

LES MILLS
CXWORX

28



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01. WARMUP

MUSIC Chameleon 3:16 mins

TRACK FOCUS

My participants will feel the precise timing of the moves and understand how to brace their core for the exercises ahead

0:00 / **Alright** (C)

4x8 / Set up Double Leg Lift. Hands under lower back 32cts

0:21 / **Pyramids**

4x8 / A / **Double Leg Lift** 2/2 8cts / 4reps

0:36 / We could (Rep)

4x8 / B / **Crunch**

Fingertips to temples 2/2 8cts / 4reps

0:52 / **Come** through (V)

8x8 / C / **Crunch Combo** 8reps

1x Crunch 4cts

1x C-Crunch 4cts

1:23 / (Instr)

4x8 / A¹ / **Double Leg Lift** 2/2 Arms at side 8cts / 4reps

1:38 / **Alright** (C)

4x8 / B / **Crunch** 2/2 8cts / 4reps

1:54 / **Pyramids**

8x8 / C / **Crunch Combo** 8reps

1x Crunch 4cts

1x C-Crunch 4cts

2:25 / **Come** through (V)

4x8 / D / **Cross Crawl** F&B 4cts / 8reps

2:41 / We could (Rep)

4x8 / D¹ / **Double Pulse Cross Crawl** F&B

8cts / 4reps

2:56 / Instr / **Yeeah**

4x8 / D / **Cross Crawl** F&B 4cts / 8reps

01. WARMUP

COACHING

Focus on bringing your participants' awareness to the position of their spine from the start of the track; we achieve a strong foundation by bracing the abs, causing the lower back to press into the hands. In the second block, focus on pressing the back towards the floor - but not quite touching it - bracing the abs to maintain that position as we move from the hip. The aim is to have participants ready for the workout ahead, both physically and mentally.

TECHNIQUE & COACHING

CRUNCH COMBO

KEY COACHING FOCUS:

Brace abs to keep lower back close to floor

LAYER 1

- Combination
- Single Crunch, C-Crunch
- Crunch, knees lift, C-Crunch
- Feet down, Single Crunch
- Knees lift over hips
- Reach hands towards ankles
- **Slide ribs to hips**
- **When you lower legs, press lower back towards floor**
- **Brace your abs for control**
- **Chin tucked in on Crunch**

LAYER 2

- To get warmer, increase the range
- Lift your shoulder blades every time you Crunch
- Reach for your little toes for more flexion, to get abdominals really warm

CROSS CRAWL

KEY COACHING FOCUS:

Lift shoulder up and across

LAYER 1

- Twist to front leg
- Front and back
- **Lift shoulder up and across for Crunch and rotation**
- **Chin tucked in**

LAYER 2

- The kicker: getting the core warm with pre-fatigue before hitting our first strengthening track

(DOUBLE PULSE CROSS CRAWL)

- Double Pulse to front knee
- Pulse to the back

LAYER 2

- On second Pulse, aim for more rotation by moving elbow back

CORE ESSENTIALS

DOUBLE LEG LIFT

CRUNCH

C-CRUNCH

02. CORE STRENGTH 1

MUSIC Innerbloom 5:59 mins

TRACK FOCUS

My participants will understand how to execute the Bear Crawl through my precise coaching and know how to increase the intensity if they want more of a challenge.

0:00 / (Intro)

4x8 / Set up Extended Crunch Sequence w.
SMARTPLATE™ facing L side
Extend both legs to 45 degrees, arms O/H 32cts

0:14 / Instr (Beat)

12x8 / A / **Extended Crunch Sequence** (slow) 3reps
R knee bends over hip 4cts
R leg extends to 45 degrees 4cts
L knee bends over hip 4cts
L leg extends to 45 degrees 4cts
Legs and arms to vertical, crunch up 8cts
Lower legs to 45 degrees, arms O/H 8cts

0:55 / **Want** me (C)

16x8 / A¹ / **Extended Crunch Sequence** (fast) 8reps
R knee bends over hip 2cts
R leg extends to 45 degrees 2cts
L knee bends over hip 2cts
L leg extends to 45 degrees 2cts
Legs and arms to vertical, crunch up 4cts
Lower legs to 45 degrees, arms O/H 4cts

1:51 / Instr (Heavy beat)

2x8 / Set up Bear Crawl, roll over, facing R side,
hands under shoulders, knees off floor under hips
16cts

1:58

2x8 / B / **Bear Crawl** L&R (legs) 2reps
L knee to L elbow 2cts
L knee B under hip 2cts
R knee to R elbow 2cts
R knee B under hip 2cts

2:05

4x8 / B¹ / **Bear Crawl** L&R (legs and arms) 4reps
L knee to L elbow, R hand F on floor 2cts
L knee B under hip, R hand B under shoulder 2cts
R knee to R elbow, L hand F on floor 2cts
R knee B under hip, L hand B under shoulder 2cts

2:19 / **Want** me (C)

4x8 / C / **Hover**, on knees or toes 32cts

2:33 / **Want** me

12x8 / C¹ / **Moving Hover** F&B 6reps
Weight shift F 8cts
Weight shift B 8cts

3:15

Set up Bear Crawl. Hands under shoulders, knees
off floor under hips 8cts

3:18 / Instr (Heavy beat)

4x8 / B¹ / **Bear Crawl** L&R (legs and arms)
8cts / 3reps

3:29

4x8 / B² / **Bear Crawl and Knee To Elbow** L&R 4reps
L knee to L elbow, L foot off floor, R hand F on floor
2cts

L knee B under hip, R hand B under shoulder 2cts
R knee to R elbow, R foot off floor, L hand F on floor
2cts
R knee B under hip, L hand B under shoulder 2cts

3:43 / **Want** me (C)

4x8 / Set up Extended Crunch Sequence 32cts

3:57 / **Want** me

12x8 / A / **Extended Crunch Sequence** (slow) 32cts
/ 3reps

4:38 / (B up)

1x8 / Set up Bear Crawl and Firefly 8cts

4:42 / Instr (Heavy beat)

4x8 / B² / **Bear Crawl and Knee To Elbow** L&R 8cts
/ 4reps

4:56 / (Synthesiser)

4x8 / B³ / **Flying Bear Crawl** L&R 4reps
Jump L knee to L elbow, R hand F on floor, bend
elbows 2cts
L knee B under hip, R hand B under shoulder 2cts
Jump R knee to R elbow, L hand F on floor, bend
elbows 2cts
R knee B under hip, L hand B under shoulder 2cts

5:09 / **Want** me (QC)

4x8 / C / **Hover**, on knees or toes 32cts

5:23 / **Want** me

8x8 / C¹ / **Moving Hover** F&B 16cts / 4reps

02. CORE STRENGTH 1

WHY

Core stability is defined as the ability of the muscles of the torso to maintain spinal position during movement. This ability is put to the test in the arm and leg extension movements, the bear crawl and the hover pattern. In each of these exercises the core muscles fight to maintain spinal alignment against the pull of gravity and our upper and lower limb muscles.

COACHING

Corey's focus when setting up the Hover was to explain the progression from lying on the belly so his participants understood how to establish the correct alignment each time. In Layer 2 he encouraged participants to get more range in the Extended Crunch sequence by lifting higher. Use precise cues when coaching the Bear Crawl so you can work through the progressions of the movement. This move fits perfectly with the music and you want participants to play with the Flying Bear Crawl; feel how the core and arms are forced to react to the catch by bracing the abs harder and softening the arms as you jump.

TECHNIQUE & COACHING

EXTENDED CRUNCH SEQUENCE (SLOW)

KEY COACHING FOCUS:

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

LAYER 1

- Grab a medium-weight SMARTPLATE or no SMARTPLATE
- SMARTPLATE over shoulders
- Knees over hips
- Extend arms and legs to 45 degrees
- **Brace abdominals strongly**
- Front knee slides in, extends out
- Rear knee slides in, extends out
- Crunch everything up slowly, **lifting tail bone**
- **Ribs to hips as you Crunch**
- Slowly lower to 45 degrees, head down
- Front knee stops over hip
- Fully extend the leg
- **Crunch ribs to hips**
- **Chin tucked in**
- **Feel your lower back close to the floor**



LAYER 2

- Lift your tail bone for more abdominal action
- The load of your legs and SMARTPLATE challenge your core strength

- If your back's lifting away from the floor, get rid of the SMARTPLATE or lift the legs higher to reduce the load



(EXTENDED CRUNCH SEQUENCE (FAST))

- Speed it up
- Front leg, in out
- Rear leg, in out
- Come up
- Come down

LAYER 2

- As you Crunch up, keep the SMARTPLATE over your shoulders to keep the load in your core
- As you extend out, keep lower back close to the floor – if it's lifting, don't lower your legs so low or no SMARTPLATE
- Feel the burn kicking into your core – feel some fatigue but challenge yourself to stay in it and know you're going to get stronger

LEVEL

- ↓ To decrease intensity, with no SMARTPLATE

BEAR CRAWL (LEGS)

KEY COACHING FOCUS:

Hips and chest stay square to the ground. Keep back long and straight. Brace abs to support lower back

LAYER 1

- SMARTPLATE down
- Roll over
- Hands under shoulders
- Knees under hips
- **Back long and straight**
- Front foot steps forward and back
- Rear foot steps forward and back
- **Square hips and shoulders to the floor**
- **Brace abs to support lower back as you move**
- Shoulders rock forward and back



(BEAR CRAWL (LEGS AND ARMS))

- Add the opposite hand
- Out back
- **Keep hips at shoulder height**
- **Strong abdominal brace**



(BEAR CRAWL WITH KNEE TO ELBOW)

- Progress the movement
- Step further out
- Knee to elbow, straighten back leg
- **Strong ab brace**

LAYER 2

- Feel how much more this challenges your core strength
- It's totally OK to go back to Bear Crawl

(FLYING BEAR CRAWL)

- Bend your arms and jump
- Arms bend to absorb the shock
- **Abs braced**
- **Hips and shoulders square to the floor**



LAYER 2

- Abs brace as they react to your landing
- Getting a stronger core

LEVEL

- ↓ To decrease intensity, stay with Bear Crawl

MOVING HOVER

KEY COACHING FOCUS:

Brace abs and back long and straight

LAYER 1

- Drop to knees, lie on belly
- **Elbows under shoulders**
- Fists together
- Lift hips to shoulder height
- **Back long and straight**
- On knees or toes
- Slowly rock shoulders forward towards hands
- Slowly come back
- If on knees, stay still



LAYER 2

- Abs working, shoulders working but if you're feeling it more in your lower back, that's your cue to drop to your knees
- Brace abs even tighter
- Listen to the music – the guitar is wringing out like what we're doing to our abs
- Stay in it! Stay strong!

LEVEL

- ↓ To decrease intensity, drop to knees



03. STANDING STRENGTH 1

MUSIC Rhythm Inside 4:38 mins

TRACK FOCUS

I want my participants to understand how to execute the Pivot Woodchop by transferring the power from the legs into their upper body in this 3-dimensional exercise.

0:00 / **So** many (V)

4x8 / Set up Pivot Woodchop. SMARTBAND™ under L foot, handles together at R knee, legs wide 32cts

0:17 / **Moment**

4x8 / A / **Pivot Woodchop** L 2/2 4reps

Lunge L, face L side, arms F 4cts

Side Lunge R, face front, hands at R knee 4cts

0:32 / **Rhythm** (C)

8x8 / B / **Pivot Woodchop and Twist** L (slow) 4reps

Lunge L, face L side, arms F 4cts

Twist R (front of room) 4cts

Face L side, arms F 4cts

Side Lunge R, face front, hands at R knee 4cts

1:01 / (Instr)

8x8 / B¹ / **Pivot Woodchop and Twist** L (fast)

8reps

Lunge L, face L side, arms F 2cts

Twist R (front of room) 2cts

Face L side, arms F 2cts

Side Lunge R, face front, hands at R knee 2cts

1:31 / Time (V)

4½x8 / Set up Pivot Woodchop. SMARTBAND under R foot, handles together at L knee, legs wide 36cts

1:48 / **Lights**

4x8 / A / **Pivot Woodchop** R 2/2 8cts / 4reps

2:03 / **Rhythm** (C)

8x8 / B / **Pivot Woodchop and Twist** R (slow)

16cts / 4reps

2:33 / (Instr)

8x8 / B¹ / **Pivot Woodchop and Twist** R (fast)

8cts / 8reps

3:03 / So many (V)

4½x8 / Set up A-Press. SMARTPLATE to chest or SMARTBAND doubled 36cts

3:20 / **Moment**

4x8 / C / **A-Press** L&R (slow) 2reps

Lower plate to L hip 4cts

Lift plate to chest 4cts

Lower plate to R hip 4cts

Lift plate to chest 4cts

3:35 / **Rhythm** (C)

8x8 / C¹ / **A-Press O/H** L&R (tempo) 4reps

Drop plate to L hip 2cts

Hold 2cts

Lift plate to O/H 4cts

Drop plate to R hip 2cts

Hold 2cts

Lift plate to O/H 4cts

4:04 / (Instr)

8x8 / C² / **A-Press O/H** L&R (fast) 8reps

Squat, drop plate to L hip 2cts

Extend legs, plate to O/H 2cts

Squat, drop plate to R hip 2cts

Extend legs, plate to O/H 2cts

03. STANDING STRENGTH 1

WHY

The Woodchop pattern in this track reverses the recruitment we see in previous releases. As we are turning towards the foot anchoring the band, there is more resistance on the muscles of the posterior chain. The rotation of the center of the chest engages the oblique muscles and we are loading the glutes as we pivot in a Lunge position. Changing the Woodchop stimulus fast-tracks core strength.

COACHING

Rene says: This track provides huge rotational power for your participants. Practice the move in front of the mirror so you can role-model and teach it with precision. Make sure that your foot is facing the side wall to align the knee in the correct position. As you start to move, coach the lift of your back heel and pivot on the foot. Reinforce this in Layer 2 and deliver the benefits. We transfer the power from our legs through our core into our upper body - a great way to increase functional strength. We finish this track with a powerful A-Slam competition; remember to qualify the different levels, because it's good technique that delivers great results.

TECHNIQUE & COACHING

PIVOT WOODCHOP

KEY COACHING FOCUS:

Brace abs so the body moves as one – twist from the center of your chest

LAYER 1 (SETUP)

- Place SMARTBAND underneath your right foot
- **Turn foot to side wall**
- Single or double the SMARTBAND
- Handles over left knee
- Shift body weight to left leg
- **Turn hips and shoulders to the side**
- Reset to front
- Lift your heel, pivot on rear foot
- **Brace your core**
- **Body moves as one unit**
- **Chest lifted**

LAYER 2



- If struggling to keep chest lifted, drop inside SMARTBAND to maintain great technique for great results
- Move your body as one by keeping your abs strong

(PIVOT WOODCHOP W. TWIST (SLOW))

- Turn, hold
- Twist to the front
- Back to the side
- Reset
- **Brace your core**
- **Turn from the center of your chest to keep hips square to the front**
- **Keep hips and shoulders facing the side**



LAYER 2

- Moving slowly, strengthening our core muscles whilst standing
- Feel the resistance from the SMARTBAND; how your hip muscles work together with your abdominals to rotate your body

(PIVOT WOODCHOP W. TWIST (FAST))

- Bring in some speed
- 1, 2, 3 and 4
- Keep arms straight
- Lift and pivot on rear foot
- **Chest lifted**

LAYER 2

- Are you ready for more? Turn it up and bring in some power!
- Transfer the power from your legs, through your core, right up into your upper body
- A great 3-dimensional exercise to strengthen your core

LEVEL

- ↓ To decrease intensity, drop the inside handle

A-PRESS

KEY COACHING FOCUS:

Brace abs to keep hips square to the front. Chest lifted

LAYER 1

- Stay with your SMARTBAND, double or single
- Or use SMARTPLATE
- Feet wider than shoulders
- SMARTPLATE to collarbones
- **Lift chest**
- **Brace core**
- Soft knee bend
- **SMARTPLATE to right hip**
- Back to collarbones
- Then lift

(A-PRESS OVERHEAD (TEMPO))

- Change the timing
- SMARTPLATE down fast
- SMARTPLATE come up over head
- Other side
- **Elbows forward of face**
- **Stop SMARTPLATE at hip height**
- Arms straight in front
- **Brace core**
- **Hips stay facing forward**



(A-SLAM OVERHEAD (TEMPO))

- A-Slam power!
- Drop low
- Stop SMARTPLATE at hip height
- And up

LAYER 2

- Power your SMARTPLATE
- Show me power and rotation

LEVELS

- ↓ To decrease intensity, no SMARTPLATE
- ↓ To decrease intensity, use a SMARTBAND for less resistance

04. STANDING STRENGTH 2

MUSIC Fried Chicken 5:10 mins

TRACK FOCUS

My participants will feel the contrast between the fun upbeat energy of the track and the great hip and glute work they will achieve through isometric strength training.

0:00 / (Intro)

5x8 / Set up Squat and Side Leg Lift. SMARTBAND under L foot, handles in R hand, R foot on middle of SMARTBAND, L hand on hip
40cts

0:18 / Instr (Beat)

4x8 / A / **Squat and Side Leg Lift** L 8reps
Squat 2cts
Side Leg Lift L 2cts

0:34 / (Horns)

4x8 / A¹ / **Squat & Diagonal Leg Lift** L 8reps
Squat 2cts
Diagonal Leg Lift L 2cts

0:49 / (Beat)

8x8 / A² / **Squat Side and Diagonal Leg Lift**
Sequence L 8reps
Squat, Side Leg Lift L 4cts
Squat, Diagonal Leg Lift L 4cts

1:19 / (Horns and drums)

4x8 / Set up Diagonal Leg Lift and Tap.
SMARTBAND under feet, cross handles, hands to hips 32cts

1:34

8x8 / B / **Diagonal Leg Lift and Tap** L 8reps
4x Diagonal Leg Lift L 7cts
Tap L 1ct

2:04 / (Beat)

8x8 / C / **Side Step & Diagonal Leg Lift**
Sequence L 4reps
2x Side Step L 4cts
2x Side Step R 4cts
4x Diagonal Leg Lift L 8cts

2:34 / (Guitar)

5x8 / Set up Squat and Side Leg Lift. SMARTBAND under R foot, handles in L hand, L foot on middle of SMARTBAND, R hand on hip
40cts

2:53 / (Beat)

4x8 / A / **Squat and Side Leg Lift** R 8reps
Squat 2cts
Side Leg Lift R 2cts

3:08 / (Horns)

4x8 / A¹ / **Squat and Diagonal Leg Lift** R 8reps
Squat 2cts
Diagonal Leg Lift R 2cts

3:23 / (Beat)

8x8 / A² / **Squat Side & Diagonal Leg Lift**
Sequence R 8reps
Squat, Side Leg Lift R 4cts
Squat, Diagonal Leg Lift R 4cts

3:53 / (Horns and drums)

4x8 / Set up Diagonal Leg Lift and Tap.
SMARTBAND under feet, cross handles, hands to hips 32cts

4:08

8x8 / B / **Diagonal Leg Lift and Tap** R 8reps
4x Diagonal Leg Lift R 7cts
Tap R 1cts

4:38 / (Beat)

8x8 / C / **Side Step and Diagonal Leg Lift**
Sequence R 4reps
2x Side Step R 4cts
2x Side Step L 4cts
4x Diagonal Leg Lift R 8cts

04. STANDING STRENGTH 2

WHY

The side gluteals (gluteus medius and minimus) are responsible for controlling our knee alignment during impact activities. We target these muscles in this track, helping provide us with movement control and ultimately, injury prevention.

COACHING

In this track we challenge our participants to isolate and strengthen their glutes using the smart band. Coach everybody into the position setup of the Squat and Side Lift. Ensure you've delivered all your Layer 1 execution cues before tapping into the fun feel of the track. On the second side, coach Layer 2 cues that manipulate the intensity through internal and external focuses of the moves; these cues can make a huge difference to physical performance. Getting the glutes to optimally engage doesn't come naturally to many people. Cues such as "squeeze your butt" provide an internal focus for the body part involved whilst "drive your heel to the back corner of the room" provides an external focus by directing the energy outside of the body.

TECHNIQUE & COACHING

SQUAT AND SIDE LEG LIFT

KEY COACHING FOCUS:

Brace abs to keep hips square to front.
Avoid leaning to the side

LAYER 1

- SMARTBAND underneath right foot
- Handles in left hand
- Step left foot onto SMARTBAND
- Feet hip-distance apart
- Hand on hip
- One Squat, one Leg Raise
- Down and up
- Down to the side
- **Chest up**
- **Brace abs to keep your hips square to the front**

LAYER 2

- This movement is great for control; focus on the hip stabilizers



(SQUAT AND DIAGONAL LEG LIFT)

- New direction, back corner
- Down, back corner
- Squeeze your butt
- Lead back with heel
- **Keep the shoulders and hips square to the front**

LAYER 2

- Focusing on the southern areas of the body! Where's that? Your butt!

(SQUAT SIDE & DIAGONAL LEG LIFT SEQUENCE)

- One to the side
- One to the back
- Body stays upright
- **Avoid leaning to the side**
- Shoulders back

LAYER 2

- Listen to the rhythm – down and pause. Play with the music, add more resistance and intensity
- Isolation with control - the gourmet recipe
- Keep tension on the SMARTBAND – stress the muscle to get it stronger

DIAGONAL LEG LIFT AND TAP

KEY COACHING FOCUS:

Brace abs to keep hips square to front.
Avoid leaning to the side

LAYER 1

- Both feet on the SMARTBAND
- Cross handles high on waist
- Lean into your left leg
- **Shoulders back**
- **Chest lifted**
- **Abs braced**
- Right heel to the back
- 4 Pulses back
- 4, 3, 2, 1 tap
- **Avoid leaning to the side**

LAYER 2

- If balance isn't happening today, hit a fast Back Tap
- Squeeze your butt and abs to stop your back from arching
- Tune into butt muscles – isolate glute strength and get deep into the muscles

SIDE STEP & DIAGONAL LEG LIFT SEQUENCE

KEY COACHING FOCUS:

Brace abs to keep hips square to front.
Avoid leaning to the side

LAYER 1

- 2 steps to right side
- To the left
- Pulse right heel 4 times
- **Brace abs**
- **Keep upper body still; we want to avoid leaning to the side**



LAYER 2

- Brace the abs to balance
- How much fun can you have trying to keep your upper body still?
- Balancing under fatigue
- Outside of butt on fire – hot and spicy!

LEVEL

- ⇓ To decrease intensity, no SMARTBAND

05. CORE STRENGTH 2

MUSIC Searchlight 5:06 mins

TRACK FOCUS

My participants will feel successful in the Window Wiper through my precise coaching of the layers and levels.

0:00 / (Intro)

4x8 / Set up Resisted Side Hover, SMARTPLATE in R hand, arm to vertical 32cts

0:19 / Instr (Beat)

4x8 / A / **Resisted Side Hover w. SMARTPLATE** L 32cts

0:32 / **Change** (C)

4x8 / Set up Window Wiper. Lower onto L buttock, knees bent or legs extended F, R hand on floor behind 16cts

Roll onto R buttock, R elbow on floor, L elbow lifts 16cts

0:45 / Instr (Heavy beat)

8x8 / B / **Window Wiper** F&B 4/4 16cts / 4reps

1:10 / (Quiet)

2x8 / Set up Resisted Side Hover w. SMARTPLATE Drop. SMARTPLATE in R hand, arm to vertical 16cts

1:17 / (B up)

2x8 / C / **Resisted Side Hover w. SMARTPLATE Drop** L 4/4

R arm lower to front 8cts

R arm lifts to vertical 8cts

1:23 / Hey-ahh

8x8 / C' / **Resisted Side Hover w. SMARTPLATE Drop** L 1/3 8reps

R arm drops to front 2cts

R arm lifts to vertical 6cts

1:48 / **Change** (C)

2x8 / Set up Window Wiper 16cts

1:55 / **Change**

12x8 / B / **Window Wiper** B&F 16cts / 6reps

2:33 / (Drum)

4x8 / Set up Resisted Side Hover. SMARTPLATE in L hand, arm to vertical. R knee bend, L leg extended straight 32cts

2:46 / Hey-ahh

4x8 / A / **Resisted Side Hover w. SMARTPLATE** R 32cts

2:59 / **Change** (C)

4x8 / Set up Window Wiper. Lower onto R buttock, knees bent or legs extended F, L hand on floor behind 16cts

Roll onto L buttock, L elbow on floor, R elbow lifts 16cts

3:12 / Instr (Heavy beat)

8x8 / B / **Window Wiper** F&B 4/4 16cts / 4reps

3:37 / (Quiet)

2x8 / Set up Resisted Side Hover w. SMARTPLATE Drop. SMARTPLATE in L hand, arm to vertical 16cts

3:44 / (B up)

2x8 / C / **Resisted Side Hover w. SMARTPLATE Drop** R 4/4 16cts

3:50 / Hey-ahh

8x8 / C' / **Resisted Side Hover w. SMARTPLATE Drop** R 1/3 8cts / 8reps

4:16 / **Change** (C)

2x8 / Set up Window Wiper 16cts

4:22

12x8 / B / **Window Wiper** B&F 16cts / 6reps

05. CORE STRENGTH 2

WHY

Our side slings allow us to control our mid-line when lifting, running and changing direction. The Side Hover pattern in this track challenges these muscles, particularly on the outside of the hip and underside of the waist. Keeping the hips and shoulders square to the front in this pattern is the key to improving strength and stability in these muscles.

COACHING

The first time you coach the Resisted Side Hover, focus on great position setup and let your participants know that we are going to return to the move shortly. Coach the class to move from butt cheek to butt cheek and elbow to elbow with the opposite arm straightening in the Window Wiper. Focus on keeping the chest lifted and abs braced to stabilize the lower back. The chest position will determine how high the legs need to lift; emphasize the importance of this to your participants so they know which level to take to maximize their results. The final Resisted Side Hover with Plate Drop will challenge the core muscles to remain engaged to catch the drop, integrating and strengthening the upper back muscles.

TECHNIQUE & COACHING

RESISTED SIDE HOVER W. PLATE

KEY COACHING FOCUS:

Bottom hip lifted and brace abs to keep hips and shoulders facing forward

LAYER 1

- Keep SMARTPLATE weight close
- Side Hover
- **Elbow under shoulder**
- Knees in line with elbow
- Top leg straight
- Grab the SMARTPLATE
- **Lift bottom hip**
- Leg down or up
- Arm reaches to ceiling
- **Keep bottom hip lifted**
- **Brace abs to keep hips and shoulders facing forward**



LAYER 2

- Feel where we are working – glutes, waist muscles are strong, push down through

forearm to strengthen the shoulder

LEVELS

- ⇓ To decrease intensity, no SMARTPLATE
- ⇓ To decrease intensity, foot down



(RESISTED SIDE HOVER WITH PLATE DROP 4/4)

- Roll back to Side Hover
- Option, using SMARTPLATE
- Foot down or up
- SMARTPLATE come slowly down towards center of chest
- Back up to ceiling



LAYER 2

- Moving slowly with control

LEVELS

- ⇓ To decrease intensity, no SMARTPLATE
- ⇓ To decrease intensity, foot down



(RESISTED SIDE HOVER WITH PLATE DROP 1/3)

- Drop fast and hold
- Slowly up
- **Shoulders and hips square to front**
- **Brace abs**
- Squeeze in between shoulder blades
- **Bottom hip lifted**

LAYER 2

- Ready to drop and catch? Feel your abs brace even tighter to keep your hips and shoulders facing forward
- If hips and shoulders roll forward, get rid of the SMARTPLATE or hold SMARTPLATE up
- Feel shoulder blades squeeze together to strengthen upper back muscles

LEVEL

- ⇓ To decrease intensity, no SMARTPLATE

WINDOW WIPER 4/4

KEY COACHING FOCUS:

Brace abs and chest lifted

LAYER 1

- SMARTPLATE down
- **Roll onto the meaty part of your butt**
- **Brace abs and lift chest high**
- Knees bent or straight
- Roll back onto opposite glute and elbow
- Front arm straightens
- Moving faster
- 4, 3, 2, to the front
- Roll butt cheek to butt cheek
- Elbow to elbow
- **Lift your chest**
- **Brace abs to stabilize lower back**



LAYER 2

- Looking for your sweet spot – that's the point where your abdominals are working at their maximum
- Pull your feet towards you and keep chest lifted – feel the bite into your abs
- If difficult to keep chest lifted, bend your knees
- Looking for change – that requires us to control the movement, so brace abs tightly to stabilize the spine then feel the rotation from your upper back to get our obliques involved
- Fatigue starts to set in – stay with it. The last repetitions are when you get results – getting stronger by staying in the game and playing hard

LEVEL

- ⇓ To decrease intensity, bend knees

05. BONUS CORE STRENGTH 2

MUSIC Take Me Over 3:28 mins

TRACK FOCUS

My participants will achieve an intense burn in the core and feel fatigue set in fast – generated by the long sets of work with minimal recovery.

0:00 / (Intro)

2x8 / Set up Oblique Twist, facing L side,
extend legs to 45 degrees, fingertips to
temples 16cts

0:10 / I wanna (V)

8x8 / **Oblique Twist** R&L 8reps

Oblique Twist R 2cts

Extend R leg B to 45 degrees, head and
shoulders off floor 2cts

Oblique Twist L 2cts

Extend L leg B to 45 degrees, head and
shoulders off floor 2cts

0:49 / Instr / **Behind**

4x8 / A / **Cross Crawl** R&L 4cts / 8reps

Legs extend to 45 degrees

1:09 / Chase the (C)

4x8 / A¹ / **Cross Crawl** R&L 4cts / 8reps

Legs extend lower

1:29 / Instr (Quiet)

2x8 / Set up Oblique Knee Drop, knees over
hips, arms wide, palms up 16cts

1:39 / I wanna (V)

4x8 / B / **Oblique Knee Drop** R&L 2/2 2reps

Oblique Knee Drop R 2/2 8cts

Oblique Knee Drop L 2/2 8cts

1:59 / I feel closer (PC)

4x8 / B¹ / **Oblique Leg Drop** R&L 2/2 16cts /
2reps

2:19 / Take me (C)

4½x8 / B² / **Oblique Leg Drop and Hold** R&L

Oblique Leg Drop R 2cts

Hold 10cts

Legs lift to vertical 4cts

Oblique Leg Drop L 2cts

Hold 10cts

Legs lift to vertical 4cts

Hold legs at vertical 4cts

2:41 / (Instr)

4x8 / B² / **Oblique Leg Drop and Hold** R&L
32cts

3:01 / Instr / **Behind**

2x8 / A / **Cross Crawl** R&L 4cts / 4reps

Legs extend to 45 degrees

3:10 / Chase the (C)

2x8 / A¹ / **Cross Crawl** R&L 4cts / 4reps

Legs extend lower

05. BONUS CORE STRENGTH 2

WHY

The key to engaging the obliques in a twisting Crunch is chest rotation. Focusing on the sternum pivoting from side to side will increase engagement and assist in mobilizing the thoracic spine.

COACHING

Three and a half minutes of pure bliss for the obliques. Don't be fooled by the short working sets - fatigue hits fast and hard! The legs are higher in the Oblique Twist with a focus on maintaining rotation in the twist. This applies especially in the last set when we are under some serious fatigue - designed to build strength fast. The key coaching focus is "anchor shoulders to the floor" in the Oblique Knee Drop, and you'll notice that Erin repeats this coaching tip several times. Once your participants are moving safely, challenge them to bring precision and intensity to their movement by coaching great layer 2 cues.

TECHNIQUE & COACHING

OBLIQUE TWIST

KEY COACHING FOCUS:

Lift shoulder up and across

LAYER 1

- Lie side-on to the stage
- Knees over hips or legs to 45 degrees
- Fingertips to temples
- Oblique Twist to the front
- Twist in, back to the middle
- **Opposite shoulder lifts and comes across to thigh**
- **Chin tucked in**
- **Rotate from the center of the chest**



LAYER 2

- Rotation is a big focus in this set, so if you need to tap leg down to get rotation, that's OK
- Feel a bite in the obliques already!
- Your body is having to work harder to keep your legs up

LEVEL

- ⇓ To decrease intensity, Toe-Tap

CROSS CRAWL

KEY COACHING FOCUS:

Lift shoulder up and across

LAYER 1

- Single time
- Front, back
- Elbows stay high off the floor
- **Lift shoulder up and across**
- Shoulders off the floor
- Keep legs moving
- Ladder down
- Legs lower down towards the floor



LAYER 2

- This move is great for coordination and for chiseling your waistline
- Full Cross Crawl extension, engaging more of your core muscles, bringing lower abs to the party
- Ladder legs down and rotate under fatigue – stamina and core strength

LEVEL

- ⇓ To decrease intensity, Toe-Tap

OBLIQUE KNEE DROP

KEY COACHING FOCUS:

Anchor shoulders to the floor

LAYER 1

- **Anchor head and shoulders to the floor**
- Knees in line with your hips
- Knee Drop to the front
- Down, down, up, up
- To the back
- Smooth and controlled



LAYER 2

- As knees come forward, focus on back shoulder staying down on the ground

(OBLIQUE LEG DROP)

- For more intensity, straighten the legs
- Down, down, up, up

LAYER 2

- Long levers require more strength
- Keep checking the rear shoulder

(OBLIQUE LEG DROP AND HOLD)

- Strength challenge
- Lower legs and hold
- Keep holding the legs
- Raise to the middle
- Same to the rear
- Lower and hold
- Come back to center, reset



LAYER 2

- Drop and hold! See if you can go an inch lower keeping shoulders down
- Personal best – who can get their legs touching the floor?

LEVELS

- ⇓ To decrease intensity, bend bottom leg
- ⇓ To decrease intensity, bend knees

06. CORE STRENGTH 3

MUSIC Never Give Up 3:41 mins

TRACK FOCUS

My participants will experience fatigue in the Aeroplane and Cobra moves when they focus on squeezing their shoulder blades together to feel muscle pressure in the upper back.

0:00 / (Intro)

4x8 / Set up Aeroplane with Leg Lift, facing front, lying prone, arms wide, palms down, feet together 32cts

0:18 / I've battled (V)

8x8 / A / **Aeroplane w. Leg Lift** L&R 4reps

Aeroplane R, lift L leg 4cts

Return to center, L leg down 4cts

Aeroplane L, lift R leg 4cts

Return to center, R leg down 4cts

1:01 / I'll find (Rep)

4x8 / B / **Prone Cobra Pulse** 2cts / 16reps

1:21 / Oh yeah (V)

8x8 / A / **Aeroplane w. Leg Lift** L&R 16cts /

4reps

2:04 / I'll find (rep)

4x8 / B / **Prone Cobra Pulse** 2cts / 16reps

2:25 / (Instr)

3x8 / Set up Double L-Row Pulse,

SMARTBAND under knees, cross handles 24cts

2:41 / **Never give up** (C)

6x8 / **Double L-Row Pulse** 2cts / 24reps

3:12 / I'll find (Rep)

4x8 / **Double L-Raise** 8cts / 4reps

3:33 / (Outro)

2x8 / Shoulder Stretch L&R 16cts

06. CORE STRENGTH 3

WHY

Maintaining a strong glute squeeze as we extend our spines prevents hyperextending the lumbar spine. If participants feel discomfort in their lower back (other than muscle pressure), they should reduce their range and focus on a stronger butt squeeze.

COACHING

Corey says: the key focus in the Aeroplane is to twist from the center of the chest by keeping the navel facing the floor throughout the twist. Coach a glute squeeze to lift the back leg just 2 inches off the floor; if the leg lifts too high the movement will cause anterior pelvic tilt and lumbar extension. We finish with a short set of intense band work to strengthen the posterior deltoids... enjoy!

TECHNIQUE & COACHING

AEROPLANE WITH LEG LIFT

KEY COACHING FOCUS:

Squeeze glutes – twist from the center of your chest

LAYER 1

- Lie face down
- Keep your SMARTBAND close
- Feet together
- Arms out wide
- **Butt squeeze**
- Lift chest
- Lift arms off floor
- Lift right leg, turn to the left
- Come back to center, foot down
- Opposite leg lifts
- As you twist, keep belly button on floor
- **Twist from the center of your chest**



LAYER 2

- Squeeze butt to lift leg 2 inches off the floor – thighs tight, legs straight and point the foot
- Twist from the center of our chest to strengthen back muscles and work on spine mobility as you rotate
- If your arms are shaking, put hand down and use it to get more rotation
- Push down, rotate and work the thoracic mobility and back strength

LEVEL

- ⇓ To decrease intensity, one hand on the floor

PRONE COBRA PULSE

KEY COACHING FOCUS:

Squeeze glutes

LAYER 1

- Feet down
- Hands to your sides
- Chest up and down
- **Chin tucked in**
- Stay in top half of movement
- Palms face outwards, thumbs up
- **Squeeze shoulder blades to strengthen upper back**
- **Butt squeeze**



LAYER 2

- Work top range of motion to overload our lower and upper back muscles
- Shoulders roll back to open the chest to create a great strong posture

LEVEL

- ⇓ To decrease intensity, hands on the floor

DOUBLE L-ROW PULSE

KEY COACHING FOCUS:

Chest lifted, tip forward from the hips – squeeze shoulder blades together

LAYER 1

- Grab your SMARTBAND
- Spread it out in front of you
- Knees on SMARTBAND, hip-width apart
- Feet together
- Cross handles
- Palms face inwards
- **Tip forward from hips**
- **Lift chest**
- Elbows pulse, up down
- **Squeeze shoulder blades together**

LAYER 2

- Pull your elbows high and try and pull the SMARTBAND apart
- We challenge the strength of our upper back muscles



(DOUBLE L-RAISE)

- Lift elbows up
- Extend arms
- **Lift chest**
- **Squeeze shoulder blades together**

LAYER 2

- Strengthening your back and improving your postural muscles

LEVEL

- ⇓ To decrease intensity, no SMARTBAND

06. BONUS CORE STRENGTH 3

MUSIC Crazy Love 3:44 mins

TRACK FOCUS

My participants will feel strength and fatigue in their posterior chain as I coach and motivate them with the cool lyrics of this playful song.

0:00 / (Intro)

2x8 / Set up Pointer Stance, facing front, L leg extends B 16cts

0:08 / I burn (V)

8x8 / A / **Leg Extension Sequence** L 8reps

L knee in 2cts

Extend L leg B 2cts

L leg opens to 45 degrees 2cts

L leg B 2cts

Last rep, bend L knee, heel to ceiling

0:44 / **Love** (C)

4x8 / B / **Scorpion Pulse** L 16reps

L heel pulses up and down 2cts

1:01 / You think (V)

2x8 / Set up Leg Extension Sequence w. SMARTPLATE. L leg extend B, SMARTPLATE in R hand, R arm F 16cts

1:10 / I followed

6x8 / A¹ / **Leg Extension Sequence w.**

SMARTPLATE L 6reps

L knee, R elbow bend in 2cts

Extend R arm F, L leg B 2cts

Open L leg and R arm to 45 degrees 2cts

R arm F, L leg B 2cts

Last rep, bend L knee, heel to ceiling, R arm F

1:36 / **Love** (C)

4x8 / B¹ / **Scorpion Pulse w. SMARTPLATE** L

16reps

L heel pulses up and down 2cts

R arm F

1:53 / I remember (Br)

2x8 / Set up Pointer Stance, facing front, R leg extends B 16cts

2:02 / I remember

6x8 / A / **Leg Extension Sequence** R 8cts /

6reps

2:28 / **Love** (C)

4x8 / B / **Scorpion Pulse** R 2cts / 16reps

2:48 / I remember (Br)

2x8 / Set up Leg Extension Sequence w. SMARTPLATE, R leg extends B, SMARTPLATE in L hand 16cts

2:57 / I remember

6x8 / A¹ / **Leg Extension Sequence w.**

SMARTPLATE R 8cts / 6reps

3:23 / **Love** (C)

4x8 / B¹ / **Scorpion Pulse w. SMARTPLATE** R

2cts / 16reps

06. BONUS CORE STRENGTH 3

WHY

Maintaining 90-degree knee flexion during the Scorpion increases the intensity in the gluteals. The hamstrings assist and often dominate hip extension. Holding the knee at 90 degrees reduces their ability to fire, forcing the glutes into action.

COACHING

This fantastic song provides a great opportunity to hook into the music. The Leg Extension Sequence with Plate is challenging so make sure you deliver a clear Layer 1 Setup. Focus on bracing the abs to keep the shoulders and hips level to the floor and offer choices so everyone can work to their individual level. Play with this song and tune into the music. Show that CXWORX is not only about working hard.... We also have fun... We're talking about butt, butt butt...

TECHNIQUE & COACHING

LEG EXTENSION SEQUENCE

KEY COACHING FOCUS:

Brace abs to keep hips and shoulders level to floor

LAYER 1

- Have SMARTPLATE close to you
- Pointer Stance
- Knees under hips
- Hands under shoulders
- Extend right leg back
- Bring knee in
- Extend back
- Open and close
- Knee in, extend, open and close
- **Brace abs to keep hips and shoulders square to floor**
- **Extend leg at hip height**
- Small movement to side

LAYER 2

- Working our glutes and lower back
- Focusing on your posterior chain, develops strength in the back of your body



(LEG EXTENSION SEQUENCE WITH SMALL PLATE)

- Same leg moving
- Grab SMARTPLATE as an option in opposite hand
- In, extend, open and close
- **Brace abs strongly**



LAYER 2

- Same movement with a different feel and challenge
- The SMARTPLATE forces your shoulders, upper and mid back to work together
- Feel the connection between your lower back, upper back and your shoulders. Great exercise for our cross slings

LEVEL

- ⇓ To decrease intensity, SMARTPLATE to the floor, or no SMARTPLATE



SCORPION PULSE

KEY COACHING FOCUS:

Brace abs and squeeze glutes

LAYER 1 (SETUP)

- New move
- Bend rear leg
- Pulse leg up, down
- Flex your foot
- **Squeeze your glutes**
- Small isolated movement
- **Brace your core**
- **Hips square to the floor**

LAYER 2

- Why's it called a Scorpion? Your leg is your tail – feel the sting in your tail!

SCORPION PULSE WITH SMARTPLATE

- Pulse, up, down
- **Squeeze glutes**
- Keep arm straight in front
- If hips are twisting or the SMARTPLATE is too heavy, drop front arm down



LAYER 2

- Squeeze tightly and lift high – my glutes are on fire!

LEVEL

- ⇓ To decrease intensity, SMARTPLATE to the floor, or no SMARTPLATE



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

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

MUSIC

OUR DECLARATION OF INTENT

HEY INSTRUCTORS

- 1 **Chameleon** (3:16)
Pnau
© 2016 etcetc Music Pty Ltd. www.etcetc.tv.
Written by: N. Littlemore, S. Littlemore, Mayes
- 2 **Innerbloom (WHATSONOT Remix)** (5:59)
RUFÜS
© 2016 Sweat It Out Music! Distributed in Australia & New Zealand
by Sony Music Entertainment Australia Pty Ltd.
Written by: Hunt, Lindqvist, George
- 3 **Rhythm Inside (Toby Green Remix)** (3:05)
Calum Scott
Courtesy of the Universal Music Group.
Written by: Hansen, Sanders, Larsen, Maguire, Scott
- Rhythm Inside (Toby Green Remix)** (1:33)
Calum Scott
Courtesy of the Universal Music Group.
Written by: Hansen, Sanders, Larsen, Maguire, Scott
- 4 **Fried Chicken** (5:10)
Armand van Helden & KOMES
© 2016 Astrx Music, a division of Ministry of Sound Australia Pty
Ltd. www.ministryofsound.com.au.
Written by: Thomas
- 5 **Searchlight** (5:06)
Hermitude feat. Yeo
© 2015 Elefant Traks Operations Pty Ltd. under exclusive license to
Nettwerk Productions Ltd.
Written by: Stuart, Dubber, Choong
- BONUS Take Me Over** (3:28)
5 **Peking Duk feat. SAFIA**
© 2015 Vicious Recordings, under exclusive license to RCA Records.
Under license from Sony Music Commercial Music Group, a division
of Sony Music Entertainment.
Written by: Hyde, Styles, Behr, Woolner-Kirkham
- 6 **Never Give Up** (3:41)
Sia
© 2016 The Weinstein Company, LLC under exclusive licence to
Sony Music Entertainment.
Written by: Kurstin, Furler
- BONUS Crazy Love** (2:48)
6 **Audien feat. Deb's Daughter**
© Courtesy of the Universal Music Group.
Written by: Richard, Rathbun, Hanna
- Crazy Love** (0:56)
Audien feat. Deb's Daughter
© Courtesy of the Universal Music Group.
Written by: Richard, Rathbun, Hanna

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 for 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.

BE LOUD AND HEARD

Tell us what you think of this release.

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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



PRESENTERS

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

Choreography – Dan Cohen & Diana Archer Mills
Technical Consultant – Bryce Hastings & Corey Baird
Chief Creative Officer – Dr Jackie Mills
Creative Director & Program Coach – Kylie Gates
Production Coordinator – Ellen Tocher



From L-R: Rene Vogel, Erin Maw, Corey Baird

Dynamic strength plays a key role in release 28, developing each exercise with great technique. Brand new innovations such as the Flying Bear and the Pivot Woodchop show cased for the first time. Each move is layered specifically to allow for maximum results and learning, resulting in exciting rhythm changes and different levels of intensity. Musically, this release has incredible builds and drops, fun lyrics and fantastic feels. Each track offers alternatives to allow the participants in class to choose which level or piece of equipment best suits them. There are 2 bonus tracks in this release, a track 5 offering an oblique strength challenge and a fun lyrical track 6.

As always, exchange tracks like for like when mixing.

Enjoy this release

CX Team

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.

Erin Maw (New Zealand) is a CXWORX and BODYBALANCE/BODYFLOW Instructor and a BODYCOMBAT™, BODYATTACK™, BODYJAM™, SH'BAM™ and LES MILLS GRIT™ Series Trainer. She is based in Auckland.

René Vogel (Germany) is a CXWORX, BODYBALANCE/BODYFLOW, BODYPUMP, and the LES MILLS GRIT Series Trainer. He is also a BODYATTACK Instructor.