

CONTENTS



KEY

(Intro)	introduction	T&B	top & bottom
(Br)	bridge	w.	with
(B up)	build up		
(C)	chorus	1/1	2 counts down, 2 counts up
(PC)	pre-chorus	2/2	4 counts down, 4 counts up
(V)	verse	3/1	6 counts down, 2 counts up
(Instr)	instrumental	4/4	8 counts down, 8 counts up
Alt	alternating	1/3	2 counts down, 6 counts up
B	back	↓	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 – Sean Moran

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 23

INTERNAL & EXTERNAL COACHING NEW RESEARCH: RPM BENEFITS THE SCIENCE OF RESISTANCE TUBING

	TRACK	ARTIST	
1	WARMUP Don't Be So Hard On Yourself © 2015 Atlantic Records UK Ltd, a Warner Music Group Company. Produced under license from Atlantic Recording Corp. Written by: Glynne, Dow-Smith, Bennett, Brown	Jess Glynne	3:37
2	CORE STRENGTH 1 Pray To God © 2015 Les Mills Music Licensing Ltd. Written by: A. Haim, D. Haim, E. Haim, Harris, Rechtshaid	Troubled Institute	5:18
3	STANDING STRENGTH 1 Coming Home Courtesy of the Universal Music Group. Written by: Barnes, Kohn, Kelleher, Hector	Sigma feat. Rita Ora	3:19
	Coming Home Courtesy of the Universal Music Group. Written by: Barnes, Kohn, Kelleher, Hector	Sigma feat. Rita Ora	1:31
BONUS 3	STANDING STRENGTH 1 Our Demons © 2015 Les Mills Music Licensing Ltd. Written by: Boreta, Ma, Mayer, Volkman	Reckless Idol	5:06
4	STANDING STRENGTH 2 Freak © 2014 Mad Decent. Written by: Pentz, Orrosquieta, Aoki, Bays	Steve Aoki, Diplo & Deorro feat. Steve Bays	4:40
5	CORE STRENGTH 2 Deeper Love (Extended Mix) © 2015 SpinninRecords.com. Under exclusive license to Hussle Recordings, a division of Ministry of Sound Australia. (www.ministryofsound.com.au) Written by: Clivillés, Cole	Jauz	5:02
6	CORE STRENGTH 3 Magnets Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Napier, Yelich-O'Connor	Disclosure feat. Lorde	1:30
	Magnets Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Napier, Yelich-O'Connor	Disclosure feat. Lorde	3:08
BONUS 6	CORE STRENGTH 3 Cracks (Flux Pavillion Remix) © 2010 Never Say Die. Under exclusive license to Dax Music Pty Ltd T/A Central Station Records. www.centralstation.com.au Written by: Cantor, Harvey, Dunn, Venn	Freestylers feat. Belle Humble	4:32

1 WARMUP

Don't Be So Hard On Yourself > 3:37 mins

1

TRACK FOCUS

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

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8	Set up Double Leg Lift – hands under lower back	32	
0:22 Go back (PC)	4x8 A	Double Leg Lift 2/2 Note: Release hands from lower back fingertips to temples on last rep	8	4x
0:38 Don't be (C)	8x8 B	Twist Crunch Combo Oblique Twist to front, front Knee Lift Crunch up to center, both feet off floor Lower head and feet down Oblique Twist to B, back Knee Lift Crunch up to center, both feet off floor Lower head and feet down	2 2 4 2 2 4	4x 4x
1:10 Standing (V)	4x8 A	Double Leg Lift 2/2	8	4x
1:26 Go back (PC)	4x8 A ¹	Double Leg Lift 2/2 – feet stay off the floor	8	4x
1:42 Don't be (C)	8x8 B	Twist Crunch Combo Oblique Twist to front, front Knee Lift Crunch up to center, both feet off floor Lower head and feet down Oblique Twist to B, B Knee Lift Crunch up to center, both feet off floor Lower head and feet down	2 2 4 2 2 4	4x 4x
2:14 Oh (Br)	4x8 C	Transition to Bridge	32	
2:30 It's not	4x8 C ¹	Bridge-Singles Roll down on last 4 cts	4	7x
2:46 Don't be (C)	4x8 D	Triple Pulse Crunch – reach fingers to shins	8	4x
3:02 Just tired	4x8 D ¹	Triple Pulse C-Crunch	8	4x
3:18 Just tired (Outro)	4x8	Cross Crawl front and B	4	8x

WHY

Improving core stability relies on movement precision. The Warmup pre-conditions the neuromuscular system, enabling us to achieve this precision throughout the class.

COACHING

Dan set up precision in the movement patterns first, then encouraged the class to bring their attention to their bodies: both the feeling in the muscles and understanding how to improve execution of the moves. Doing this will establish a foundation of great technique for your class, helping them to understand how they can adjust the intensity to tailor the workout to suit them.

TWIST CRUNCH COMBO

KEY COACHING FOCUS:

Lift shoulder up and across. Brace abs to keep lower back close to the floor as legs lower.

LAYER 1 (SETUP)

- Fingertips to temples
- Oblique Twist to the front, center, and slowly reset
- Back shoulder comes up and across towards the front knee**
- On the Crunch, slide the ribcage down toward the pelvis**
- Switch to the back
- As your legs lower, brace the abs to keep lower back toward the floor**

LAYER 2

- We're using our upper and lower body to really engage our core
- Go for a big squeeze in your core
- Show me your chest as you rotate

CORE ESSENTIALS

DOUBLE LEG LIFT

BRIDGE

TRIPLE PULSE CRUNCH

TRIPLE PULSE C-CRUNCH

CROSS CRAWL

2 CORE STRENGTH 1

Pray To God > 5:18 mins

2

TRACK FOCUS

My participants will understand how to achieve the correct level for the Leg Extension work and enjoy the challenges with the Hover.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	1x8	A	Set up Hover	8
0:04	Ohhh (V)	4x8	A	Hover on knees	32
0:18	Any more	4x8	A ¹	Hover on Knees w. Arm Circle L&R	16 2x
0:33	Getting through (C)	8x8	A ²	Hover on Toes w. Arm Circle L&R Come to knees on last rep ⇩ Option: On knees	16 4x
1:03	(Instr)	4x8	A ³	Double Knee Drop ⇩ Option: Double Knee Lift	4 8x
1:19		8x8	A ⁴	Arm Circle Sequence 2x Double Knee Drop Arm Circle L 2x Double Knee Drop Arm Circle R Option: On toes or knees	8 8 8 8 2x
1:48	(Quiet)	2x8		Lie on back, plate to ceiling, knees over hips	16
1:56	Ohhh (V)	8x8	B	O/H Extension w. Double Leg Extension	16 4x
2:26	Getting through (C)	8x8	B ¹	O/H Extension w. Double Leg Extension	8 8x
2:56	(Instr)	4x8	B ²	Single Leg Extension front & B	8 4x
3:11		8x8	B ³	O/H & Leg Extension Sequence Single Leg Extension front & B O/H Extension w. Double Leg Extension	8 8 4x
3:41	(Quiet)	1x8		Set up Hover	8
3:45	Ohhh (V)	4x8	A	Hover on knees or toes	32
4:00	Lights in my eyes	8x8	A ²	Hover on Toes w. Arm Circle L&R ⇩ Option: On knees	16 4x
4:30	(Instr)	4x8	A ³	Double Knee Drop	4 8x
4:45		8x8	A ⁴	Arm Circle Sequence Option: On knees or toes	32 2x

WHY

Our core muscles control our trunk position while we move our arms and legs. Keeping the ribs down toward the pelvis as we extend our arms and legs helps us to improve this mechanism, increasing our ability to generate force during day-to-day activities.

COACHING

Your focus in the Hover with Arm Circle is to challenge the core through perfect timing and execution. Reagan's initial focus in the Masterclass was to set up the perfect Hover and create an awareness of how that felt, so everybody would remember that feeling the next time they perform it.

The Leg Extension work will challenge even your hardcore participants. Look at who's in front of you and offer different levels to suit the needs of your class. Try coaching with an internal focus so your participants understand how the ribcage stays connected to the hips as the arms and legs extend; this will generate a whole new sensation in the core! Take time, as Reagan did, to coach Layer 2 cues of how to improve execution, building intensity through precision of movement.

HOVER W. ARM CIRCLE

KEY COACHING FOCUS:

Abs braced to support lower back
Keep hips and shoulders level to the floor

LAYER 1 (SETUP)

- Come on down
- Elbows under shoulders
- Knuckles together
- Lift hips to shoulder level
- Knees hip-width apart
- **Brace abs**
- **Keep your back long and straight**
- Right-hand Arm Circle slow
- Left-hand Arm Circle
- **As you move keep hips and shoulders level to the floor**
- If you need to, scale down the intensity by dropping to your knees and focus on your technique to help you get stronger



LEVELS

- ⇩ Take feet wider or drop to knees to decrease intensity

DOUBLE KNEE DROP/ ARM CIRCLE SEQUENCE

KEY COACHING FOCUS:

Back long and straight
Abs braced to support lower back

LAYER 1 (SETUP)

- New move: Knee Drop
- On your toes we go, down and up
- If on the knees, you reverse it lightly tapping knees down
- **Brace your abs**
- If you can't touch the floor, it means your hips are too high
- (Arm Circle Sequence)
 - Combination, Double Knee Drop and Arm Circle
 - Press into the floor firmly with your hands
 - **Keep the back long and straight** to stay in load
 - **Keep the hips and shoulders square to the floor**, that's your challenge

LAYER 2

- If you're rocking from side to side, it's OK to come down to the knees and focus on perfect form
- We've only got 4 blocks left; I challenge you to come up on your toes
- Think about a hot surface underneath your knees... light tap
- How much can you 'milk' out of the timing for more tension?

2 CORE STRENGTH 1



Pray To God > continued

2

O/H ARM EXTENSION W. DOUBLE LEG EXTENSION / SINGLE LEG EXTENSION / O/H ARM + LEG EXTENSION SEQUENCE

KEY COACHING FOCUS:

Brace abs to keep lower
Back pressed towards the floor

LAYER 1 (SETUP)

- Quick transition
- Grab your plate
- Lie on your back
- Knees above hips
- Plate above shoulders
- Extend arms and legs slowly
- Out to 45° and come back to Set position
- **Brace your abs tightly as you extend the legs to keep lower back pressed toward the floor**
- If your lower back is lifting, try tapping the feet to the floor



(Single Leg Extension)

- New move: Single Leg Extension
- Front leg, back leg
- Check out the levels; you can take the feet to the floor and toe-tap anytime. When you're ready, come back to the workout



(O/H Arm & Leg Extension sequence)

- Combination, 2 Single Extensions then a Double
- Plate and legs move out
- **Brace tightly as you extend**

LAYER 2

- As you extend the plate out keep the ribcage down toward the hips. That loading will increase the strength of your core and will slice and dice the abs
- That burning sensation is building strength and shaping your abs

LEVELS

- ⬆ Legs lower than 45 degrees to increase intensity
- ⬇ Decrease intensity by taking toes to the floor

3 STANDING STRENGTH 1

Coming Home > 4:50 mins

3

TRACK FOCUS

My participants will feel their core reacting in the Resisted Lunges and will focus on control to execute the Side Lunges well.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8	Set up feet wide for Resisted Side Lunge L	32	
0:22 Standing (V)	2x8	A Resisted Side Lunge L&R w. Push F&B	4	4x
0:33 Ground beneath (PC)	4x8	A ¹ Triple Resisted Side Lunge L&R w. Push F&B	8	4x
0:54 Home I'm coming (C)	4x8	A ² Resisted Side Lunge L&R w. Push F&B to L corner	4	8x
1:16 I'm coming home	4x8	A ³ Triple Resisted Side Lunge L&R w. Push F&B to L corner	8	4x
1:38 (Instr)	2x8	Set up feet wide for Resisted Side Lunge R	16	
1:49 I know if I (V)	4x8	A Resisted Side Lunge R&L w. Push F&B	4	8x
2:11 Ground beneath (PC)	4x8	A ¹ Triple Resisted Side Lunge R&L w. Push F&B	8	4x
2:32 Home (C)	4x8	A ² Resisted Side Lunge R&L w. Push F&B to R corner	4	8x
2:54 I'm coming home	4x8	A ³ Triple Resisted Side Lunge R&L w. Push F&B to R corner	8	4x
3:16 I know if I (V)	2½x8	Pick up plate	20	
3:30 I'm tired	4x8	B Side Lunge w. Plate Arc L&R	8	4x
3:51 Ground beneath (PC)	2x8	B ¹ Side Lunge w. Plate Arc to O/H L&R	8	2x
4:02 Home (C)	4x8	B ² Side Lunge w. Plate Arc & Knee Lift L	4	8x
4:24 I'm coming home	4x8	B ² Side Lunge w. Plate Arc & Knee Lift R	4	8x

WHY

Side Lunges challenge our frontal plane hip stabilisers – the abductors and adductors. When we combine this pattern with dynamic loads exerted by the plate or band we get integrated core and hip training – great for improving sport performance.

COACHING

In the Masterclass, Rachael focused on the position and execution of the Side Lunges pressing to the front and corner, to get the class moving with precision first. The key to your participants achieving strong and accurate technique is to offer the different levels of resistance: dropping handles lower or losing the inside tube. It's this good technique that delivers great results, so practise your delivery of qualifying the levels to ensure everyone understands which option is right for them. The Side Lunge can be performed with the band if you don't have the plate. Jump in front of the mirrors to master this technique; stopping the plate at hip height is a challenge and will take your core to a new level!

RESISTED SIDE LUNGE w. PUSH F&B / TRIPLE RESISTED SIDE LUNGE w. PUSH F&B TO CORNER

KEY COACHING FOCUS:

Chest lifted
Keep hips facing forward/Twist from the center of your chest

LAYER 1 (SETUP)

- Step your left foot on the band
- Bring the handles together
- Hold the fabric part of the handles
- Handles to chest
- Step your feet wide apart
- **Brace your abs**
- Side Lunge, press forward and back
- **Anchor your hips to the front and keep the chest lifted**

(Triple Resisted Side Lunge w. Push F&B)

- 1, 2, freeze
- Focus is to keep the arms straight as you push and pull
- If the arms are not straight, take the option; drop the inside handle to maintain good technique

(Triple Resisted Side Lunge w. Push to corner)

- Let's go slowly to the diagonal
- **Hips stay to the front and the rotation comes from the center of the chest**

LAYER 2

- Check in: is your chest lifted and are your arms straight?
- Start to feel your obliques engage as you rotate
- Do you notice as our arms extend our abs have to switch on and work super hard to keep our chest lifted?
- If the tube is starting to pull you down a little, keep the chest lifted or drop inside handle
- Maximum rotation and maximum challenge for the body
- Working the slings from shoulder to opposite hip to help us with everyday activities; picking up groceries or the kids, hitting a tennis ball

LEVELS

- ⇩ Drop inside tube to decrease intensity

SIDE LUNGE w. PLATE ARC / SIDE LUNGE w. PLATE ARC & KNEE LIFT

KEY COACHING FOCUS:

Keep chest lifted
Plate stops at hip height to keep the work in your core

LAYER 1 (SETUP)

- If you don't have a plate, stay with the band
- Plate to collarbone, feet under hips
- **Brace abs**
- Lateral Lunge with Plate Arc
- Down and change sides
- **Anchor hips to the front**
- Plate stops at hip height with straight arms
- If using the tube, keep tension on it
- Challenge is to take plate over head
- **Keep chest lifted**
- **If you've lifted the plate, keep elbows forward of face**
- Right side only

(Side Lunge w. Plate Arc & Knee Lift)

- Down, lift and hold
- Keep control by tapping your foot as your option
- Brace the core to stop the plate at hip height

LAYER 2

- Push off the outside foot and push down out of the floor
- The core is working super hard now

LEVELS

- ⇩ Decrease range to decrease intensity
- ⇩ Decrease intensity by using band

3 BONUS STANDING STRENGTH 1

Our Demons > 5:06 mins

3

TRACK FOCUS

My participants will feel the rotational power created from the Plate Twist and the Woodchop.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8		Set up Backward-Stepping Lunge w. SMARTPLATE™ Feet hip-width apart, plate at chest	32	
0:16	(Instr)	4x8	A	Backward-Stepping Lunge R Backward-Stepping Lunge L	8 8	2x
0:29	No wonder (C)	8x8	A¹	Backward-Stepping Lunge w. Plate Twist R x4 Backward-Stepping Lunge w. Plate Twist L x4	8 8	
0:55	(Instr)	8x8	A²	Backward-Stepping Lunge w. Plate Twist R x4 Backward-Stepping Lunge w. Plate Twist L x4	4 4	2x
1:21		8x8	A³	Backward-Stepping Lunge w. Plate Twist w. Extended Arms R x4 Backward-Stepping Lunge w. Plate Twist w. Extended Arms L x4	4 4	2x
1:47		4x8	C	Bottom Half Pulse Squat, plate at chest	2	16x
2:01		4x8	C¹	Bottom Half Pulse Squat Lift the plate O/H slowly	2	16x
2:14		8x8	C²	Squat Combo Squat hold at bottom Plate Press O/H Stand up slowly, plate lowers to chest	2 2 4	8x
2:40	(Quiet)	8x8	E	Transition to Woodchop w. Plate + SMARTBAND™ L foot on band, L hand holds handle, plate in hands	64	
3:06	No wonder (C)	8x8	E¹	Woodchop w. Plate + SMARTBAND 2/2 R	8	8x
3:32	(Instr)	8x8	E²	Woodchop Combo R Woodchop R Lower arms down to R Slowly reset arms to L knee	2 2 4	8x
3:58	(Quiet)	4x8	E	Transition to Woodchop w. Plate + SMARTBAND R foot on band, R hand holds handle, plate in hands	32	
4:11	No wonder (C)	8x8	E¹	Woodchop w. Plate + SMARTBAND 2/2 L	8	8x
4:37	(Instr)	8x8	E²	Woodchop Combo L Woodchop L Lower arms down to L Slowly reset arms to R knee	2 2 4	8x

WHY

Rotational control is vital for generating power and preventing injuries. These exercises teach our muscles to stabilize the pelvis and lumbar spine while we isolate the rotation to the thoracic spine.

COACHING

This track starts with the Lunge with Plate Twist then progresses to the challenge of adding a light plate for extra resistance in the Woodchop. Remember that your participants may wish to use the band only in the Woodchop until they increase their strength, so always offer this choice. Explain to your class that when you perform this exercise you will feel the band pulling you back to your foot and the plate pulling you toward the floor. Dan explained this well in the Masterclass. It means double the load but double the results for the core and upper back!

BACKWARD-STEPPING LUNGE w. PLATE TWIST / w. EXTENDED ARMS

KEY COACHING FOCUS:

Keep hips square to the front. Chest must stay lifted for good posture

Twist comes from the center of your chest

Elbows stay forward of face (with extended arms)

LAYER 1 (SETUP)

- Bend your knees and pick up the plate
- Plate on upper chest
- Feet in line with hips, knees bent
- **Brace abs**
- **Left leg steps back to long Lunge**
- **Thigh parallel to the floor**
- **Brace abs to keep hips tracking forward**
- Back knee drops down
- Lift leg only 4 times
- Twist the plate and reset, same leg
- **Plate stops at hip level**
- **Twist from the center of the chest**
- **Keep chest lifted**
- Stay in, bent legs
- **(w. Extended Arms)**
- Full-range arms over head
- **Keep elbows in front of face**

LAYER 2

- Anchor the hips in one place to fire the obliques
- Reactive Core Training; gravity is pulling the plate and chest down and your core is getting stronger as you work

LEVEL

⬇ Decrease intensity by using band

BOTTOM HALF PUSLE SQUAT/ SQUAT COMBO

KEY COACHING FOCUS:

Hips sit back and down
Chest stays lifted

LAYER 1 (SETUP)

- **Feet wider than hips, Pulse Squat**
- Hips sit back and down
- Push the knees out
- **Chest lifted with abs braced**
- Lift the plate slowly
- **Keep elbows slightly forward of face to look after shoulders**

(Squat Combo)

- Drop Squat and press the plate
- Drop, freeze and press plate up slowly

LAYER 2

- Really force the chest up so your core is working along with legs and shoulders

LEVELS

⬇ Decrease intensity with no plate
⬇ Decrease intensity by using band

3 BONUS STANDING STRENGTH 1



Our Demons > continued

3

WOODCHOP w. PLATE & SMARTBAND

KEY COACHING FOCUS:

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

LAYER 1 (SETUP)

- We combine the plate with band
 - Right foot steps into the middle of the band
 - Option to hold plate and handle in same hand
 - Step the feet wide
 - Hold the plate like a steering wheel
 - Bend right knee, plate to knee
 - 2/2 Woodchop
 - Knee to shoulder target
 - **Brace abs to keep hips square to the front**
 - **Twist from the center of the chest**
 - Lift the chest to counteract the pull of the plate
- (Woodchop Combo)
- Cross mid-line, drop and slowly come back to knee



LAYER 2

- As you cross the plate through the mid-line, the obliques have to work hard so use your legs to assist the work
- Eccentric loading and timing will condition and strengthen your body
- Let's get explosive – rip at the band!
- The band is pulling us back and the plate is pulling us down, so the abdominals and upper back are working in overload right now

LEVELS

- ↕ Decrease intensity by staying with band only

4 STANDING STRENGTH 2

Freak > 4:40 mins

4

TRACK FOCUS

My participants will understand the execution of the exercises through my precise coaching.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8 Set up Kickback 45° Feet step on SMARTBAND feet hip-width apart, handles crossed	32	
0:15 I just (V)	4x8 A Kickback 45° L	4	8x
0:29 I am freaky (C)	8x8 B KICKBACK COMBO L Kick Back 45° L Side Lift L Kickback 45° L Reset feet under hips last rep, L leg stays B	2 2 2 2	8x
0:59 (Instr)	8x8 C Straight Leg Lift L Option: No touching floor after 16 reps	2	32x
1:28 I just (V)	4x8 D Half Circle L, stand up between reps	8	4x
1:42 Instr	4x8 D' Half Circle L, stay with knees bent	8	4x
1:57 Hey, hey (Br)	4x8 Recover/transition to other side	32	
2:12 I just (V)	4x8 A Kickback 45° R	4	8x
2:26 I am freaky (C)	8x8 B KICKBACK COMBO R Kickback 45° R Side Lift L Kickback 45° R Reset feet under hips on last rep, R leg stays B	2 2 2 2	8x
2:56 (Instr)	8x8 C Straight Leg Lift R Option: No touching floor after 16 reps	2	32x
3:25 I just (V)	4x8 D Half Circle R, stand up between reps	8	4x
3:40 Instr	4x8 D' Half Circle R, stay with knees bent	8	4x
3:54 Freaky (Rep)	4x8 E Squat	4	8x
4:09 (Instr)	4x8 E' Squat Kickback 45° L	4	8x
4:23	4x8 E' Squat Kickback 45° R	4	8x

WHY

As mentioned, movement precision is a key ingredient of core training. Controlling the alignment of the knee and trunk positions during these sequences will establish optimal movement control in the lower body.

COACHING

This track has great standing work to isolate the hips and glutes, set to a cool song. Practise delivering pre-cues early on, 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.

KICKBACK / KICKBACK COMBO / STRAIGHT LEG LIFT / HALF CIRCLE

KEY COACHING FOCUS:
Brace abs to keep hips square to front

LAYER 1 (SETUP)

- Step both feet into the tube
- Feet directly under the hips
- Cross the handles at the waist
- **Brace abs with chest up**
- Right leg Kickback 45 degrees
- Bend your left leg
- Kick foot back 1-foot (30cm) distance
- **Keep abs tight to keep hips square to the front**
- Add on the Side Lift

(Kickback Combo)

- Out, open, in, touch down
- You can use no band and develop strength then you can start using the band
- Let's add more challenge
- Right leg – hold it back, lean forward

(Straight Leg Lift)

- Lift and lower straight leg
- **Bend your supporting knee**
- **Tip forward so nose is over toes**
- **Push your front knee out to stabilize**
- Now try and lift and no touch down

(Half Circle)

- Open wide, stand tall
- Take it back
- Stay down and stay loaded
- **Naturally you will want to tip to one side so lift your chest, pull the handles back up and brace core**

LAYER 2

- We are stimulating the hips and glutes
- Shaking is good as it means we're loading the glutes
- Middle of the chest in line with the big toe
- Tap down or not; sometimes we need to come out of it to give us the recovery to come back stronger
- Focus on keeping the body still and only the leg moves

Levels

- Decrease intensity with no tube
- Decrease intensity by reducing range and tapping down

SQUAT KICKBACK

KEY COACHING FOCUS:

Hips back and down on Squat
Chest lifted
Abs braced to keep hips square as leg lifts

LAYER 1 (SETUP)

- Feet wider than hips
- Squat down and up
- **Hips sit back and down**
- **Chest stays lifted**
- **Brace the abs at the base of the move**
- Just your right leg
- Squat and lift

LAYER 2

- Drive your left foot into the floor as you drive up

5 CORE STRENGTH 2

TRACK FOCUS

My participants will feel the challenge to their obliques as I coach and motivate them to achieve perfect technique.

MUSIC				SEQUENCE/EXERCISE	CTS	REPS
0:00	People let me (V)	4x8	A	Set up Plank , facing R side	32	
0:15	It ain't easy	4x8	A ¹	Triple Cross Mountain Climber L	16	2x
0:30	Pride (C)	10x8	A ²	Triple Cross Mountain Climber L	8	10x
1:07	(B up)	2x8		Lie on side, facing front	16	
1:14	(Instr)	8x8	B	Side-Lying Oblique Crunch L	4	16x
1:45	Pride (C)	8x8	B ¹	Side-Lying Oblique Crunch Sequence L 3x Single Side-Lying Oblique Crunch L Double Pulse Side-Lying Oblique Crunch L Last rep, hold Single Side-Lying Oblique Crunch L last 4 cts	12 4	4x
2:14	People let me (V)	4x8	A	Set up Plank , facing L side	32	
2:30	It ain't easy	4x8	A ¹	Triple Cross Mountain Climber R	16	2x
2:45	Pride (C)	10x8	A ²	Triple Cross Mountain Climber R	8	10x
3:22	(B up)	2x8		Lie on side, facing front	16	
3:29	(Instr)	8x8	B	Side-Lying Oblique Crunch R	4	16x
4:00	Pride (C)	8x8	B ¹	Side-Lying Oblique Crunch Sequence R Last rep, roll onto back for last 4 cts	16	4x
4:30	Deeper love (Rep)	8x8		Cross Crawl L&R	4	16x

Deeper Love > 5:02 mins

5

WHY

This track combines isolated and integrated exercises. Integrated moves like the Triple Cross Mountain Climber facilitate 3-D core conditioning for functional strength gains; isolated exercises such as Side Lying Oblique Crunches provide focused intensity to stimulate muscular change.

COACHING

Dan's focus for his coaching was endurance training. The choreography is easy to follow, but watch out – the intensity factor is high! Watch the filming video to see how Dan expertly coached to all levels to ensure that everyone was involved. Offering the levels in Layer 1 provides people with control over their workout. As fatigue starts to set in, offer the different levels again in Layer 2, qualifying why you would take them. The Cross Crawl at the end is a killer so use Layer 3 Motivational Cues to bring everyone to the finish line. Make sure that you are physically ready to teach this track!

TRIPLE CROSS MOUNTAIN CLIMBER

KEY COACHING FOCUS:

Back long and straight
Abs braced to support lower back



LAYER 1 (SETUP)

- Plank position
- Hands under shoulders
- Feet hip-width apart
- **Back long and straight**
- **Brace abs**
- Triple Mountain Climber
- Front knee slowly to the back, to the front, to the back and reset Plank position
- You can do this on your knees as well, de-loading the shoulders and keeping the intensity in the core
- Faster, 3, 2, 1
- Bring your knee up and towards your elbows



LAYER 2

- Push your hands into the floor to stabilize your body
- We're moving into strength and endurance, 2 more times
- Pull the elbows toward the knees to create a strong upper body
- Use the floor as resistance right now

LEVELS

⇩ Decrease intensity by dropping to knees

SIDE-LYING OBLIQUE CRUNCH / SIDE-LYING OBLIQUE CRUNCH SEQUENCE

KEY COACHING FOCUS:

Squeeze top ribs towards hip

LAYER 1 (SETUP)

- Drop to your knees
- Lie side-on, palm up
- Extend legs long
- Fingertips to temple
- **Chin tucked**
- Crunch and go
- Lift and lower
- Drop the bottom leg to take intensity level down
- **Focus on squeezing ribcage toward hips (Side Lying Oblique Crunch Sequence)**
- 3 full range, then 3 isolated Pulses
- **Feel the top rib crunching to the hip**



LAYER 2

- Push out of your supporting arm
- It's a 'deeper love' now in our obliques
- Reach toward your ankles
- Squeeze the obliques as the knees come in
- You know what to do to de-load to give you the boost if you need to

LEVELS

⇩ Decrease intensity by keeping one leg on the floor

6 CORE STRENGTH 3

Magnets > 4:38 mins

6

TRACK FOCUS

My participants will feel the challenge to their back muscles as I coach and motivate them to achieve perfect technique.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	3x8	Set up SMARTBAND under knees, cross handles, bend F	24	
0:19 As we (V)	3x8	A Double Arm Fly	4	6x
0:34 Smoke and sunset (PC)	4x8	A ¹ Triple Pulse Fly	8	4x
0:54 Oh oh (C)	7x8	A ² L-Row Pulse Sequence Double Pulse Row Extend arms to side Lower arms, body up	4 2 2	7x
1:29 (Instr)	2x8	Set up Bridge w. Plate	16	
1:39 Never really (V)	4x8	B Bridge-Singles	4	8x
1:59 Smoke and sunset (PC)	4x8	B ¹ Triple Pulse Bridge	8	4x
2:19 Oh oh (C)	7x8	B ² Double Pulse Bridge Release halfway	4 4	7x
2:54 Never really (V)	2x8	Set up Back Extension, SMARTBAND single or doubled O/H	16	
3:05 Record summer	2x8	C Back Extension	4	4x
3:14 Smoke and sunset (PC)	4x8	C ¹ Triple Pulse Back Extension	8	4x
3:35 Oh oh (C)	8x8	C ² Back Extension Sequence Double Pulse Back Extension Extend arms to side Bend arms	4 2 2	8x
4:14 Return (Rep)	4x8	Childs Pose Shoulder Stretch L&R	16 16	

WHY

The Reverse Fly and L-Row Pulse Sequence in this track will challenge the thoracic extensors and shoulder blade retractors. These muscles protect our upper body and shoulder girdle from injury when we lift and prevent kyphotic spinal postures.

COACHING

Success in this track depends on the setup of the band so coach Layer 1 with clarity. Your initial focus is on establishing great posture, then add intensity by coaching range of movement and explaining where the work should be felt. Remember, you will be out of sight more in this track, so use clear body part and direction cues as well as timing cues to enhance execution. Educate your class by explaining the benefits of this training!

DOUBLE ARM FLY / TRIPLE PULSE FLY / L-ROW PULSE SEQUENCE

KEY COACHING FOCUS:

Chest lifted
Squeeze shoulder blades towards spine

LAYER 1 (SETUP)

- Grab your band and stretch it apart
- Knees go on top
- Cross the handles over
- **Tip forward from the hips**
- **Single Fly**
- Lift and lower
- Focus on hinging forward and lifting the chest
- **Squeezing shoulder blades towards spine**
- (Triple Pulse Fly)
 - Triple Fly
 - Are you tipping forward enough to activate your core?

(L-Row Pulse Sequence)

- New move; bend elbows
- Double Pulse Row, extend arms and lift up
- 2 Rows, hold, extend arms and lift up

LAYER 2

- Embrace the burn in the upper back – our postural muscles are firing strongly

BACK EXTENSION / TRIPLE PULSE BACK EXTENSION / BACK EXTENSION SEQUENCE

KEY COACHING FOCUS:

Squeeze butt
Keep tension on the band

LAYER 1 (SETUP)

- Grab your band, single or double
- On your belly, feet together, **squeeze butt to support back**
- Lift and lower Back Extension
- Eyes down
- Squeeze shoulder blades together
- (Triple Pulse Back Extension)
 - Triple Pulse now
 - Create more tension on the band to keep the work in the back body

(Back Extension Sequence)

- Double Pulse up and hold, extend and stay up
- That's your challenge: pulse, pause and stay up

LAYER 2

- Final move, no return so how far can you stretch your band?
- Upper back, lower back, postural muscles are saying hello

LEVELS

⇅ Decrease intensity with single band



6 BONUS CORE STRENGTH 3

Cracks > 4:32 mins

6

TRACK FOCUS

My participants will understand the execution of the new Grounded Bow & Arrow exercise.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	8x8 Set up Back Lift w. Wide Pull Lie on stomach, fold SMARTBAND in half Extend arms O/H	64	
0:27 Past behind (V)	8x8 A Back Lift w. Wide Pull 2/2	8	8x
0:54 (Instr)	8x8 B Grounded Bow & Arrow L arm Pull Down and back to O/H R arm Pull Down and back to O/H Both arms Pull Down, Double Pulse and back to O/H Last rep, hold band at chest	4 4 8	4x
1:21 Begin to show (Rep)	8x8 A' Back Lift x6 Recover	4 8	2x
1:47 (Instr)	8x8 B Grounded Bow & Arrow L arm Pull Down and back to O/H R arm Pull Down and back to O/H Both arms Pull Down Double Pulse and back to O/H Last rep, hold band at chest	4 4 8	4x
2:14 To show, to show (Rep)	16x8 Transition to Aeroplane , arms wide, thumbs up, no band Lift L arm and rotate L Center Lift R arm and rotate R Center Last rep, rest head on hands	32 8 8 8 8	3x
3:08 (Instr)	8x8 C Star Pose Combo Lift legs off floor Split legs Legs together Feet to floor	2 2 2 2	8x
3:35 Begin to show (Rep)	8x8 C' Double Leg Lift x6 Recover	4 8	2x
4:02 (Instr)	8x8 C Star Pose Combo Lift legs off floor Split legs Legs together Feet to floor	2 2 2 2	8x

WHY

The Grounded Bow & Arrow trains our latissimus dorsi. As we are lying on our stomachs, this offers the perfect opportunity to focus on the posterior sling – the connection between our lats and opposite glute. This sling is active during walking, throwing and lifting.

COACHING

Control is the focus of this track; Three different moves to challenge the back, building great posture and strength in the upper body. Reagan says: Use body part and direction cues as you want your class participants to be looking down, not up at you straining their neck. Offer levels early on in Layer 1 to keep everyone successful. Educate your class on where they should be feeling the work and sell the benefits.

BACK LIFT w. WIDE PULL / GROUNDED BOW & ARROW / BACK LIFT

KEY COACHING FOCUS:

Squeeze butt to support lower back
Squeeze shoulder blades towards spine

LAYER 1 (SETUP)

- Fold your band in half or use single band
- Lie on your belly, feet together, **squeeze glutes to support lower back**
- Tension on your band
- Push your band out in front of you
- Hold the tension through this track
- Pull in, in and out, out
- **Squeeze shoulder blades toward spine**
- Remind yourself to squeeze your glutes
- Elbows come close to the ribs
- **Chin in, eyes to the floor**

(Grounded Bow & Arrow)

- New move: Resisted Bow & Arrow
- Knuckles to floor
- Right elbow to ribs, left elbow to ribs, double pulse under your chest
- Pull into your lats

(Back Lift x6)

- 6 Pulses
- Start pulling the band apart
- Think elbows to ribs

LAYER 2

- You don't have to lift high – the focus is on how close you can bring the elbows to the ribs
- Postural muscles are awake now
- Remind yourself to keep the squeeze in your butt to support your back
- It's a Lat Pulldown in a horizontal position; the bigger the rotation, the more muscle engagement you get

LEVELS

- Decrease intensity by using single band



AEROPLANE

KEY COACHING FOCUS:

Squeeze butt
Twist from the center of your chest so belly button stays on floor

LAYER 1 (SETUP)

- New move: Aeroplane
- Arms out, thumbs up, open chest
- Tilt towards your left, right arm lifts
- If your upper back is starting to fatigue, keep fingers on floor and focus on **rotating from the center of the chest**
- **Keep squeezing your butt**

LAYER 2

- Keep the rotation coming from the center of the chest to feel the back muscles engage

LEVELS

- Decrease intensity by keeping fingers on floor

STAR POSE COMBO / DOUBLE LEG LIFT

KEY COACHING FOCUS:

Squeeze butt

LAYER 1 (SETUP)

- Hands forward and crossed
- **Forehead to hands**
- Star Pose
- Lift legs up, open, close, down
- Do you still have the butt squeeze?

(Double Leg Lift)

- Take out the Star Pose, just the Leg Lift
- Slow it down

LAYER 2

- Lift your kneecaps off the floor and feel your legs engage more
- Lower body endurance to shape your glutes and also make them super strong
- The work you put in now will be the results you leave with