



LES MILLS CXWORX

PRESENTERS FROM NEW ZEALAND, UNITED STATES

RELEASE

24

FEATURES

- BODY LANGUAGE FOR POWER AND PERFORMANCE
- NEW RESEARCH: LES MILLS SPRINT™
- CXWORX COACHING UPDATE
- 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.

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	TRACK	ARTIST	
1	WARMUP Never Forget You © 2015 Record Company TEN, under exclusive rights to Epic Records US/Sony Music Entertainment Sweden AB. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Emenike, Larsson, Davey	Zara Larsson & MNEK	3:37
2	CORE STRENGTH 1 Louder © 2016 Les Mills Music Licensing Ltd. Written by: Stanczak, Olsen	Shadow Voice	5:07
BONUS 2	CORE STRENGTH 2 This Time Courtesy of the Universal Music Group. Written by: Thornton, Pontare, Ingrassio, Fakiri	Axwel/Ingrassio	4:09
	This Time Courtesy of the Universal Music Group. Written by: Thornton, Pontare, Ingrassio, Fakiri	Axwel/Ingrassio	1:36
3	STANDING STRENGTH 1 Ban All The Music © 2015 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Langridge-Brown, Craik, Mason, Emery, Irvin	Nothing But Thieves	1:52
	Ban All The Music © 2015 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Langridge-Brown, Craik, Mason, Emery, Irvin	Nothing But Thieves	2:50
4	STANDING STRENGTH 1 Que Que © Mad Decent Protocol. Written by: Francis, Peritz, Yopez	Dillon Francis & Diplo feat. Maluca	5:19
5	CORE STRENGTH 2 Rest Of My Life Courtesy of the Universal Music Group. Written by: Guetta, Tuinfort, Sherman, Person	Ludacris feat. Usher & David Guetta	3:05
	Rest Of My Life Courtesy of the Universal Music Group. Written by: Guetta, Tuinfort, Sherman, Person	Ludacris feat. Usher & David Guetta	2:02
BONUS 5	CORE STRENGTH 2 Light Years Away Courtesy of the Universal Music Group. Written by: Verwest, Kirtley, Newman, Collisson	Tiesto feat. DBX	4:09
	Light Years Away Courtesy of the Universal Music Group. Written by: Verwest, Kirtley, Newman, Collisson	Tiesto feat. DBX	1:36
6	CORE STRENGTH 3 September © 2015 Columbia Records, a division of Sony Music Entertainment under exclusive license to Ultra Records, LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: White, Willis, McKay	Throttle x Earth, Wind & Fire	4:20



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 – Nga Whatuhuia Arahanga-Doyle

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 24



From L-R: Charlotte Fleetwood-Smith, Corey Baird, Rachael Wilkins, Jeremiah Evans

CXWORX 24 has a clear focus on incredible movement control with slow tempos, held positions and full ranges of motion - all designed specifically to improve core conditioning, hip stability, glute strength and overall movement control.

As you fatigue, you can lose form, and your muscles learn incorrect movement patterns. In this release we focus on coaching the levels to improve technique, which develops strength in the right way.

Oblique Twists, Deadlifts, Plate Presses and Bear Crawls are just some of the moves that keep this release super

fresh and fantastically fun. Watch out for this program's latest innovation, Round The World, performed with the SMARTBAND™ along with the Wave Hover and Bear Crawl to challenge even your hardcore members! We love the music and hope you do too... We also love to know how the program is going in your clubs – please send us your feedback.

Enjoy!

Dan and Susan X

Dan Susan X

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.

Jeremiah Evans (United States) is a CXWORX and BODYPUMP Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer and a BODYATTACK™ and an RPM™ Instructor. He is based in Birmingham, Alabama.

Rachael Wilkins (New Zealand) is a CXWORX, BODYATTACK™, BODYBALANCE/BODYFLOW® and BODYPUMP Instructor, and a LES MILLS GRIT Series Coach. She is also a Nutritionist and is based in Auckland.

Charlotte Fleetwood-Smith (New Zealand) is a CXWORX, BODYATTACK™ and BODYPUMP Instructor and a LES MILLS GRIT Series Coach. She is based in Auckland.

NEW RESEARCH: LES MILLS SPRINT

LES MILLS SPRINT is HIIT on a bike.

High-Intensity Interval Training (HIIT) is riding a wave of popularity in the fitness industry and has proved to be hugely popular with participants.

HIIT delivers two specific training benefits:

- Accelerated improvements in fitness
- Rapid changes in body composition

Those who participate in HIIT get fit and lose body fat – fast. This method of training changes our biochemistry and speeds up results. Your body keeps working hard long after the 30-minute workout has finished.

LES MILLS GRIT™ has been scientifically designed to deliver the benefits of HIIT and our research proves that it works: people get leaner, fitter, and stronger.

So why HIIT on a bike?

For many people, cycling is more manageable than a LES MILLS GRIT work out. It requires less skill than lifting weights, and removes the impact generated when we run or jump.

New research proves that LES MILLS SPRINT delivers on the HIIT promise.

Thirty-six active adults, aged 18 to 65 years, participated in a study at Fitology in Penn State, USA. All participants had cycling experience, and were actively doing at least 3x 60-minute cardio sessions per week.

The team was split into two groups. The control group kept their exercise regime exactly the same. The other group replaced one 60-minute session with 2x 30-minute LES MILLS SPRINT classes, so that both groups completed the same number of training hours.

The LES MILLS SPRINT group demonstrated significant improvements in just 6 weeks:

- Cardio fitness increased by 9.7%
- Body fat decreased by 5.8%
- Leg strength increased by 11.9%

Improvements were also seen in blood pressure levels and other factors that are predictors of cardiovascular disease.

LES MILLS SPRINT is therefore a fantastic option for High-Intensity Interval Training. It's proven to generate great results in just 6 weeks, and is the perfect option for those who can't lift weights or do high-impact exercise. Incorporating 2x 30-minute classes into a weekly training plan is all that is required to get fit, burn fat, and build strength – fast.

For a full report on this study, visit:
<http://fitnessresearch.edu.au/journal-view/high-intensity-interval-cycling-improves-physical-151>

BODY LANGUAGE FOR POWER & PERFORMANCE

Other people's body language can tell us a lot about their emotional state.

Have you ever stopped to think what your own body language is communicating to you?

Amy Cuddy, a Professor at Harvard Business School, performed a study* to evaluate how expressions of power through posture can affect how powerful we feel in everyday situations.

Participants in the study engaged in either a powerful or powerless pose before a stressful job interview. Those who adopted a powerful pose were found to perform significantly better, and were more likely to be hired for the job.

Cuddy's research showed that simply holding one's body in expansive, 'high-power' poses for as little as 2 minutes stimulates higher levels of testosterone (the hormone linked to power and dominance) and lower levels of cortisol (the 'stress' hormone). The theory is that testosterone increases our assertiveness and tendency to action, while the low cortisol enables us to stay calm, focused, and feeling in control in the face of big challenges.

What does this mean for us as instructors?

We love those classes where we're completely 'in the zone', when we're captivating and in control – 100% present. However, we often encounter teaching situations that make us feel less than powerful; eg, filling in for your club's most popular instructor... teaching for the first time in a new club... These situations can create self-doubt and make us question our abilities as instructors.

How can we apply this science to create a more powerful presence when we teach?

- **Observe your own body language for a few days.** Are you crossing your ankles? Wrapping your arms around yourself? Hunched over your smartphone? You might be surprised at how often you find yourself in a powerless pose.
- **Change your posture.** Your body is continuously and convincingly sending messages to your brain. Make as many of those messages powerful simply by changing your posture.
- **Use a power pose before a high-pressure situation,** such as when filling in for your club's most popular instructor. Power pose before that class! Find a private space (bathroom cubicles are perfect) and adopt a power pose for 2 minutes. This posture sends signals to your brain that help trigger the desired hormonal response: high testosterone and low cortisol.

Change won't happen overnight, and that's OK! Practising your powerful body language will, over time, help to modify your thinking, feelings, and physiology.

You are truly creating the Ultimate You.

* Cuddy, A. 2015. *Presence: Bringing Your Boldest Self to Your Biggest Challenges*. Little, Brown and Company.



CXWORX

COACHING UPDATE

Layer 1

Layer 1 is our setup phase: Track Introduction, Position Setup, Execution Setup and **our new addition: Offering the Levels** (previously known as options). We now always include the levels early on in Layer 1.

Position Setup is based on what equipment you need, the alignment of the body, and muscle activation.

In Execution Setup we coach body-part and direction, target zones and stabilization cues.

Example: The Parallel Woodchop

- **Position Setup:** Step your right foot into the band, join handles together and hold the material edge. Step feet outside shoulders, bend the right knee, straight arms, brace abs and lift chest.
- **Execution Setup:** Weight shift side to side. Brace abs to keep hips square to the front. Twist from the center of your chest, aiming for corner to corner.
- **Offer the Levels:** If you're feeling strong at hip level, try shoulder level to increase the load on the core. If you're starting to round through your shoulders, lower your hands and focus on keeping your chest lifted to keep great posture.

Layer 2

In Layer 2 we improve execution, manipulate intensity and educate, allowing us to cater to the various needs of people in class.

- To **improve execution** we look and see what is really happening on the floor. This allows us to correct common faults and reinforce Layer 1 cues that typically link back to a key Coaching Focus or Target Zone. We also **Qualify the Levels** – this means we explain why someone would choose to take a particular option. This allows participants to personalize the workout for themselves.
- We use Internal and External cues to **manipulate intensity**. Using a mixture of Internal cues (focusing on body parts and the mechanics of the movement) and External cues (focusing on the outcome of the movement) can help your participants to achieve more than they could on their own. It also allows you to deliver one key coaching point in a variety of ways.
- **Educate** your participants by explaining the benefits of the moves. This is where we take the science of CXWORX and translate it for your members, so they understand how it will benefit them in everyday life.

Example: The Walking Hover

- **Improve Execution:** In Layer 1, you may have challenged participants to come up onto their toes. In Layer 2, **Qualify the Level** by saying, "If hips are moving, brace harder to stabilize the hips and pelvis. If they are still moving, come down to your knees to maintain good technique."
- **Internal and External Cues:** *Press your forearms into the floor to stabilize your shoulders* (Internal). *Push the floor away with your forearms* (External)
- **Educate:** We are activating our whole body, getting us functionally strong for everyday life!

Layer 3

In Layer 3 we help participants to reach their greatest potential through the **4 Motivational Tools**:

- **Intrinsic Motivational Cues** are based on internal feelings of satisfaction and achievement:
How good will you feel if you push to the end?
Feel that squeeze in your butt? That's you building glute strength!
- **Extrinsic Motivational Cues** refer to external rewards, such as the aesthetic benefits of exercise: *Crunch up a little higher to flatten your stomach and shape your six-pack.*
- **Positive Motivators** encourage people to keep going: *You've got this! You can do this! There are only four more – you guys are looking great!*
- **Challenging Cues** push our regular participants by getting a little tough on them: *I know you've got more! Is that the effort you're going to be happy with today?*

You're up to date! Remember, CXWORX is unique in that it appeals to a wide range of people, looking to train their core for different reasons. This new Coaching model will provide you with the flexibility you need to coach this awesome program.

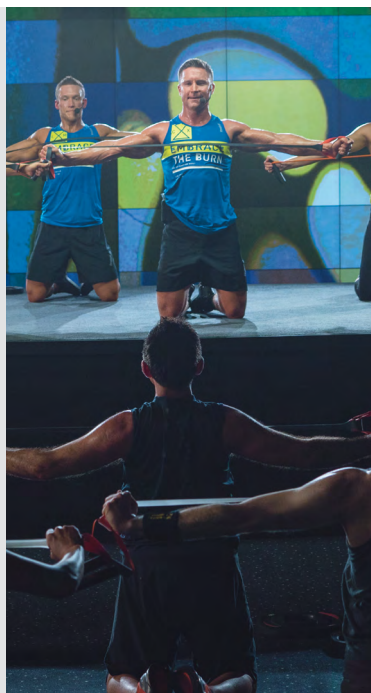


THE SCIENCE OF RESISTANCE TUBING

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 the precise timing of the moves and understand that they should focus on bracing their abs to keep their lower back towards the floor as they move their legs.

	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8		Lie on back, hands under lower back	32	
0:18	Once upon a time (V)	4x8	A	Double Knee Lift 4/4	16	2x
0:31	Never forget you (C)	8x8	A ¹	Double Knee Lift 2/2	8	8x
0:57	Instr	8x8	B	Double Pulse Crunch	8	8x
1:24	Funny how (V)	8x8	A ²	Double Knee Lift w. Hold Double Knee Lift Hold Lower feet to floor	2 2 4	8x
1:50	Never forget you (C)	8x8	B ¹	Double Pulse C-Crunch	8	8x
2:17	Feelin it (Br)	8x8		Bridge	16	4x
2:43	Never forget you (C)	8x8		Double Pulse Cross Crawl F&B	8	8x
3:09	Till the day (Rep)	8x8	B ¹	Double Pulse C-Crunch	8	8x

WHY

Effective core control means moving with precision. This track uses short-lever movements to prime the neuromuscular system and establish the control we will need throughout the class.

COACHING

This Warmup is based on rhythm and timing; we teach participants to move at different speeds to bring awareness to their core and connect their minds to their bodies. The use of integrated exercises will ensure the muscles warm up quickly. Pre-cue each exercise with clarity and set up the basics, then follow up with Layer 2 cues to improve execution and provide intensity right from the start.

DOUBLE PULSE C-CRUNCH

KEY COACHING FOCUS:

Brace abs to keep lower back close to the floor
(as you lower the legs)

LAYER 1 (SETUP)

- Up, HOLD, down, down
- Check your knees are over your hips
- **Ribs to hips as you crunch**
- **Lower back close to the floor as your legs lower**
- Chin tucked in

LAYER 2

- Tune into the body – intensity increases when our legs drop, so keep your abs bracing
- Upper and lower abs firing as one to get us warm

DOUBLE PULSE CROSS CRAWL

KEY COACHING FOCUS:

Lift shoulder up and across

LAYER 1 (SETUP)

- Double Pulse Cross Crawl
- Cross up, switch
- **Shoulder comes across to opposite knee**
- **Keep elbows wide**
- Chin tucked in

LAYER 2

- This is a Crunch AND a rotation, so lift high to crunch and then twist to rotate

CORE ESSENTIALS

DOUBLE LEG LIFT

DOUBLE PULSE CRUNCH

BRIDGE

2 CORE STRENGTH 1

TRACK FOCUS

My participants will understand how to execute the Wave Hover. Through clear set up cues they will understand which level best suits their ability in the Leg Extension work.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8	A	Hover w. Hands Flat, on knees	32	
0:15	As the party (V)	8x8	A ¹	Wave Hover L Lift L elbow Lift R elbow to Extended Plank Lower L elbow Lower R elbow to w. Hover Hands Flat Level: After 4 reps, on toes	2 2 2 2	8x
0:45	Turn it up (C)	2x8	A ²	Hold Extended Plank	16	
0:52	Turn it up (B up)	2x8	B	Hands under shoulders to Plank	16	
1:00	Instr	4x8	B ¹	Bear Crawl L (Slow) L foot steps F R foot steps F L foot steps B R foot steps B to Plank Level: On knees	2 2 2 2	4x
1:15		4x8	B ²	Bear Crawl L (Fast)	4	8x
1:30	(Quiet)	2x8		Lie on back, feet on floor	16	
1:37	(Synthesizer)	16x8		Leg Extension Double Knee Lift Extend legs to vertical Double leg lower Last rep, Crunch up, hands on floor	4 4 8	8x
2:37	(Heavy bass)	8x8		Upper Body Lift w. Single Knee R&L Level: Add double legs after 4 reps	8	8x
3:07	(Quiet)	6x8	A	Hover w. Hands Flat, on knees or toes	48	
3:30	As the party (V)	8x8	A ¹	Wave Hover R Level: Lift both elbows to Extended Plank Lower both elbows to Hover w. Hands Flat	8 4 4	8x
4:00	Turn it up (C)	2x8	A ²	Hold Extended Plank	16	
4:07	Turn it up (B up)	2x8	B	Hands under shoulders to Plank	16	
4:15	(Instr)	4x8	B ¹	Bear Crawl R(Slow)	8	4x
4:30		4x8	B ²	Bear Crawl R(Fast)	4	8x
4:45	(Beat)	4x8	A ²	Hold Extended Plank	32	

WHY

Hover patterns generate a 3D core activation; this means that we co-contract the abdominals and back muscles. Extending the hands forward, as we do in the Wave Hover, lengthens our base of support, increasing the challenge on this co-contraction for faster results.

COACHING

Your focus in these body-weight exercises is to challenge the core through perfect execution. Corey's focus in the Masterclass was to set up the Wave Hover and create an awareness of how this move should feel, so everybody would remember that feeling the next time they performed it. He offered the levels and reinforced them so participants could dial up the intensity or down before they reached fatigue. Once you have the class moving in the Bear Crawl, use Layer 2 cues to help improve execution and add intensity to the move.

HOVER W. HANDS FLAT

KEY COACHING FOCUS:

Keep back long and straight
Brace abs to support lower back

LAYER 1 (SETUP)

- Roll over and angle in toward the center
- **Elbows under shoulders**
- Hands together
- Palms flat
- **Lift hips to shoulder height**
- **Abs braced**
- **Back long and straight**

Wave Hover

- Front elbows lifts, up
- Back elbow
- Down, down
- Hands stay flat and still
- If your back is long and straight, come up onto your toes
- Feel how much more your abs have to brace to stabilize your spine

LAYER 2

- Get back into Hover quickly so we get strength and endurance
- Feel your abs; that's where we feel the load – if you start to feel it more in your lower back, drop to knees
- If you're feeling super strong, try this – both elbows lift, both elbows lower
- Your abs have to work super hard to stabilize and you get a great arm workout at the same time
- Now's the time to think about choosing the level that allows you to maintain great technique all the way to the end
- Hold up and push your hands and feet through the floor

LEVELS

- ⇩ Decrease intensity by staying on knees

BEAR CRAWL

KEY COACHING FOCUS:

Back long and straight
Abs braced to support lower back

LAYER 1 (SETUP)

- Walk your hands in under your shoulders
- **Back long and straight**
- **Abs braced**
- **Hips stay at shoulder height as we move**
- Front leg leads
- Straighten legs as you extend away
- If you can't maintain a long straight back, drop knees down to decrease load
- Let's go faster – in, in, out, out

LAYER 2

- Turn your elbows back toward your knees and feel the lat muscles under your arms squeeze and support your abs to stabilize your spine
- Think: half man, half machine – your upper body is solid like steel so your hip joints have freedom to move
- Great mobility work through the hips, which is important for squatting, running and functional movements
- How much can you 'milk' out of the timing for more tension?

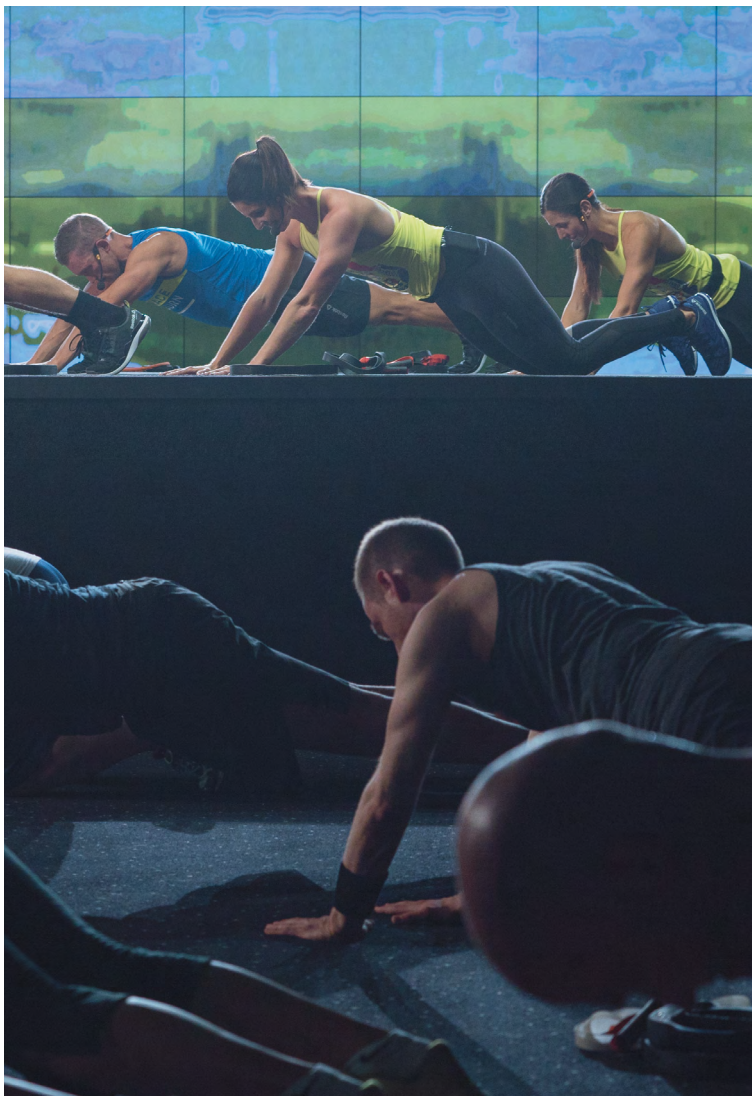
LEVELS

- ⇩ Drop to knees to decrease intensity

CORE ESSENTIALS

HOVER

2 CORE STRENGTH 1



LEG EXTENSION

KEY COACHING FOCUS:

Press lower back toward the floor
Hold this position by bracing abs

LAYER 1 (SETUP)

- Roll onto your back, then side-on
- Palms face up
- Knees above hips
- Legs extend to ceiling
- Lower legs to 45 degrees
- **Lower back stays close toward the floor by bracing abs tightly**
- **If you start to feel your back lift, reduce the load by shortening your range**
- If you've got tight hamstrings and you feel your back push into the floor when your legs straighten, bend them a little and extend as you lower

LAYER 2

- Challenge yourself to try and take legs lower than 45 degrees

LEVELS

- ⇓ Bend knees if hamstrings are tight
- ⇓ Decrease intensity by keeping legs higher

UPPER BODY LIFT W. SINGLE KNEE

KEY COACHING FOCUS:

Squeeze ribs to hips

LAYER 1 (SETUP)

- As you lower, curl up
- Press hands firmly into the floor
- Front knee to chest, in and out
- **Crush ribs to hips**
- Try 2 knees, in and out
- If you're bouncing, go back to single leg to control the movement
- **Chin tucked in**



LAYER 2

- Crunch up higher and squeeze your "six-pack" to strengthen it more

LEVELS

- ⇓ Decrease intensity by staying on Single Knee

2 BONUS CORE STRENGTH 2

TRACK FOCUS

My participants will enjoy the mental and physical challenge presented by the Single Arm, Single Leg Pike Sequence as I motivate them to reach success.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8	A	Set up Hover on knees	32	
0:16	(Instr)	4x8	A ¹	Hover on toes Level: On knees	32	
0:32	(B up)	8x8	B	Hover w. Foot Combo L foot steps out & in R foot steps out & in	4 4	8x
1:03	(Heavy bass)	12x8	C	Hover w. Arm Reach Combo L arm reach F L arm reach to 45° L arm reach F L arm reset to Hover R arm reach F R arm reach to 45° R arm reach F R arm reset to Hover	2 2 2 2 2 2 2 2	6x
1:48	(Quiet)	2x8		Transition to Single Arm Single Leg Pike Sequence L (facing L side). Knees over hips, plate in R hand, R arm to vertical	16	
1:57	— This time (C)	8x8	D	Single Arm, Single Leg Pike Sequence L R arm extends O/H, L leg extends to 45° Crunch up, R arm and L leg to vertical (Pike) Extend R arm O/H and L leg lowers to 45° Crunch up, knees over hips, R arm to vertical Level: No plate	4 4 4 4	4x
2:32	Home	8x8	D	Single Arm, Single Leg Pike Sequence R	16	4x
3:05	Home	8x8	D ¹	Double Arm, Double Leg Pike Sequence Extend arms O/H legs to 45° Crunch up, arms and legs vertical (Pike) Extend arms O/H, legs lower to 45° Crunch up, knees over hips, arms to vertical	4 4 4 4	4x
3:36	(Instr)	8x8		Triple Pulse C-Crunch Level: No plate	8	8x
4:07	(Quiet)	4x8	A ¹	Transition to Hover on knees or toes	32	
4:25	(B up)	8x8	B	Hover w. Foot Combo R&L	8	8x
4:55	(Heavy bass)	12x8	C	Hover w. Arm Reach Combo R&L	16	6x

WHY

Integrated exercises such as Hover patterns engage multiple muscles of the core simultaneously, training our muscles for the activities of everyday life. Isolated exercises like the Pike Sequence allow us to focus on strengthening one element of the core; in this case, the obliques.

COACHING

This fantastic track requires you to provide great timing cues so your class doesn't have to keep looking at you. Rachael's objective was to provide sufficient information on technique so her participants felt empowered to choose their own level of intensity; this enabled them to maintain good form and form for maximum results. Coaching with this approach will allow people to personalize their workout to suit their own ability. Offer the different levels early in Layer 1 so participants understand their choices. In Layer 2 be sure to qualify the levels, explaining why you might take them. This helps educate our members with knowledge on how to train their core more effectively.

HOVER W. FOOT COMBO

KEY COACHING FOCUS:

Keep hips and shoulders square
Brace abs to support lower back

LAYER 1 (SETUP)

- Right foot out then in
- Left foot out then in
- This move can be done on your knees and will still challenge your abs
- **Brace abs to support lower back**
- **Keep your hips and shoulders square to the floor**



LAYER 2

- Tap lightly and focus on control so load stays in the core

LEVEL

- ⤵ Decrease intensity by staying on the knees and tapping foot to the side

HOVER W. ARM REACH COMBO

KEY COACHING FOCUS:

Brace abs to support lower back
Keep shoulders level to the floor (Arm Reach)

LAYER 1 (SETUP)

- Keep feet wide
- Right arm forward, side, forward, in
- Left arm, out, open, out, in
- **Brace abs to support lower back**
- If you're feeling this more in your lower back than your abs, drop to your knees to maintain great technique
- **Keep hips and shoulders square to the floor as you move**
- **Back long and straight**



LAYER 2

- We are building strength and endurance for our core
- Fingers light to feel it in your abs

LEVELS

- ⤵ Decrease intensity by dropping to knees

SINGLE ARM, SINGLE LEG PIKE SEQUENCE

KEY COACHING FOCUS:

Squeeze ribs to hips
Brace abs and keep lower back pressed toward the floor (as you lower the leg)

LAYER 1 (SETUP)

- Grab your plate
- Lie on your back
- Plate in front hand, over shoulders
- Knees over hips
- Back arm's palm up on floor
- Front arm and back leg extend out, reach up to half Pike, out, crunch back in
- Out, up, out, crunch
- **Ribs to hips as you crunch**
- **Abs braced to keep back towards the ground as you extend out**
- Switch arm and leg



Double Arm Double Leg Pike Sequence

- Now we've done single arms, let's go with both arms, both legs
- Plate in both hands
- **Chin tucked in**

LAYER 2

- This is great for our coordination, and we are also training our abs in a different way
- Is your lower back stable? If so, how low can you take your legs, then how high?

LEVELS

- ⤵ Decrease intensity with no plate

CORE ESSENTIALS

TRIPLE PULSE C-CRUNCH

HOVER

3 STANDING STRENGTH 1

TRACK FOCUS

My participants will feel their core react to the Round The World move when they execute this move correctly, then feel the rotational power as the intensity builds.

MUSIC				SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	A	Set up Parallel Woodchop, w. LES MILLS SMARTBAND™ under L foot, handles together, arms straight	32	
0:12	_ Cut me off (V)	8x8	A ¹	Parallel Woodchop R 2/2	8	8x
0:35	_ This is (C)	8x8	A ²	Single Parallel Woodchop R	4	17x
0:58	(Instr)	2x8	B	Set up Diagonal Round The World , hands to chest	16	
1:04	_ It feels (V)	16x8	B ¹	Round The World R Side Lunge R, arms extend to R diagonal Squat, arms extend F Side Lunge L, arms circle to L diagonal Squat, hands return to chest Level: Drop inside handle	2 2 2 2	16x
1:52	(Instr)	4x8	A	Set up Parallel Woodchop, w. LES MILLS SMARTBAND under R foot, handles together, arms straight	32	
2:03	_ Cut me (V)	8x8	A ¹	Parallel Woodchop L 2/2	8	8x
2:27	_ This is (C)	8x8	A ²	Single Parallel Woodchop L	4	17x
2:50	Instr	2x8	B	Set up Round The World , hands to chest	16	
2:56	_ It feels (V)	16x8	B ¹	Round The World L	8	16x
3:42	(Instr)	4x8		Transition to Squat & Shoulder Press w. Plate	32	8x
3:54	(B up)	16x8		Squat & Shoulder Press Squat down Shoulder Press x3 Stand up Level: Use LES MILLS SMARTBAND	2 12 2	8x

WHY

Keeping the chest lifted during the outer reaches of the Round The World sequence trains our thoracic extensors to stabilize the upper back as we load the upper body. This type of training helps to prevent injury of the shoulders, neck and upper back.

COACHING

This track will provide huge rotational power for your participants. Practise the new move, Round The World, so you can role-model and coach this well. The moves begin with a smaller range and upright posture for great alignment, then sit hips back further to intensify the move and you are scraping the sides of the pot – so stir it big! Bring contrast to your teaching through your voice and actions as Corey did in the Masterclass: he shows he loves to train like this – use enthusiasm to inspire your participants!

PARALLEL WOODCHOP**KEY COACHING FOCUS:**

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

LAYER 1 (SETUP)**(Slow Woodchop)**

- Place your right foot under the band
- Bring handles together
- Join the material edges
- Step feet wide
- Right leg bends, left leg straight
- Weight shift slowly
- **Chest is lifted for great posture**
- **Brace abs so hips are square to the front**
- **Turn from the center of the chest**
- Aim chest from corner to corner
- Fast Woodchop
- Let's go faster, out and in
- More load for your core, bring hands to shoulder height
- If you can keep chest lifted – great, if you're rounding through your shoulders, drop inside handle down

LAYER 2

- Focus on range; check your band stops inside the knee as you rotate, to keep the work in the rotational muscles of the trunk
- Someone is trying to rip the band out of your hands – don't let them take it!

LEVELS

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

ROUND THE WORLD**KEY COACHING FOCUS:**

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

LAYER 1 (SETUP)

- Bend the leg
- Hands to chest
- New move:
Round The World
- Circle arms out and around
- **Brace your abs to keep hips square to the front**
- **Twist from the center of the chest**
- **Keep chest lifted**
- Weight shifts then slide across in a Squat position
- If you can't keep your chest lifted, reduce the load by dropping the inside handle

**LAYER 2**

- Aim the center of your chest to the corners of the room as you circle arms
- To increase the intensity sit your butt back so the weight is on your heels, bending deeper into your legs
- Imagine you're stirring a big pot and you are scraping the sides of the pot
- Feel the resistance of the band as you circle, brace tighter to support your back
- Strengthen multiple muscle groups at the same time: glutes, shoulders and abs

LEVELS

- ⇓ Decrease intensity by dropping inside handle

3 STANDING STRENGTH 1 continued



SQUAT & SHOULDER PRESS

KEY COACHING FOCUS:

Abs braced with chest lifted
Elbows slightly forward of face

LAYER 1 (SETUP)

- Grab your plate or stay with the band if you want less resistance
- Plate high on chest
- Feet outside hip-width
- **Brace abs and lift chest up**
- 1 Squat and 3 Plate Presses
- **Butt back and down**
- **Elbows are slightly forward of face to protect shoulders**

LAYER 2

- Legs are completely still – squeeze butt to hold you there
- Blast plate through the ceiling – pulverize the ceiling with the plate

LEVELS

- ⇓ Decrease intensity with no plate or use band for less resistance

4

STANDING STRENGTH 2

TRACK FOCUS

My participants will understand how to execute the single-leg exercises when I coach targets and range with precision.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	5x8		Set up Single Leg Deadlift L w. Plate in R hand Option: LES MILLS SMARTBAND™ under L foot, handles in R hand	40
0:21	(Instr)	4x8	A	Single Leg Deadlift L 2/2	8 4x
0:38	Cada vez que vengo po el bloque (V)	12x8	B	Single Leg Deadlift & Squat Sequence L Single Leg Deadlift L, hold at bottom 6x Single Leg Squat L Reset & stand up	4 24 4 3x
1:30	Instr	8x8	B¹	Single Leg Deadlift & Squat Sequence L Single Leg Deadlift L, hold at bottom Squat Single Leg Squat L Reset and stand up	2 4 2 8x
2:04	Mama (C)	4x8		Transition to Single Leg Hip Bridge L (facing L side)	32
2:21	(B up)	4x8	C	Single Leg Hip Bridge L (cross R foot on L knee)	2 16x
2:38	Mama (C)	5x8		Set up Single Leg Deadlift R, plate in L hand	40
3:00	(Instr)	4x8	A	Single Leg Deadlift R 2/2	8 4x
3:16	Cada vez que vengo po el bloque (V)	12x8	B	Single Leg Deadlift & Squat Sequence R	32 3x
4:08	(Instr)	8x8	B¹	Single Leg Deadlift & Squat Sequence R	8 8x
4:42	Mama (C)	4x8		Transition to Single Leg Hip Bridge R (facing R side)	32
4:59	(B up)	4x8	C	Single Leg Hip Bridge R (cross L foot on R knee)	2 16x

WHY

Deadlifts train our core muscles to stabilize our lower back when we hinge forward from the hips. Performing this movement on one leg increases the activation of our hip stabilizers. The combination of hinging from the hip with hip stabilizer control helps to improve our lower limb function during activities such as squatting and lunging.

COACHING

Your posterior chain will be on fire by the end of this track! Practise delivering your pre-cues so your class can successfully follow the timing changes in the Single Leg Deadlift & Squat Sequence. Allow space between your cues – one cue per rep – so everybody can feel which muscles they are working and understand what they can accomplish by overloading one leg. Focus on helping your class achieve precise technique, then offer the level of lifting the foot off the floor to further challenge stability. Allow your participants to control the intensity of their workout by providing the level of no plate, or using a band.

SINGLE LEG DEADLIFT

KEY COACHING FOCUS:

Tip forward from the hips
Keep chest lifted

LAYER 1 (SETUP)

- Grab a medium to large plate or you can use the band
- Plate in left hand
- Feet under hips
- Left leg is going straight back for Deadlift
- **Brace abs**
- **Hips square to front**
- **Lift chest**
- Deadlift 2 and 2
- Back, back, forward, forward
- **Tip forward from hips so nose is over toes**
- Arm to 45 degrees

LAYER 2

- Center of your chest to the inside of the big toe

SINGLE LEG HIP BRIDGE

KEY COACHING FOCUS:

Squeeze butt

LAYER 1

- Face the side, lie down on your back
- Single Leg Bridge
- Cross the front leg over the back leg
- Plate on back thigh
- **Squeeze glutes**
- Lift hips
- **Level hips to ceiling**

LAYER 2

- Stay in the top range and keep squaring hips to the ceiling
- Drive shoulders into the floor and drive hips as high as you can

LEVELS

- ⇓ Decrease intensity with no plate

SINGLE LEG DEADLIFT & SQUAT SEQUENCE

KEY COACHING FOCUS:

Tip forward from the hips
Keep chest lifted

LAYER 1 (SETUP)

(Single Leg Deadlift and 6 Single Leg Sequence)

- Deadlift and hold
- Single Leg Squat 6, 5, 4, 3, 2, 1 and reset
- **Brace abs super tightly to keep hips still and square**
- **Middle of chest aligns with inside the big toe**
- **Keep tipping forward so nose is over toes**
- **Chest stays lifted as you move**

(Single Leg Deadlift and Squat Sequence)

- Back, down, up and in

LAYER 2

- Challenge to lose the tap off the back leg to activate the glutes more
- Every time you reset, push through your front heel and stretch your calf and hamstring – it should feel like you're stretching a rubber band
- Sink deeper into the legs to load muscles even more
- The burn you feel is hand-crafted – that's you sculpting strong glutes

LEVELS

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

5 CORE STRENGTH 2

TRACK FOCUS

My participants will understand that the focus in the Oblique Leg Extension is to lift the chest for good spinal alignment.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	Something (V)	4x8	Set up Plank on knees or toes (facing R side)	32	
0:18	_ They say	4x8	A Wide Mountain Climber L&R (Slow) L knee to L elbow R knee to R elbow	8 8	2x
0:33	_ I'm on a	4x8	A ¹ Wide Mountain Climber L&R (Fast)	8	4x
0:48	That's somewhere (PC)	8x8	B Triple Mountain Climber L&R (Slow) L knee to R elbow L knee to L elbow L knee to R elbow Reset Plank R knee to L elbow R knee to R elbow R knee to L elbow Reset Plank	4 4 4 4 4 4 4 4	2x
1:18	(Instr)	8x8	B ¹ Triple Mountain Climber L&R (Fast) L knee to R elbow L knee to L elbow L knee to R elbow Reset Plank R knee to L elbow R knee to R elbow R knee to L elbow Reset Plank	2 2 2 2 2 2 2 2	4x
1:48	_ If I got (V)	4x8	Transition to Oblique Leg Extension L Roll to R side and hold both legs out	32	
2:03	That's somewhere (PC)	8x8	C Oblique Leg Extension L Bend knees to chest Extend legs out	2 2	16x
2:33	(Instr)	8x8	C ¹ Oblique Leg Extension & Split Leg Sequence L Bend knees to chest Extend legs out Split legs top leg back, bottom leg forward Legs together	2 2 2 2	8x
3:05	Life (Rep)	2x8	Transition to Triple Cross Crawl , lie on back, facing L side	16	
3:12	(B up)	10x8	D Triple Cross Crawl R&L Cross Crawl R Cross Crawl L Cross Crawl Pulse R Repeat to L	2 2 4 8	5x
3:50	_ If I got (V)	4x8	Transition to Oblique Leg Extension R Roll to L side and hold both legs out	32	
4:05	That's somewhere (PC)	8x8	C Oblique Leg Extension R	4	16x
4:35	(Instr)	8x8	C ¹ Oblique Leg Extension & Split Leg Sequence R	8	8x

WHY

This track uses supersets of work to train the obliques. This initially occurs with the Mountain Climber as we emphasize a diagonal activation (opposite ribs to hip), followed by the Oblique Leg Extensions. Our obliques are key stabilizers of the lumbopelvic region and help transmit power from the legs to the upper body.

COACHING

Make sure you practise this track outside of class to ensure that your physicality and vocal delivery match the intensity of the music and the moves. The focus is to maintain great technique without losing form through fatigue – so give levels early in Layer 1, then in Layer 2 be sure to qualify the levels by explaining why you would dial the intensity up or down. In the Masterclass, Corey included carefully scripted imagery and challenge in his Layer 2 cues to help everybody move with more precision and intensity.

WIDE 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**
- Hips slightly lower than shoulders
- Front knee to outside front elbow
- If you find you can't keep your back long and straight, drop to your knees

TRIPLE MOUNTAIN CLIMBER**KEY COACHING FOCUS:**

Back long and straight

Abs braced to support lower back

LAYER 1 (SETUP)

(Slow)

- Front knee to back elbow, front elbow, back elbow, foot down
- Back leg, repeat
- Squeeze ribs to opposite hip as you come across
- **Keep abs braced to support lower back**

(Fast)

- Let's go faster, back, front, back and down

LAYER 2

- Stabilize upper body by pushing hands firmly into the floor so your upper body is solid
- Drive the knee to the elbow
- The closer you get your knee to elbow, the more you work the core – let's get stronger

LEVELS

- ⇓ To decrease intensity, drop to knees

OBLIQUE LEG EXTENSION**KEY COACHING FOCUS:**

Chest lifted

LAYER 1 (SETUP)

- Drop to knees
- Oblique Leg Extension
- Elbow under shoulder
- Roll to meaty part of your butt
- Top arm comes over straight
- **Lift chest to keep trunk still**
- **Brace abs**
- Legs extend out straight
- Knees to chest
- If your chest drops, put foot down for stability

Oblique Leg Extension & Split Leg Sequence

- Combination
- Legs go out, top leg splits back
- In, out, split, together

LAYER 2

- Imagine there is a big hook hanging from the ceiling; it's hooked to your chest and it's lifting your chest higher, making your core work harder
- Lifting your chest high keeps your spine in a strong safe position – maintaining good posture, working your core hard
- Intensify the movement by pushing your legs away like you've got resistance behind them
- Take the level that helps you maintain great technique

LEVELS

- ⇓ Decrease intensity by keeping one foot down for stability

TRIPLE CROSS CRAWL**KEY COACHING FOCUS:**

Lift shoulder toward opposite knee

LAYER 1 (SETUP)

- Roll onto back
- Knees up, fingertips to temples
- **Chin tucked in**
- Keep elbows wide and off the floor
- **Lift shoulder up and across for rotation**

LAYER 2

- The Crunch intensifies the rotation to load your core
- If struggling to get rotation, toe tap and crunch higher

5 BONUS CORE STRENGTH 2

TRACK FOCUS

My participants will feel and understand how anchoring the shoulders to the floor creates a strong platform to move from as you work the obliques.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	_ I feel the sky (V)	2x8		Set up Oblique Leg Drop , Sequence R&L (facing L side)	32	
0:08	_ Some days	16x8	A	Oblique Leg Drop Sequence Back & Front Drop Knees to back Extend legs Lift Legs to center Bend knees Repeat to front	4 4 4 4 16	4x
1:08	(Instr)	8x8	B	Cross Crawl R&L	4	16x
1:40	(Quiet)	1x8		Knees over hips, arms wide	8	
1:43	_ Satellites (V)	10x8	A ¹	Oblique Leg Drop Sequence R	16	5x
2:21	_ I feel (C)	8x8	A ²	Oblique Leg Drop Sequence w. R (Tempo) Drop knees R Hold Extend legs Hold Lift legs to center Bend knees Set up Lying Oblique Crunch L	2 2 2 2 4 4 16	3x
2:51	(Instr)	12x8	B	Lying Oblique Crunch L Double Leg Lift & Crunch on last 8 reps	4	24x
3:38	(Quiet)	1x8		Set up Oblique Leg Drop Sequence L (facing R side)	8	
3:41	_ Satellites (V)	10x8	A ¹	Oblique Leg Drop Sequence Back L	16	5x
4:19	_ I feel (C)	8x8	A ²	Oblique Leg Drop Sequence w. tempo L Set up Lying Oblique Crunch R	16 16	3x
4:49	(Instr)	12x8	B	Lying Oblique Crunch R Double Leg Lift & Crunch on last 8 reps	4	24x

WHY

Oblique Leg Drops allow us to train our obliques through a full range of motion. This enables us to improve muscle control and movement precision.

COACHING

This great track will challenge even your hardcore participants! We begin by learning the Oblique Leg Drop Sequence, which challenge our obliques with a focus on speed to build strength and control. Explain what fatigue looks and feels like and offer levels to decrease or increase intensity. We want everyone to maintain perfect technique as this is where the results lie! The new move, Double Leg Oblique Crunch, is challenging so make sure you train to so you can role-model strong technique.

OBLIQUE LEG DROP SEQUENCE BACK & FRONT

KEY COACHING FOCUS:

Anchor shoulders to the floor

LAYER 1

- Lie side on, on your back
- Arms wide, palms up
- Knees over hips
- **Abs braced**
- Leg drop to front, extend legs, legs to ceiling, knees to 90 degrees
- To the back, extend, to ceiling, reset
- **Extend your legs only as far as the back shoulder blade stays pressed down**
- You can extend the top leg only to reduce the load on the core

LAYER 2

- Feel how the shoulder anchor stops the legs from pulling you over

LEVELS

- ⇓ Decrease intensity by bending one leg

OBLIQUE LEG DROP SEQUENCE

KEY COACHING FOCUS:

Anchor shoulders to the floor

LAYER 1

- Leg drop to the front
- **Shoulder anchored down to keep core control**
- Decrease intensity by bending front leg
- Change of tempo, quick leg drop
- Out, extend, slow rise, bend knees
- **Brace abs to catch legs**

LAYER 2

- By moving fast we are making the core react
- The obliques are burning up with the challenge of the holds and the range pulling on you, strengthening our obliques

LEVELS

- ⇓ Decrease intensity by bending one leg

LYING OBLIQUE CRUNCH

KEY COACHING FOCUS:

Squeeze top ribs to hip

LAYER 1

- Roll completely to side
- **Feet slightly forward of the body**
- Arm over head
- Oblique crunch
- Top knee to waist
- **Keep waist on the floor**
- **Squeeze top ribs to hip**
- To decrease intensity, bring the bottom leg to the floor

(Double Leg Oblique Crunch)

- If you want even more of a challenge – try the double leg lift
- Feet together
- Small lift of the leg
- **Drive the ribs to hip**



LAYER 2

- Hips face front so you can feel the intensity between your ribs and hip as you crunch
- Feel the deep contraction of the side muscles as you crunch in – tightening and sculpting your waist
- Defy gravity

LEVELS

- ⇓ Decrease intensity with bottom leg on floor

CORE ESSENTIALS

CROSS CRAWL

6 CORE STRENGTH 3

TRACK FOCUS

My participants will feel the strength in their back muscles in the Horse Stance when I clearly coach Layer 1 setup, then enhance their technique with Layer 2.

MUSIC			SEQUENCE/EXERCISE		CTS REPS	
0:00	(Intro)	4x8		Set up Horse Stance, LES MILLS SMARTBAND™ doubled under hands, R leg extended	32	
0:20	Do you remember (V)	12x8	A	Horse Stance w. Double Pulse Row & Hold L Lift R leg after 4 reps	8	12x
1:08	Bah de ow (PC)	4x8	A ¹	Pulse Row Set up for Double Pulse Wide Flies, LES MILLS SMARTBAND doubled or single, arms F, last 8 cts	2 8	12x
1:23	Ah (C)	8x8	B	Double Pulse Wide Flies	8	8x
1:55	Dah	4x8	B ¹	Pulse Wide Flies Set up Horse Stance Les Mills Smartband doubled under hands, L leg extended, last 8 cts	2 8	12x
2:11	Thoughts are with you (V)	12x8	A	Horse Stance w. Double Pulse Row & Hold R Lift L leg after 4 reps	8	12x
2:58	Bah de ow (PC)	4x8	A ¹	Pulse Row Set up Double Pulse Lat Pull Down, LES MILLS SMARTBAND doubled or single, arms F, last 8 cts	2 8	12x
3:13	Ah (C)	8x8	C	Double Pulse Lat Pull Down	8	8x
3:45	Bah de ow (Rep)	4x8	C ¹	Pulse Lat Pull Down	2	16x
4:01	Dah	4x8		Shoulder Stretch L&R	32	

WHY

The posterior chain is a term that describes the connection between our hamstrings, glutes, and the lower and upper back muscles. These muscle units are responsible for spinal support and athletic power and this track focuses on training all of these elements.

COACHING

This is a great track to bring focus to the posterior chain. The moves are challenging, so offer the levels early clearly on in Layer 1; this will allow participants to personalize the workout to suit them. Coach perfect technique to maximize results. The aim is to maintain good form even under fatigue, and we achieve this by explaining how to modify the intensity level. By this point of the workout the class will be wanting to check out, so explain the benefits of the exercise in Layer 2 to educate and empower your team to keep working hard.

HORSE STANCE W. DOUBLE PULSE ROW

KEY COACHING FOCUS:

Squeeze shoulder blade into spine

Brace abs to keep hips and shoulders square to the floor

LAYER 1 (SETUP)

- Single or double band
- Come to Horse Stance
- Band in front of you
- Hands flat on band
- **Shoulder-width apart**
- **Knees under hips**
- **Back long and straight**
- Extend left leg back
- Eye gaze forward of hands
- **Brace abs**
- Right hand grabs band, lift elbow to shoulder height
- Up, up, push down
- **Abs braced to keep hips and shoulders square to the floor**
- Wrist under elbow as you row
- **Squeeze shoulder blades into spine**
- Lift back leg to hip level for more intensity



LAYER 2

- Squeeze the butt to strengthen the back and leg
- Keep tension on the band as you lower
- Slide the elbow back and squeeze the shoulder blades to spine
- That's your cross slings working – your cross slings develop power for sport and everyday life

LEVELS

- ⇓ Decrease intensity by using a single band
- ⇓ Decrease intensity by keeping leg on the floor

DOUBLE PULSE WIDE FLY

KEY COACHING FOCUS:

Brace abs and squeeze butt to stop you from arching your back

LAYER 1 (SETUP)

- Come up on to knees
- Knees hip-width apart, toes together
- Band forward
- **Palms down**
- Bring band to mid ribs
- Back, back, slowly release
- **Brace abs to support lower back**
- **Straight arms and chest lifted**
- **Squeeze shoulder blades together**
- If arms are not straight go to a single band



LAYER 2

- Stability through the core gives us great back support so we can isolate the upper back muscles
- Feel your back muscles – that's us creating great posture

6 CORE STRENGTH 3 continued



DOUBLE PULSE LAT PULL DOWN**KEY COACHING FOCUS:**

Brace abs and squeeze butt to stop you from arching your back

LAYER 1 (SETUP)

- Come up on to knees
- Bands up
- Palms forward
- **Brace abs**
- **Squeeze butt to stop back arching**

(Pulse Lat Pull Down)

- Pulse, pulse, slowly rise
- Band comes high to chest
- Single or double band

**LAYER 2**

- Shoulder blades move back and down, to move the arms
- Feel the lats engage on the way down
- Feel resistance on the way up, like someone is pushing down on your hands as you try to come up

LEVELS

- ⇓ Decrease intensity by using a single band

CORE ESSENTIALS

DOUBLE KNEE LIFT

KEY COACHING FOCUS:

Brace abs to press lower back towards the floor

LAYER 1 (SETUP)

- Fingers under lower back
- Knees in line with hips
- **Draw belly in gently and brace abs to keep lower back pressed toward the floor**
- Lift knees over hips
- Tap feet to floor, maintaining a 90-degree knee angle

LAYER 2

- Engage the core and press back down harder to feel the lower abs working



DOUBLE PULSE 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 toward hips**
- Hands extend past thighs

LAYER 2

- Lift your shoulder blades further off the floor



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



CROSS CRAWL

KEY COACHING FOCUS:

Lift shoulder toward opposite knee

LAYER 1 (SETUP)

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

LEVELS

⇅ Extend leg off the floor



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

LEVELS

⇅ To reduce intensity, drop to knees



TRIPLE PULSE C-CRUNCH

KEY COACHING FOCUS:

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

LAYER 1 (SETUP)

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



LAYER 2

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

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