



**LES MILLS**  
**CXWORX**

**PRESENTERS FROM NEW ZEALAND**

RELEASE  
**21**

**FEATURES**

- SQUAT STUDY: THE SCIENCE OF THE REP EFFECT™
- THE ART OF CONNECTION: PART 2
- CXWORX LAYER 2 COACHING
- THE SCIENCE OF RESISTANCE TUBING

# OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

**SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.**

**AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.**

In our choice of role models, music and movements we understand that different people and societies have different standards of dress, popular culture and dance.

**WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.**

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

**WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.**

**ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.**

**BLAH BE LOUD AND HEARD**

Tell us what you think of this release.  
Visit [lesmills.com/BLAH](https://lesmills.com/BLAH)

**Hey instructors!** When it comes to mixing up past releases, please consider track length, music genre and choreography; for example, you should avoid overloading on plate work or Hover/Plank work.

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## Squat Study: The Science of THE REP EFFECT™

### The Art of Connection: Part 2

### CXWORX Layer 2 Coaching

### The Science of Resistance Tubing

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



## KEY

|                |                 |                |                            |
|----------------|-----------------|----------------|----------------------------|
| <b>(Intro)</b> | introduction    | <b>T&amp;B</b> | top & bottom               |
| <b>(Br)</b>    | bridge          | <b>w.</b>      | with                       |
| <b>(B up)</b>  | build up        |                |                            |
| <b>(C)</b>     | chorus          | <b>1/1</b>     | 2 counts down, 2 counts up |
| <b>(PC)</b>    | pre-chorus      | <b>2/2</b>     | 4 counts down, 4 counts up |
| <b>(V)</b>     | verse           | <b>3/1</b>     | 6 counts down, 2 counts up |
| <b>(Instr)</b> | instrumental    | <b>4/4</b>     | 8 counts down, 8 counts up |
| <b>Alt</b>     | alternating     | <b>1/3</b>     | 2 counts down, 6 counts up |
| <b>B</b>       | back            |                |                            |
| <b>F</b>       | forward         |                |                            |
| <b>F&amp;B</b> | forward & back  |                |                            |
| <b>HOH</b>     | hands on hips   |                |                            |
| <b>L</b>       | left            |                |                            |
| <b>O/H</b>     | over head       |                |                            |
| <b>R</b>       | right           |                |                            |
| <b>ROM</b>     | range of motion |                |                            |

## CORE ESSENTIALS

These are base moves/exercises you will regularly find in a CXWORX class.

Whenever you see this icon:



you can now go to the **back of the choreography booklet** to find the basic cues for this move.

Any variation to that base move will be available in the main part of your choreography notes as usual.

## CREDITS

**Choreography** – Dan Cohen & Susan Trainor

**Technical Consultants** – Bryce Hastings & Corey Baird

**Chief Creative Officer** – Dr Jackie Mills

**Creative Director & Program Coach** – Kylie Gates

**Program Planner** – Eden Graziani

### The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

# CXWORX 21



From L-R: Dan Cohen, Corey Baird, Rhys Finlayson (Shadow), Charlotte Goodall (Shadow)

This release sees the introduction of our latest innovation to our SMART TECH range, the Les Mills SMARTBAND™.

The new SMARTBAND delivers a constant increase in resistance while it lengthens, allowing for both participant and instructor to maintain better technique during the exercise. SMARTBAND has a flat profile to prevent slipping, webbing that is freely movable through the spine to aid in ensuring the wrist is in the best position, and it has a compressible handle that is more comfortable to stand on or to grip.

There are two levels of resistance: SMARTBAND, which is identified by its red handle – for light to medium; and SMARTBAND Extreme, with a black handle for medium to heavy.

The key to great technique in CXWORX 21 is movement control, knowing when to step up the intensity and when to dial it back down again.

This release has a strong focus on progressive layering, starting with the basics of the exercise and gradually increasing intensity through out the move. This will allow the members in class to truly tailor each exercise to suit their needs.

We also have a new move this round, called the Bolt. Inspired by sprint training and getting out of the blocks like the fastest man in the world, it's a challenge that you won't want to miss.

Whether you're feeling *Fresh* from working on your *Masterpiece* or even just *Stuck On A Feeling*, CXWORX 21 has something for everybody. It will be a challenge to choose your favorite track!

There are 3 Bonus tracks in the release, and, as always, be sure to exchange these track for track.

Enjoy the workout and train smart.

The CXWORX team

Dan Corey

## CXWORX Presenters

**Dan Cohen** (New Zealand) is co-Program Director for both CXWORX and BODYCOMBAT™, an International Master Trainer for BODYPUMP™, and a passionate mixed martial artist based in Auckland.

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

# SQUAT STUDY

## THE SCIENCE OF THE REP EFFECT™

The fitness industry is constantly searching for training methods that will burn the most amount of calories in the shortest time possible. When it comes to resistance training, what is the best approach to maximizing caloric expenditure?

### THE REP EFFECT™

We know that lifting weights is one of the fastest ways to burn calories and create lean muscle. LES MILLS BODYPUMP™ is based on the principle that lifting lighter weights for a high number of repetitions will create the same workload as the more traditional approach of lifting heavy weights for fewer reps. The high number of repetitions generates muscular fatigue to tone and strengthen the body and burn calories. We call this THE REP EFFECT™.

One of the most important factors that affects caloric expenditure is the activity of large muscle groups. Let's consider the Squat. The effort required to perform this exercise is influenced by two variables: the load we are lifting, and how fast we are lifting it or the total distance we move in a specific time interval. So what causes the greatest energy output – slow or fast contractions? Or – in BODYPUMP language – a slow 4/4 tempo, or the faster Singles?

Previous studies have conflicting answers to this question. The argument for using slow contractions is that you spend more time controlling the movement – therefore reaching fatigue more quickly. On the opposing side, the support for using fast contractions is based on the recruitment of inefficient fast-twitch muscle fibers, which requires more energy.

The existing disagreement between training methods led us to put weight and speed in BODYPUMP Squats to the test, as outlined below.

We took 15 participants, between the ages of 18 and 40 years, and had them perform four separate Squat conditions in a random order. Each condition was devised to produce the same amount of work for 4 minutes. Here's how the four conditions looked:

[WORK = LOAD ON BAR x NUMBER OF REPETITIONS IN 4 MINUTES]

- Condition #1: 5 kg (11 lb) lifted at a contraction speed of 1 second = 120 repetitions
- Condition #2: 10 kg (22 lb) lifted at a speed of one contraction every 2 seconds = 60 repetitions
- Condition #3: 15 kg (33 lb) lifted at a speed of 3 seconds = 40 repetitions
- Condition #4: 20 kg (44 lb) lifted at a speed of 4 seconds = 30 repetitions altogether

The key factor to consider with each of these four conditions is the fact that the amount of work done in each of them was exactly the same.



You can see this in the following simple formula: work equals force times distance – which, in this case, was weight multiplied by speed.

WORK = FORCE x DISTANCE

#1 WORK = 5KG x 120 REP = 600

#2 WORK = 10KG x 60 REP = 600

#3 WORK = 15KG x 40 REP = 600

#4 WORK = 20KG x 30 REP = 600

The work output was exactly the same in each of the four conditions, allowing us to compare the calorie expenditure values.

The results proved conclusively that the faster tempos burned the most calories. Despite the fact that they were lifting a smaller weight, participants expended 29.3% more energy during the 5 kg conditions with faster repetitions compared to the 20 kg condition with a slower tempo. In other words, it's the speed of the movement that generates the greatest energy expenditure – not the weight of the load.

It's likely that the higher rate of energy expenditure, despite the lighter loads, is due to the recruitment of faster-acting muscle fibers. Simply put, we burn the most calories when we lift a lighter weight for faster repetitions.

To get the best from BODYPUMP, you need to keep the fast tempo AND increase your weights. Once you have achieved a base training level, increasing your weights progressively will really maximize the amazing results this program has to offer.

So there you have it – proof that BODYPUMP truly is the ultimate calorie-burning workout as we complete over 800 reps in every class!

# THE ART OF

# SMARTSTART

## CONNECTION PART: 2

**Without connection, we don't have group fitness.**

We want our participants to have a fitness experience in our classes, not just attend another workout. To create these experiences our members need to feel connected to the music, to the workout, and to YOU. There are multiple ways that you can create this connection in your classes, so we decided to ask some of our top instructors around the world how they connect with their participants. Here's what they said...

**Talk to people before the class starts.**

Get to the studio early and make time to chat to your members.

**Learn a bit about them.** Get to know your members in class and find out what their fitness goals are. Then, when you see them achieving those goals (for example, completing a full Pushup on their toes), acknowledge and congratulate them!

**Welcome your new people.** Smile at them, reassure them that you're going to look after them, and offer SMARTSTART as a fantastic way to build up their fitness gradually. Explain what's involved; for example, in a BODYPUMP™ class, you can help them set up their equipment and advise on weight selection.

**Learn their names** and use them during class.

**Be real.** Be yourself when you're on stage – don't put on a big instructor act! Think of your class as though you're hanging out with your best friends; it'll make it so much easier to create a natural connection with people.

**Make eye contact and use praise.**

Acknowledge and congratulate them on their efforts during and at the end of each class!

**Ask for feedback and offer to help with any questions after class.**

Allow time at the end of the class to answer questions and perhaps offer tips that can help them with their training.

It's all about experimenting to find what works for you. **Be brave enough to try these tools** in your next few classes to create meaningful connections with your members. You won't believe the difference these will make!





# CXWORX LAYER 2 COACHING COACHING TOWARDS MASTERY

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

The CXWORX coaching model has been structured in 3 layers:

## Layer 1 – SETUP/COMPULSORIES

Sets up the basics of the movement

## Layer 2 – FOLLOW-UP/INTENSITY

Moves people to intensify and perfect the movement

## Layer 3 – MOTIVATION/DRIVE

Motivates participants to drive to their maximum edge

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

## 4 TIPS TO SUCCESSFULLY COACH LAYER 2

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

### HOW IT FITS INTO EACH TRACK OR EXERCISE BLOCK



**KEY:** ■ LAYER 1: CHOREOGRAPHY & TECHNIQUE ■ LAYER 2: FOLLOW-UP & INTENSITY ■ LAYER 3: MOTIVATION & DRIVE

**2** Check out the Masterclass, Video, Release Kit or Kit for tips from the presenters – once they have set people up, what do they say to take them to the next level, and when?

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

### **STEP 1**

**With the music on, set yourself up into position**

### **STEP 2**

**Execute the move. What do you feel as you do this?**

**Examples:**

My hips want to sag.

My shoulders are starting to fatigue.

I can feel my lower abs working hard.

My body is starting to twist.

### **STEP 3**

**Transform these into participant-focused Coaching Cues**

**Examples:**

Brace your abs tighter, lift your thighs and squeeze your buttocks a little to keep your hips level.

Push your forearms down stronger to keep your shoulders square.

Feel your lower abs getting stronger.

If your body is twisting, take your knees to the floor, brace your abs harder to stabilize then try and lift your knees back up again.

**4** Watch your members closely. What can you see? What do they need to hear to perfect this move? Give them what THEY need to achieve success.

Remember, when we get our Layer 2 coaching correct – the information you give allows your class to make the right adjustments so they can maintain great form as they fatigue. It's the pushing a little harder in this phase and the next that brings the results they are seeking.

Please watch the Masterclass, Video, Release Kit or Kit Education session for more detail. The new CXWORX AIM1 helps you to work with this process and is guaranteed to take your teaching to the next level. Book in NOW!

# THE SCIENCE OF RESISTANCE TUBING

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

## THE MAIN CONSIDERATIONS WHEN TRAINING WITH TUBING ARE:

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



## POINT OF MAXIMUM RESISTANCE

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

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

## DIRECTION OF RESISTANCE

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

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

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

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

## MOMENTUM

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

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

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

## TUBING RULES

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

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

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

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

# 1 WARMUP

## TRACK FOCUS

My participants will 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              | <b>Leg Combo Sequence R</b><br>Lift R leg<br>Lift L leg<br>Extend legs to 45°<br>Bend knees over hips<br>Drop R leg<br>Drop L leg                                                            | 2<br>2<br>4<br>4<br>2<br>2 | 6x   |
| 0:49 | I still fall (C)        | 8x8  | B              | Feet on floor<br><b>Crunch Double Pulse</b> at top                                                                                                                                           | 8                          | 8x   |
| 1:14 | Oh ....                 | 4x8  | B <sup>1</sup> | <b>Crunch</b> at top<br>Lower down                                                                                                                                                           | 4<br>4                     | 7x   |
| 1:27 | Mind don't matter (V)   | 8x8  | A              | Repeat <b>Leg Combo Sequence L</b>                                                                                                                                                           | 16                         | 4x   |
| 1:52 | I still fall (C)        | 4x8  | B              | Repeat <b>Crunch Double Pulse</b> at top                                                                                                                                                     | 8                          | 4x   |
| 2:04 | I wanna                 | 4x8  | B <sup>2</sup> | <b>Double Pulse C-Crunch</b>                                                                                                                                                                 | 8                          | 4x   |
| 2:17 | Oh ....                 | 4x8  | B <sup>3</sup> | <b>C-Crunch</b> at top<br>Lower down                                                                                                                                                         | 4<br>4                     | 7x   |
| 2:29 | I still fall (Br)       | 5x8  |                | <b>Bridge</b>                                                                                                                                                                                | 40                         |      |
| 2:45 | Yeaaaaah (Rep)          | 8x8  |                | <b>Triple Single Oblique Twist</b> , R leg lifts<br><b>Note:</b> Hold 3 <sup>rd</sup> rep up<br><b>Triple Single Oblique Twist</b> , L leg lifts<br><b>Note:</b> Hold 3 <sup>rd</sup> rep up | 16<br>16                   | 2x   |
| 3:10 | Oh ...                  | 4x8  |                | <b>Cross Crawl</b> 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

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

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

## 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 <b>makes</b> me (V)       | 8x8 | A                 | <b>Power Skier Sequence L</b><br>4x Lunge L&R<br>4x Lunge w. Twist L&R<br>8x Skier L&R, arms F | 16<br>16<br>32 |      |
| 0:49  | <b>Mister</b> (C)             | 4x8 | A <sup>1</sup>    | <b>Dynamic Power Skier L</b>                                                                   | 4              | 8x   |
| 1:05  | (Instr)                       | 4x8 |                   | Set up band/tube under L foot                                                                  | 32             |      |
| 1:21  | She <b>makes</b> me (V)       | 8x8 | A                 | Repeat <b>Power Skier Sequence R</b>                                                           | 64             |      |
| 1:53  | <b>Mister</b> (C)             | 4x8 | A <sup>1</sup>    | Repeat <b>Dynamic Power Skier R</b>                                                            | 4              | 8x   |
| 2:09  | Her <b>offbeat</b> dance (V)  | 4x8 |                   | Set up Backward-Stepping Lunge L&R w. plate or band/tube                                       | 32             |      |
| 2:25  | <b>Move</b>                   | 4x8 | B                 | <b>Backward-Stepping Lunge L&amp;R</b>                                                         | 8              | 4x   |
| 2:41  | <b>Mister</b> (C)             | 6x8 | B <sup>1</sup>    | <b>Lunge w. Plate Arc L&amp;R</b>                                                              | 8              | 6x   |
| 3:05  | This is your <b>part</b> (Br) | 4x8 |                   | Recovery                                                                                       | 32             |      |
| 3:21  | <b>Hoggin</b>                 | 1x8 | B                 | Repeat <b>Backward-Stepping Lunge L&amp;R</b>                                                  | 8              |      |
| 3:25  | <b>Mister</b> (C)             | 8x8 | B <sup>2</sup>    | <b>Lunge w. Plate Arc &amp; Press L&amp;R</b><br><b>Option:</b> No Press                       | 8              | 8x   |
| 3:58  | (Instr)                       | 4x8 |                   | <b>Squat w. Plate Arc &amp; Press L&amp;R</b>                                                  | 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



### 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)

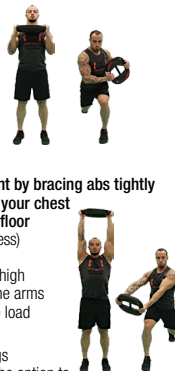
- Arms straight
- Plate comes over front thigh
- Feel the resistance as the arms lengthen to increase the load

#### 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



### 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**



## 4

## STANDING STRENGTH 2

## 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<br>Feet wider than hips, crossing handles at waist                               | 32               |      |
| 0:14  | She move (C)    | 4x8 | A                 | Walk Out Slow<br>Step L foot out<br>Step R foot out<br>Step L foot in<br>Step R foot in                                      | 2<br>2<br>2<br>2 | 4x   |
| 0:26  | Time to hit (V) | 8x8 | B                 | Side Leg Lift & Walk Out Combo L<br>3x Side Leg Lift L<br>Walk Out L, R<br>Walk In L, R                                      | 12<br>2<br>2     | 4x   |
| 0:50  | Move (C)        | 4x8 | C                 | 45-Degree Rear Leg Lift L                                                                                                    | 4                | 8x   |
| 1:03  | Move            | 4x8 | C <sup>1</sup>    | 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 <sup>1</sup>    | 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<br>After 4 reps, speed focus w. drop down into Squat<br>Last 4 cts, set up Walk Out | 8<br>4           | 7½x  |
| 2:29  | Move (C)        | 4x8 | A <sup>1</sup>    | Walk Out R, L, R, L                                                                                                          | 4                | 8x   |
| 2:41  | Move            | 4x8 | A <sup>1</sup>    | Repeat Walk Out L, R, L, R                                                                                                   | 4                | 8x   |
| 2:54  | Tear it up (Br) | 4x8 |                   | Transition to Resisted Bridge, plate on lap<br>Option: No plate                                                              | 32               |      |
| 3:07  | Hey             | 4x8 | D                 | Pulse from halfway and up                                                                                                    | 4                | 8x   |
| 3:20  | Move (C)        | 4x8 | D <sup>1</sup>    | Top 1.2 inch (3cm) Pulse                                                                                                     | 4                | 8x   |
| 3:32  | Move            | 4x8 | D <sup>2</sup>    | Top 0.80 inch (2cm) Pulse                                                                                                    | 4                | 8x   |
| 3:44  | (Instr)         | 4x8 | D <sup>3</sup>    | 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

## 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 |                   | Come to standing, double LES MILLS SMARTBAND/<br>Tube, raise arms O/H                                                                             | 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 <sup>1</sup>    | Alt Standing Side Crunch L&R                                                                                                                      | 8                 | 4x   |
| 1:07  | (Instr)           | 4x8 | A <sup>2</sup>    | Standing Side Crunch L                                                                                                                            | 4                 | 8x   |
| 1:22  | Oh                | 4x8 | A <sup>2</sup>    | 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<br>Option: Toe Tap                                                                                                     | 16                | 2x   |
| 2:07  | (Instr)           | 8x8 | B <sup>1</sup>    | Single Cross Crawl R&L 2/2<br>Option: Toe Tap                                                                                                     | 8                 | 8x   |
| 2:37  | Nothing ever (Br) | 4x8 | C                 | Set up Plank, facing R side<br>Option: On knees                                                                                                   | 32                |      |
| 2:52  | Nothing ever      | 4x8 | D                 | Bolt Sequence L&R Slow<br>Bend knees, Push B x2<br>Drive L knee to chest<br>Extend leg B to Plank position<br>Repeat w. R leg<br>Option: On knees | 4<br>4<br>8<br>16 |      |
| 3:07  | (Instr)           | 8x8 | D <sup>1</sup>    | Bolt Sequence L&R                                                                                                                                 | 16                | 4x   |
| 3:37  |                   | 8x8 | D <sup>2</sup>    | Single Bolt Sequence L&R<br>Note: Single Push B                                                                                                   | 8                 | 8x   |
| 4:07  |                   | 4x8 | D <sup>1</sup>    | Repeat Bolt Sequence L&R                                                                                                                          | 16                | 2x   |
| 4:22  | (Beat)            | 4x8 | C                 | Repeat Plank<br>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)

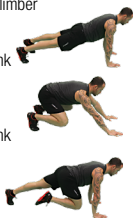
- Grab your thighs and roll over into Plank position
- New move: The Bolt
- Hands under shoulders
- **Back long and straight**
- Keep shoulders over hands and bend knees
- Bounce your butt to heels twice
- 1, 2, front knee to Mountain Climber
- Plank position
- **Brace your abs strongly**
- Bounce, bounce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

## 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                 | <b>Side Hover w. Hip Lift L</b><br><b>Options:</b> On knee or toes                                         | 4      | 16x  |
| 0:49  | (Beat)          | 8x8 | A <sup>1</sup>    | <b>Side Hover w. 7x Pulse Hip Lift L</b>                                                                   | 16     | 4x   |
| 1:19  | <b>Crazy</b>    | 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                 | <b>Russian Twist L&amp;R</b><br>Cross Crawl L<br>Cross Crawl R<br><b>Option:</b> Toe Tap                   | 2<br>2 | 16x  |
| 2:04  | Stand up (B up) | 4x8 |                   | Recovery<br><b>Option:</b> To pick up a plate                                                              | 32     |      |
| 2:19  | (Beat)          | 8x8 | B <sup>1</sup>    | Repeat <b>Russian Twist w. Plate L&amp;R</b><br><b>Option:</b> No plate, Toe Tap                           | 4      | 16x  |
| 2:49  | (Instr)         | 5x8 |                   | Set up Side Hover R                                                                                        | 40     |      |
| 3:09  | We came (V)     | 8x8 | A                 | Repeat <b>Side Hover w. Hip Lift R</b>                                                                     | 4      | 16x  |
| 3:39  | (Beat)          | 8x8 | A <sup>1</sup>    | Repeat <b>Side Hover w. 7x Pulse Hip Lift R</b>                                                            | 16     | 4x   |
| 4:09  | <b>Crazy</b>    | 4x8 |                   | Repeat Set up Russian Twist, facing L side                                                                 | 32     |      |
| 4:24  | Get low (V)     | 8x8 | B                 | Repeat <b>Russian Twist R&amp;L</b>                                                                        | 4      | 16x  |
| 4:54  | Stand up (B up) | 4x8 |                   | Recovery<br><b>Option:</b> To pick up a plate                                                              | 32     |      |
| 5:09  | (Beat)          | 8x8 | B <sup>1</sup>    | Repeat <b>Russian Twist w. Plate R&amp;L</b>                                                               | 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

## 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 <b>Bentover Prone Cobra</b><br>Last rep, stay in Bentover position                                                       | 8                | 8x   |
| 0:59  | Feeling (C)    | 4x8  | A <sup>1</sup> <b>Triple Pulse Bentover Prone Cobra</b>                                                                    | 8                | 4x   |
| 1:19  | Oooh           | 4x8  | A <sup>2</sup> <b>Bentover Prone Cobra w. Hold</b>                                                                         | 8                | 4x   |
| 1:38  | I like you (V) | 8x8  | B Set up Bentover Pulse Row<br><b>Option:</b> Cross over LES MILLS SMARTBAND/Tube<br>4x <b>Bentover Pulse Row</b>          | 16<br>8          | 6x   |
| 2:16  | Feeling (C)    | 8x8  | B <sup>1</sup> <b>Bentover Pulse Row Extension</b><br>4x <b>Bentover Pulse Row</b><br>Extend arms F<br>Stand up, arms down | 8<br>4<br>4      | 4x   |
| 2:55  | Let's go (Br)  | 2x8  | Come to floor, facing front                                                                                                | 16               |      |
| 3:05  | Behave         | 2x8  | C <b>Pushup</b><br><b>Options:</b> On knees or toes                                                                        | 4                | 4x   |
| 3:14  | Feeling (C)    | 4x8  | C <sup>1</sup> <b>Pushup</b><br>R Leg Lift<br><b>Pushup</b><br>L Leg Lift                                                  | 4<br>4<br>4<br>4 | 2x   |
| 3:33  | Feeling (Rep)  | 4x8  | C <sup>2</sup> <b>Pushup</b><br>R leg, L Hand Lift<br><b>Pushup</b><br>L leg, R Hand Lift<br><b>Option:</b> No Hand Lift   | 4<br>4<br>4<br>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 <b>Prone Cobra</b>                                                                                                       | 4                | 4x   |
| 4:12  | Feeling (C)    | 4x8  | D <sup>1</sup> <b>Triple Pulse Prone Cobra</b>                                                                             | 8                | 4x   |
| 4:31  | Oooh (Rep)     | 4x8  | D <sup>2</sup> <b>Back Extension w. Prone Cobra w. Hold</b>                                                                | 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



## 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

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

## CORE ESSENTIALS

### CRUNCH DOUBLE PULSE AT TOP

#### KEY COACHING FOCUS:

Slide ribs to hips

#### SETUP

- Chin tucked in – eye gaze to knees
- Lift shoulders off the floor
- **Slide ribs towards hips**
- Hands extend past thighs

#### FOLLOW-UP

- Lift your shoulder blades further off the floor



### BRIDGE

#### KEY COACHING FOCUS:

Squeeze glutes to lift hips

#### SETUP

- Lie on back – feet on the floor, knees bent
- Squeeze glutes to lift the hips



### DOUBLE PULSE C-CRUNCH

#### KEY COACHING FOCUS:

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

#### SETUP

- **Brace abs to keep lower back towards the floor as you lower legs**
- Fingertips to temples
- Curl up as your knees lift above hips
- Feet and head touch the floor at the same time
- **Slide ribs towards hips**

#### FOLLOW-UP

- Feel the warmth in your abs; that's muscle tone developing



### HOVER

#### KEY COACHING FOCUS:

Brace abs to keep back long and straight

#### SETUP

- Elbows under shoulders
- Knuckles together
- Knees just outside hip-width
- Lift up on toes, hips to shoulder height
- **Abs braced to support lower back; keep back long and straight**
- Shoulders back and down
- Eye gaze to your fists



#### FOLLOW-UP

- Lift kneecaps to tighten the quads; push harder through the forearms
- Open the chest to prevent the back from rounding

#### OPTION

- To reduce intensity, drop to knees



### CRUNCH PULSE

#### KEY COACHING FOCUS:

Slide ribcage towards hips as you crunch up

#### SETUP

- Hold at top
- Pulse and Crunch
- **Slide ribcage towards hips**
- We are strengthening our upper abdominals

#### FOLLOW-UP

- Keep chin gently tucked in
- Plate close to forehead

### RESISTED BRIDGE

#### KEY COACHING FOCUS:

Squeeze glutes to lift hips towards ceiling

#### SETUP

- Bring feet in close to body
- Heels on floor
- Place plate on lap
- **Head and shoulders on floor**
- Squeeze glutes and lift hips up towards the ceiling
- Abs braced

## CROSS CRAWL

### KEY COACHING FOCUS:

Lift shoulder towards opposite knee

### SETUP

- Fingertips to temples
- **Chin tucked in**
- Keep elbows wide and off the floor
- **Lift shoulder towards opposite knee**



## SIDE HOVER WITH HIP LIFT

### KEY COACHING FOCUS:

Keep bottom hip lifted

### SETUP

- Elbow under shoulder
- Head in line with spine
- Bottom leg bent, top leg straight
- **Lift bottom hip**
- Top arm reaches up
- Forearm pushes down into floor
- **Hips and shoulders square to front**
- Lift hips up and away from floor



### FOLLOW-UP

- Stretch top arm straight upwards to open the chest and lift out of grounded elbow
- Lift hip a little higher to drive intensity
- Feel the tension in your side obliques



### OPTION

- Drop bottom knee to reduce intensity

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