

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.

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 Crawl 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 BODYSTEP™ instructor and a LES MILLS GRIT Series Coach. She is based in Auckland.

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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.