



LES MILLS CXWORX LIVE IN SWEDEN

PRESENTERS FROM NEW ZEALAND, UK, SWEDEN

RELEASE
22

FEATURES

- BODYPUMP & BONE HEALTH
- MIXING RELEASES
- CXWORX LAYER 2 COACHING
- THE SCIENCE OF RESISTANCE TUBING

OUR DECLARATION OF INTENT

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

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

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

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

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

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

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

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

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

BLAH BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH

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

CONTENTS

BODYPUMP & Bone Health

Mixing Releases

CXWORX Layer 2 Coaching

The Science of Resistance Tubing

	TRACK	ARTIST	
1	WARMUP SummerThing! Courtesy of the Universal Music Group. Written by: Wall, Wong, Taylor	Afrojack feat. Mike Taylor	3:51
2	CORE STRENGTH 1 S.A.X. © 2015 Mixmash Records BV. Written by: van Scheppingen, Richter	Laidback Luke & Tujamo	5:33
BONUS 2	CORE STRENGTH 1 Blaze Up The Fire © 2015 Les Mills Music Licensing Ltd. Written by: Pentz, McNaughton, Meckseper, Walsh	Worthy Striker	5:30
3	STANDING STRENGTH 1 Uma Thurman © 2015 Les Mills Music Licensing Ltd. Written by: Wentz, Stumph, Trohman, Hurley, Marshall, O'Donnell, Sinclair, Young, Hashmi, Mosher	The White Zoom	4:57
4	STANDING STRENGTH 2 Secrets (Diplo Remix) Courtesy of the Universal Music Group. Written by: Karagiorgos, Bentley, Hollowell-Dhar, Verwest	Tiësto & KSHMR feat. Vassy	3:13
	Secrets (Diplo Remix) Courtesy of the Universal Music Group. Written by: Karagiorgos, Bentley, Hollowell-Dhar, Verwest	Tiësto & KSHMR feat. Vassy	1:07
BONUS 4	STANDING STRENGTH 2 Emergency (Tommie Sunshine & Kandy Remix) © 2015 Record Company TEN AB, under exclusive license Atlantic Records. Produced under license from Atlantic Recording Corporation. Contains elements of Falling Too (Cittadini/Puntillo/Bortolotti/Leoni), performed by Clubhouse. Licensed courtesy of Atlantic Recording Corporation, and ZYX Music GmbH & Co. KG/Germany. Sample cleared by Danny Zook & Ron Cabilles for Alien Music. Written by: Frederic, Jawo, Hjelt, Leoni, Geiger, Citandini, Bortolotti, Puntillo, Peyton, Hassle	Icona Pop	3:03
	Emergency (Tommie Sunshine & Kandy Remix) © 2015 Record Company TEN AB, under exclusive license Atlantic Records. Produced under license from Atlantic Recording Corporation. Contains elements of Falling Too (Cittadini/Puntillo/Bortolotti/Leoni), performed by Clubhouse. Licensed courtesy of Atlantic Recording Corporation, and ZYX Music GmbH & Co. KG/Germany. Sample cleared by Danny Zook & Ron Cabilles for Alien Music. Written by: Frederic, Jawo, Hjelt, Leoni, Geiger, Citandini, Bortolotti, Puntillo, Peyton, Hassle	Icona Pop	1:19
5	CORE STRENGTH 2 Get Me Outta Here (Florian Picasso Remix) © 2015 Ultra Records, LLC (under license from Liberator Music). Written by: Aoki, Steele	Steve Aoki feat. Flux Pavilion	5:15
6	CORE STRENGTH 3 Say My Name © 2015 Vicious Recordings, under exclusive license to RCA Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Hyde, Styles, Woolner-Kirkham	Peking Duk feat. Benjamin Joseph	2:56
	Say My Name © 2015 Vicious Recordings, under exclusive license to RCA Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Hyde, Styles, Woolner-Kirkham	Peking Duk feat. Benjamin Joseph	1:28



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	↓	Low Level
F	forward	↑	Advanced Level
F&B	forward & back		
HOH	hands on hips		
L	left		
O/H	over head		
R	right		
ROM	range of motion		

CORE ESSENTIALS

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

Whenever you see this icon:



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

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

CREDITS

Choreography – Dan Cohen & Susan Trainor

Technical Consultants – Bryce Hastings & Corey Baird

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 22



From L-R: Huw Davis, Denise Burr, Corey Baird, Elin Hellström, Michael Steenhout (Shadow)

CXWORX 22 challenges the core in so many exciting ways – from core endurance, through to multiple pulls of resistance, testing the core's strength and stability.

With the versatility of the new Les Mills' SMARTBAND™, CXWORX 22 increases value – using its key feature, the 'constant pull of resistance' – by introducing two new moves in our awesome Track 3:

1. The Band-resisted Diagonal Plate Push
2. The Band-resisted Parallel Woodchop

Make sure you jump in front of the mirrors to perfect this new technique to coach your class to mastery!

Your class will be screaming for more... literally!

The Bolt is back by demand, which focuses on explosive movement patterns in Track 2, and the Bonus Track 2 will not disappoint with a different focus, 'Blazing up the fire' in the lower abs.

You will experience two very different musical feels and moves in Track 4 and Bonus Track 4, equally giving us great hip, glute and core conditioning to take your core to another level.

In Track 4's *Secrets*, you'll see that hip and glute conditioning is also a key part of this incredibly powerful release, which was filmed in Stockholm, Sweden.

Track 5 is slow and controlled, using constant movement to build strength, keeping the obliques firing for the whole 5 minutes.

Track 6 sees the Bentover Prone Cobra with weight plates and introduces a new move, Single Leg Diagonal Fly, to challenge the posterior chain and core stabilizers.

Enjoy – and we'd love to know what you think!

Dan & Susan

Dan Susan

CXWORX Presenters

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.

Denise Burr (United Kingdom) is a CXWORX, BODYATTACK and BODYPUMP Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer, a BODYBALANCE/BODYFLOW and BODYCOMBAT Instructor, and a personal trainer. She is based in Hertfordshire.

Elin Hellström (Sweden) is a CXWORX, BODYATTACK and SH'BAM Instructor and Trainer, and a LES MILLS GRIT Series Coach and Trainer. She has a background in dance and is based in Stockholm.

Huw Davis (United Kingdom) is a CXWORX, BODYPUMP and an RPM Instructor and Trainer, a BODYCOMBAT Instructor and a personal trainer. He is based in Edinburgh, Scotland.

BODYPUMP & BONE HEALTH

It has been predicted that, by the year 2020, osteoporosis will afflict 14 million people in the over-50 population, globally.

An additional 47 million are likely to suffer from low bone mass.

Why should we be worried?

Having low bone mineral density can be devastating as we age. Fractures of the hip are a common occurrence for older people with osteoporosis. Statistics tell us that **one in five people over 50 years of age will die within 12 months following a hip fracture**, and less than one third will regain their normal level of functioning.

Loss of bone density can start at as young as 35 years old, and after the age of 40, the rate of decline accelerates. **It's vital that we build a peak bone mass before this rapid decline**, and that we maintain this bone mass later on in life.

Resistance training is prescribed to maintain and increase bone mass. The traditional prescription has been to lift heavy loads for low repetitions. Although this type of training is accepted widely, it is not always practical for certain populations. Lifting very heavy weights in the gym can present barriers for older and untrained adults and women, for whom this type of high intensity can be outside the realm of their physical capabilities.

Les Mills BODYPUMP is highly attended, both by older participants and women. This program is seen as being more achievable and less intimidating than the traditional strength training model of heavy weights for low reps. However, until now, there has been no specific

evidence as to how BODYPUMP affects bone density.

Previous studies have presented conflicting evidence as to whether a low-load, high-repetition program can increase bone mineral density. This lack of clear consensus led us to conduct a study to discover what effect BODYPUMP can have on this issue.

A total of 20 adults completed a 27-week study at the FITOLOGY group fitness studio.

They were randomly put into two groups – either total-body resistance strength training or core strength training. The participants were 28 to 63 years of age and included people who suffered from osteopenia, and also those who were postmenopausal. These are two populations who would greatly benefit from increasing bone mineral density.

The strength training group completed classes in BODYPUMP, the core training group took classes in BODYBALANCE/BODYFLOW, and both groups also participated in RPM.

The results were rather amazing.

The group that took part in BODYPUMP saw their arm bone mineral density increase by 4%, leg by 8%, pelvis by 7% and spine by 3%.

The **BODYPUMP group gains in squat strength were 25.3% greater** than that of the core strength group. This increase in squat strength was directly related to increases in their bone density. In other words, increasing your ability to squat will improve your bone mineral density.

The other strong improvement was an increase in pelvis bone mineral density. Improving bone

density in both the pelvis and legs is extremely significant when it comes to **avoiding potentially fatal fractures of the hip.**

One of the really great things about BODYPUMP is that it is a very accessible program for older and untrained adults and women. As the load is low and you select your own weights, it is an easier program to practise long term trying to lift heavy loads in the weights room. Participants with osteopenia increased their bone density around the hip and pelvis area by 29% while our postmenopausal women saw 22% increases in the same region.

The results of this study clearly show that a low-load, high-resistance program is an effective way to increase bone mineral density. **BODYPUMP, therefore is the perfect way to stay fit and strong and remain healthy as we age.**

For more on this study, go to [http:// www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y9999N00A150155](http://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y9999N00A150155)



MIXING RELEASES

How you mix up tracks has a major effect on how many calories your participants will burn.

We ask that you teach each new release for at least two weeks after launching. This is to give people time to master any new exercises and become familiar with the new choreography. It also creates a bond between instructors and participants around the globe, as we all experience the magic of a new release at the same time.

But how long is too long to be teaching the same release? Should we EVER mix releases?

To answer these questions, we looked at calorie expenditure from three different new releases and measured the output in over 1,000 workouts. Each person completed three classes a week from our cardio formats, plus two BODYPUMP classes.

The first time a person completes a new class, their caloric expenditure is slightly less than in their regular classes.

Participants tell us they do not feel as confident about the exercises when they are new. However, the second time a person completes that release their caloric expenditure is back to the levels we would expect to see during a typical class.

Unfortunately, if we continue to repeat exactly the same tracks for the next three to five classes, **caloric expenditure decreases and then actually stays below normal.** Based on after-class survey data, this drop in expenditure is because the participants find the class slightly less challenging and interesting. Members know what to expect and they learn how to minimize their expenditure. Quite simply, they cheat!

Consider the people who come to YOUR class. New people will need more time to become familiar with each workout. To deliver a quality class to your members, you also need to have enough time to feel confident about the choreography. But, based upon calorie expenditure we can provide the following guidance for you and your club.

What is the ideal number of tracks to switch up every week?

- **Change RPM and BODYPUMP the most.**

If you are teaching a regular group of members, try to **change 6 to 8 tracks per week** in order to maximize energy expenditure.

- For BODYATTACK, BODYCOMBAT and SH'BAM try to switch out **3 to 5 tracks each week.**
- For BODYSTEP, BODYVIVE, CXWORX and BODYBALANCE/ BODYFLOW try to vary your playlist by **2 to 4 tracks each week.** LES MILLS GRIT Series has specific considerations for each release. Check your choreography notes for these guidelines.

When you mix releases it is important that you select your playlists carefully. Programs such as BODYCOMBAT, BODYJAM, or BODYBALANCE/ BODYFLOW often have a sequence of movements that are introduced, mastered, and repeated throughout the release. Therefore, it may not be possible to follow these guidelines for every release.

And, of course, be aware of how many tracks you can switch each week while still being able to master and deliver the choreography in a clear, motivating way.

The bottom line is that we want to provide the best fitness experience in every class... so how about it? Give it a try-mix it up!



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

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

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

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

1 WARMUP

TRACK FOCUS

My participants will feel their muscles getting warm and be mentally prepared for the workout ahead.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	2x8	Set up Crunch Combo, lie on back facing L side, feet on floor, arms at sides and palms up	16	
0:13	I, wanna write this love song (V)	8x8	A Crunch Combo Double Leg Lift Crunch upper body Lower upper body Lower legs	2 2 2 2	8x
0:42	You stole my heart (PC)	4x8	B Crunch 2/2	8	4x
0:56	Fall in the winter (C)	4x8	C Crunch & Oblique Twist Combo Front & B Crunch upper body Twist to front Twist to center Lower upper body Crunch upper body Twist to B Twist to center Lower upper body	2 2 2 2 2 2 2 2 2	2x
1:11	(Instr)	4x8	C ¹ Cross Crawl Combo Front & B Cross Crawl front Cross Crawl B Cross Crawl front, Double Pulse Cross Crawl B Cross Crawl front Cross Crawl B, Double Pulse	2 2 4 2 2 2 4	2x
1:25	This , this ain't no love song (v)	8x8	A Repeat Crunch Combo	8	8x
1:54	You stole my heart (PC)	4x8	B Repeat Crunch 2/2	8	4x
2:08	Fall in the (C)	4x8	C Repeat Crunch & Oblique Twist Combo Front & B	16	2x
2:23	(Instr)	4x8	C ¹ Repeat Cross Crawl Combo Front & B	16	2x
2:37	I will always (Br)	4x8	D Bridge	32	
2:51	I will always	4x8	D ¹ Triple Pulse Bridge	8	4x
3:06	You stole my heart (PC)	4x8	B Repeat Crunch 2/2	8	4x
3:20	Fall in the (C)	4x8	C Repeat Crunch & Oblique Twist Combo Front & B	16	2x
3:34	(Instr)	4x8	C ¹ Repeat Cross Crawl Combo Front & B	16	2x

WHY

Effective core training requires precision as well as intensity. These sequences help us to establish the neural connections that are required to challenge our core muscles during the workout.

COACHING

We have two big blocks of work in this track. Corey's focus in block one was to set up clear body part and direction cues to get everyone moving well. The second block was all about improving and achieving great execution and switching on the mind for the workout ahead. By the end of this track the muscles are primed and the class will feel ready for the workout!

CRUNCH COMBO

KEY COACHING FOCUS:

Brace abs to keep lower back pressed towards the floor, slide ribs to hips

LAYER 1 (SETUP)

- Lie on back, facing side-on to the stage
- Arms at sides, palms up
- Knees lift, upper body crunches combination
- Knees, upper body, upper body, knees
- Knees stop above hips
- **Brace the abs to keep lower back towards the floor**
- **Squeeze ribs towards hips**
- **Chin tucked in**

LAYER 2

- Connect your brain to the correct core muscles to get them working effectively
- Today, take the level that allows you to maintain awesome technique so you get stronger, faster

CRUNCH & OBLIQUE TWIST COMBO

KEY COACHING FOCUS:

Lift shoulders up and across

LAYER 1 (SETUP)

- Single Crunch and Twist
- Up, twist, center and down
- To the back
- **Lift shoulders up and across for rotation**
- Lift opposite rib to hip

LAYER 2

- Shoulders off the floor when you crunch and twist
- Feel the heat in your abs – primed and ready for the workout ahead!

CORE ESSENTIALS

CRUNCH

CROSS CRAWL

BRIDGE

2 CORE STRENGTH 1

TRACK FOCUS

My participants will understand how to execute the Bolt Sequence through my precise coaching of how to dial the intensity up or down to maintain great technique.

MUSIC		SEQUENCE/EXERCISE		CTS REPS	
0:00	(Intro)	8x8	A	Hover on knees, facing R side ⇓ Level: On toes	64
0:29	(Beat)	8x8	A ¹	Extended Walking Hover L L hand F on floor R hand F on floor L elbow down on floor R elbow down on floor ⇓ Level: On toes	2 2 2 2 8x
0:58	(B up)	4x8	B	Plank on toes	32
1:13	(Heavy beat)	12x8	C	Bolt Sequence 4x Double Bounce Plank 2x Double Bounce Plank w. Leg Lift L&R 2x Double Bounce Plank w. Leg Lift L&R and opposite hand Walk Out ⇓ Level: On knees	32 32 32
1:57	(Quiet)	2x8	B	Repeat Plank	16
2:05	(Beat)	4x8		Set up Leg Extension Sequence, lie on back facing L side Extend legs to 45°	16 16
2:19		6x8	D	Single Leg Extension Sequence Front & B Front knee to chest Extend front leg to 45° Repeat w. B leg	4 4 8 3x
2:42	(B up)	4x8	D ¹	Single Leg Extension Sequence w. Crunch Front & B Front knee to chest, Crunch up Extend front leg to 45°, lower down Repeat w. B leg	4 4 8 2x
2:56	(Heavy beat)	8x8	D ²	Single Leg Extension Sequence w. Double Pulse Crunch Front & B Front knee to chest, Double Pulse Crunch Extend front leg to 45°, arms O/H Repeat w. B leg	4 4 8 4x
3:26		4x8	D ³	Double Leg Extension Sequence w. Double Pulse Crunch Bend knees to chest, Double Pulse Crunch Extend legs to 45°, arms O/H	4 4 4x
3:40		2x8	A	Repeat Hover , facing L side	16
3:48	(Beat)	8x8	A ¹	Repeat Extended Walking Hover R	8 8x
4:17	(B up)	4x8	B	Repeat Plank	32
4:32	(Heavy beat)	12x8	C ¹	Repeat Bolt Sequence 2x Double Bounce Plank w. Leg Lift L&R 4x Double Bounce Plank w. Leg Lift L&R and opposite hand Walk Out	32 64
5:16	(Fade)	2x8	B	Repeat Plank	16

WHY

The Bolt Sequence utilizes Reactive Core Training by conditioning the abs to brace quickly when required. In this case, we are training them to decelerate the trunk as we drive the hips forward in Plank position.

COACHING

What a track – by popular demand, the Bolt is back! This move imitates the muscular demands of a sprinter coming out of the blocks and integrates the whole body. Your participants will feel the load on their abs and experience a massive kick to the heart rate as well. Sell the benefits of this type of training. Corey's objective was to empower his class participants with enough technique knowledge so they would know what level was correct for them to maintain form and gain maximum results. When you coach from this place, you are tailoring the workout to more people. Make sure that when you offer the different levels, you qualify what the level is and why you would take it.

EXTENDED WALKING HOVER

KEY COACHING FOCUS:

Brace abs to support the mid-section

LAYER 1 (SETUP)

- Drop down to your knees in the Hover
- Walk hands forward
- Out, out, in, in
- **Brace abs to keep back long and straight**
- If you feel more work in your back than in your abs, drop to your knees



LAYER 2

- Feel your core react as your hands move away from your body
- Reach out further
- Push your feet into the floor firmly and feel your abs react

⇓ LEVEL

- Drop to knees to decrease intensity

BOLT SEQUENCE

KEY COACHING FOCUS:

Back long and straight with abs braced

LAYER 1 (SETUP)

- Bounce your butt back towards your heels twice
 - Drive your hips forward into the Plank
 - **Maintain a long, straight back**
 - **Brace your abs tightly**
- (Double Bounce Plank with Leg Lift)
- Lift front leg off the floor
 - Back leg is straight and low
 - **Hips level to the floor by bracing your abs tightly**
- (Double Bounce Plank with Leg Lift and Opposite Hand Walk Out)
- Back hand slides forward with front Leg Lift
 - Bounce back, other side



LAYER 2

- Use momentum and feel the abs brake the movement
- Imagine sprinting down the road and stopping suddenly for a car
- The entire abdominal wall is fired up and getting stronger

⇓ LEVEL

- Drop to knees to decrease intensity

2 CORE STRENGTH 1



SINGLE LEG EXTENSION SEQUENCE

KEY COACHING FOCUS:

Brace abs to keep lower back pressed towards the floor

LAYER 1 (SETUP)

- Come onto your back (Leg Extension Sequence)
- Knees over hips, lower back towards the floor
- Brace abs, extend legs to 45 degrees
- Front knee to chest, slide it out, back knee
- **Focus on your lower back staying close towards the floor by bracing abs tightly**
- If your back is lifting off the floor, lift your legs higher to reduce the load

(Single Leg Extension Sequence with Crunch)

- Add the Crunch
- Crunch up, slide away, head down
- **Bring ribs to your hips**
- **Chin tucked in**

(Single/Double Leg Extension Sequence with Double Pulse Crunch)

- Double Pulse reach, arms go over head
- If your back is lifting, reduce the range of your arms and legs

LAYER 2

- Reach past your toes
- We chase fatigue. The more fatigued you get, the more overload and the stronger you will make your abs
- Take your feet lower; that's how we get stronger

LEVELS

- ⬆ Legs lower than 45 degrees to increase intensity
- ⬇ Decrease intensity by taking legs higher

CORE
ESSENTIALS

HOVER

PLANK

2 BONUS CORE STRENGTH 1

TRACK FOCUS

My participants will know what level is correct for them when I coach the options of intensity with precision.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	8x8		Set up Resisted Half Circle L. L foot in handle of Les Mills SMARTBAND. Hold band in L hand, R hand on floor, R leg extends B, L hand to ribs	64	
0:27	Evil from (V)	8x8	A	Resisted Half Circle L L arm reaches F L arm circles to L side L arm reaches F L hand into ribs	4 4 4 4	4x
0:53	(Instr)	12x8	B	Superman Punch & Resisted Half Circle L R leg off floor 2x Superman Punch L L arm reaches F to side L arm F&B into ribs ⚡ Level: On toes for last 2 reps	8 4 4	6x
1:32	Blaze up (C)	4x8		Set up Crunch Combo, lie on back, feet on floor, fingertips to temples	32	
1:46	(Instr)	8x8	C	Crunch Combo Crunch Triple Pulse C-Crunch, arms reach F	12 4	4x
2:12	Blaze up (C)	4x8		Set up Lower Abs & Plate Press Combo Knees over hips, plate on chest ⚡ Level: No plate	32	
2:26	Evil from (V)	8x8	C ¹	Lower Abs & Plate Press Combo Extend legs to 45° Open legs Close legs Knees bend in over hips Last 2 reps add Plate Press and Crunch	4 4 4 4	4x
2:52	(Instr)	16x8	C ²	Lower Abs & Plate Press Combo (Fast) Extend legs to 45° Open legs Close legs Knees over hips, Plate Press and Crunch	2 2 2 2	16x
3:45	Kingston (Br)	8x8		Set up Resisted Half Circle R	64	
4:12	Evil from (V)	8x8	A	Repeat Resisted Half Circle R	16	4x
4:38	(Instr)	12x8	B	Repeat Superman Punch & Resisted Half Circle R ⚡ Level: On toes for last 2 reps	16	6x

WHY

Plank exercises have been shown to challenge all muscles of the core simultaneously. Adding resistance from the Les Mills SMARTBAND increases the intensity of the effort and challenges our stability mechanisms.

COACHING

Huw had two focuses for the Superman Punch: Firstly, he wanted his participants to achieve stability by pressing out of the stationary arm to engage the abdominals and create stability in the body. The second focus was to offer options for intensity with clarity so his participants understood which level was right for them in their workout today. With the lower abdominal work, Huw deliberately chose super clear verbal cues so the class didn't have to keep looking back to the stage.

RESISTED HALF CIRCLE**KEY COACHING FOCUS:**

Brace abs to keep hips and shoulders level to the floor

LAYER 1 (SETUP)

- Come down to the floor
- Take your band and anchor it under your right foot
- Knees outside hip-width
- Hold the band 2/3 of the way along
- Hands under your shoulders into Plank position
- **Brace the abs to keep hips and shoulders level to the floor**
- Extend left leg
- Slow, Resisted Half Circle
- Punch forward, side, forward and draw in
- Push out of the stationary arm
- **Square the chest and shoulders**
- Thumb remains up

LAYER 2

- Feel the increase in the abdominal demand by bracing super tightly to keep the body square

↓ **LEVEL**

- Decrease intensity by lengthening the band

**SUPERMAN PUNCH & RESISTED HALF CIRCLE****KEY COACHING FOCUS:**

Brace abs to keep hips and shoulders level to the floor

LAYER 1 (SETUP)

- Lift the left leg
- 2x Superman Punch, 1x Half Circle
- The rhythm: punch, punch, punch, circle, reload
- **Brace the abs to keep hips and shoulders level to the floor**
- **Squeeze your butt**
- Keep your leg low

LAYER 2

- Focus on pushing the floor away to keep the body square and keep the load into the abs
- Take the challenge! 2 reps on the toes!

↓ **LEVELS**

- Stay on knees to reduce intensity
- Decrease intensity by lengthening the band



2 BONUS CORE STRENGTH 1



CRUNCH COMBO

KEY COACHING FOCUS:

Slide ribs to hips

LAYER 1 (SETUP)

- Lie on your back
- Heels close to butt
- Fingertips to temples
- 3x Crunch, 1x C-Crunch
- **Ribs to hips**
- **Eye gaze between the knees**
- **Chin tucked in**
- Throw your hands to your feet

LAYER 2

- Lift your shoulder blades further off the floor

LOWER ABS & PLATE PRESS COMBO

KEY COACHING FOCUS:

Brace abs to keep lower back towards the floor.
Slide ribs to hips (Plate Press)

LAYER 1 (SETUP)

- Grab your heavy plate for extra resistance
- Legs to 90 degrees
- Extend the legs to 45 degrees slowly, open, close, draw in
- **Brace the abs tightly to keep lower back in place**
- Draw knees back in and press plate to ceiling

(Fast)

- Everything in double time
- The rhythm: out, open, in, lift

LAYER 2

- If your lower back is pulling away from the floor, maintain great technique by taking the feet closer to the ceiling and keep the load in your core
- The challenge – can you take your legs below 45 degrees?
- Feel your abs blazing up the fire!

↓ LEVEL

- Reduce intensity with no plate



3 STANDING STRENGTH 1

TRACK FOCUS

My participants will understand how to execute the new band and plate work when I clearly coach Position and Execution Setup.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	Set up Diagonal Push R. Les Mills SMARTBAND under L foot, handles together at chest	32	
0:13	(Instr)	4x8	A Diagonal Push R Legs wide, push out to R corner, bend R knee, L leg straight Hands back into chest, bend L knee, R leg straight	4 4	4x
0:26	_ She wants (V)	8x8	A' Diagonal Push R (Fast)	4	16x
0:51	I can move (C)	4x8	Set up Diagonal Push w. Les Mills SMARTPLATE R Hold plate and single handle of band	32	
1:05	(Instr)	4x8	B Diagonal Push w. Les Mills SMARTPLATE R Push out to R corner, bend R knee, L leg straight Hands back to chest, bend L knee, R leg straight	4 4	4x
1:17	_ She wants (V)	8x8	B' Diagonal Push w. Les Mills SMARTPLATE R (1/3 tempo) Push out to R corner, bend R knee, L leg straight Hands back to chest, bend L knee, R leg straight	2 6	8x
1:43	I can move (C)	8x8	C Single Parallel Woodchop w. SMARTBAND & SMARTPLATE R	4	16x
2:08	I can move (C)	4x8	Repeat Set up for Diagonal Push L	32	
2:21	(Instr)	4x8	A Repeat Diagonal Push L	8	4x
2:34	_ She wants (V)	8x8	A' Repeat Diagonal Push L (Fast)	4	16x
2:59	I can move (C)	4x8	Repeat Set up for Diagonal Push w. Les Mills SMARTPLATE L	32	
3:12	(Instr)	4x8	B Repeat Diagonal Push w. Les Mills SMARTPLATE L	8	4x
3:25	_ She wants (V)	8x8	B' Repeat Diagonal Push w. Les Mills SMARTPLATE L (1/3 tempo)	8	8x
3:51	I can move (C)	8x8	C Single Parallel Woodchop w. SMARTBAND & SMARTPLATE L	4	16x
4:16	_ She wants (V)	4x8	Set up Squat Plate Thruster, plate at chest ⚡ Level: Band doubled and held O/H	32	
4:29	I can move (C)	8x8	Squat Plate Thruster	4	16x

WHY

The combined resistance of the Les Mills SMARTBAND and SMARTPLATE maximizes core loading. The band provides an oblique pull, while the plate resistance is vertical. Training our core stabilizers against these two forces simultaneously will improve our functional core strength.

COACHING

This track starts with the Diagonal Push using the band then progresses to the new challenge of adding a light plate for extra resistance. Remember that your participants may wish to use the band only until they increase their strength, so always offer this choice. Explain to your class, as Corey did in the Masterclass, that when executing this move the band will want to pull you back to your foot and the plate wants to pull you down to your foot. This means double the load and double the results for the core and upper back!

DIAGONAL PUSH**KEY COACHING FOCUS:**

Brace abs to keep hips square to the front.
Twist from the center of the chest

LAYER 1 (SETUP)

- Grab your band
- Keep your light weight plate in front of your right foot
- Step your right foot into band
- Join handles together and hold material edge
- Hands at center of chest
- **Brace abs**
- Feet outside shoulder-width
- Push hands to diagonal, return chest to front
- **Lift your chest, hands slightly lower than shoulders**

(Diagonal Push – Fast)

- Out, in
- **Keep hips square to the front**
- **Drive rotation from center of chest**
- If you find it difficult to keep your chest lifted, lower your hands or drop inside handle

LAYER 2

- Feel the power of your legs as your weight shifts side to side
- Feel the drive off this leg – it comes up through your core and out to your arms. This core link is super important for all functional movements

⇓ **LEVELS**

- Decrease intensity, by lowering your hands
- Decrease intensity by dropping inside handle

**DIAGONAL PUSH WITH LES MILLS SMARTPLATE****KEY COACHING FOCUS:**

Brace abs to keep hips square to the front.
Twist from the center of the chest

LAYER 1 (SETUP)

- New move
 - Inside handle comes down
 - Option to hold plate and handle in same hand
 - Push it slowly to the diagonal and back to chest
 - Arms straight and feel your core 'light up'
- (1/3 tempo)

- **Twist from center of the chest**
- Out fast, in slowly
- **Chest lifted**
- **Strong ab brace to keep hips square to the front**

LAYER 2

- Feel the band pulling you toward your foot. The plate wants to pull you to the floor
- Obliques are working, upper back is working, taking your core to a whole new level

⇓ **LEVELS**

- Decrease intensity by dropping hands lower
- No plate to reduce intensity



3 STANDING STRENGTH 1



SINGLE PARALLEL WOODCHOP WITH LES MILLS SMARTBAND & SMARTPLATE

KEY COACHING FOCUS:

Brace abs to keep hips square to the front.
Twist from the center of your chest

LAYER 1 (SETUP)

- Hold hands out straight, take band across to the diagonal
- Side to side, Parallel Woodchop
- **Brace abs to keep hips square to the front**
- **Twist from center of chest**
- Keep arms straight
- Aim your chest to 2 and 4 o'clock
- **If your chest lowers, lower your plate**
- For more resistance, lift the plate to shoulder height



LAYER 2

- Tear at the band as if it's not your friend! It's providing resistance for your core
- Go strong to the very end! Big, powerful pull!

LEVELS

- ↓ Decrease intensity by lowering hands
- ↑ Increase intensity by lifting hands to shoulder height
- ↓ No plate to reduce intensity

SQUAT PLATE THRUSTER

KEY COACHING FOCUS:

Hips sit back and down

LAYER 1 (SETUP)

- Use a band for less resistance on your shoulders
- A heavy plate for more
- Feet outside hip-width
- Squat down and up
- **Butt back and down**
- **Elbows slightly forward of your face**
- **Chest lifted**



LAYER 2

- Slam the plate through the roof – push from your feet through to your core and let me see you bring the roof down!
- More push, more slam, more power!

LEVELS

- ↓ Decrease intensity on shoulders by using a band
- ↑ Heavy plate to increase intensity

4

STANDING STRENGTH 2

TRACK FOCUS

My participants will execute the Single Leg Squat with precision when I coach this move with clarity.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	6x8		Set up Alt Single Leg Squat w. Les Mills SMARTBAND under feet, cross handles	48	
0:19	Oh won't you (C)	12x8	A	Alt Single Leg Squat L&R	8	12x
0:59	(Instr)	8x8	B	Single Leg Squat R 4x Single Leg Squat R, down, up B foot taps down & up Step L foot in under hip	14 2	4x
1:25	Oh won't you (C)	4x8	A	Repeat Alternating Single Leg Squat R&L	8	4x
1:39	(Instr)	8x8	B	Repeat Single Leg Squat L	16	4x
2:05	Oh won't you (C)	12x8	C	Side Leg Lift Combo L&R 3x Side Leg Lift L Wide Step L 3x Side Leg Lift R Wide Step R	12 4 12 4	3x
2:44	_ I'll take (Rep)	8x8	B ¹	Repeat Single Leg Squat R ⬆ Level: L foot off floor, under hip	16	4x
3:12	Oh won't you (C)	12x8	C	Repeat Side Leg Lift Combo R&L	32	3x
3:52	_ I'll take (Rep)	8x8	B ¹	Repeat Single Leg Squat L	16	4x

WHY

Many lower limb injuries occur due to the knee tracking inside the line of the foot on impact. Single Leg Squat exercises help to improve our movement control – therefore reducing the chance of injury.

COACHING

Corey says: This track will give you a 3-D butt, that's for sure! There's lots of Single Leg Squat training to develop great strength and stability. Corey taught the coaching layers with precision to keep his participants connected to their bodies. He established position and execution setup first so the class understood the importance of body position. Once everyone was moving well, he created intensity by explaining how to improve the execution of the moves. Finally, he motivated everyone by selling the great benefits of this type of training. This song has a cool internal feel – how will you keep your class connected to the workout to the end?

ALTERNATING SINGLE LEG SQUAT

KEY COACHING FOCUS:

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

LAYER 1 (SETUP)

- Step into your band
- Feet under hips
- Cross the handles over
- **Bend your knees a little**
- **Pick your chest up and brace your abs**
- Single Leg Squat, right then left
- Foot moves backward slightly, outside hip-width
- Foot turns out naturally
- **Hip hinge, nose comes forward of your toes**
- **Chest stays lifted and open**



LAYER 2

- Brace your abs to keep your hips facing forward, then we can align ourselves to strengthen the glutes
- Tip forward a lot to target the gluteus maximus, the powerhouse muscle of the hips

↓ LEVEL

- No band to reduce intensity

SINGLE LEG SQUAT

KEY COACHING FOCUS:

Keep knee aligned with 2nd and 3rd toes

LAYER 1 (SETUP)

- Hold right leg back, Single Leg Squat
- 4, 3, 2 and step the foot in under your hip
- Same leg again
- Keep back leg straight to push out against the resistance
- **Standing leg, knee is aligned with your toes**
- Bend your knee a lot

LAYER 2

- Focus on the center of your chest. Try dropping it down in line with the inside of your big toe. This centers you and targets your hip muscles even more
- Step in, without touching your foot to the ground

↓ LEVELS

- No band to reduce intensity
- Tap toes to the floor to maintain control of the movement

SIDE LEG LIFT COMBO

KEY COACHING FOCUS:

Brace abs to keep hips square

LAYER 1 (SETUP)

- Step in
- Right leg lifts, 3, 2, 1, Wide Squat
- Opposite leg
- Bend the standing leg
- **Chest lifted**
- **Brace your abs to keep you facing forward**



LAYER 2

- Can you lift your leg higher to create a burn in your glutes? We are going to turn that burn into a rip-roaring fire!
- To get isolation we need integration, so feel the muscles of your standing leg, outer hip, inner thigh and core

↓ LEVEL

- No band to reduce intensity

4 BONUS STANDING STRENGTH 2

TRACK FOCUS

My participants will feel successful with the new tubing setup so they can experience the intensity and challenge when working from this position.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	Set up Les Mills SMARTBAND under feet, cross handles to hips	32	
0:15	(B up)	4x8	A Back, Back, Forward, Tap L&R	8	4x
0:30	Party (V)	8x8	A ¹ Back, Back, Forward, Leg Lift L&R ⚡ Level: No Leg Lift	8	8x
1:01	This is emergency (C)	12x8	A ² Back, Back, Forward, Leg Lift L Hold Leg Lift Repeat R	4 4 8	6x
1:47	Halelujah (V)	4x8	Set up Side Leg Lift & Squat L Les Mills SMARTBAND under L foot, both handles in R hand, step R foot on doubled band, L hand on hip	32	
2:02	Twist on my hips (PC)	8x8	B Side Leg Lift & Squat L Side Leg Lift L Squat	2 2	16x
2:32	(Instr)	8x8	B ¹ Double Side Leg Lift & Squat L Side Leg Lift L Toe Tap L Side Leg Lift L Squat	2 2 2 2	8x
3:03	Halelujah (V)	4x8	Repeat Set up Side Leg Lift & Squat R	32	
3:18	Twist on my hips (PC)	8x8	B Repeat Side Leg Lift & Squat R	4	16x
3:49	(Instr)	8x8	B ¹ Repeat Double Side Leg Lift & Squat R	8	8x

WHY

Engaging the abdominals to keep the hips square allows us to isolate the side and rear glutes. These are the key stabilizers of the lower limb.

COACHING

The first part of this track is all about precise position and execution setup of the Back, Back, Forward, Tap exercise and variations. Elin says: Coach timing of the movement to help participants with the coordination and execution, then focus on the traveling back and decelerating with the holds to dial up the intensity. The new tubing setup will be a challenge for participants as they will feel the band pulling them down – this is where the intensity is! Choose cues that will let your class know WHERE to feel it and HOW it should feel – they will love it!

BACK, BACK, FORWARD, TAP**KEY COACHING FOCUS:**

Keep hips square to the front

LAYER 1 (SETUP)

- Step into your band with both feet
- Cross the handles, hands on hips
- Combination, Back, Back, Forward, Tap
- 3, 2, 1, Tap
- Right then left
- **Keep hips square to the front**
- **Brace your abs**

(Back, Back, Forward, Leg Lift)

- Back, Back, Forward and Lift
 - 3 steps and 1 Lift
 - Extend leg back straight
 - **Squeeze your butt**
 - Keep good posture by lifting chest high
- (Back, Back, Forward, Leg Lift with Hold)
- Change the rhythm, 3, 2, 1 and freeze
 - Toe-tap back foot and hold
 - Lift the back foot for balance

LAYER 2

- In this move travel back and forward. Push from the rear foot into the standing leg. Can you feel the muscles decelerate the movement?

⇓ **LEVELS**

- Decrease intensity with no band
- Decrease intensity with no Leg Lift

SIDE LEG LIFT & SQUAT**KEY COACHING FOCUS:**

Keep chest and hips square to the front with abs braced

LAYER 1 (SETUP)

- Place right foot on middle of the band
- Handles together in left hand
- Left foot on both bands
- Feet outside hip-width
- **Brace abs**
- Lift and squat
- **Brace abs tightly to avoid leaning**
- **Squat with knees out** by contracting your glutes

(Double Side Leg Lift & Squat)

- 2x Side Lift
- Lift, Tap, Lift, Squat
- Keep working foot outside of hip-width when you lift and squat

LAYER 2

- Don't be satisfied with just lifting – try pushing the foot a few inches further and you will feel the work all the way up to the outside of your hip
- You get a workout for your outer hip while gaining functional strength for your abs

⇓ **LEVELS**

- To decrease intensity, use single band
- No band to reduce intensity



5 CORE STRENGTH 2

TRACK FOCUS

My participants will master the transition for the Oblique Leg Extension when I clearly coach Position and Execution Setup.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	8x8	A	Hover , facing R side ⇅ Level: On knees	64
0:30	_ I feel (C)	8x8	A ¹	Rolling Side Hover L (Slow) Side Hover (face front) Hover ⇅ Level: On knees	16 16 2x
1:00	(Instr)	8x8	A ²	Rolling Side Hover L Side Hover (face front) Hover	8 8 4x
1:30		4x8	A ³	Side Hover (face front) Set up Oblique Leg Extension on L buttock, legs extend to L corner	16 16
1:45	(B up)	4x8	B	Oblique Leg Extension L ⇅ Level: Bottom foot on floor	4 8x
2:00	(Heavy beat)	12x8	B ¹	Oblique Leg Extension w. Window Wiper L&R 3x Oblique Leg Extension Roll onto R buttock Repeat other side	12 4 16 3x
2:45	Here	2x8	A	Repeat Hover , facing L side	16
2:52	_ I feel (C)	8x8	A ¹	Repeat Rolling Side Hover R (Slow)	32 2x
3:23	(Instr)	8x8	A ²	Repeat Rolling Side Hover R	16 4x
3:52		4x8	A ³	Repeat Side Hover Repeat Set up Oblique Leg Extension on R buttock, legs extend to R corner	16 16
4:07	(B up)	4x8	B	Repeat Oblique Leg Extension R	4 8x
4:22	(Heavy beat)	12x8	B ¹	Repeat Oblique Leg Extension w. Window Wiper R&L	32 3x

WHY

This exercise sequence targets the obliques with open and closed chain exercises. The Oblique Leg Extensions are open chain as the legs are off the floor, while the Rolling Side Hovers are closed chain with the elbow and legs anchored to the floor. Alternating these techniques enables us to keep the intensity high and the obliques under constant load for the whole track.

COACHING

The music is rocking and perfectly expresses what everyone will be feeling when the intensity kicks in, "Get me outta here"! Rolling Side Hovers are the perfect oblique sting to start the track with. Focus on timing cues to help participants maintain the tension in the core, as Denice did in the Masterclass. The real work is in the Leg Extension with the Window Wiper transition, which provides a balance and stability challenge from the long levers. Offer the one-foot level early so the class knows what to do if they lose execution of the high chest position. This is the most important coaching point to create intensity.

ROLLING SIDE HOVER

KEY COACHING FOCUS:

Brace abs so that hips and shoulders move as one

LAYER 1 (SETUP)

- Come side-on to the stage
- Hover position
- Cross arms under your body
- **Brace abs**
- Slow Rolling Hover to the front
- Hold and lift your hip high
- Come back to Hover, **bring hips and shoulders square to the floor**
- Anchor your elbow by pushing your forearm deep into the floor

LAYER 2

- Find the level that suits your body best for a great workout
- This is a huge rotational challenge for our obliques. Push your forearm down strongly for stability and to help us to lift our bottom hip, adding intensity

↓ LEVEL

- Decrease intensity by staying on one knee for Side Hover

OBLIQUE LEG EXTENSION WITH WINDOW WIPER

KEY COACHING FOCUS:

Chest lifted with abs braced

LAYER 1 (SETUP)

- Lower hips
- Roll to the back butt cheek
- Bring your feet to the front right corner
- Back elbow down
- **Chest lifted**
- **Abs braced**
- Knees are coming in and out
- **Press into the floor to keep the chest lifted**
- Take one foot to the floor if the chest is not lifted (Window Wiper)
- 3 more and legs come up and over
- Window Wiper move
- Feet from corner to corner
- Transfer weight from elbow to elbow and butt cheek to butt cheek

LAYER 2

- How still can you keep your upper body?
- Fully extend your legs
- Feel the pressure on the side of your waist?
- It's crushing, biting and building you a stronger waistline

↓ LEVEL

- Decrease intensity by having one foot on floor

CORE ESSENTIALS

HOVER

SIDE HOVER

6 CORE STRENGTH 3

TRACK FOCUS

My participants will understand the position and execution setup of each exercise, allowing them to feel the muscles of the back working hard.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	2½x8	Set up Upper Body Extension, lie prone, feet together, fingertips to temples	20	
0:13	_ Back it up (V)	2x8 A	Upper Body Extension	4	4x
0:23	_ Maybe when the (C)	4x8 A¹	Upper Body Extension w. Hold Lower halfway	6 2	4x
0:44	_ La la (Rep)	4x8 A²	Triple Pulse Upper Body Extension Arms wide, thumbs up	8	4x
1:06	_ Four doors (V)	4½x8	Set up Single Leg Diagonal Fly L w. Les Mills SMARTPLATE. Stand on L leg, R leg B	36	
1:30	_ Now everything (Br)	4x8 B	Single Leg Diagonal Fly L R arm lifts to diagonal L arm lifts to diagonal Lower R arm Lower L arm	2 2 2 2	4x
1:53	_ Clap, clap	2x8 B¹	Single Leg Double Arm Diagonal Fly Arms lift to diagonal Arms lower	4 4	2x
2:03	_ Maybe when the (C)	4x8 C	Bentover Prone Cobra Return to standing	4 4	4x
2:24	_ La la (Rep)	4x8 C¹	Triple Pulse Bentover Prone Cobra Note: Stay bent over	6 2	4x
2:45	Name	2x8	Repeat Set up Single Leg Diagonal Fly R Stand on R leg, L leg B	16	
2:55	_ Now everything (Br)	4x8 B	Repeat Single Leg Diagonal Fly R	8	4x
3:19	_ Clap, clap	2x8 B¹	Repeat Single Leg Double Arm Diagonal Fly	8	2x
3:30	_ Maybe when the (C)	4x8 C	Repeat Bentover Prone Cobra	8	4x
3:50	_ La la (Rep)	4x8 C¹	Repeat Triple Pulse Bentover Prone Cobra	8	4x
4:12	_ La la	2x8	Shoulder Stretch L&R	16	

WHY

The Diagonal Fly and Bentover Prone Cobra target our lower trapezius muscles. These muscles stabilize the shoulder blades, protecting our shoulders from injury. They also help improve our posture as they support our shoulder position and thoracic spine.

COACHING

This trifecta of moves will challenge even your seasoned participant! We are 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 by looking up at you. Create a strong connection to the class through your coaching of the internal and external feelings of the exercises. Remember to cater to all fitness levels so everyone is moving well and feeling great.

UPPER BODY EXTENSION**KEY COACHING FOCUS:**

Squeeze butt

**LAYER 1 (SETUP)**

- Roll onto your stomach
- Glue your feet together
- **Squeeze your butt tightly**
- Fingertips to temples
- Chest lifts up, halfway down
- Feet together and squeeze your butt

(Upper Body Extension with Hold)

- Lift up and hold
- **Elbows lift as high as you can to squeeze shoulder blades**

(Triple Pulse Upper Body Extension)

- Reach arms back to an inverted 'V'
- Triple Pulse, 3, 2, 1 halfway down
- **Eyes look to the floor**

**LAYER 2**

- Turn your palms out for more shoulder blade squeeze

SINGLE LEG DIAGONAL FLY**KEY COACHING FOCUS:**

Tip forward from the hips with the chest lifted

LAYER 1 (SETUP)

- Hands to floor and stand up
- Pick up 2 light weight plates
- Feet under hips
- Bend your knees
- Take leg back
- **Tip forward from hips**
- **Chest lifted**
- **Nose forward of toes**
- **Set shoulder blades back**
- Left arm up to 45 degrees, right arm up, down, down
- Arms straight, thumbs up
- Arms up to ear height

(Single Leg Double Arm Diagonal Fly)

- Lift both arms slowly
- Brace your abs even tighter to support the lower back

**LAYER 2**

- Arms come out at 45 degrees to hit lower trapezius muscles. They are a really important shoulder stabilizer so we need to make them strong
- **Reactive Core Training** – strengthening the lower back and upper back

↓ LEVELS

- Use band to reduce intensity
- Decrease intensity by reducing range of motion

6 CORE STRENGTH 3



BENTOVER PRONE COBRA**KEY COACHING FOCUS:**

Tip forward from the hips and squeeze shoulder blades together

LAYER 1 (SETUP)

- Step feet in under hips
- Knuckles to the back of the room
- **Tip forward from your hips**
- **Lift your chest**
- Bend knees
- Straight arms
- Chest open and lifted
- **Squeeze shoulder blades together**
(Triple Pulse Bentover Prone Cobra)
- Hold down
- **Brace abs tightly**
- Lower your hands 1 inch (2.5 centimeters)
- Lift and pulse
- 3, 2, 1 one inch down (2.5 centimeters)
- **Squeeze shoulder blades together**
- Only your arms are moving

**LAYER 2**

- Push your butt to the back wall for a Hamstring Stretch
- Are your shoulder blades crushing together?
- Strengthening all the anti-gravity muscles of your upper back
- All the strong muscles that keep us standing upright with good posture

⇓ LEVELS

- Use band to reduce intensity
- Decrease intensity by reducing range of motion

CORE ESSENTIALS

CRUNCH

KEY COACHING FOCUS:
Slide ribs to hips

LAYER 1 (SETUP)

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

LAYER 2

- Lift your shoulder blades further off the floor



CROSS CRAWL

KEY COACHING FOCUS:
Lift shoulder towards opposite knee

LAYER 1 (SETUP)

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



BRIDGE

KEY COACHING FOCUS:
Squeeze glutes to lift hips

LAYER 1 (SETUP)

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



HOVER

KEY COACHING FOCUS:
Brace abs to keep back long and straight

LAYER 1 (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



LAYER 2

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

↓ LEVEL

- To reduce intensity, drop to knees



SIDE HOVER

KEY COACHING FOCUS:
Keep bottom hip lifted

LAYER 1 (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



LAYER 2

- 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

↓ LEVEL

- Drop bottom knee to reduce intensity



PLANK

KEY COACHING FOCUS:

Abs braced with back long and straight

LAYER 1 (SETUP)

- Hands under shoulders
- On knees or toes
- **Abs braced with back long and straight**



LAYER 2

- Knees or toes

LES MILLS



facebook.com/lesmills



@lesmills



@lesmillstribе

Reebok 
ONE

**TO RECEIVE 25% OFF CLOTHING &
FOOTWEAR* SIGN UP TO REEBOKONE**

VISIT REEBOKONE.COM

*AVAILABLE TO INSTRUCTORS WHERE REEBOKONE IS OFFERED