

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		

CREDITS

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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.

CONTENTS

HOT TIPS FOR MEMORIZING CHOREOGRAPHY

LES MILLS GRIT: CARVING INCHES OFF YOUR WAISTLINE

THE SCIENCE OF RESISTANCE TUBING

TRACK		ARTIST	
1	WARMUP	Hey Hey Hallelujah © 2015 Columbia Records, a division of Sony Music Entertainment. Written by: Platten, Bogart, Ailin, Bey, Kiriakou, Grammar, Furoyen	Rachel Platten feat. Andy Grammer 2:59
2	CORE STRENGTH 1	Propaganda (Dillon Francis Remix) Courtesy of the Universal Music Group. Written by: Kleinstub, Grigahcine, Marchant	DJ Snake 2:39
		Propaganda (Dillon Francis Remix) Courtesy of the Universal Music Group. Written by: Kleinstub, Grigahcine, Marchant	DJ Snake 2:25
3	STANDING STRENGTH 1	Redemption Courtesy of the Universal Music Group. Written by: Banks, Chen, Edwards, Lenzie	Sigma & Diztortion feat. Jacob Banks 1:47
		Redemption Courtesy of the Universal Music Group. Written by: Banks, Chen, Edwards, Lenzie	Sigma & Diztortion feat. Jacob Banks 3:16
4	STANDING STRENGTH 2	Touch (Extended Mix) © 2016 SpinninRecords.com, under exclusive license to Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. Licensed courtesy of Ministry of Sound Australia. Written by: Hollowell Dhar, Vanderheyden, Yadi, Deilla, Okamura	KSHMR & Felix Snow feat. Madi 4:00
BONUS 4	STANDING STRENGTH 2	Booty Bounce © 2015 SpinninRecords.com, under exclusive license to Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. Licensed courtesy of Ministry of Sound Australia. Written by: Richter	Tujamo 2:31
		Booty Bounce (Extended Mix) © 2015 SpinninRecords.com, under exclusive license to Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. Licensed courtesy of Ministry of Sound Australia. Written by: Richter	Tujamo & Taio Cruz 2:31
5	CORE STRENGTH 2	Don't Let Me Down © 2015 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Taggart, Warren, Harris	The Chainsmokers feat. Daya 3:09
		Don't Let Me Down © 2015 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Taggart, Warren, Harris	The Chainsmokers feat. Daya 3:10
6	CORE STRENGTH 3	Bang My Head (Extended) © 2017 Les Mills Music Licensing Ltd. Written by: Karlsson, Lidehall, Pontare, Furler, Rotteveel, Tuinfort, van Watum	Bass Division 4:44
BONUS 6	CORE STRENGTH 3	Free Courtesy of the Universal Music Group. Written by: G. Nott, C. Nott, Little	Broods 3:35
		Free Courtesy of the Universal Music Group. Written by: G. Nott, C. Nott, Little	Broods 1:15

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1 WARMUP

Hey Hey Hallelujah > 2:59 mins

1

TRACK FOCUS

My participants will understand how to activate each of the target muscles correctly, and how to use great core control to engage these muscles for the workout ahead.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	1x8 Set up Leg Lift Combo R. Hands under lower back and brace abs, arms at sides, palms up (face L side)	8	
0:13 I'm turning you up (V)	5x8 A Leg Lift Combo R R Leg Lift L Leg Lift Hold legs up Double Leg lower-slow	1 1 2 4	5x
0:39 Hey hey ... (C)	3x8 B Double Pulse Crunch	4	6x
0:54 Im so cold ... (V)	5x8 A Leg Lift Combo L L Leg Lift R Leg Lift Hold legs up Double Leg lower slow	1 1 2 4	5x
1:20 Hey hey ... (C)	3x8 B Double Pulse Crunch	4	6x
1:35 (Instr)	4x8 Bridge	4	8x
1:56 Hallelujah (V)	5x8 C Double Pulse Cross Crawl R Double Pulse Cross Crawl L	4 4	5x
2:22 Hey hey ... (C)	4x8 B' Double Pulse C-Crunch	4	8x
2:42 Hey hey ... (Rep)	3x8 C Double Pulse Cross Crawl R Double Pulse Cross Crawl L	4 4	3x

WHY

Using isolation exercises (such as Crunches) in the Warmup ensures that when we hit integrated exercises (like Hovers) our core muscles are engaged and ready to work.

COACHING

Charlotte says: This track has fast changes so I focused on using concise cues to ensure I delivered the must-know points for each move. Give yourself enough space to pre-cue the changes in movement so the class can follow with confidence and feel successful. This song is catchy and a bit cheeky; tap into that feel and have fun with it! Your participants will love it!

LEG LIFT COMBO

KEY COACHING FOCUS:
Brace abs to keep lower back close to the floor

LAYER 1 (SETUP)

- Lift front leg, back leg, hold
- Slowly lower down
- Knees over hips
- Toes lightly touch down
- **Brace abs to keep lower back close to the floor**

LAYER 2

- We need great core control to warm the abs effectively
- Tighten your core brace and feel your lower abs heating up

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



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 braced
- Upper and lower abs firing as one to warmup our muscles

CORE
ESSENTIALS

DOUBLE PULSE CRUNCH

BRIDGE

2 CORE STRENGTH 1

TRACK FOCUS

I want my participants to feel how our core muscles hold us in correct alignment as we strengthen our upper bodies in the Hover Press with Tap.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8		Set up Hover, facing front
0:17 (Instr) (Beat)	6x8 A	4	12x Leg Tap L Extend L arm to side after 8 reps
0:43 (Synth)	8x8 A ¹	4	16x Hover Press w. Tap L
1:18 (Quiet)	2x8	16	Roll to back, facing side, knees over hips, palms facing up
1:27 (B up)	8x8 B	2 2 2 2 8	4x Single Leg Extension Sequence Front & Back Extend front leg 45° Lower towards floor Lift to 45° Return to start position Repeat other leg
2:02 (Synth)	8½x8 B ¹	2 2 2 2 4	8x Double Leg Extension Sequence Extend both legs 45° Lower towards floor Lift to 45° Return to start position Set up Hover, facing front
2:39 (Beat)	6x8 A	4	12x Leg Tap L Extend R arm side after 8 reps
3:05 (Synth)	8x8 A ¹	4	16x Hover Press w. Tap R
3:40 (Quiet)	2x8	16	Roll to back facing side, knees over hips, palms facing up
3:49 (B up)	8x8 B	16	4x Single Leg Extension Sequence Front & Back
4:24 (Synth)	8x8 B ¹	8	8x Double Leg Extension Sequence

Propaganda > 5:04 mins

2

WHY

Conventionally we use reciprocal arm and leg patterns to challenge our core in a Hover. In this release, however, the challenge is to stabilize the core while moving the same arm and same leg. This places extra stress on our obliques as we have to focus on keeping our hips square throughout the exercise.

COACHING

You want your participants to be aware of the position of their spine all the way through this track so they can maintain good control and alignment. In the Hover Press with Tap this means keeping the hips level to the floor as the leg moves in and out. In the Leg Extension Sequence, this involves keeping the lower back close to the floor with a strong ab brace as the legs extend in and out. Offer the levels early on in Layer 1 so everyone feels successful. In Layer 2, qualify the levels by explaining why they may wish to dial the intensity up or down.

LEG TAP

KEY COACHING FOCUS:
Keep back long and straight
Abs braced to keep hips level to the floor

LAYER 1 (SETUP)

- Face the front in a Hover
- Elbows under shoulders
- Fists together
- Knees hip-width apart
- Lift hips to shoulder height
- **Back long and straight**
- **Brace abs**
- Straighten right leg only
- **As leg moves, brace abs to keep hips level to the floor**

(Extend Arm to Side)

- Keep leg moving
- Take right arm out wide in Pushup position
- Fingers face forward
- Elbow slightly bent

LAYER 2

- If your hips are level to the floor, try coming up onto your toes

LEVELS

- ↕ To decrease intensity drop to knees



HOVER PRESS W. TAP

KEY COACHING FOCUS:
Brace abs to keep hips level to the floor

LAYER 1 (SETUP)

- 16x Hover Press with Tap
- Step foot wide of shoulders
- Hip-width apart when you step in
- **Keep your hips level to the floor by bracing abs**
- If hips are not level stay with leg tap only

LAYER 2

- Try up on your toes for more core load
- Focus on how much you need to brace your abs to keep your back long and straight
- You thought you were only going to strengthen your core - we're going to strengthen our upper body with 16 Pressups!
- To get power from your upper body in the Pushup you need a rigid body

LEVELS

- ↕ Decrease intensity with no press



SINGLE LEG EXTENSION SEQUENCE

KEY COACHING FOCUS:
Press lower back towards the floor
Hold this position by bracing abs

LAYER 1 (SETUP)

- Roll onto your back, then side-on
- Palms face up
- Knees above hips
- Leg extend to ceiling
- Lower leg to 45 degrees
- **Lower back stays close to 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

(DOUBLE LEG EXTENSION SEQUENCE)

- If you have the control, try both legs
- Out, down, up, knees over hips
- **Check your back and ab brace**

LAYER 2

- If losing control, go to Single Leg Extension

LEVELS

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

CORE ESSENTIALS

HOVER

3 STANDING STRENGTH 1

Redemption > 5:03 mins

3

TRACK FOCUS

I want my participants to experience the combination load of the plate and band on their core and learn that this increases their strength by placing extra stress on the muscles.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	2x8 Set up 'Around The World R' using the Les Mills SMARTBAND™ and SMARTPLATE™ Step onto SMARTBAND w. L foot Single band and plate together in L hand	16	
0:14 Load (V)	4x8 A Around The World—slow R	8	4x
0:37 Fell (PC)	4x8 A' Around The World—faster R	4	8x
0:59 Redemption (C)	8x8 B Diagonal Push & Around The World Combo R Diagonal Push x2 R Around The World R	4 4	8x
1:47 (Piano)	2½x8 Transition to L side, step into SMARTBAND with R foot single band and plate together in R hand	20	
1:58 Load (V)	4x8 A Around The World slow L	8	4x
2:21 Fell (PC)	4x8 A' Around The World faster L	4	8x
2:43 Redemption	8x8 B Diagonal Push & Around The World Combo L Diagonal Push x2 L Around The World L	4 4	8x
3:29 (Instr)	2x8 Transition to Side Squat with Plate Arc	16	
3:40 History (V)	6x8 C Side Squat w. Plate Arc L Side Squat L – plate to hip level and to collarbones Side Squat w. Plate Arc R	4 4	6x
4:14 Redemption (C)	4x8 C' Double Squat Pulse w. Plate Arc L – plate to hip level and O/H Double Squat Pulse w. Plate Arc R	4 4	4x
4:36 Hey	4x8 Double Squat Pulse w. Plate Push F	4	8x

WHY

Research tells us that we use multiple muscles of the core simultaneously for everyday activities such as walking and running. Combining two modes of resistance (plate and band) during the Around The World exercise will challenge our core in a similar way, providing us with gains in functional strength.

COACHING

The addition of the plate to the Around The World move will increase intensity and build functional strength; it's perfect for the participants who have mastered using the double band. Teach your class to push their hips back in this exercise to feel the increased load on their glutes and hamstrings. Remember to offer the option to reduce the equipment halfway through this move, especially if they can't keep their chest lifted. We finish the track with the Double Squat Pulse with Plate Push which will challenge even your hard core participants! Focus on good knee alignment in the Squat with Plate Arc as the plate places stress on the big rotator muscles of the trunk. Once again, they can always lose the plate if the extra load is causing them to lose form.

AROUND THE WORLD

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

Twist from the center of your chest

LAYER 1 (SETUP)

- Open band out on floor
- Step one foot on band
- Join handle with outside edge of plate
- Step wide
- Bend the leg
- Hands to chest
- Around 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
- Sit hips back
- 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 plate



DIAGONAL PUSH & AROUND THE WORLD COMBO

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

Twist from the center of your chest

LAYER 1 (SETUP)

- Two diagonal pushes to the side
- Out in, out in
- Circle Around the World
- Center of chest to corner then front
- Go bigger and push your hips back
- Brace abs to keep hips square to the front

LAYER 2

- Pushing your hips back puts a massive load onto your glutes and hamstrings. That load gets them stronger
- Pull left shoulder back to square up
- We go Around The World, not around the block

LEVELS

- ⇩ Decrease intensity with no plate



3 STANDING STRENGTH 1 continued

Redemption > continued

3

SIDE SQUAT W. PLATE ARC

KEY COACHING FOCUS:
Sit hips back and down

Keep chest lifted

Brace abs to support lower back



LAYER 1

- Grab a heavy plate
- Feet under hips
- Wide Squat
- Stand tall
- Hips go back and down
- Chest stays lifted
- Plate stops at hip height
- Brace abs
- Keep hips square to the front



LAYER 2

- If your hips twist, bring plate to chest to maintain control

DOUBLE SQUAT PULSE W. PLATE ARC

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

Keep chest lifted

LAYER 1 (SETUP)

- Add a Double Pulse
- Pulse up, down, stand

LAYER 2

- Feel the rotational force of the plate on your core
- It creates massive torque, so brace abs tightly to keep hips facing forward

LEVELS

- ⇅ Decrease intensity by bringing plate to collarbones

DOUBLE SQUAT PULSE W. PLATE PUSH

KEY COACHING FOCUS:

Brace abs to keep hips square to the front

Keep chest lifted

LAYER 1 (SETUP)

- Keep legs wide
- Plate to chest
- Pulse down and come back up

LAYER 2

- Grip your plate hard and don't give in!
- Blast the plate forward with every rep and feel the strength of your core

LEVELS

- ⇅ Decrease intensity with no plate

4 STANDING STRENGTH 2

Touch > 4:00 mins

4

TRACK FOCUS

I want my participants to understand how to load the glutes and experience how this feels in the Crescent Lunge with Single Leg Squat position.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	2½x8 Set up Crescent Lunge w. Single Leg Squat L using Les Mills SMARTBAND, folded in half L foot onto middle of band Hold handles in R hand Extend L arm to 45°, R leg B, bend L knee	20	
0:13 Scared ... (V)	8x8 A Crescent Lunge w. Single Leg Squat L 2/2 slow	8	8x
0:55 (Melody)	8x8 B Combination: Crescent Lunge w. Single Leg Squat L x2 Hold up Down	4 3 1	8x
1:37 (Clicks)	2½x8 Transition to R side Set up Crescent Lunge w Single Leg Squat R SMARTBAND under R foot, holding handles in L hand w. R arm out at 45° L leg B, bend R knee	20	
1:50 Scared ... (V)	8x8 A Crescent Lunge w. Single Leg Squat R 2/2 slow	8	8x
2:31 (Melody)	8x8 B Combination: Crescent Lunge w. Single Leg Squat R x2 Hold up Down	4 3 1	8x
3:13 (Heavy bass)	2x8 Transition to Side Leg Lift Stand feet on band hip-width apart, cross handles at waist	16	
3:24 (Melody)	3x8 C Side Leg Lift L	2	12x
3:39 (Beat)	3x8 C Side Leg Lift R	2	12x

WHY

Focusing on keeping our mid chest in line with the inside of our big toe ensures we avoid leaning. This teaches our core to control our trunk position when we need to balance on one leg.

COACHING

Rachael says: This track is short but super tough! We have a Crescent Lunge position setup for our Single Leg Squat pattern. Coach your participants to take a long step back so they are working from a loaded base as they push up and down. It's absolutely OK for them to work without the band, especially if they are experiencing challenges with balance. To coach this track well, think: one cue at a time, allowing the cue to land before you move on to your next coaching point. Encourage participants to listen to your voice, rather than looking up at you, to maintain good neck alignment.

CRESCENT LUNGE W. SINGLE LEG SQUAT

KEY COACHING FOCUS:

Brace abs to keep hips square to the front
Keep chest lifted
Tip forward from the hips

LAYER 1

- Double your band
- Right foot steps on halfway
- Handles in left hand
- Left leg long step back
- Right arm up on 45 degree
- Back leg lifts up, up, down, down
- Tip forward, nose over toes
- Brace abs to keep hips square to front
- Keep chest lifted
- Middle of chest aligned with big toe
- Feel free to lose the band to maintain good technique



LAYER 2

- Crescent Lunge with Single Leg Squat, back leg straight
- With your fingertips try touching the corner of the room - this ignites our shoulders and upper back
- Glutes, hamstrings, quads and six-pack: we're building a strong body

(COMBINATION)

- Moving quicker, let's go bigger
- 3 quick, up, down, hold it up
- Slow lower down
- Back leg straight
- Bend deep into standing leg

LAYER 2

- Burning up the glutes and legs
- For more challenge, lean further forward to fire up the powerhouse
- Focus on the pause – notice how much harder our core works to keep us stable
- Light tap with the toes to keep weight forward to build strong glutes

LEVELS

- ⇩ To reduce intensity, no band

SIDE LEG LIFT

KEY COACHING FOCUS:

Brace abs to keep hips square to the front
Keep chest lifted

LAYER 1

- Open band out
- Step feet on band, hip-width apart
- Cross handles
- Hands on hips
- Weight in left leg
- Brace abs
- Right leg Side Leg Lift for 12 counts
- Avoid the lean
- Lift through the crown of the head
- Slight bend in standing leg
- Chest lifted



LAYER 2

- If you want a challenge, don't tap. Feel the work in your side glute

LEVELS

- ⇩ To reduce intensity, no band

4 BONUS STANDING STRENGTH 2

TRACK FOCUS

I want my participants to feel aware of which muscles they need to recruit to master the Triple Squat Pulse when I coach this move with precision.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	4x8		
		Set up SMARTBAND under L foot, handles in R hand, step R foot onto doubled band	32
0:14 (Instr)	8x8 A	Triple Squat Pulse Side Leg Lift L	6 2 8x
0:45 (Melody)	8x8 A ¹	Squat Side Leg Lift L	2 2 16x
1:14	1x8	Take L foot out of band	8
1:18 (B up)	11x8 B	Triple Back Tap L Tap L Add L arm to diagonal after 3 reps Add Knee Lift after 7 reps	6 2 11x
1:59 (Melody)	8x8 B ¹	Crescent Lunge R Knee Lift L	2 2 16x
2:29 Looking (V)	4x8	Set up SMARTBAND under R foot, handles in L hand, step L foot onto doubled band	32
2:44 Got	8x8 A	Triple Squat Pulse Side Leg Lift R	6 2 8x
3:14 (Melody)	8x8 A ¹	Squat Side Leg Lift R	2 2 16x
3:44 Looking (V)	1x8	Take R foot out of band	8
3:48 Up	11x8 B	Triple Back Tap R Tap R Add R arm to diagonal after 3 reps Add Knee Lift after 7 reps	6 2 11x
4:29 (Melody)	8x8 B ¹	Crescent Lunge L Knee Lift R	2 2 16x

Booty Bounce > 5:02 mins

4

WHY

Anchoring the band beneath one foot creates a pull on our core muscles, which acts as a reactive training stimulus. This is the type of resistance to which our core muscles react automatically as they fight to keep our trunk centered.

COACHING

Rachael and Charlotte say: The intensity of the moves match perfectly with the intensity of the music. Coach Layer 1 with clarity and precision so your participants feel successful in the exercises. In Layer 2, manipulate the intensity, improve execution and explain the benefits of the moves so your class doesn't 'check out' of the workout! How will you motivate the people in your class?

TRIPLE SQUAT PULSE SIDE LEG LIFT

KEY COACHING FOCUS:

Brace abs
Keep chest lifted

LAYER 1

- Step right foot onto band
- Both handles in left hand
- Step left foot on top
- Feet outside of hips
- **Chest up**
- **Abs braced**
- Triple Squat Pulse
- 3, 2, 1, lift up
- **Sit hips back and down as you Squat**
- **Avoid leaning to the side**

(SQUAT SIDE LEG LIFT)

- Single Squat
- Squat and lift
- Hips level with floor



LAYER 2

- Think purely vertical with this move. Drop straight down, then drive up evenly through both feet
- On the way up, pull the quads up to feel that sting in the quads as well as the glutes
- Drive from the floor to the ceiling – down and drive up, you want your head to touch the sky
- This brings stability to the work so your booty doesn't bounce!

LEVELS

- ⇩ To reduce intensity no band

TRIPLE BACK TAP

KEY COACHING FOCUS:
Tip forward from the hips
Keep chest lifted

LAYER 1

(SINGLE LEG SQUAT KNEE LIFT)

- Take right foot out of band
- Leg back long
- Triple Tap Pulse
- 3, 2, 1 step in
- **Tip forward so nose is over toes**
- Arm to 45 degrees, thumb up
- **Abs braced tightly**
- **Hips square to the front**
- **Front knee out for stability**

(KNEE LIFT)

- If you want to, lift your knee
- **Chest up**

(SINGLE LEG SQUAT KNEE LIFT)

- Single Tap and lift

LAYER 2

- Eye gaze (3 meters) in front to steady your body and feel the heat in your legs
- Feel the heat spread through the quads around the butt and hips
- Reach through your fingers so the work is also in your upper back and shoulders
- Brace the core and drive the knee through, like a sprinter

LEVELS

- ⇩ To reduce intensity, no band
- ⇩ Reduce intensity with no Knee Lift



5 CORE STRENGTH 2

Don't Let Me Down > 6:19 mins

5

TRACK FOCUS

I want my participants to learn how to execute the Rotating Side Plank with Corkscrew and to understand how to dial the intensity levels up or down.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	2x8 Set up Extended Side Crunch L Lie on R side Reach L arm to vertical with or without plate R arm F on floor Extend legs	16	
0:12 Crashing ... (V)	4x8 A Extended Side Crunch L	4	8x
0:35 I need ya ... (PC)	4x8 A ¹ Extended Side Crunch L 1/3	4	8x
0:58 Down ... (C)	2x8 A ² Pulse Side Crunch L Knees bent on floor L arm to vertical Roll onto back, plate in L hand, arms wide on floor	2 4	6x
1:10 But I'm ... (V)	2x8 B Oblique Knee Drop front 4/4	8	2x
1:21 I need ya ... (PC)	4x8 B ¹ Extended Leg Drop front 4/4	8	4x
1:45 Down (C)	4x8 B ² Extended Leg Drop Combo Front Extended Leg Drop front Bend knees Extend legs Return to start position	2 2 2 2	4x
2:08 (Instr)	2x8 Transition to Plank, facing front, plate in L hand	16	
2:20 I need ya ... (PC)	4x8 C Rotating Side Plank L 4/4	8	4x
2:43 Yah (Rep)	4x8 C ¹ Rotating Side Plank w. Cork Screw L	8	4x
3:09 (Instr)	2x8 Set up Extended Side Crunch R Lie on L side Reach R arm to vertical with or without plate L arm F on floor Extend legs	16	
3:21 Crashing (V)	4x8 A Extended Side Crunch R	4	8x
3:44 I need ya (PC)	4x8 A ¹ Extended Side Crunch R 1/3	4	8x
4:08 Down (C)	2x8 A ² Pulse Side Crunch R Roll onto back, plate in R hand, arms wide on floor	2 4	6x
4:19 But I'm (V)	2x8 B Oblique Knee Drop front 4/4	8	2x
4:31 I need ya (PC)	4x8 B ¹ Extended Leg Drop front 4/4	8	4x
4:54 Down (C)	4x8 B ² Extended Leg Drop Combo front	8	4x
5:18 (Instr)	2x8 Transition to Plank, facing front, plate in R hand	16	
5:29 I need ya (PC)	4x8 C Rotating Side Plank R 4/4	8	4x
5:52 Yah (Rep)	4x8 C ¹ Rotating Side Plank w. Corkscrew R	8	4x

WHY

In the Rotating Side Plank with Corkscrew, your participants will naturally focus on the hips and arm that are moving; however, the arm that is anchored to the floor is working hard to stabilize the body. Driving the hand into the floor helps us to train the rotator cuff and scapula stabilizers – which are vital to keeping our shoulders strong and healthy.

COACHING

Dan says: There's a lot going on in this track so clearly coach your Position and Execution Setup cues and offer the levels early to make sure that nobody is left behind. It's important that you deliver precise cues on what you are doing and how to do it, so that your class doesn't have to keep looking back at you. The Corkscrew move is powerful and fits beautifully with the music!

EXTENDED SIDE CRUNCH

KEY COACHING FOCUS:
Squeeze top ribs to hip

LAYER 1

- To add load, use a small plate
- Knees bend forward
- One arm down on floor
- Plate up
- Bend knees to chest
- Extend legs forward of body
- In, in, out, out
- Knees stay facing the front to keep waist down
- If struggling, drop bottom leg and do single leg
- Slide your top ribs to top hip**



LAYER 2

- Fatigue starts to kick in and we start to push out of the arm. I encourage you to drop the bottom leg and focus on bringing the knee in

(EXTENDED SIDE CRUNCH 1/3)

- Up quickly and hold
- Resist on the way down
- Push the plate high
- Legs forward of the body as you extend
- Wrist sits over the elbow

LAYER 2

- When control is lost, the plate will move. If this occurs, drop the leg or lose the plate

(PULSE SIDE CRUNCH)

LAYER 1

- Hold knees in
- Knees up or on the floor
- Pulse, 6, 5, 4, 3, 2



LEVELS

- ↕ To decrease intensity, no plate
- ↕ To decrease intensity, drop bottom leg

OBLIQUE KNEE DROP

KEY COACHING FOCUS:
Anchor shoulders to the floor

LAYER 1

- Anchor shoulders to the floor**
- Knees drop forward
- Hold, slowly back
- Keep back, shoulder down

LAYER 2

- It's incredibly important to work our obliques. They are responsible for allowing us to side-bend and rotate. This gives us rotational power

(EXTENDED LEG DROP)

- To add load, extend legs

LAYER 2

- Feel a stretch in your side waist, your obliques
- Keeping your rear shoulder down; see how low you can go

LEVELS

- ↕ Reduce intensity by keeping knees bent

(EXTENDED LEG DROP COMBO)

LAYER 1

- Combination training
- To the front, bend knees, extend
- Brace abs to bring legs back**
- If you're fatiguing and the rear shoulder lifts, bend your knees

LEVELS

- ↕ Reduce intensity by bending knees

ROTATING SIDE PLANK

KEY COACHING FOCUS:

Back long and straight
Abs braced, hips and shoulders move as one unit

LAYER 1

- Keep plate in right hand
- Left hand faces forward
- On knees or toes
- **Brace abs**
- Rotating side Plank
- Row plate up
- Lift bottom hip
- Hand down and reset
- Push out of the supporting hand
- **Rotate back down and square your hips to front**
- **Hips and shoulders move as one**



LAYER 2

- Full-body integrated training. The entire body moves as one unit
- We are working our shoulder stabilizers

LEVELS

- ⇩ To reduce intensity no plate
- ⇩ To decrease intensity, drop to knees

ROTATING SIDE PLANK W. CORKSCREW

KEY COACHING FOCUS:

Keep hips square to the floor on Corkscrew

LAYER 1

- Add on a Corkscrew
- Plate under armpit
- **Keep hips square to floor on corkscrew**



LAYER 3

- Feel the strength in your mid body

LEVELS

- ⇩ To reduce intensity, no plate
- ⇩ To decrease intensity, drop to knees

6 CORE STRENGTH 3

Bang My Head > 4:44 mins

6

TRACK FOCUS

I want my participants to experience ultimate upper back fatigue in the Row, and achieve this by focusing on squeezing their shoulder blades together to feel the burn in the muscles.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 (Intro)	2x8	Set up lying prone, facing front, head on hands	16
0:09 (Instr)	8x8 A	Leg Extension Sequence L & R Lift L leg Open L leg to side Close L leg Lower L leg to floor Repeat R leg	4x 2 2 2 2 8
0:44 I was born (V)	8x8 A ¹	Upper Body Extension Sequence L & R Lift upper body Extend L arm wide to side Fingertips to temples Lower body to floor Repeat R arm	4x 2 2 2 2 8
1:20 Bang my head (C)	8x8 A ²	Double Extension Sequence Lift upper body and legs Open arms and legs to side Close legs, fingertips to temples Lower body and legs to floor	8x 2 2 2 2
1:55 Bang my head (Rep)	4x8	Flutter Kick Rest head on hands	32
2:13 I've been going (V)	4x8	Set up SMARTBAND under knees and cross handles	32
2:31 Children	4x8 B	Double Arm Wide Fly	4 8x
2:49 _ Bang my head (C)	8x8 B ¹	Double Arm Row L	8 8x
3:24 Bang my head (Rep)	12x8 B ²	7x Pulse Row Arms down	14 6x 2
4:17 (Instr)	4x8	Upper Back Stretch Shoulder Stretch L & R	16 16

WHY

Each section of this track focuses on a different part of the posterior chain: the Leg Extensions hit the glutes and hamstrings; the Upper Body Extensions work the lower back; and the Flys and the Rows target the upper back. The muscles of the posterior chain keep us upright when we squat and lift loads, and are crucial for athletic development and injury prevention.

COACHING

When you coach the position for the Row, focus on hinging forward from the hips and pushing the hips back towards the heels. This will ensure they are in the correct position to target the upper back – rather than remaining upright, which will work the traps.

LEG EXTENSION SEQUENCE

KEY COACHING FOCUS:
Squeeze glutes

LAYER 1

- Keep band close
- Lie on floor on your stomach
- Forehead on hands
- Right leg lifts up, out, in, down
- **Squeeze glutes**
- Leg long and straight
- Take leg out wide



LAYER 2

- Feel your butt squeeze as you lift your thighs
- Rather than lifting the leg high, stretch it away from you

DOUBLE EXTENSION SEQUENCE

KEY COACHING FOCUS:
Squeeze glutes

LAYER 1

- Both arms and legs lift up
- Open wide, come in, lower halfway down
- **Squeeze glutes**
- Lift chest

LAYER 2

- When we go wide with our legs we target the muscles of the outer hip, our abductor muscles. When we lift our chest high, we strengthen our upper back

UPPER BODY EXTENSION SEQUENCE

KEY COACHING FOCUS:
Squeeze glutes
Squeeze shoulder blades together

LAYER 1

- Feet down
- Lift upper body
- Right arm out, in, lower halfway down
- Lock down
- Fingertips to temples
- Neck is long



LAYER 2

- Feet squeezing together, along with butt, to stop your lower back over-extending
- Lift high through your upper back by lifting your elbows

FLUTTER KICK

KEY COACHING FOCUS:
Squeeze glutes

LAYER 1

- Head down on hands
- Flutter Kick the legs
- Legs are straight and strong
- **Squeeze glutes**

LAYER 2

- Legs like steel poles, pumping them like powerful pistons! Go for it!

6 CORE STRENGTH 3 - continued

Bang My Head > continued

6

DOUBLE ARM WIDE FLY

KEY COACHING FOCUS:

Chest lifted

Tip forward from the hips

LAYER 1

- Come up onto knees
- Place band under knees
- Have tension on the band between knees
- Knees outside hips
- Cross handles
- Palms face in
- **Tip forward from the hips**
- **Brace abs**
- **Squeeze shoulder blades together**
- Hands lift out, in
- **Keep chest lifted**



(DOUBLE ARM ROW L)

- Row, extend arms, lift chest
- Pull elbows high, straighten, come up
- Shoulder blades squeeze together

LAYER 2

- Crush shoulder blades together to strengthen the upper back muscles
- Take eyes (3 meters) forward. Keep them there so your head stays still and your back aligned

LEVELS

⇩ To reduce intensity, no band

PULSE ROW

KEY COACHING FOCUS:

Squeeze shoulder blades together

LAYER 1

- 7 Pulse Rows
- Pull elbows high
- Chin tucked
- **Shoulder blades squeeze together**



LAYER 2

- Can you feel the burn in the back of your shoulders? That's the muscles getting stronger, we want the burn!

LEVELS

⇩ To reduce intensity, no band

6 BONUS CORE STRENGTH 3

Free > 4:50 mins

6

TRACK FOCUS

I want my participants to feel which muscles need to be engaged to maintain good technique, and understand how to dial the intensity levels up or down.

MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	2x8	Set up Prone position, fingertips to temples, facing front	16
0:11	Ahh ahh (C)	6x8 A	Upper Body Extension	4 12x
0:42	Ahh ahh (C)	2x8 A ¹	Open arms side Arms back in a 'V', thumbs up	8 8
0:52	Grit your teeth (PC)	4x8 A ²	Triple Pulse Upper Body Extension	8 4x
1:13	Ahh (C)	1x8	Roll onto back, add plate	8
1:19	All I want is	4x8 B	Bridge Top Half	4 8x
1:39	Grit your teeth	8x8 B ¹	Triple Pulse Bridge	8 8x
2:20	_ It's clear (V)	2x8	Come up to standing	16
2:31	_ It's clear	6x8 C	Triple Pulse Bentover Prone Cobra, Single Leg L	8 6x
3:02	Grit your teeth	4x8 C ¹	Triple Pulse Bentover Prone Cobraw. Balance L	8 4x
3:23	Ahh (C)	2x8 D	Aeroplane Balance L, arms F	16
3:33	_ It's clear (V)	2x8	Rest other side	16
3:43	_ It's clear	6x8 C	Triple Pulse Bentover Prone Cobra, Single Leg R	8 6x
4:14	Grit your teeth (PC)	4x8 C ¹	Triple Pulse Bentover Prone Cobra, w. Balance R	8 4x
4:35	Ahh (C)	2x8 D	Aeroplane Balance R, arms F	16

WHY

Keeping our chest lifted and our back stable when we tip forward in Bentover Prone Cobra teaches us to hinge from the hips with good form. Being able to hinge from the hips with control is very important when we squat or lift, and requires the full activation of our glutes.

COACHING

Dan says: This track is a perfect finish to the class as it targets the lower, mid and upper back. Clearly coach Layer 1 Setup and Execution cues so your participants don't have to keep looking up at you. In Layer 2, help your class connect with their bodies by explaining where they should be feeling the work and the benefits of these exercises. Be sure to look out at your class so you can tailor the levels to suit everyone. Practise the Aeroplane so you can role-model this with great strength!

UPPER BODY EXTENSION

KEY COACHING FOCUS:
Squeeze glutes

LAYER 1

- You need 2 plates
- Lie down
- Feet together
- **Squeeze glutes**
- Fingertips to temples
- Slowly lift and lower
- Chin tucked
- Eyes down

LAYER 2

- Working into our back extensors and glutes
- Pull shoulder blades down to fire the muscles of your mid and upper back

(TRIPLE PULSE UPPER BODY EXTENSION)

LAYER 1

- Hold last one up
- Both arms out to side
- Arms go back, palms down
- **Roll shoulder blades back**
- **Squeeze glutes**
- Triple Pulse
- 1, 2, 3 and only halfway down

LAYER 2

- Strengthening and conditioning the muscles of the back – great endurance training for the lower back

TRIPLE PULSE BENTOVER PRONE COBRA

KEY COACHING FOCUS:
Tip forward from the hips and squeeze shoulder blades together

LAYER 1

- Using a band or 2 small plates
- Weight on right leg
- Left leg back
- Arms back, palms down
- Cobra, 3 Pulses and lower halfway down
- **Lean forward, nose over toes**
- **Lift chest**
- **Brace abs to keep body still**
- **Square hips to the front**
- **Squeeze shoulder blades every time**

LAYER 2

- At any time put plates down and try a band.
- (TRIPLE PULSE BENTOVER PRONE COBRA W. BALANCE)**

LAYER 1

- Add variety
- Weight in front leg
- Balance challenge
- **Lean forward – nose over toes**
- At anytime drop back foot to floor

LAYER 2

- Shaping and toning the muscles of the rear body
- You will feel work in your triceps as well

LEVELS

- ⇩ Reduce intensity by using band
- ⇩ Reduce intensity by keeping foot down for stability

(AEROPLANE BALANCE)

LAYER 1

- Last move
- Extend arms forward
- **Brace abs**
- Shoulders forward of hips

LAYER 2

- Isolating balance challenge to finish!