



PRESENTERS FROM
NEW ZEALAND
FRANCE

LES MILLS
CXWORX

RELEASE **26**

FEATURES:
BORN TO MOVE: NEW RESEARCH
THE SCIENCE OF RESISTANCE TUBING

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

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

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

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

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

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

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

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

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

BLAH BE LOUD AND HEARD

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

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

CONTENTS

BORN TO MOVE: NEW RESEARCH

CXWORX COACHING UPDATE

THE SCIENCE OF RESISTANCE TUBING

	TRACK	ARTIST	
1	WARMUP Final Song © 2016 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Ørsted, Emenike, Bao	MØ	3:49
2	CORE STRENGTH 1 Sahara Courtesy of the Universal Music Group. Written by: Moore, Stefanov, Grigahcine	DJ Snake feat. Skrillex	3:51
	Sahara Courtesy of the Universal Music Group. Written by: Moore, Stefanov, Grigahcine	DJ Snake feat. Skrillex	2:10
BONUS 2	CORE STRENGTH 1 Psy Or Die © 2016 Spinnin Records, under exclusive license to Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au. Written by: Bunawan, Smith, Blackmon, Gough	Carnage & Timmy Trumpet	5:17
3	STANDING STRENGTH 1 Give Me Your Love (Cedric Gervais Remix) © 2016 Astrx Music, a division of Ministry of Sound Australia Pty Ltd. Written by: Newman, Fielder, Manovski, Rodgers	Sigala feat. John Newman & Nile Rodgers	4:47
4	STANDING STRENGTH 2 Bun Up The Dance © 2015 Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Francis, Moore	Dillon Francis & Skrillex	3:26
	Bun Up The Dance © 2015 Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Francis, Moore	Dillon Francis & Skrillex	1:14
5	CORE STRENGTH 2 Feel Your Love © 2016 Circus Records. Written by: Unknown	Flux Pavilion & NGHTMRE feat. Jamie Lewis	5:11
BONUS 5	CORE STRENGTH 2 Lullaby (Extended Mix) © 2016 Spinnin Records, under exclusive license to Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Written by: van Doesselar, Smulders, Steenkist, Palmer, Horst	Firebeatz & Chocolate Puma feat. Bishop	4:43
6	CORE STRENGTH 3 Too Good Courtesy of the Universal Music Group. Written by: Graham, Jefferies, Blday, Chin-Quee, Suthe	Drake feat. Rihanna	4:00

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 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, uploading or sharing files on 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 26



From L-R: Corey Baird, Rachael Wilkins, Charlotte Fleetwood-Smith, Romain Prévédello

A class that has been specifically designed to give you complete control and ownership of your workout is the key to fantastic technique. CXWORX Release 26 has incredible innovations, with exercises that both challenge the core and allow you to nail great movement control.

This workout brings Spider Planks, Kneeling Woodchops and Resisted Side Hovers that truly condition, strengthen, tone and test the core.

Each part of the workout has a direct focus on both exercise and feeling. The flow of this release is remarkable: movement patterns that naturally gel together, testing stability, endurance and postural strength. The levels allow the participant to choose what equipment and modifications to use, as well as

maximizing this 30-minute core strengthener.

The latest in mainstream Pop, Dance, House and Dubstep makes for high energy and feel. Our latest research plays a large factor in this release. CXWORX is bring 'prescribed' for pre-habilitation. This style of training will keep the muscles of the core strong and will help prevent injury.

Enjoy!

The CXWORX team

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.

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.

Romain Prévédello (France) is a CXWORX, BODYATTACK, BODYPUMP, BODYSTEP and a CXWORX Trainer, and a LES MILLS GRIT Series Trainer. Romain is a manager of a gym in Toulouse.

BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, HOW do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublichealth.biomedcentral.com/ticles/10.1186/s12889-016-3550-7>.

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 focus on their lower back staying close to the floor by bracing abs as the legs lift.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	2x8		Lie on back, fingers under lower back	16	
0:14	Please	9x8	A	Double Knee Lift	8	9x
0:54	Song (C)	4x8	B	Oblique Twist Sequence F&B Crunch Twist front Crunch Lower down Repeat to B	2 2 2 2 8	2x
1:12	Song (V)	5x8	A	Double Knee Lift , palms up	8	5x
1:34	Goes (PC)	4x8	A ¹	Double Knee Lift , no touch down	8	4x
1:51	Song (C)	4x8	B	Oblique Twist Sequence F&B	16	2x
2:09	Song (Rep)	4x8	B ¹	Oblique Twist Sequence F&B w. C-Crunch & Tap	16	2x
2:27	_ We could (Br)	6x8	C	Bridge 3x Walk out, out, in, in Roll down	16 24 8	
2:54	Song (C)	4x8	B ¹	Oblique Twist Sequence F&B w. C-Crunch & Tap	16	2x
3:11	Song (Rep)	4x8	B ²	Oblique Twist Sequence F&B w. C-Crunch & Leg Extension	16	2x
3:29	_ Ooh (Outro)	4x8	D	C-Crunch	8	4x

WHY

Placing the fingers under the lower back helps us to achieve neutral spine and provides a reference point for participants to return to throughout class.

COACHING

Corey says: Aim for simplicity and space. Initially get the class to focus on lower back pressing into their hands and holding this position by bracing the abs. Follow up in the second set by getting them to feel how hard their abdominals have to work to stabilize the spine when the feet no longer touch the floor.

DOUBLE KNEE LIFT

KEY COACHING FOCUS:

Brace abs to keep lower back close to the floor

LAYER 1 (SETUP)

- Lie sideways to stage
- Fingers under lower back
- Press back onto fingers and **brace abs**
- Knees lift, up, up down, tap
- Knees stop over hips
- Shins parallel to the floor
- Move from the hip, fixed angle at knees
- **Focus on downward pressure on fingers, brace abs to hold it there**

LAYER 2

- Brace your abs to stabilize your spine when legs move
- Have your palms facing up to stabilise your shoulders
- Drop shoulders away from ears, chest open
- Try dropping your feet 1 inch (2.5cm) from the floor
- Core stays loaded, so brace abs tighter



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**
- Walk feet out, out, in, in
- Step softly to control the movement



LAYER 2

- Hold, feel strong in the back of your body

OBLIQUE TWIST SEQUENCE

KEY COACHING FOCUS:

Lift shoulder up and across

LAYER 1 (SETUP)

- Toes down
- Fingertips to temples
- Crunch up, twist, center and down
- Turn to the back
- **Crunch up, squeeze ribs to hips**
- **On twist, lift shoulder up and across**
- **Tuck your chin in** on Crunch, to look after your neck

(OBLIQUE TWIST SEQUENCE WITH C-CRUNCH & TAP)

LAYER 1 (SETUP)

- Crunch up, lift knees up
- Drop rear foot, center and down
- Crunch up, drop front foot



LAYER 2

- Not only getting us warm but getting co-ordination going to wake up our brains
- Shoulders back to maximize rotation for the obliques

(OBLIQUE TWIST SEQUENCE WITH C-CRUNCH & LEG EXTENSION)

LAYER 1 (SETUP)

- Extend opposite leg to 45 degrees

LAYER 2

- Your core is getting warm and you may fight fatigue



CORE ESSENTIALS

C-CRUNCH

2 CORE STRENGTH 1

TRACK FOCUS

My participants will understand correct technique in the hover and leg extension work through my coaching of intensity levels

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	6x8		48	
0:28	(Instr)	8x8	A	Spider Plank L L hand out on floor to 45° R hand out on floor to 45° L elbow down R elbow down Option: On toes after 4 reps	8x
1:04	(B up)	4x8	B	Alternating Knee Drop L&R Hover on knees or toes	7x
1:22	(Heavy beat)	8x8	A	Spider Plank L	8x
1:59	(Beat)	4x8	B	Alternating Knee Drop L&R	8x
2:17	(Vocals)	4x8		Transition onto back, facing R side, leg extends to 45°, arms O/H Option to hold a weight plate	32
2:35	(B up)	4x8	C	Single Leg Plate Crunch L&R L knee bend, Crunch up Lower down extend L leg, arms O/H Repeat on R	4x
2:54	(Heavy beat)	8x8	C	Double Pulse C-Crunch Double Pulse C-Crunch Lower down, extend legs, arms O/H	8x
3:30	(Beat)	4x8	C'	Single Leg Plate Crunch L&R	4x
3:51	(Instr)	28x8	A-B	Repeat set up Hover, then sequences A to B on R Set up Hover (32 cts)	224

WHY

The bigger the muscle contraction in the limbs, the more the core needs to engage to provide stability. This concept is put to the test in the Spider Plank. As we extend the arms, we provoke a big contraction from latissimus dorsi – requiring an equally big core contraction.

COACHING

We start to build intensity focusing on great technique for fast results. The music is strong and slow and the movements are controlled and progressive. Romain's objective was to empower his class to choose the level that was correct for them. He achieved this by clearly coaching technique, explaining how to perfect execution of the exercises and how to dial the intensity up or down by choosing the level that was right for them. The Leg Extension work requires precise coaching, so the class do not need to keep looking back at you. Finally, make sure you can role-model great strength to match this powerful song!

SPIDER PLANK

KEY COACHING FOCUS:

Keep back long and straight
Brace abs to keep hips level to the floor

LAYER 1 (SETUP)

- Face front
- Hover position
- Elbows under shoulders
- Fists together
- Knees hip-width
- **Back long and straight**
- **Abs braced**
- Spider Plank, extend arm to 45 degrees
- Right, left, right, left
- Reach, reach, down, down
- **Keep hips level to the floor**

LAYER 2

- This move is slow and controlled
- Challenge yourself: lift your knees off the floor
- Squeeze your quads, squeeze your glutes and brace your core tighter to maintain hip stability
- Press your palms into the floor for stability
- It's all about your body weight control. This control will increase the strength of your core

LEVEL

⇓ Decrease intensity, drop to knees



ALTERNATING KNEE DROP

KEY COACHING FOCUS:

Brace abs to keep hips level to the floor

LAYER 1 (SETUP)

- Hover, knee drops
- One and two
- Drop and drop
- **Brace your abs**
- **Keep your hips level to the floor**

LAYER 2

- Your knee lightly touches the floor

LEVEL

⇓ Decrease intensity, with alternating knee lift starting on knees

SINGLE LEG PLATE CRUNCH**KEY COACHING FOCUS:**

Press lower back towards the floor; hold this position by bracing abs

LAYER 1 (SETUP)

- Pick up your plate (option)
- Lie on back
- Plate above your shoulders
- Extend arms and legs to 45 degrees
- **Brace abs**
- **Lower back towards the floor**
- Front knee comes in as you crunch
- Front and back
- Reduce the load, bend knee and toe tap
- **Chin tucked in**

LAYER 2

- Now you have the feeling that your six-pack is working

LEVELS

- ⇓ Decrease intensity, with bent knee Toe Tap to the floor
- ⇓ Decrease intensity, with no plate

**DOUBLE PULSE C-CRUNCH****KEY COACHING FOCUS:**

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

LAYER 1 (SETUP)

- Double Crunch
- Both knees in, pulse for two
- Slow extension
- One and two, slowly lie back
- Reduce the load, bend legs and touch floor
- **When you extend, brace core**
- **Lower back towards the floor**
- **Crunch and slide ribs to hips**
- Keep plate above your shoulders

LEVELS

- ⇓ Decrease intensity, with bent knee Toe Tap to the floor
- ⇓ Decrease intensity, with no plate

2 BONUS CORE STRENGTH 1

TRACK FOCUS

My participants will learn how the abdominal brace will lock the spine, pelvis and rib cage into position to move freely from the hips in the knee drops.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	7x8	A	Hover on knees, facing L side	56
0:24	(Heavy beat)	8x8	A ¹	Alternating Knee Lift F&B	4 16x
0:52	(Quiet)	4x8	A	Hold Hover Roll over to back, knees over hips	16 16
1:07	(Vocals)	4x8	B	Single Leg Scoop F&B	32
1:22	(B up)	10x8	B ¹	Double Leg Scoop	16 5x
1:59		2x8	A	Roll to Hover , on knees or toes	16
2:05	(Heavy beat)	8x8	A ¹	Alternating Knee Lift/Drop F&B Both knees down for last 4 cts	4 15x
2:33	Ooh (Vocals)	9x8	C	Wave Hover single arm Option: Double arm after 2 reps Option: On toes after 4 reps Hold Extended Hover for last 4 cts	8 8½x
3:04	(Quiet)	4x8	A	Extended Hover Roll over to back, knees over hips	16 16
3:19	(Vocals)	4x8	B	Single Leg Scoop F&B	32
3:34	(B up)	10x8	B ¹	Double Leg Scoop	16 5x
4:11		2x8	A	Roll to Hover	16
4:17	(Heavy beat)	8x8	A ¹	Alternating Knee Lift/Drop F&B Both knees down for last 4 cts	4 15x
4:45	Ooh (Vocals)	9x8	C	Wave Hover single arm, on knees or toes Option: Double arm after 3 reps Hold Extended Hover for last 4 cts	8 8½x

WHY

When we isolate the movement of the knees and hips in the Alternating Knee Lift in a Hover, we challenge our movement control. One of the key roles of the core muscles is to stabilize the mid-section as you move from the hips. This exercise provides the perfect opportunity to improve this function.

COACHING

Corey says: For the Knee Drops, make sure that the hips stay at shoulder height – so you don't need to lift or lower hips. Then, brace the abs to cement the spine, pelvis and ribcage into position, so you can move freely from the hips. This is a great stabilization pattern and the rewards cross over to running and walking. Sell these functional benefits to your participants.

ALTERNATING KNEE LIFT

KEY COACHING FOCUS:

Keep back long and straight

Brace abs to keep hips level to the floor

LAYER 1 (SETUP)

- Come into Hover
- Elbows under shoulders
- Palms flat on floor
- Hands close together
- Knees hip-width apart
- Lift hips to shoulder height
- **Back long and straight**
- **Abs braced**
- Alternating Knee Lift
- Front and back
- As your knees move, keep hips at shoulder height
- **As leg moves, brace abs to keep hips level to the floor**

LAYER 2

- Softly place your knees down to keep the load in your core
- Drop your shoulders back and away from your ears – feel how it flattens out your upper back
- Push your heel away to straighten your leg
- The deep muscles of your core are stiffening your spine and the larger muscles are creating overall stability
- A great stabilization pattern that crosses over to running or walking to improve strength and endurance

SINGLE LEG SCOOP

KEY COACHING FOCUS:

Brace abs to keep lower back towards the floor

LAYER 1 (SETUP)

- Roll onto your back
- Knees above hips
- Palms face up
- Shins parallel to the floor
- Front leg scoops out, up, down, knees over hip
- Rear foot scoops, flex foot as you lift
- **Lower back pressing towards the floor**
- **Brace your abs tightly**

LAYER 2

- Try and take the leg lower as you come down
- If you have tight hamstrings, stop short at the top or bend your leg slightly

(DOUBLE LEG SCOOP)

LAYER 1 (SETUP)

- Both legs out, feet together
- If back lifts off floor, go back to Single Leg Scoop
- Palms face up
- **Reset abs brace to keep lower back towards the floor**

LAYER 2

- Notice how it loads your core even more
- If your back starts to lift off floor, go back to single leg to stabilize your lumbar spine
- How low can you go without your back lifting?
- Control and stabilize your spine with that super strong ab brace
- Milk the music, as every second counts!

LEVELS

- ⇅ Decrease intensity with Single Leg Scoop

WAVE HOVER

KEY COACHING FOCUS:

Brace abs to keep hips level to the floor



LAYER 1 (SETUP)

- Both knees down
- Front elbow lifts
- Back elbow lifts
- Lower, down, down
- On both elbows lift
- Up, down
- **Long straight back**
- **Brace abs to keep hips level to the floor**



LAYER 2

- If you're getting too much rotation, drop back down to your knees or single arm lifts
- Push through the heel of your hands
- Try both arms and feel how it loads your core
- If the work has slipped into your back, work from your knees and focus on a stronger ab brace
- Triceps are getting stronger too

LEVELS

- ⇩ Decrease intensity, on knees
- ⇧ Increase intensity, lift both elbows
- ⇧ Increase intensity, on your toes

CORE
ESSENTIALS

HOVER

3 STANDING STRENGTH 1

TRACK FOCUS

My participants will feel how the slight lean in the woodchop position enables their spine to be straight, therefore maximising the rotation.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	Set up Atlas Chop In Lunge L Lunge L, hold SMARTPLATE™	32	
0:15	(Instr) (Beat)	8x8	A Atlas Chop In Lunge L Plate to R hip Lift plate to diagonal high L	2 2	16½x
0:45	(Piano)	4x8	Set up Kneeling Wood Chop L SMARTBAND™ under R foot, handles together Kneel on L knee, R leg extend side	32	
1:00	Love (C)	8x8	B Kneeling Woodchop L 2/2	8	8x
1:29	Love (B up)	4x8	B¹ Kneeling Woodchop L 1/3	8	4x
1:44	Love (Instr)	12x8	C Kneeling Press w. Twist L	8	12x
2:29	(Piano)	4x8	Set up Kneeling Wood Chop R SMARTBAND under L foot, handles together Kneel on R knee, L leg extend side	32	
2:44	Love (C)	8x8	B Kneeling Woodchop R 2/2	8	8x
3:14	Love (B up)	4x8	B¹ Kneeling Woodchop R 1/3	8	4x
3:29	Love (Instr)	12x8	C Kneeling Press w. Twist R	8	12x
4:14	Love (Instr)	2x8	Set up Atlas Chop In Lunge R Lunge R, hold SMARTPLATE	16	
4:21	Outro (Instr)	6x8	A Atlas Chop In Lunge R	4	12½x

WHY

Performing the Woodchop from a kneeling position provides 2 key advantages. Firstly, the pull of the band is closer to horizontal, which provides direct resistance for the obliques. Secondly, it teaches us to rotate from the center of the chest as it is harder to rotate the pelvis.

COACHING

Your coaching in the Kneeling Woodchop should focus on the slight lean of the body to the side. Kneeling in this move means that our pelvis is on an angle, so to keep the spine straight we need to lean to the side. If you stay upright you will have flexion through the side and find it difficult to twist. Be sure to coach the twist from the center of the chest to both sides of the room. Practise this position outside of class so you can nail it when you teach.

ATLAS CHOP IN LUNGE**KEY COACHING FOCUS:**

Brace abs to keep hips square to the front

LAYER 1 (SETUP)

- Brace abs to keep hips square to the front
- Grab your medium plate
- Feet under hips
- Long step back into Lunge
- Bend knees
- Front thigh parallel to floor
- Chest up
- Take plate over shoulder
- Up and down
- Arms straight
- Stop plate slightly forward of your hip

**LAYER 2**

- As your plate goes across your body, your torso wants to rotate. We stop that by bracing our abs tightly and keeping hips and chest facing forward
- This is an anti-rotation exercise – as the plate goes across your body, there's a massive amount of rotational force on your core
- Brace abs tightly to keep your hips and ribcage still

LEVEL

- ⬇ Decrease intensity by using SMARTBAND

KNEELING WOODCHOP**KEY COACHING FOCUS**

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

LAYER 1 (SETUP)

- Grab your band
- Band goes under your foot
- Knee outside hip-width
- Hold the material edge (one handle)
- Chest up
- Slight lean to the side
- Fingers to the corner
- Across for 2, in for 2
- Twist from the center of your chest from corner to corner
- Keep hips facing forward by bracing your abs

**(KNEELING WOODCHOP 1/3)**

- Up and hold
- Resist on the way back
- Hit the corner
- Slowly back to the corner

LAYER 2

- We lean on an angle to keep our spine straight rather than being in side flexion
- If you can't keep your chest lifted, drop back to a single band
- Feel the rotation come from your upper back as you move from the center of your chest

LEVEL

- ⬆ Increase intensity, hold both handles together

KNEELING PRESS WITH TWIST

KEY COACHING FOCUS:

Brace abs to keep hips square to the front

Twist from the center of your chest

LAYER 1 (SETUP)

- Hands come to the center of your chest
- Push out, twist, center and in
- Still leaning slightly to the side
- **Aim the center of your chest to the corners**
- Chest in line with your hands
- **Brace abs to keep hips square to the front**

LAYER 2

- Can you move with precision and power?
- Hit the corner
- Awesome way to strengthen your core – when kneeling we take the legs out of play so you feel it more in your core
- As you rotate out you get maximum resistance on the band to overload your oblique muscles to make them stronger

LEVEL

⬆ Increase intensity, hold both handles together



4

STANDING STRENGTH 2

TRACK FOCUS

My participants will feel the overload which builds intensity as I challenge them to stay in, and not checkout of the workout.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	2x8		Set up SMARTBAND under both feet, handles crossed to waist	16	
0:09	_ I want (PC)	8x8	A	Back Tap L Hold last rep B	4	16x
0:44	_ Bun up (C)	8x8	A ¹	Rear Leg Extension L Option: Foot off floor after 16 reps	2	32x
1:20	_ I want (PC)	4x8	B	Slide Tap L&R	4	8x
1:38	_ Bun up (C)	8x8	B ¹	8x Side Step in Sumo Squat L 8x Side Step in Sumo Squat R	16 16	2x
2:13	_ I want (PC)	8x8	A	Back Tap R Hold last rep B	4	16x
2:49	_ Bun up (C)	8½x8	A ¹	Rear Leg Extension R Stand for last 4 cts	2	32x
3:26	_ I want (PC)	4x8	B	Slide Tap R&L	4	8x
3:44	Bun up the (C)	12x8	B ¹	8x Side Step in Sumo Squat R 8x Side Step in Sumo Squat L	16 16	3x

WHY

Studies on athletes have demonstrated that having strong side glutes results in fewer lower limb injuries. This track focuses on conditioning these muscles to provide us with improved lower limb control.

COACHING

What an amazing track – a cool song plus challenging moves to deliver great results! Overloading the muscles creates intensity and it accumulates fast; even your hardcore participants will be challenged. Romain's coaching focus during filming week was to keep reminding participants of correct position setup; as they will start to lose form, fatigue sets in. Control is the key and it's a great time in the workout to connect and have some fun – Bun up the Dance... Jamaican for "Burn up the dance"!

BACK TAP

KEY COACHING FOCUS:

Keep chest lifted
Tip forward from the hips

LAYER 1 (SETUP)

- Stand both feet on your band
- Feet hip-width apart
- Cross handles
- Hands on hips
- Tap back right foot
- Tap back, stand up
- **Tip forward from your hips**
- **Nose forward of toes**
- **Keep hips square to front by bracing your abs**
- **Chest up**
- **Shoulders back**



LAYER 2

- Try and take the leg back longer but maintain great technique
- Great technique to achieve great results

LEVEL

⬇ Decrease intensity, no band

REAR LEG EXTENSION

KEY COACHING FOCUS:

Keep chest lifted
Tip forward from the hips

LAYER 1 (SETUP)

- Hold leg back
- Lift up, down, up, down
- **Hips square to front**
- **Brace abs, chest lifted**
- **Keep tipping forward from hips**
- Keep mid chest in line with your big toe
- Challenge: don't touch the floor
- Rear leg straight



LAYER 2

- Enjoy the feeling of isolating your glutes
- Use your quads and glutes to get more stability

LEVELS

- ⬇ Decrease intensity, no band
- ⬆ Increase intensity, no tap to floor

SLIDE TAP

KEY COACHING FOCUS:

Brace abs to keep hips square to the front

LAYER 1 (SETUP)

- To the right Slide Tap
- Bend your knees
- **Chest up**
- **Brace and to keep hips square**
- Keep the tension on your band

LAYER 2

- Do you feel the burning in your glutes?
- Stay low, with a big tension on your band

LEVEL

⬇ Decrease intensity, no band

SIDE STEP IN SUMO SQUAT

KEY COACHING FOCUS:

Brace abs to keep hips square to the front

LAYER 1 (SETUP)

- 8 steps to the right
- 8, 7, 6
- Back it up
- Sit down and back
- Stay upright
- **Chest lifted**
- **Brace abs to keep hips square to the front**



LAYER 2

- Get lower, feet wider, big tension on your glutes
- Stay low with us... 4, 3, 2, 1!

LEVEL

⇩ Decrease intensity, no band

5 CORE STRENGTH 2

TRACK FOCUS

My participants will learn how to execute the Side Hover Hip Lift with SMARTBAND, and then how to manipulate the intensity through my layer 2 coaching.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	(Intro)	4x8	A	Hover , facing R side Options: On knees or toes	32
0:13	_ So I can (PC)	12x8	A ¹	Rolling Hover L Side Hover , facing front Roll back to Hover Hold Side Hover	5½x 8 8 8
0:51	(Instr) (Synth)	8x8	B	Side Hover w. Hip Lift L	4 16x
1:17	(B up)	4x8		Set up Hip Lift w. SMARTBAND Press SMARTBAND under L foot, hold one or both handles	32
1:30	(Synth)	8x8	C	Hip Lift w. SMARTBAND Press L Press L arm O/H	4 16x
1:55	(Quiet)	4x8	A	Hover , facing L side	32
2:08	_ So I can (PC)	12x8	A ¹	Rolling Hover R Side Hover , facing front Roll back to Hover Hold Side Hover	5½x 8 8 8
2:46	(Instr) (Synth)	8x8	B	Side Hover w. Hip Lift R	4 16x
3:12	(B up)	4x8		Set up Hip Lift w. SMARTBAND Press R SMARTBAND under R foot, hold one or both handles	32
3:25	(Synth)	8x8	C	Hip Lift w. SMARTBAND Press R Press R arm O/H	4 16x
3:51	(Quiet)	4x8		Plank , facing L side	32
4:03	Love (C)	12x8	D	Bolt Sequence L&R (Slow) Pull B Plank L knee to L elbow Plank Repeat other leg Option: On knees	6x 2 2 2 2 8
4:42	(Synth)	8x8	D ¹	Bolt Sequence L&R (Fast) Pull B L knee to L elbow Pull B R knee to R elbow Option: On knees	8x 2 2 2 2

WHY

Adding resistance to your Side Hover provides double the challenge for your obliques as the band is trying to bend you in the same direction as gravity.

COACHING

During filming week we observed that participants found remaining square in the Side Hover with Hip Lift challenging – to remedy this, coach “squeeze glutes to keep hips square to the front of the room”. We prime the muscles with the Side Hover and Hip Lift, then add the resistance (single or double band) to bring this exercise to life! Coach keeping the arm forward of the face to protect the shoulder... This is another great move for conditioning and building oblique strength.

ROLLING HOVER

KEY COACHING FOCUS:

Brace abs so that hips and shoulders move as one

LAYER 1 (SETUP)

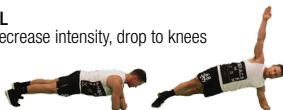
- Come into Hover, on knees or toes
- **Back long and straight**
- Forearms parallel to floor, elbows under shoulders
- Open your body to the front
- Level your body to the floor
- Option to drop your knee
- If on toes, roll onto your heels for stability
- **Brace abs tightly**
- **Shoulders and hips roll as one**

LAYER 2

- Press out of your forearm to stabilize your shoulder
- If you feel yourself collapse into it, drop your knee down – you still get a great workout

LEVEL

- ⇓ Decrease intensity, drop to knees



SIDE HOVER WITH HIP LIFT

KEY COACHING FOCUS:

Lift bottom hip

Keep hips square to the front

LAYER 1 (SETUP)

- Bottom knee down
- **Brace abs to keep back long and straight**
- **Bottom hip lifts**
- Up, down
- Elbow under shoulder
- **Hips facing the front of the room**



LAYER 2

- Squeeze glutes for stability
- There's a nail sticking out of the ceiling – hammer it in with your hips
- The underside of your waist gets overloaded to strengthen it

(HIP LIFT WITH SMARTBAND PRESS)

LAYER 1 (SETUP)

- Place band under foot
- Elbows under shoulder
- Bottom knee down
- Hand over shoulder
- Lift up, halfway down
- **Arms slightly forward of your face as you press**
- For more resistance, go with double band



LAYER 2

- See if you can straighten your arm. If not, use a single band
- When you overload the band at the end range, your obliques on the underside get so much stronger



LEVELS

- ⇓ Decrease intensity, use single band
- ⇓ Decrease intensity, use no band

BOLT SEQUENCE (SLOW)

KEY COACHING FOCUS:

Back long and straight

Keep hips and shoulders square to the floor

LAYER 1 (SETUP)

- Come into Plank position
- Handles under shoulders
- Butt towards heels
- Knee to outside of elbow
- Option to drop to the knees
- **Brace your abs**
- **Keep hips and shoulders square to the floor**
- Shoulders stop over your hands

(BOLT SEQUENCE – FAST)

LAYER 1 (SETUP)

- Back, knee, back, knee

LAYER 2

- Feel the power from your legs, up through the core and out through your knee to smash it!
- Can you get your knee past your elbow?

LEVEL

- ⇅ Decrease intensity by dropping to knees

CORE ESSENTIALS

HOVER

PLANK

5 BONUS CORE STRENGTH 2

TRACK FOCUS

My participants will master the mountain climber sequence through my clear position and execution setup.

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	(Intro)	4x8	Come to floor, on back, facing side	32	
0:15	Had my heart (V)	8x8	A C-Crunch Cross Crawl Sequence F&B C-Crunch Cross Crawl to front C-Crunch Lower down Repeat to B	2 2 2 2 8	4x
0:45	Oh oh oh (Br)	4x8	A ¹ Cross Crawl F&B	4	8x
1:01	(Instr)	4x8	B Come to Plank position	32	
1:16	(Heavy beat)	4x8	C Mountain Climber Sequence F&B (Slow) Diagonal Mountain Climber F Hips Pull B Diagonal Mountain Climber B Hips Pull B	4 4 4 4	2x
1:31		8x8	C ¹ Mountain Climber Sequence F&B (Fast) Diagonal Mountain Climber F Hips Pull B Diagonal Mountain Climber B Hips Pull B	2 2 2 2	8x
2:02	Need you (C)	5x8	B ¹ Plank Side Plank , to front	16 24	
2:21	(Instr)	4x8	Roll to back, legs other side	32	
2:36	Couldn't I (V)	8x8	A C-Crunch Cross Crawl Sequence F&B	16	4x
3:07	Ah ah ah (Br)	4x8	A ¹ Cross Crawl F&B	4	8x
3:22	(Instr)	4x8	B Come to Plank position	32	
3:37	(Heavy beat)	4x8	C Mountain Climber Sequence F&B (Slow)	16	2x
3:52		8x8	C ¹ Mountain Climber Sequence F&B (Fast)	8	8x
4:23	Need you (C)	5x8	B ¹ Plank Side Plank , to front	16 24	

WHY

Dynamic Plank exercises are a great way to introduce Reactive Core Training. The muscles have to react quickly to cope with the demands of the hip and knee action, this fast response training provides athletic core strength.

COACHING

The choreography is easy to follow, but watch out – the intensity factor is high! Check out the Masterclass to see how Charlotte coached the levels to ensure that everyone could choose a level that challenged them. Offering the options in Layer 1 provides people with control over their workout. As fatigue starts to set in, offer the levels again in Layer 2, qualifying why you would take them. The Mountain Climber Sequence at the end is a killer, so use Layer 3 Motivational Cues to bring everyone to the finish line. Make sure that you are physically ready to teach this track!

C-CRUNCH CROSS CRAWL SEQUENCE**KEY COACHING FOCUS:**

Lift shoulder towards opposite knee

LAYER 1 (SETUP)

- Lie on back
- Fingertips to temples
- **Abs braced**
- **Lower back towards the floor**
- C-Crunch, Cross Crawl
- Crunch up
- Twist, to front
- Crunch up and lower
- Crunch, twist back, crunch and lower
- **Slide ribs to hips**
- **Shoulder lifts up then across towards opposite knee**
- **Chin tucked in**

LAYER 2

- A good rotation of the upper body helps us to shape the obliques
- Rise high through your chest
- Send elbow and shoulder deep into the thigh

LEVEL

- ⇓ Decrease intensity, tap toes to floor in Cross Crawl

MOUNTAIN CLIMBER SEQUENCE (SLOW)**KEY COACHING FOCUS:**

Back long and straight

LAYER 1 (SETUP)

- Come to Plank, on knees or toes
- Shoulders over hands
- **Back long and straight**
- **Brace abs to support your lower back**
- Mountain Climber
- Front knee to rear elbow
- Pull back
- Back knee to front elbow
- Pull back
- Slide hips towards your ribs

LAYER 2

- If you're fatiguing through your shoulders, now is a good time to drop your knees so you can focus on great technique

(MOUNTAIN CLIMBER SEQUENCE – FAST)

- Knee, pull back
- Knees to floor or stay on toes
- Drive the knee up and across

LAYER 2

- Drive your knee towards opposite elbow
- Can you feel the difference in your obliques?
- The closer we get, the more we tone our obliques

LEVEL

- ⇓ Decrease intensity by dropping to knees

CORE ESSENTIALS**PLANK****SIDE PLANK**

6 CORE STRENGTH 3

TRACK FOCUS

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

MUSIC		SEQUENCE/EXERCISE			CTS	REPS
0:00	(Intro)		6x8		Set up Bentover Single Arm Fly SMARTBAND under feet, cross handles Bend F from hips	48
0:24	(V)	I don't	8x8	A	Bentover Single Arm Fly L&R	8 8x
0:55	(PC)	Last night	4x8	B	Bentover Fly Combo Bentover Fly Halfway down Up All the way down	2 4x 2 2 2
1:11	(C)	Ah I'm too	4x8	C	Bentover Fly w. Deadlift Hold last one Bentover	8 4x
1:28	(V)	I don't	4x8	A	Bentover Single Arm Fly L&R	8 4x
1:43	(PC)	Last night	4x8	B	Bentover Fly Combo	8 4x
1:59	(C)	Ah I'm too	4x8	C	Bentover Fly w. Deadlift	8 4x
2:15	(V)	Years ago	4x8		Transition to Aeroplane pose: Lie prone, fingertips to temples	32
2:31	(Br)	_ You've got	8x8		Aeroplane Balance L&R Rotate L Return center Rotate R Return center	4 4x 4 4 4
3:03	(Rep)	_ Too good	4x8		Back Extension w. top half pulse Rest head on hands on last rep	8 4x
3:19	(Instr)		8x8		Flutter Kick L&R	1 64x
3:51	(Fade)		2x8		Childs Pose stretch and roll up	16

WHY

This combination of exercises isolates the thoracic extensors, lumbar extensors and the glutes and hamstrings. This is total posterior chain conditioning – great for power and movement control.

COACHING

This fantastic track is in 2 big blocks. Coach shoulder stability in the standing work of the Bentover Single Arm Flys, and explain how the core reacts to this type of training. Role-model the moves with control, and direct your participant's attention to the target body parts to cement the learning. The Aeroplane and Flutter Kicks are back! Check out the Masterclass to see how Rachael maintained connection with the class by coaching them to improve their execution.

BENTOVER SINGLE ARM FLY**KEY COACHING FOCUS:**

Tip forward from the hips and squeeze shoulder blades towards spine
Chest lifted and square to the front

LAYER 1 (SETUP)

- Step feet into band, hip-distance apart
- Palms facing in
- For more intensity, cross the handles
- **Sit hips back as you tip forward**
- **Chest lifted**
- Tension on the band
- Single Arm Fly right then left
- Up and down
- **Brace abs**
- **Chest and shoulders square to the front**
- Slight bend in elbow
- **Shoulder blades squeeze towards the spine**

LAYER 2

- Keep the chest and shoulders square to the front to stop the body twisting as your arms move
- If you feel your chest dropping, uncross your handles to give yourself great posture

(BENTOVER FLY COMBO)**LAYER 1 (SETUP)**

- Both arms, top half pulse
- Up, halfway, up, release

LAYER 2

- Take your arms as wide as you can to load into the upper back
- Slow and small move
- These are the ones that build strength and give us great shape

BENTOVER FLY WITH DEADLIFT**KEY COACHING FOCUS:**

Tip forward from the hips and squeeze shoulder blades together
Chest lifted and square to the front

LAYER 1 (SETUP)

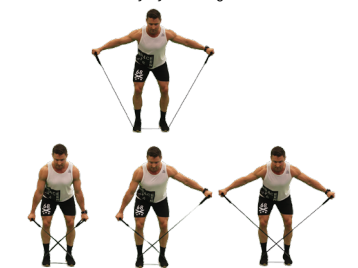
- Stand up tall
- Both arms to side
- Down, down, up, up
- **Lift the chest square to the front**
- **Tip forward from the hips and squeeze shoulder blades together**

LAYER 2

- Stand proud and tall before you tip forward
- This is good for your posture

LEVEL

⬆ Increase intensity by crossing handles



AEROPLANE

KEY COACHING FOCUS:

Squeeze glutes

LAYER 1 (SETUP)

- Lie on your stomach
- Feet together
- **Squeeze glutes**
- Fingertips to temples
- Elbows wide
- Slow Aeroplane pose right then left
- Up, up stay lifted to the center
- Other side
- **Rotate from the center of your chest**
- Keep belly button down



LAYER 2

- As you lift up, take a breath in, breathe out and relax your shoulders

BACK EXTENSION

KEY COACHING FOCUS:

Squeeze glutes

LAYER 1 (SETUP)

- Stay lifted to the center
- Top half pulse
- Up, halfway, lower
- **Squeeze glutes**



LAYER 2

- Squeeze your glutes and see how high you can lift
- Great strength for lower back and great for injury prevention

FLUTTER KICK

KEY COACHING FOCUS:

Squeeze glutes

LAYER 1 (SETUP)

- Head down on hands
- Flutter Kick
- **Squeeze your glutes**
- Long straight legs
- Toes reach to the back of the room



LAYER 2

- Go as fast as you can, swim through the music
- Try lifting your kneecaps up and squeezing your quads
- Great work for our back body – lower back, glutes and hamstrings

CORE ESSENTIALS

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 your legs drop, so keep your abs bracing
- Upper and lower abs firing as one to get us warm

PLANK

KEY COACHING FOCUS:

Abs braced with back long and straight

LAYER 1 (SETUP)

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

LAYER 2

- On knees or toes



(SIDE PLANK)

From Plank Position

- Hands under shoulders, arms straight, feet hip-distance apart
- Hips shoulder height or slightly below
- Abs braced, back long and straight
- Shift weight to rear arm, rotate body to face front, lift front arm to ceiling
- Supporting hand directly under shoulder
- Body and legs in straight line
- Option: Bottom knee on floor, top leg straight

LES MILLS



facebook.com/lesmills



[@lesmills](https://twitter.com/lesmills)



[@lesmillstribes](https://instagram.com/lesmillstribes)



GET 25% OFF

[REEBOKONE.COM](https://reebokone.com)

Reebok 
LES MILLS