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01. WARMUP

MUSIC Let Me Hold You 3:06 mins

TRACK FOCUS

I want my participants to feel the warming in the muscles of the core and be aware of moving with control.

0:00 / (Intro)
2x8 / Set up Double Leg Lift. Fingers under lower back 16cts

0:14 / **For the longest time** (V)
4x8 / A / **Double Leg Lift** 2/2 8cts / 4reps

0:33 / Let me **hold** you (C)
4x8 / B / **Triple Pulse Crunch** 8cts / 4reps

0:52 / (Instr)
4x8 / C / **Cross Crawl Combo** 4reps
Cross Crawl F 2cts
Cross Crawl B 2cts
Cross Crawl F&B (quick) 2cts
Cross Crawl F 2cts

1:10 / **For the longest time** (V)
4x8 / A / **Double Leg Lift** 2/2 8cts / 4reps

1:29 / Let me **hold** you (C)
4½x8 / B / **Triple Pulse Crunch** 8cts / 4reps
Lower down slowly on last 4cts

1:50 / (Instr)
4x8 / C / **Cross Crawl Combo** 4reps
Cross Crawl F 2cts
Cross Crawl B 2cts
Cross Crawl F&B (quick) 2cts
Cross Crawl F 2cts

2:09 / Let me **hold** you (C)
8x8 / **Triple Pulse Crunch** 8cts / 8reps
Note: Last 4 reps, option NO foot touch

2:46 / (Instr)
4x8 / **Bridge Single Pulse** 4cts / 8reps

WHY

The aim of a Warmup is to energize the natural connections to the muscles that will be targeted during the workout. This sequence activates the pathways to the upper abs, lower abs, obliques, glutes and extensors – preparing us for the tracks ahead.

COACHING

There are 4 moves in the 1st block that repeat in the 2nd block: the key is to script clear Layer 1 cues that set position and execution to get the class moving well. Make sure you allow space to transition to the next move! Use the 2nd block to follow up with Layer 2 cues that increase intensity to prepare the core for the workout ahead.

TECHNIQUE & COACHING

CROSS CRAWL COMBO

KEY COACHING FOCUS:

Lift shoulder up and across

LAYER 1 (SETUP)

- Fingertips to temples :
- Front back, quick, quick, slow
- Back, front, quick, quick, slow
- **Lift shoulder up and across**

LAYER 2

- Spread your elbows wide
- Aim the center of your chest to the outside of your thigh

CORE ESSENTIALS

DOUBLE LEG LIFT

TRIPLE PULSE CRUNCH

BRIDGE

02. CORE STRENGTH 1

MUSIC Alone 3:32 mins

TRACK FOCUS

I want my participants to challenge themselves as we progressively overload the core with balance and stability.

0:00 / (Intro)
4x8 / Set up Hover on knees, facing front 32cts

0:13 / (Instr)
4x8 / A / **Hover**, on toes or knees 32cts

0:26 / (Beat)
8x8 / A¹ / **Hover Leg Lift** L&R 4reps
Lift L foot 4cts
Hover 4cts
Lift R foot 4cts
Hover 4cts

0:52 / I'm so alone (QC)
4x8 / B / Hold **Hover** 8cts
Plank, on knees or toes 24cts

1:05 / I'm so alone (C)
8x8 / B¹ / **Plank Shoulder Tap** L&R 4reps
L hand to R shoulder 4cts
Plank 4cts
R hand to L shoulder 4cts
Plank 4cts

1:32 / (Instr)
8x8 / B² / **Plank Shoulder Tap L&R w. Leg Lift R&L** 4reps
R foot lift, L hand to R shoulder 6cts
Plank 2cts
L foot lift, R hand to L shoulder 6cts
Plank 2cts

1:58 / (Quiet)
4x8 / Set up Leg Extension Sequence w. Plate
Lie on back, knees over hips, SMARTPLATE™ to forehead 32cts

2:11 / (Beat)
20x8 / C / **Leg Extension Sequence** 10reps
Crunch 4cts
Extend legs & arms at vertical 4cts
Lower legs 45°, arms O/H 8cts

3:17 / (Instr)
8x8 / C¹ / **Double Straight Leg Extension** 4reps
Crunch, extend legs and arms at vertical 8cts
Lower legs 45°, arms O/H 8cts

3:43 / (Quiet)
4x8 / A / **Hover**, on knees or toes 32cts

3:56 / (Beat)
8x8 / A¹ / **Hover Leg Lift** L&R 16cts / 4reps

4:22 / I'm so alone (QC)
4x8 / B / Hold **Hover** 8cts
Plank, on knees or toes 24cts

4:35 / I'm so alone (C)
4x8 / B¹ / **Plank Shoulder Tap** L&R 16cts / 2reps

4:49
4x8 / B³ / **Plank Shoulder Tap** L&R (Tempo) 2reps
L hand to R shoulder 6cts
Plank 2cts
R hand to L shoulder 6cts
Plank 2cts

5:02 / (Instr)
8x8 / B² / **Plank Shoulder Tap L&R w. Leg Lift R&L** 16cts / 4reps

WHY

Keeping the shoulders and hips square in the Plank and Hover patterns requires co-contraction of the anterior sling muscles. This includes the obliques and their connections to the upper and lower limb muscles. This type of control trains us to protect our spines when we encounter uneven loads.

COACHING

The slow tempo of the music means that the intensity builds in this track to challenge balance and stability progressively. Role-model (say and do) how to dial the intensity up or down in Layer 1 Setup; this allows the class to choose the level that best suits them, right from the start. In Layer 2 be sure to qualify the levels – explaining why you might choose them. This educates our participants so they know how to train the core more effectively. You will need to practise your timing and technique in the mirror to master the Hover and Plank challenges!

TECHNIQUE & COACHING

HOVER LEG LIFT

KEY COACHING FOCUS:

Brace abs to keep hips level to the floor

LAYER 1 (SETUP)

- Elbows under shoulders
- Fists together
- Knees hip-width apart
- **Brace abs**
- **Back long and straight**
- On knees or toes
- Right leg lifts up, up
- Down, down
- Switch legs
- Alternating legs
- Small movement
- **Brace abs to keep hips level to the floor**



LAYER 2

- This move is slow and controlled – don't rush the beat
- A small movement, literally point your toes
- If you're rocking, just come down to your knees
- Progressively challenging you!

LEVEL

- ↻ To decrease intensity, drop to knees

PLANK SHOULDER TAP

KEY COACHING FOCUS:

Brace abs to keep shoulders level to the floor

LAYER 1 (SETUP)

- Come to Plank position
- On knees or toes
- Hands under shoulders



- Feet outside hips-width
 - Shoulder Tap right hand
 - Up, up, down, down
 - Switch sides
 - Slow and controlled
 - **Shoulders stay parallel to floor**
 - **Back long and straight**
 - **Brace abs to support lower back**
- (SHOULDER TAP TEMPO)

- Rhythm change
- Up quickly, hold, hold
- Drop switch
- Up, hold, hold, drop, switch

LAYER 2

- If your shoulders are moving, come down to knees
- Feet wider if you need to for balance
- Training your body to use abdominals for stabilization

LEVEL

- ↻ To decrease intensity, drop to knees

PLANK SHOULDER TAP WITH LEG LIFT

KEY COACHING FOCUS:

Brace abs to hips and shoulders level to the floor

LAYER 1 (SETUP)

- Balance challenge. Right arm, left leg slowly
- 3, 2, 1, down, switch
- **Hips and chest stay square to floor**
- **Keep back long and straight**
- **Brace abs to support lower back**



LAYER 2

- Lifting the leg for an extra layer for balance and control
- This requires more strength
- Rhythm change – Reactive Core Training!
- Wobbling is your body negotiating balance
- Do you feel all your muscles working together to get your balance?

LEVEL

- ↻ To decrease intensity, drop to knees

LEG EXTENSION SEQUENCE

KEY COACHING FOCUS:

Squeeze ribs to hips (as you crunch)
Brace abs to keep lower back towards floor (as arms and legs extend out)

LAYER 1 (SETUP)

- Grab your plate (or no plate)
- Roll onto back, side-on
- Knees over hips
- Plate to forehead
- Combination Crunch
- In, arms and legs extend up
- Slowly open to a Pike
- Crunch in, reach up, then open
- Legs to 45 degrees
- **Crunch ribs to hips**
- Open legs **lower back goes down towards the floor**
- Feet stay together
- Plate in line with shoulders
- **Brace abs to keep lower back towards floor**

LAYER 2

- For an extra challenge, try and take your legs lower to the floor – only if your back stays towards the floor
- If your back starts to arch, take your legs higher

LEVELS

- ↻ To decrease intensity, no plate

DOUBLE STRAIGHT LEG EXTENSION

KEY COACHING FOCUS:

Brace abs to keep lower back towards floor

LAYER 1 (SETUP)

- Hold arms and legs open
- Slowly lift them to the top
- Up, up, up, wait
- Down slowly
- Tail bone lifts
- **Brace abs to keep lower back towards floor**



LAYER 2

- A slow burner, working your abs harder by isolating the muscles for longer

LEVEL

- ↻ To decrease intensity, with no plate

CORE ESSENTIALS

HOVER
PLANK

03. STANDING STRENGTH 1

MUSIC I Want You To Know 3:50 mins

TRACK FOCUS

My participants will feel successful when I clearly coach Layer 1 position and execution setup, and offer levels for all moves early on.

0:00 / (Intro)
6x8 / Set up Diagonal Press,
SMARTBAND under L foot 48cts
Single or double band, hands to chest, legs wide

0:22 / I'm slipping (V)
4x8 / A / **Diagonal Press** R 2/2 8cts / 4reps

0:37 / **Low** (PC)
4x8 / A¹ / **Diagonal Press** R 1/3 8cts / 4reps

0:52 / **Lie** lie
8½x8 / B / **Stepping Woodchop** R 4cts / 15reps

Set up Resisted Twist w. band
Step R leg B into Lunge position,
SMARTBAND stays under L foot, arms F 8cts

1:23 / (Instr)
4x8 / C / **Resisted Twist** L&R 4cts / 8reps

1:38 / (Heavy beat)
4x8 / C¹ / **Resisted Twist w. Lunge** L&R 4cts / 8reps

1:54 / (Quiet)
6x8 / Set up Diagonal Press,
SMARTBAND under R foot 48cts
Single or double band, hands to chest, legs wide

2:17 / I'm slipping (V)
4x8 / A / **Diagonal Press** L 2/2 8cts / 4reps

2:31 / Low (PC)
12x8 / A¹ / **Diagonal Press** L 1/3 8cts / 4reps

2:46 / **Lie** Lie
8½x8 / B / **Stepping Woodchop** L 4cts / 15reps

Set up Resisted Twist w. band
Step L leg B into Lunge position,
SMARTBAND stays under R foot, arms F 8cts

3:17 / (Instr)
4x8 / C / **Resisted Twist** R&L 4cts / 8reps

3:32 / (Heavy beat)
4x8 / C¹ / **Resisted Twist w. Lunge** L&R 4cts / 8reps

WHY

The focus of the Diagonal Press, Stepping Woodchop and Resisted Twist is to use the abs to keep the hips square while generating rotation in the thoracic spine. Uncontrolled rotation from the lumbar spine is a common cause of injury. These patterns train movement control and stability, therefore helping to prevent lower back injury.

COACHING

Offering the levels early on will set your participants up for success. Remember, it's powerful when you visually demonstrate the levels: how to dial the intensity up or down. The new move, Resisted Twist, works the powerful rotational muscles of the core. The movement is initiated from the upper back which in turn stabilizes the spine and allows us to generate power from the obliques.

TECHNIQUE & COACHING

DIAGONAL PRESS

KEY COACHING FOCUS:

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

LAYER 1 (SETUP)

- You need a band
- Right foot steps into band
- Single or double handle
- Feet wide
- Handles high onto chest, shoulder's back, **chest lifted**
- Diagonal Press to left
- Out, out, in, in
- **Brace abs to keep hips square to the front**
- **Rotate from center of chest**

(DIAGONAL PRESS 1/3)

- Out fast and hold
- Resist on the way back
- Target under your shoulders, arms straight

LAYER 2

- If your arms are not straight, use a single band
- Activating the muscles of the back, the shoulders but predominantly the obliques

LEVEL

- ⇅ To decrease intensity, drop the inside handle
-

STEPPING WOODCHOP

KEY COACHING FOCUS:

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

LAYER 1 (SETUP)

- Woodchop, step left foot in
- Out and back

- Handles come back to knees
- Lift your chest
- Tip forward from hips
- **Rotate from the center of your chest**
- **Keep bracing abs to keep hips square to front**

LAYER 2

- Drive out of your supporting leg – that's how you generate power out of your glutes
- If hips start twisting, use a single band
- Initiate the move from your foot – foot then arms

LEVELS

- ⇅ To decrease intensity by dropping inside handle



RESISTED TWIST

KEY COACHING FOCUS:

Brace abs to keep hips facing forward
Twist from the center of your chest

LAYER 1 (SETUP)

- **Feet hip-width apart**
- **Take left leg back into long Lunge**
- **Front thigh parallel to floor**
- **Keep chest lifted**
- Arms twist right and left
- Corner to corner
- **Strong ab brace to keep hips facing forward**
- Pull shoulders back
- **Twist from the center of your chest**



(RESISTED TWIST WITH LUNGE)

- Stand up and sink down
- A small movement
- Drop back knee lower
- You can unload by taking shoulders lower

LAYER 2

- A small move with maximum training for our obliques
- Generate the movement from your upper back to stabilize the spine to keep it safe
- You've got a baseball bat in your hands – hit the home run!

LEVELS

- ⇅ To decrease intensity, drop inside handle



BONUS

03. STANDING STRENGTH 1

MUSIC Call On Me 4:41 mins

TRACK FOCUS

My participants will feel their core reacting in the Squat lunge sequence .

0:00 / (Intro)

4x8 / Set up Triple Pulse Lunge w. Row.

SMARTBAND single or double, arms F at shoulder height 32cts

0:17 / When you're low (V)

8x8 / A / **Triple Pulse Lunge w. Row** R&L 4reps

3x Pulse Lunge R, Row R 6cts

Step L foot in, under hip 2cts

3x Pulse Lunge L, Row L 6cts

Step R foot in, under hip 2cts

0:52 / (Instr)

4x8 / A' / **Triple Pulse Lunge w. Wide Fly** R&L 2reps

3x Pulse Lunge R, Wide Fly R 6cts

Step L foot in, under hip 2cts

3x Pulse Lunge L, Wide Fly L 6cts

Step R foot inw, under hip 2cts

1:09 / Falling **down** (C)

4x8 / A' / **Backward-Stepping Lunge w. Wide Fly** R&L 4reps

Lunge R, Wide Fly R 2cts

Step L foot in, under hip 2cts

Lunge L, Wide Fly L 2cts

Step R foot in, under hip 2cts

1:27 / When you're weary (V)

4x8 / Set up Squat Side Lunge Sequence.

SMARTBAND under R foot, handles to chest 32cts

1:44 / Oh, oh, oh (PC)

4x8 / B / **Squat Side Lunge Sequence** L 4reps

Squat Pulse Hold 4cts

Side Lunge L 2cts

Squat 2cts

2:02 / Falling **down** (C)

8x8 / B' / **Squat Side Lunge Sequence w. Parallel**

Woodchop L w. arms F 8reps

Squat Pulse, arms F 2cts

Hold, arms F 2cts

Side Lunge L, w. Woodchop 2cts

2:36 / Need someone

4x8 / C / **Woodchop** L 4cts / 8reps

2:54 / Calling on me (Rep)

2x8 / C' / **Woodchop** L 1/3 8cts / 2reps

3:03 / When you're weary (V)

4x8 / Set up Squat side Lunge Sequence. SMARTBAND under L foot, handles to chest 32cts

3:20 / Oh, oh, oh (PC)

4x8 / B / **Squat Side Lunge Sequence** R 8cts / 4reps

3:37 / Falling **down** (C)

8x8 / B' / **Squat Side Lunge Sequence w. Parallel Woodchop R w. arms F** 8cts / 8reps

4:12 / Need someone

4x8 / C / **Woodchop** R 4cts / 8reps

4:29 / Calling on me (Rep)

2x8 / C' / **Woodchop** R 1/3 8cts / 2reps

WHY

Squatting and lunging present a great opportunity to strengthen and tone the glutes. The focus in this sequence is the stationary leg. Staying low means we accumulate tension, which challenges our glutes. Focusing on how the knee on the stationary leg tracks over the foot helps improve knee control and stabilizer strength.

COACHING

We have the Wide Fly with a pulsing Lunge in this track – to engage the scapula muscles, we slide the shoulder blades towards the spine as we maintain a high chest position. There's a slight rotation of the chest so it's important that we engage the abs to keep the hips square. The key in the Squat Lunge sequence is to stay low, avoiding any bounce. Both moves are integrated training for our legs, core and upper body, which helps us develop functional strength.

TECHNIQUE & COACHING

TRIPLE PULSE LUNGE WITH ROW

KEY COACHING FOCUS:

Brace abs to keep hips square to the front

LAYER 1 (SETUP)

- Single or double your band
- Band at shoulder height
- **Feet under hips**
- Triple Lunge
- **Right leg long step back**
- 3, 2, 1 switch legs
- **Brace core to keep hips facing forward**
- **Keep chest lifted**



LEVEL

- ↳ To decrease intensity, use single band

(TRIPLE ROW)

- Add a Triple Row
- Left arm pulls back
- 3, 2, 1 right arm
- Keep elbow high in the Row
- **Slide shoulder blade towards your spine**

LEVEL

- ↳ To Decrease intensity, use single band



(WIDE FLY)

- More intensity, straighten your arm
 - Wide Fly
 - Keep shoulder's and wrist's in line
 - **Strong ab brace to keep hips square to the front**
- (BACKWARD-STEPPING LUNGE WITH WIDE FLY)
- Single time
 - Step back and switch
 - Step forward, keep legs bent
 - **Squeeze shoulder blades together**

LAYER 2

- If you start to lose alignment of front shoulder, go back to the Row
- Bring a little rotation through your upper body as you pull the opposite arm back

LEVELS

- ↳ To decrease intensity, use single band
- ↳ To decrease intensity, use single Row

SQUAT SIDE LUNGE SEQUENCE

KEY COACHING FOCUS:

Brace abs to keep hips facing forward

Twist from the center of your chest as you woodchop

LAYER 1 (SETUP)

- Step left foot to middle of band
- Single or double handles up to chest
- Feet outside hip-width
- Squat sequence
- Squat, Pulse, Hold
- Big step to the side, hips square to the front
- **Hips sit back and down as you squat**
- **Chest stays lifted**
- **Brace abs to keep hips and chest facing forward**



(WITH PARALLEL WOODCHOP ARMS F)

- Add arms
- Arms forward
- Parallel Woodchop
- Keep handles at same height
- **Twist from center of your chest**



LAYER 2

- If you feel the band start to pull your chest forward, come back to single band
- This rotation comes from your chest, so drop shoulders down and squeeze your arms in

- When we load the lower body and upper body at the same time, your core has to work super hard
- The goal is to stay low and keep the legs loaded

LEVEL

- ↳ To decrease intensity, drop inside handle

WOODCHOP

KEY COACHING FOCUS:

Brace abs to keep hips square to the front

Twist from the center of your chest

LAYER 1 (SETUP)

- Keep feet wide
- Woodchop
- Go up and down
- Target just above shoulder
- Back to knee
- **Strong ab brace to keep hips square to front**
- **Twist from the center of your chest**

(WOODCHOP 1/3)

- New tempo
- Up, hold
- Down, slowly
- Resist on the way down

LAYER 2

- Give your rotational muscles a run for their money today
- Pull the energy from the floor, up your leg, through your core and out your arms

LEVEL

- ↳ To decrease intensity, drop inside handle

CORE ESSENTIALS

TRIPLE PULSE CRUCH

04. STANDING STRENGTH 2

MUSIC She Wants Me Dead 4:24 mins

TRACK FOCUS

I want my participants to understand that when they tip forward from the hip with nose forward of toes and hold that position, they build pressure in the glutes to create muscular overload.

0:00 / (Intro)

2x8 / Set up **Triple Pulse Single-Leg Squat**
SMARTBAND doubled under L foot, hands on hips 32cts

0:17 / Woke up (V)

6x8 / A / **Triple Pulse Single-Leg Squat** L 8cts / 6reps

0:43 / Want me dead (C)

4x8 / A¹ / **Triple Pulse Single-Leg Squat w. Front Raise and Cobra Arms** L 4reps
Triple Pulse Single-Leg Squat L, arms F 6cts
Cobra Stretch 2cts

1:00 / (Instr)

8x8 / A² / **Single-Leg Squat w. Front Raise and Cobra Arms** L 16reps
Single-Leg Squat L, arms F 2cts
Cobra Stretch 2cts

1:35 / (Instr)

8x8 / A³ / **Single-Leg Squat w. Front Raise Cobra Arms & Tap** L 16reps
Single-Leg Squat L, arms F 2cts
Tap R, Cobra Stretch 2cts

2:10 / (Quiet)

4x8 / Set up Triple Pulse Single-Leg Squat
SMARTBAND doubled under R foot, hands on hips 32cts

2:27 / Without a warning (V)

6x8 / A / **Triple Pulse Single-Leg Squat** R 8cts / 6reps

2:53 / Want me dead (C)

4x8 / A¹ / **Triple Pulse Single-Leg Squat w. Front Raise and Cobra Arms** R 4reps
Triple Pulse Single-Leg Squat R, arms F 6cts
Cobra Stretch 2cts

3:11 / (Instr)

8x8 / A² / **Single-Leg Squat w. Front Raise and Cobra Arms** R 16reps
Single-Leg Squat R, arm F 2cts
Cobra Stretch 2cts

3:46 / (Instr)

8x8 / A³ / **Single-Leg Squat w. Front Raise Cobra Arms & Tap** R 16reps
Single-Leg Squat R, arms F 2cts
Tap R, Cobra Stretch 2cts

WHY

The key element in this track is the Single-Leg Squat and hip hinge. This requires trunk stability and recruitment of the glutes to maintain movement control. This type of training is great for improving lower limb control during any impact activities.

COACHING

This track is going to create a massive burn in the legs! We stay in the hinged position for a long time, so keep reminding participants to keep the nose forward of toes – especially when fatigue kicks in. Practise delivering your pre-cues so your class can successfully follow the timing changes. Allow space between your cues – one cue per rep – so everyone can feel which muscles are working and understand the benefits of overloading one leg. Offer the option of leaving out the arm-lines so your newer participants have control over their workout

TECHNIQUE & COACHING

TRIPLE PULSE SINGLE-LEG SQUAT

KEY COACHING FOCUS:

Middle of chest, inside the line of your big toe, tip forward from your hips so nose is forward of toes

LAYER 1 (SETUP)

- Fold band in half or use no band
- Step on band 2 inches (5 cm) from end
- Pull handles to waist
- **Tip forward from your hips so nose is forward of toes**
- Back leg lifted
- Tap 3, 2, 1 hold
- **Lift chest**
- **Abs braced to support lower back**
- **Hips and shoulders facing forward**



(FRONT RAISE AND COBRA ARMS)

- Add Front Raise arms
- 3, 2, 1
- Pull arms to back of room
- Front Raise, straight arms
- Cobra Stretch, squeeze shoulder blades together
- **Brace abs, chest lifted**



(SINGLE-LEG SQUAT WITH FRONT RAISE AND COBRA ARMS)

- Singles, down, up
- **Keep middle of chest inside inside the line of big toe**
- Slow it down



(SINGLE-LEG SQUAT WITH FRONT RAISE, COBRA ARMS AND TAP)

- New move – check it out
- Stand up, then tip forward
- 16 times
- Arms push forward
- **Tip forward from your hips so nose is forward of toes**
- Stand tall, **lift chest**

LAYER 2

- The center of your chest stays inside the line of your big toe to stay upright and control the movement
- If you cannot keep your chest lifted, bring your hand to your waist to maintain good posture
- As you crush your shoulder blades together you're strengthening all the anti-gravity muscles
- The more you bend your knee, the more you challenge the strength of your quads
- Push yourself – hands further forward but chest must be lifted
- Feel what happens when you push your hands further forward – can you feel your core react? That's Reactive Core Training!
- Abs brace tighter, whole back works harder, glutes are getting stronger
- Feel the burn! That burn is the muscles of your glutes freaking out as we overload them and make them stronger
- Your secret weapon for developing rock hard glutes!
- If you want more resistance, place handles closer to your foot
- I want to see the label on your T-shirt so you're lifting with good posture
- Tipping forward puts a massive amount of load onto your glutes, building pressure to make you stronger

LEVEL

- ↳ To decrease intensity, no band

BONUS

04. STANDING STRENGTH 2

MUSIC Drop it Down Low 4:14 mins

TRACK FOCUS

My participants will feel the overload in the glutes and core when I coach target zones and range with precision.

0:00 / Intro (Drum)

4x8 / Set up Pulse Lunge & Squat Sequence with SMARTPLATE at chest and feet hip-width apart 32cts

0:12 / (Beat)

8x8 / A / **Pulse Lunge & Squat Sequence** L 8reps

2x Pulse Lunge L 6cts

Wide Squat 2cts

0:37 / A, oh

8x8 / A¹ / **Pulse Lunge w. Plate Press** 6cts / 8reps

2x Pulse Lunge L, Plate Press O/H 6cts

Wide Squat, plate to chest 2cts

1:03 / (Heavy beat)

4x8 / A² / **Lunge L** 2cts / 8reps

Tap R, plate stays on chest 2cts

1:15 / Jump

4x8 / A³ / **Lunge L w. Plate Press O/H** 2cts / 8reps

Tap R 2cts

1:28 (B up)

4x8 / Set up Single-Leg Bridge 32cts

1:40 / (Heavy beat)

8x8 / B / **Single-Leg Bridge** L 4cts / 16reps

2:07 / (Drum)

4x8 / Set up Pulse Lunge & Squat Sequence, SMARTPLATE at chest, feet hip-width apart 32cts

2:19 / (Beat)

8x8 / A / **Pulse Lunge & Squat Sequence** R 8reps

2x Pulse Lunge R 6cts

Wide Squat 2cts

2:45 / A, oh

8x8 / A¹ / **Pulse Lunge w. Plate Press** 6cts / 8reps

2x Pulse Lunge R, Plate Press O/H 6cts

Wide Squat, plate to chest 2cts

3:10 / (Heavy beat)

4x8 / A² / **Lunge R** 2cts / 8reps

Tap L, plate stays on chest 2cts

3:22 / Jump

4x8 / A³ / **Lunge R w. Plate Press O/H** 8reps

3:35 / (B up)

4x8 / Transition to Single-Leg Bridge 32cts

3:47 / (Heavy beat)

5x8 / B / **Single-Leg Hip Bridge** R 4cts / 16reps

WHY

Pressing and lunging challenges our posterior sling muscles which, connect the muscles of the upper limb to the opposite glutes through the core. Training these muscles provides stability in the lower spine and pelvis and improves our ability to lift uneven loads.

COACHING

Combining Lunges and Squats in a sequence overloads the quads and glutes, stressing the muscles to make them stronger!

This track can be performed using either a SMARTPLATE or LES MILLS Tube™. The focus is on the timing: slow down during the double Lunge sequence and feel the beat of the music.

Your participants are going to feel the burn in this one! Use Layer 3 Motivational cues towards the end of the Lunge sequence to ensure everyone completes the track with great technique.

TECHNIQUE & COACHING

PULSE LUNGE & SQUAT SEQUENCE WITH PLATE PRESS

KEY COACHING FOCUS:

Brace abs to keep hips square to the front
Chest lifted

LAYER 1 (SETUP)

- Plate up onto collarbones
- Elbows locked in
- **Feet under hips**
- **Long Lunge back, left leg**
- Pulse down, halfway, down, Wide Squat
- **Chest up**
- **Brace abs to keep hips square to the front**
- Front thigh parallel to the floor
- Push knees out towards little toes in Wide Squat



(WITH PLATE PRESS)

- Add Plate Press
- Plate up just in front of forehead
- **Elbows slightly forward of face**



LAYER 2

- In the Wide Squat, push both knees out and brace your abs in the bottom of the move
- Your core plays a major role in control: it helps to stabilize the spine and generate power out of the glutes

LEVELS

- ↳ To decrease intensity, no plate
- ↳ To decrease intensity, use a band for less resistance

LUNGE AND TAP WITH PLATE PRESS

KEY COACHING FOCUS:

Brace abs to keep hips square to the front
Chest lifted

LAYER 1 (SETUP)

- Lose Plate Press
- Lunge rear, tap in front
- Drop back knee
- Plate Press if you can
- **Brace abs to keep hips square to front**
- **Chest lifted**

LAYER 2

- Try to continue with a really long Lunge
- When you combine both Squats and Lunges you're overloading the muscles, stressing them out to make them stronger
- Drive out of front heel – that's your power leg

LEVELS

- ↳ To decrease intensity, no plate
- ↳ To decrease intensity, use a band for less resistance

SINGLE-LEG BRIDGE

KEY COACHING FOCUS:

Squeeze glutes to lift hips

LAYER 1 (SETUP)

- Come down to the floor
- Face left side
- Single-Leg Bridge
- Right leg on floor, left leg up
- **Squeeze glutes**
- Lift, lower
- **Keep hips square and level**



LAYER 2

- If your hips start to twist, drop foot to floor
- Lift hips to feel glutes burn and hamstrings engage
- Target full range up but down only halfway
- Look to the sky – try and get your knee to that point in the sky

LEVEL

- ↳ To decrease intensity, both feet on floor



CORE ESSENTIALS BRIDGE

05. CORE STRENGTH 2

MUSIC Stranger 6:21 mins

TRACK FOCUS

Anchor the shoulders to the floor and only lower the legs to the point where you can keep the shoulders pinned down – maintaining control in the movement for great core benefits.

0:00 / (Intro)

2x8 / Set up **Oblique Knee Drop Combo** L, facing R side, knees over hips, arms wide, palms up 16cts

0:09 / Can we (V)

8x8 / A / **Oblique Knee Drop Combo L w.**

Extended Legs 4reps

Drop knees down L 4cts

Extend legs 4cts

Bend knees 4cts

Reset knees over hips 4cts

0:44 / **Life** (PC)

8x8 / A' / **Oblique Knee Drop Combo** L (Smooth) 4reps

Lower knees L 4cts

Extend legs 4cts

Legs lift at vertical 4cts

Reset knees over hips 4cts

1:20 / **Alone** (PC)

2½x8 / Set up Mountain Climber Combo L, facing front

Plank, on knees or toes 20cts

1:30 / With **you** (V)

6x8 / B / **Mountain Climber Combo** L 6reps

2x L knee to outside L elbow 4cts

L knee cross to R elbow 2cts

Plank 2cts

1:58 / **Life** (PC)

4x8 / Set up Side Hover w. Arm Extended,

Hover L arm wide to side 32cts

2:15 / Never gonna sleep (PC)

4x8 / C / **Rolling Side Hover w. Arm Extended** 2reps

Rolling Side Hover L, elbow up 4cts

Extend L arm at vertical 4cts

Hover, L arm wide to side 8cts

2:33 / **Alone**

8x8 / C' / **Side Hover Combo w. Arm Extended** (fast) 2reps

Side Hover, L arm at vertical 4cts

Hover, L arm wide to side 4cts

3:11 / (Instr)

2x8 / Set up Oblique Knee Drop Combo, facing

L side. Knees over hips, arms wide, palms up 16cts

3:20 / Can we (V)

8x8 / A / **Oblique Knee Drop Combo R w.**

Extended Legs 4reps

Drop knees down R 4cts

Extend legs 4cts

Bend knees 4cts

3:55 / **Life** (PC)

8x8 / A' / **Oblique Knee Drop Combo** R (Smooth) 4reps

Lower knees R 4cts

Extend legs 4cts

Legs lift at vertical 4cts

Bend knees to reset 4cts

4:31 / **Alone** (PC)

2½x8 / Set up Mountain Climber Combo R, facing front. Plank on knees or toes 20cts

4:42 / With **you** (V)

6x8 / B / **Mountain Climber Combo** R 6reps

2x R knee to outside R elbow 4cts

R knee cross to L elbow 2cts

Plank 2cts

5:08 / **Life** (PC)

4x8 / Set up Side Hover w. Arm Extended. Hover, R arm wide to side 32cts

5:26 / Never gonna (Rep)

4x8 / C / **Side Hover w. Arm Extended** R 2reps

Side Hover R, elbow up 4cts

Extend R arm at vertical 4cts

Hover, R arm wide to side 8cts

5:44 / **Alone**

8x8 / C' / **Side Hover w. Arm Extended** (Fast) R 2reps

Side Hover, R arm at vertical 4cts

Hover, R arm, side to side 4cts

WHY

Rotating Hovers are one of the best core stability exercises as they require co-contraction of the obliques, back muscles and glutes. We increase the demand on these muscles by extending the arm.

COACHING

The key here is to keep the shoulders and hips square at the bottom of the movement. We also need that strong co-contraction of our stabilizers to ensure the body rotates as one unit. Driving the anchored forearm into the floor will engage the shoulder girdle muscles on the supporting arm. Tailor your coaching to the people in your class: look out and see what they need today.

TECHNIQUE & COACHING

OBLIQUE KNEE DROP COMBO

KEY COACHING FOCUS:

Anchor shoulders to the floor

LAYER 1 (SETUP)

- Lie on back :
- Arms wide
- **Shoulders anchored to the floor**
- Knees over hips
- Knees come forward for 2cts
- Extend for 2cts
- Bend for 2cts
- Knees over hips
- Option to extend top leg only
- **Only go as far as you can keep back shoulder anchored on the floor**



(OBLIQUE KNEE DROP COMBO WITH EXTENDED LEGS)

- Add on
- Come down
- Extend legs
- Keep them extended
- Slow come up
- Bend knees
- Movement continuous and circular



LAYER 2

- Continuous and smooth, to keep the muscles under load
- Push your range – how far can you go without the rear shoulder lifting?
- The more stretch in the muscle, the more you overload it and the harder it works to pull you back up
- With more stretch we strengthen the core more; we also help improve the mobility of our upper back
- Anchor shoulders to floor to keep control and to focus on the work in your obliques

LEVEL

- ⚡ To decrease intensity, bend bottom leg



MOUNTAIN CLIMBER COMBO

KEY COACHING FOCUS:

Abs braced to keep back long and straight

LAYER 1 (SETUP)

- Hold back of thighs, roll up
- Plank, hands under shoulders
- On knees or toes
- **Abs braced**
- Right knee to outside right elbow twice
- Take it across
- Foot down
- Go again
- Aim knee to elbow height
- If on your knees, aim lower
- **Back long and straight**



LAYER 2

- Push down through your hands and feet as hard as you can – feel how that lifts you and makes your core even stronger
- If fatiguing and collapsing through your shoulders, drop to your knees
- For an extra challenge, push the knee past the elbow and then touch the opposite elbow
- What happens to your abdominals when you do that? Can you feel them squeeze more? You make them stronger

LEVEL

- ⚡ To decrease intensity, drop to knees

SIDE HOVER WITH ARM EXTENDED

KEY COACHING FOCUS:

Brace abs

Hips and shoulders move as one

Keep bottom hip lifted

LAYER 1 (SETUP)

- Come to knees into Hover
- Forearms come to parallel
- Right arm out wide
- On knees or toes
- **Strong ab brace**
- **Hips and shoulders level to the floor**
- Open body to side wall
- Heels touch down to floor
- Come back down, arm reaches out wide
- **Hips and shoulders move as one**
- **Open, lift bottom hip**

(SIDE HOVER W. ARM EXTENDED – FAST)

- Let's speed it up
- Up for 2cts, down for 2cts
- **Hips and shoulders rolling as one**



- Hips and shoulders roll like a barrel
- Abs bracing tightly to hold your spine still
- If you're collapsing into your shoulder that's your cue to drop back to your knees to control the movement
- Lift your bottom hip to strengthen the underside of your waist
- Push your forearm hard into the floor; feel the strength and stability of your shoulder girdle
- Challenge by keeping your hand off the floor

LEVELS

- ⚡ To decrease intensity, drop to knees
- ⚡ To decrease intensity, stay on one knee for Side Hover



CORE ESSENTIALS

HOVER

PLANK

06. CORE STRENGTH 3

MUSIC Hey Baby 4:13 mins

TRACK FOCUS

My participants will feel the strength in their glutes and back muscles when I clearly coach position and execution setup of all the exercises.

0:00 / (Intro)

2x8 / Set up Bent Knee Hip Extension. Lie prone, facing front, knees bent and wide, heels together, forehead on hands 16cts

0:11 / Want it **all** (V)

8x8 / A / **Bent Knee Hip Extension** 16reps

Lift thighs 2cts

Lower 2cts

0:52 / (Instr)

4x8 / A¹ / **Pulse Bent Knee Hip Extension** 2reps

7x Pulse Bent Knee Hip Extension 14cts

Lower 2cts

1:12 / Hey baby (Rep)

2x8 / Set up Horse Stance w. Row, SMARTPLATE

in L hand, R leg extends B off floor 16cts

1:23 / (V) / Want it **all**

8x8 / B / **Horse Stance w. Row** L 8reps

Single Row L 2cts

Extend L arm to side 2cts

Single Row L 2cts

Reset arm halfway back to the floor 2cts

2:04 / (Instr)

4x8 / B¹ / **Horse Stance Pulse Row** L 2reps

7x Pulse Row L 14cts

Extend L arm down 2cts

2:24 / (V) / See it all

8x8 / B / **Horse Stance w. Row** R 8reps

Single Row R 2cts

Extend R arm to side 2cts

Single Row R 2cts

Reset arm halfway back to the floor 2cts

3:05 / (Instr)

4x8 / B¹ / **Horse Stance Pulse Row** R 2reps

7x Pulse Row R 14cts

Extend R arm down 2cts

3:26 / (Steel drum)

2x8 / Set up Pulse Bent Knee Hip Extension. Lie prone, knees bent, heels together, forehead on hands or fingers to temples 16cts

3:36 / (Steel drum)

6x8 / A² / **Pulse Bent Knee Hip Extension** 3reps

7x Pulse Bent Knee Hip Extension 14cts

Lower 2cts

WHY

Four-point kneeling (Horse Stance) provides a great opportunity to train the trunk stabilizers and muscles of the shoulder girdle. Pushing the floor away with the supporting hand engages the rotator cuff and scapula stabilizers improving upper limb movement control and stability.

COACHING

To initiate the lift of the knees and quads in the Bent Knee Hip Extension, we need a good butt squeeze – you cannot over-coach this. The first set allows participants to learn the technique so when they come back to the exercise at the end they can add the upper body lift to enhance the back work. In Horse Stance, if participants feel more load in the lower back than in the glutes, coach them to put the foot down.

TECHNIQUE & COACHING

BENT KNEE HIP EXTENSION

KEY COACHING FOCUS:

Squeeze glutes

LAYER 1 (SETUP)

- Lie on the floor
- Bring heels together
- **Squeeze your glutes**
- Lift legs up, down
- **Squeeze glutes to lift knees**
- Press heels together
- Forehead on hands



(PULSE BENT KNEE HIP EXTENSION)

- Rhythm change
- 7 Pulses to the top
- Try to keep knees off floor
- Release down
- Challenge: don't move your upper body
- Feel your glutes and your back muscles

(PULSE BENT KNEE HIP EXTENSION – FINGERTIPS TO TEMPLES)

- Bring fingertips to temples – lift the chest
- **Lift your chest and squeeze your glutes powerfully**

LAYER 2

- Keep upper body still
- Only move the legs
- Strengthening back body

HORSE STANCE WITH ROW

KEY COACHING FOCUS:

Brace abs to keep hips and shoulders level to floor

LAYER 1 (SETUP)

- Horse Stance with plate or tube
 - Plate in right hand
 - Left leg extended to hip level
 - Left Row – up, out, in, halfway down
 - **Strong ab brace to square hips and shoulders level to floor**
 - **Slide shoulder blades to your spine**
- (HORSE STANCE PULSE ROW)**
- Only Row, 7 Pulses to the top
 - **Slide shoulder blades to your spine**
 - Release down, go again



LAYER 2

- If you feel more tension in your lower back than in your glutes, put your foot on the floor
- With this move we are improving your stability to get a powerful posterior chain
- Aim to stay still, strongly don't move!
- Lift your elbow straight up and feel the back of your shoulders working

LEVELS

- ↳ To decrease intensity, use single or double SMARTBAND
- ↳ To decrease intensity, keep leg on the floor



CORE ESSENTIALS

DOUBLE LEG EXTENSION

KEY COACHING FOCUS:

Brace abs to press lower back towards the floor

LAYER 1 (SETUP)

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

LAYER 2

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

TRIPLE PULSE CRUNCH

KEY COACHING FOCUS:

Slide ribs to hips

LAYER 1 (SETUP)

- **Chin tucked in – eye gaze to knees**
- Lift shoulders off the floor
- **Slide ribs towards hips**
- Hands extend past thighs

LAYER 2

- Lift your shoulder blades further off the floor

BRIDGE

KEY COACHING FOCUS:

Squeeze glutes to lift hips

LAYER 1 (SETUP)

- Lie on back – feet on the floor, knees bent
- **Squeeze glutes to lift the hips**

HOVER

KEY COACHING FOCUS:

Brace abs to keep back long and straight

LAYER 1 (SETUP)

- Elbows under shoulders
- Knuckles together
- Knees just outside hip-width
- Lift up on toes, hips to shoulder height
- **Abs braced to support lower back; keep back long and straight**
- Shoulders back and down
- Eye gaze to your fists

LAYER 2

- Lift kneecaps to tighten the quads; push harder through the forearms
- Open the chest to prevent the back from rounding

LEVEL

- To decrease intensity, drop to knees

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

(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

MUSIC

- 1 **Let Me Hold You (Turn Me On)** (3:06)
Cheat Codes & Dante Klein
© 2016 Ministry Of Sound Australia Pty Ltd.
Written by: Keith, Hennings, Lyttle, Scandrick, Parker, Primus, Jones
- 2 **Alone** (3:32)
Marshmello
© 2016 Monstercat
Written by: Comstock
- 3 **I Want You To Know** (1:53)
Zedd feat. Selena Gomez
Courtesy of the Universal Music Group.
Written by: Zaslavski, Tedder, Drew
I Want You To Know (1:57)
Zedd feat. Selena Gomez
Courtesy of the Universal Music Group.
Written by: Zaslavski, Tedder, Drew
- BONUS 3 **Call On Me (Ryan Riback Remix)** (4:41)
Starley
© Control, Kobalt Music
Written by: Hope, Wadams
- 4 **She Wants Me Dead** (4:24)
Cazette & AronChupa feat. The High
© 2016 ICONS Music Distributed by PRMD LLC.
Written by: Ekberg, Pounouri, Bjorklund, Furer, Wallin
- BONUS 4 **Drop It Down Low (Barely Alive Remix)** (4:14)
Henry Fong feat. Richie Loop
© 2016 Dim Mak Records, Inc.
Written by: Fong, Webb
- 5 **Stranger** (3:09)
Peking Duk feat. Elliphant
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Written by: Olovsson, Behr, Hyde, Styles
Stranger (3:12)
Peking Duk feat. Elliphant
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Written by: Olovsson, Behr, Hyde, Styles
- 6 **Hey Baby (Radio Edit)** (4:13)
Diplo, Dimitri Vegas, Like Mike feat. Debs Daughter
© 2016 3 Beat Productions Ltd. Under exclusive license from Smash The House.
Written by: Stefani, Price, Dumont, Kanal

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.

KEY

(Intro) introduction
(Br) bridge
(B up) build up
(C) chorus
(PC) pre-chorus
(V) verse
(Instr) instrumental
Alt alternating
B back
F forward
F&B forward & back
HOH hands on hips
L left
O/H over head
R right
ROM range of motion
T&B top & bottom
w. with

1/1 2 counts down, 2 counts up
2/2 4 counts down, 4 counts up
3/1 6 counts down, 2 counts up
4/4 8 counts down, 8 counts up
1/3 2 counts down, 6 counts up
♫ Low Level
♫ Advanced Level

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 end of the choreography section 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

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Technical Consultant – Bryce Hastings & Corey Baird
Chief Creative Officer – Dr Jackie Mills
Creative Director & Program Coach – Kylie Gates
Program Planner – Ngawhatuhua Arahanga-Doyle