:49 Mister (C)	4x8 A ¹	Dynamic Power Skier L	4	8x
1:05 (Instr)	4x8	Set up band/tube under L foot	32	
1:21 She makes me (V)	8x8 A	Repeat Power Skier Sequence R	64	
1:53 Mister (C)	4x8 A ¹	Repeat Dynamic Power Skier R	4	8x
2:09 Her offbeat dance (V)	4x8	Set up Backward-Stepping Lunge L&R w. plate or band/tube	32	
2:25 Move	4x8 B	Backward-Stepping Lunge L&R	8	4x
2:41 Mister (C)	6x8 B ¹	Lunge w. Plate Arc L&R	8	6x
3:05 This is your part (Br)	4x8	Recovery	32	
3:21 Hoggin	1x8 B	Repeat Backward-Stepping Lunge L&R	8	
3:25 Mister (C)	8x8 B ²	Lunge w. Plate Arc & Press L&R Option: No Press	8	8x
3:58 (Instr)	4x8	Squat w. Plate Arc & Press L&R	8	4x

WHY

Integrating our obliques with our lower limb muscles delivers athletic core strength. These exercises focus on developing oblique strength and control while moving in and out of a Lunge pattern.

COACHING

This track will provide huge rotational power for your participants. Practise the new moves: Lunge and Squat with Plate Arc so you can role-model and coach these well. The moves begin with a smaller range and your participants can stay with this range or progress to the straight Arc for more intensity. Bring contrast to your teaching through your voice and your actions as Corey did: he shows he loves to train like this – use enthusiasm to inspire your participants!

POWER SKIER SEQUENCE/DYNAMIC POWER SKIER

KEY COACHING FOCUS:
Brace abs to keep hips square to the front
Twist from the center of the chest

SETUP

- Place the band/tube under your left foot
- Step your feet wide
- Bring your hands to your hips
- Stand tall with chest lifted
- Lunge to the right then left
- Abs are braced and hips face front**
- Twist from center of chest**
- Corner to corner
- Add resistance, arms straight
- Hands are shoulder-width apart
- Hands at hip height
- Level change to lift hands more to feel resistance on your core

(Dynamic Power Skier)

- Step in and hold
- Step out and in

FOLLOW-UP

- Feel your hips; if they're twisting instead of your chest, drop the hands a little and that will reduce the load so you can control the movement more
- Feel the drive from your legs, and push out of them for more power
- Take hands where you can control the movement

OPTIONS

- Decrease intensity by dropping the hands lower to hip level
- Decrease intensity by dropping the inside handle to one band/tube

SQUAT WITH PLATE ARC & PRESS

KEY COACHING FOCUS:
Brace abs and lift the chest

SETUP

- Keep the arms going and come into a wide Squat
- Down to thigh and up
- Squeeze your abs to keep ribs down toward hips**
- Brace abs tightly**

BACKWARD-STEPPING LUNGE/ LUNGE WITH PLATE ARC & PRESS

KEY COACHING FOCUS:
Long step back and twist from center of your chest

SETUP

(Backward-Stepping Lunge)

- Grab your plate
- Feet hip-width apart
- Bend your knees
- Line up the plate on your collarbones

- Lift your chest**
- Right leg long Lunge**
- Left leg
- Chest up**
- Hips face the front**

(Lunge with Plate Arc)

- Let's add rotation
- Plate comes down
- Plate to collarbones
- Arms stay bent
- Square hips to the front by bracing abs tightly**
- Feel the rotation from your chest**
- Front thigh parallel to floor**

(Lunge with Plate Arc and Press)

- Arms straight
- Plate comes over front thigh
- Feel the resistance as the arms lengthen to increase the load

FOLLOW-UP

- Feel the burn in your legs
- Shake out legs, band/tube option to take resistance off shoulders or heavier plate
- At any stage if hips are not facing the front, bend the arms
- Can you feel that rotation firing your obliques?

OPTIONS

- Decrease intensity by using band/tube
- Decrease intensity by bending arms

4 STANDING STRENGTH 2

Shawty Got Moves > 3:58 mins

4

TRACK FOCUS

My participants will feel successful when I coach great alignment control throughout the track.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8		
	Set up Walk Out w. LES MILLS SMARTBAND/Tube Feet wider than hips, crossing handles at waist	32	
0:14 She move (C)	4x8 A		
	Walk Out Slow Step L foot out Step R foot out Step L foot in Step R foot in	2 2 2 2	4x
0:26 Time to hit (V)	8x8 B		
	Side Leg Lift & Walk Out Combo L 3x Side Leg Lift L Walk Out L, R Walk In L, R	12 2 2	4x
0:50 Move (C)	4x8 C		
	45-Degree Rear Leg Lift L	4	8x
1:03 Move	4x8 C ¹		
	45-Degree Rear Leg Lift L (speed focus)	4	8x
1:15 Baby said (V)	8x8 B		
	Repeat Side Leg Lift & Walk Out Combo R	16	4x
1:40 Move (C)	4x8 C		
	Repeat 45-Degree Rear Leg Lift R	4	8x
1:52 Move	4x8 C ¹		
	Repeat 45-Degree Rear Leg Lift R (speed focus)	4	8x
2:04 Tear it up (Br)	8x8		
	Alt Squat w. 45-Degree Rear Leg Lift L&R After 4 reps, speed focus w. drop down into Squat Last 4 cts, set up Walk Out	8 4	7½x
2:29 Move (C)	4x8 A ¹		
	Walk Out R, L, R, L	4	8x
2:41 Move	4x8 A ¹		
	Repeat Walk Out L, R, L, R	4	8x
2:54 Tear it up (Br)	4x8		
	Transition to Resisted Bridge, plate on lap Option: No plate	32	
3:07 Hey	4x8 D		
	Pulse from halfway and up	4	8x
3:20 Move (C)	4x8 D ¹		
	Top 1.2 inch (3cm) Pulse	4	8x
3:32 Move	4x8 D ²		
	Top 0.80 inch (2cm) Pulse	4	8x
3:44 (Instr)	4x8 D ³		
	Top 0.40 (1cm) Double Time Pulse	2	16x

WHY

Our gluteals support and stabilize the pelvis and control our knee alignment. These exercises are designed to improve both strength and movement control in these key muscles.

COACHING

This track has great standing work to isolate the hips and glutes, set to a cool song. Practise delivering early pre-cues so they are timely for your participants. Focus on achieving great posture by coaching the what, how and why of each move so your class knows WHERE to feel it and HOW it should feel. Remember, you can't coach EVERYTHING in every class; pick one thing to focus on, stay with that focus, then choose a different objective each week.

SIDE LEG LIFT & WALK OUT COMBO/45-DEGREE REAR LEG LIFT/ALTERNATING SQUAT WITH 45-DEGREE REAR LEG LIFT

KEY COACHING FOCUS:

Brace abs to keep hips square to the front. Avoid leaning to the side

SETUP

- Both feet inside band/tube
- Cross the handles and bring to your waist
- Reset the shoulders, brace abs and lift chest (Walk Out Slow)
- Walk Out right leg, left leg, in, in (Side Leg Lift & Walk Out Combo)
- Combination: right leg lifts to side 3 times
- 1, 2, and out, out, in in fast
- Bend the knee on the supporting leg
- Brace abs to avoid leaning to the side (45-Degree Rear Leg Lift)
- New move
- Rear Leg Lift 45 degrees
- 16 reps
- The foot moves back 1-foot (0.30 metre) distance
- Keep chest lifted
- Kick out fast and tap
- Brace abs to support lower back and prevent arching (Alternating Squat with 45-Degree Rear Leg Lift)
- Wide Squat
- Right leg lifts
- Left leg lifts
- Butt goes back and down
- Brace abs tightly as we introduce speed

FOLLOW-UP

- 2 ways to intensify the move: through height and stillness and then width to fire the outside of the glutes
- Speed training to work the glutes and hips
- Drop the Squat quickly and let the legs catch you at the bottom
- Drive out of the heels

OPTION

- Decrease intensity with no band/tube

CORE
ESSENTIALS

RESISTED BRIDGE

5 CORE STRENGTH 2

Follow Me > 4:40 mins

5

TRACK FOCUS

My participants will understand how to execute the new Bolt Sequence through my precise coaching.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	6x8		48	
0:22	Is it a sin (V)	8x8	A Alt Standing Side Crunch w. Squat L&R	16	4x
0:52	Oh (C)	4x8	A ¹ Alt Standing Side Crunch L&R	8	4x
1:07	(Instr)	4x8	A ² Standing Side Crunch L	4	8x
1:22	Oh	4x8	A ² Repeat Standing Side Crunch R	4	8x
1:37	My name (V)	4x8	Set up Cross Crawl, lying on back, facing L side	32	
1:52	Oh (C)	4x8	B Single Cross Crawl R&L 4/4 Option: Toe Tap	16	2x
2:07	(Instr)	8x8	B ¹ Single Cross Crawl R&L 2/2 Option: Toe Tap	8	8x
2:37	Nothing ever (Br)	4x8	C Set up Plank, facing R side Option: On knees	32	
2:52	Nothing ever	4x8	D Bolt Sequence L&R Slow Bend knees, Push B x2 Drive L knee to chest Extend leg B to Plank position Repeat w. R leg Option: On knees	4 4 8 16	
3:07	(Instr)	8x8	D ¹ Bolt Sequence L&R	16	4x
3:37		8x8	D ² Single Bolt Sequence L&R Note: Single Push B	8	8x
4:07		4x8	D ¹ Repeat Bolt Sequence L&R	16	2x
4:22	(Beat)	4x8	C Repeat Plank Option: On knees	32	

WHY

The Bolt Sequence copies the muscular demands of a sprinter coming out of the blocks. The key to this action is hip drive: driving the hips forward from a crouched position to a Plank activates the gluteals and fires up the core.

COACHING

New move alert – The BOLT! Be sure to physically practise this move before you teach it. Script your cues and layer them in slowly so you allow enough time for them to land with your participants. Remember: This move is very achievable on the knees and will still keep load on the muscles; offer options early on and then check to see if you need to revisit them for your participants. Your hardcore members will be driving this move so look out for the new people who need your help – be the coach!

ALTERNATING STANDING SIDE CRUNCH WITH SQUAT/STANDING SIDE CRUNCH

KEY COACHING FOCUS:

Keep tension on the band/tube and create a C-shape with your spine

SETUP

- Come to standing and grab band/tubing
- Feet outside shoulder-width
- Fold band/tube in half
- **Put tension on the band/tube**
- Lift your arms
- Arms are straight
- Pull your hands apart and keep them there
- Right elbow to right knee, Squat and up
- Left side
- **Butt back and down**
- Pull your hands wide
- **Squeeze rib towards hip**
- **As you side-flex you create a C-shape in your spine**

(Standing Side Crunch)

- Take out the Squat
- Straight arms
- 8 times on right side
- Challenge is to keep the foot off the floor
- More tension on the band/tubing

FOLLOW-UP

- If you see your arm coming across your face, put more tension on the band/tube
- Feel the area between your ribs and hip – crush it; that way, you strengthen your obliques
- Feel the strength in your standing leg as it's challenged by taking your foot off the floor
- If you're falling off balance, tap down so you can stay in the workout and control the movement

OPTIONS

- Decrease intensity by tapping the floor
- Decrease intensity with single or no band/tube

BOLT SEQUENCE

KEY COACHING FOCUS:

Back long and straight with abs braced

SETUP

(Slow Bolt Sequence)

- Grab your thighs and roll over into Plank position
- New move: The Bolt
- Hands under shoulders
- **Back long and straight**
- Keep shoulders over hands and bend knees
- Bounce your butt to heels twice
- 1, 2, front knee to Mountain Climber
- Plank position
- **Brace your abs strongly**
- Bounce, bounce – knee – Plank
- Eyes forward of fingertips

(Faster Bolt Sequence)

- Let's go faster
- Bounce, bounce – knee – Plank

(Single Bolt Sequence)

- One bounce, one knee
- Focus on the hip drive

FOLLOW-UP

- If your core or shoulders fatigue, drop to your knees to reduce the load
- You can still get an awesome workout from knees and come back to your toes anytime
- Think: sprinting out of the blocks, driving hard
- Your goal is to drive the knee past your fingers
- Look to your hands, push them hard into the floor, feet push hard; now try and pull your hands to your feet so your big lat muscles squeeze tightly – if you're shaking, you know you've worked hard!

OPTION

- Drop to knees to decrease intensity

CORE ESSENTIALS

CROSS CRAWL

5 BONUS CORE STRENGTH 2

Loco > 5:42 mins

5

TRACK FOCUS

My participants will feel confident when they understand how to execute the Russian Twist, before adding intensity with the weight plate.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	5x8	Set up Side Hover L	40	
0:19	We came (V)	8x8	A Side Hover w. Hip Lift L Option: On knee or toes	4	16x
0:49	(Beat)	8x8	A ¹ Side Hover w. 7x Pulse Hip Lift L	16	4x
1:19	Crazy	4x8	Set up Russian Twist. Lie on back, facing R side, knees over hips, knuckles together at chest, elbows wide	32	
1:33	Get low (V)	8x8	B Russian Twist L&R Cross Crawl L Cross Crawl R Option: Toe Tap	2 2	16x
2:04	Stand up (B up)	4x8	Recovery Option: To pick up a plate	32	
2:19	(Beat)	8x8	B ¹ Repeat Russian Twist w. Plate L&R Option: No plate, Toe Tap	4	16x
2:49	(Instr)	5x8	Set up Side Hover R	40	
3:09	We came (V)	8x8	A Repeat Side Hover w. Hip Lift R	4	16x
3:39	(Beat)	8x8	A ¹ Repeat Side Hover w. 7x Pulse Hip Lift R	16	4x
4:09	Crazy	4x8	Repeat Set up Russian Twist, facing L side	32	
4:24	Get low (V)	8x8	B Repeat Russian Twist R&L	4	16x
4:54	Stand up (B up)	4x8	Recovery Option: To pick up a plate	32	
5:09	(Beat)	8x8	B ¹ Repeat Russian Twist w. Plate R&L	4	16x

WHY

This track combines isolated and integrated exercises to train the obliques: the Side Hover integrates oblique strength with the muscles of the hips and back; the Russian Twist isolates the obliques, providing an intense kicker to the workout.

COACHING

This track has a new addition to the traditional Cross Crawl, with a different feel. In the Masterclass, Dan says: Make sure you lead everyone through the Russian Twist with clear Setup Cues so they understand what body part is moving, and what is staying still. Once he had established the Setup in Layer 1, his objective was for his participants to challenge themselves by using a plate. Positions are held for an extended period of time, so explain what fatigue looks and feels like and offer options so everyone can maintain perfect technique – this is where the results lie! Be positive as you drive everybody to the finish line.

RUSSIAN TWIST/WITH PLATE

KEY COACHING FOCUS:

Twist from center of the chest

SETUP

- Set up, side-on
- Knuckles together
- Elbows wide
- Russian Twist
- Roll down onto your shoulders, knees over hips
- Cross Crawl
- Twist and twist
- Chin in and eyes looking towards your knees
- **Twist from center of the chest**
- **Rear shoulder comes up and across to the opposite knee**
- **Thumbs anchor to the middle of your chest to keep load in the core**



(Russian Twist with Plate)

- Roll yourself up and option is to use plate
- Anchor plate on upper chest
- **Keep the twist coming from the center of the chest**



FOLLOW-UP

- Focus on range of motion – if range decreases in your upper body, toe-tap the legs in to reduce load
- Feel your thumbs as your reference point in the middle of the chest from which to turn
- Touch your elbows down
- Last set is the best set

OPTIONS

- Decrease range with Toe Tap and bent legs
- Decrease intensity with no plate

6 CORE STRENGTH 3

Stuck On A Feeling > 4:55 mins

6

TRACK FOCUS

My participants will feel the work in the target muscles and understand which muscles are being recruited.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4½x8	Set up LES MILLS SMARTBAND/Tube under feet, palms F	36	
0:21	I like you (V)	8x8	A Bentover Prone Cobra Last rep, stay in Bentover position	8	8x
0:59	Feeling (C)	4x8	A¹ Triple Pulse Bentover Prone Cobra	8	4x
1:19	Oooh	4x8	A² Bentover Prone Cobra w. Hold	8	4x
1:38	I like you (V)	8x8	B Set up Bentover Pulse Row Option: Cross over LES MILLS SMARTBAND/Tube 4x Bentover Pulse Row	16 8	6x
2:16	Feeling (C)	8x8	B¹ Bentover Pulse Row Extension 4x Bentover Pulse Row Extend arms F Stand up, arms down	8 4 4	4x
2:55	Let's go (Br)	2x8	Come to floor, facing front	16	
3:05	Behave	2x8	C Pushup Options: On knees or toes	4	4x
3:14	Feeling (C)	4x8	C¹ Pushup R Leg Lift Pushup L Leg Lift	4 4 4 4	2x
3:33	Feeling (Rep)	4x8	C² Pushup R leg, L Hand Lift Pushup L leg, R Hand Lift Option: No Hand Lift	4 4 4 4	2x
3:52	Wheelin (V)	2x8	Come to front on floor, feet together, arms at sides	16	
4:02	Who could ever	2x8	D Prone Cobra	4	4x
4:12	Feeling (C)	4x8	D¹ Triple Pulse Prone Cobra	8	4x
4:31	Oooh (Rep)	4x8	D² Back Extension w. Prone Cobra w. Hold	8	4x

WHY

Focusing on squeezing the shoulder blades together in these sequences will fire up the muscles of the upper back. These muscles prevent rounded shoulder postures and stabilize our upper back and are therefore a vital link in the posterior chain (muscles of the back).

COACHING

This is a great track to bring the focus to the posterior chain. In the Masterclass, Corey was very clear about the different levels of intensity that participants could choose to work at, focusing on perfect technique to create results, and allowing people to individualize the workout to suit them. The Bentover Prone Cobra is fantastic conditioning for the shoulder blades and upper back. The Pushups offer an excellent stability challenge, before we focus on great postural work with the Prone Cobra.

BENTOVER PRONE COBRA

KEY COACHING FOCUS:

Tip forward from hips and squeeze shoulder blades together

SETUP

- Step into band or tube
 - Feet in line with hips
 - Make sure hands are level
 - Turn knuckles to back of room
 - **Squeeze shoulder blades together**
 - **Lift chest**
 - **Tip forward from hips**
 - Stand tall
 - Bend knees
 - Nose forward of toes
 - **Brace abs to support lower back**
 - Eyes look out 6.5 feet (2 meters) forward
 - Last one, hold down
 - Brace abs and look to the front
- (Triple Pulse Bentover Prone Cobra)
- Lower hands one inch (2.5 cm)
 - Lift and Pulse 3, 2, 1
 - Come down one inch (2.5 cm)
 - Stay here, lower hands one inch
- (Bentover Prone Cobra with Hold)
- Hold isometric contraction
 - 6 counts and release one inch



FOLLOW-UP

- Feel your arms – they are straight and they are pulling on the resistance band/tube
- Keep shoulder blades squeezing to keep the chest lifted and open, giving you great posture
- Stuck on that feeling, shoulder blades squeezing together – go there in your mind, feel it strongly
- This is an isometric contraction for the muscles in the upper back. Muscles love those contractions because they hold them for longer periods when you're standing up

OPTIONS

- Decrease intensity by decreasing range

BENTOVER PULSE ROW/ EXTENSION

KEY COACHING FOCUS:

Brace abs to support lower back and squeeze shoulder blades together

SETUP

(Bentover Pulse Row)

- Option to cross handles to add more resistance
- Tip from hips
- Palms face inwards
- 4x Pulse Row
- 4, 3, 2, 1, straighten arms
- **Brace abs to support lower back**
- Pull elbows high and wide
- **Shoulder blades stuck together, squeezing tightly**



(Bentover Pulse Row Extension)

- Add on straighten arms to 45 degrees and stand tall

FOLLOW-UP

- Check out my elbows – keep elbows high in the top inch to overload the muscles; we are loading the lower and mid back
- If you're fatiguing, uncross the handles and keep going; this reduces load and helps you keep your chest up
- Great posture creates a better core workout

OPTION

- Decrease intensity by not crossing the band/tube

6 CORE STRENGTH 3

Stuck On A Feeling > 4:55 mins

6



PUSHUP

KEY COACHING FOCUS:

Brace abs to keep hips and shoulders level to the floor

SETUP

- Knees outside hip-width
- Hands outside shoulder-width
- We go down and up
- **Chest stops at elbow height to protect shoulders** (Leg Lift)
- Pushup, hold here, left leg lifts straight
- Press up, right leg lifts
- **Focus on the ab brace as your leg lifts to keep the hips level**
- Foot lifts 1 inch (2.5 cm) off the floor (Leg, Hand Lift)
- Level change, lift hand with opposite leg
- **Try and keep your hips and shoulders level**



FOLLOW-UP

- Feel how much more it loads the core from shoulder to opposite hip

OPTION

- Decrease intensity with no Hand Lift

PRONE COBRA

KEY COACHING FOCUS:

Squeeze shoulder blades together and squeeze butt to support lower back

SETUP

- Lower down to the floor
- Chest down
- Feet together
- Hands reach back
- **Squeeze butt**
- Lift chest
- Turn palms up
- Lift chest up and halfway down
- Eyes look down, to keep the back of the neck long (Triple Pulse Prone Cobra)
- 3 Pulses 3, 2, 1, halfway down
- **Squeeze shoulder blades together** (Prone Cobra with Hold)
- Come up and Hold
- Halfway down

FOLLOW-UP

- Stuck here, strengthening your upper back
- Can you turn your palms around even further to get more external rotation at the shoulder? This means your upper back will work even harder

OPTION

- Decrease intensity by keeping fingers on the floor

6 BONUS CORE STRENGTH 3

Take This City > 4:14 mins

6

TRACK FOCUS

My participants will understand how to execute the Superman move with control.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	5x8 Set up Resisted Horse Stance Pointer L Horse Stance R leg extends B Plate in L hand Lift R foot off the floor Extend L arm F Option: No plate, toes on floor	8 8 8 8 8	
0:32 See the signs (V)	5x8 A Resisted Horse Stance Pointer 2/2 L L elbow to R knee	4	10x
1:02 Take this (C)	4x8 A ¹ Isolated Superman, moving to 45° and back to start 4/4 L Note: Hold last rep out on 45°	8	4x
1:26 (Instr)	2x8 Set up Resisted Horse Stance Pointer R	16	
1:38 Apathy (V)	4x8 A Repeat Resisted Horse Stance Pointer 2/2 R R elbow to L knee	4	8x
2:02 Take this (C)	4x8 A ¹ Repeat Isolated Superman, moving to 45° and back to start 4/4 R Note: Hold last rep out on 45°	8	4x
2:26 (Instr)	2x8 Recovery	16	
2:38 (Quiet)	4x8 B Set up Back Extension & Lat Pulldown Combo Lying on stomach, feet together Hold a plate in each hand Rest the plates on the floor Extend arms out in front Option: No plates	16 8 8	
3:01 Yeah (Rep)	6x8 B ¹ Pull plates to shoulder height Extend arms F Note: Plates down on last rep, arms wide for Aeroplane Twist sequence	2 2	12x
3:37 (Instr)	6x8 Aeroplane Twist L&R L arm lifts Return to center R arm lifts Return to center	4 4 4 4	3x

WHY

Adding resistance to a Superman exercise has been proven to develop 3-dimensional core strength. Every muscle in the core is needed to keep the hips and shoulders square, to balance the offset load.

COACHING

In the Masterclass, Dan says: Control is the focus of this track – 3 different moves to challenge your participants, improving posture and developing strength in the posterior chain. Clearly cue body part and direction as you want your participants to be looking down – not straining their neck looking up at you. Create a strong connection to the class through your verbal coaching. There is a challenge for your advanced participants to keep the plates off the floor on the Back Extension work. Remember to cater to all fitness levels so everyone is moving well and feeling great.

RESISTED HORSE STANCE POINTER/ISOLATED SUPERMAN

KEY COACHING FOCUS:

Brace abs to keep shoulders and hips parallel to the floor

SETUP

- Horse Stance
- Hands directly under shoulders
- Knees under hips
- Extend your left leg to the floor
- **Brace abs**
- Take your plate into right hand
- Lift your foot off the floor 1½ inches (3 cm)
- Extend your right arm under your shoulder line
- Chin in
- Elbow and knee meet in the middle
- **Brace abs to keep hips and shoulders parallel to the floor**
- In and out
- Hold last one out
- (Isolated Superman)
- Open to 45 degrees and in again
- Arm and leg open and close
- Last one, hold for isolated conditioning

FOLLOW-UP

- Keep the movement smooth
- Opposite hand presses into the floor
- You are working into all the upper back muscles when you extend the plate

OPTION

- Decrease intensity with no plate



BACK EXTENSION & LAT PULLDOWN COMBO

KEY COACHING FOCUS:

Squeeze butt to support lower back

SETUP

- Come down to the floor
- Feet together
- **Squeeze glutes to support lower back**
- Grab plates in each hand
- Pull shoulders back and extend arms to 45 degrees
- Pull elbows into ribs
- Chest lifts
- Touch plates down to floor as you extend
- Eyes down



FOLLOW-UP

- Feel strength in your upper back
- Ultimate challenge is to keep the plates off the floor
- Ignite the fire in the back; use your breathing

OPTIONS

- Decrease intensity with no plates
- Decrease intensity with fingertips on floor

AEROPLANE TWIST

KEY COACHING FOCUS:

Keep hips on the floor. Twist from center of chest

SETUP

- Plates down
- Arms out wide
- **Squeeze glutes to support lower back**
- Lift right arm up
- Rotate the thumbs back
- Now the left side
- **Hips stay on the floor**
- **Twist from the center of the chest**

FOLLOW-UP

- Reset the glute squeeze
- Feel strength in your upper back

OPTION

- Decrease intensity with fingertips on floor