

01. Warmup

02. Core Strength 1

03. Standing Strength 1

04. Standing Strength 2

05. Core Strength 2

06. Core Strength 3

05. Core Strength 2 (Bonus)

06. Core Strength 3 (Bonus)

Core Essentials

Music

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01. WARMUP

MUSIC Insomnia 3:37 mins

TRACK FOCUS

My participants will focus on switching their core muscles on to prepare them for the workout ahead though my clear Layer 1 cues

0:00 / Hard (V)

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

0:20 / **Oh**, oh (PC)

4x8 / A / **Double Leg Lift** 2/2

Release hands to sides after 3 reps **8cts / 4reps**

0:35 / **Close** (C)

8x8 / B / **Crunch Combo F** **8reps**

Oblique Twist F **2cts**

Crunch Center **2cts**

Lower Down **4cts**

1:05 / (Instr)

4x8 / C / **Triple Pulse Crunch** **8cts / 4reps**

1:20 / (Instr)

4x8 / D / **Triple Pulse C-Crunch** **8cts / 4reps**

1:35 / **Dancing** (V)

4x8 / A / **Double Leg Lift** 2/2

Arms at side, palms up **8cts / 4reps**

1:50 / **Oh**, oh (PC)

8x8 / B / **Crunch Combo B** **8cts / 8reps**

2:20 / **Close** (B up)

4x8 / C¹ / **Pulse Crunch** **2cts / 16reps**

2:35 / **Close** (C)

8x8 / E / **Cross Crawl** F&B

Option: Extend leg to 45° after 8 reps **4cts / 16reps**

3:05 / **Close** (Rep)

4x8 / D / **Triple Pulse C-Crunch** **8cts / 4reps**

3:20 / **Close** (QC)

5x8 / F / **Bridge** **32cts**

Lower down **8cts**

01. WARMUP

COACHING

There are 3 moves in the 1st block that repeat in the 2nd block, so the key is to script clear Layer 1 cues that set position and execution to get the class moving well. Dan's focus was to be precise with his cues and making sure he allowed space for them to land before he delivered his next cue. Use the 2nd block to follow-up with Layer 2 cues that increase intensity, to prepare the core for the workout ahead.

TECHNIQUE & COACHING

CRUNCH COMBO

KEY COACHING FOCUS:

Brace abs to keep lower back close to floor
Lift shoulder up and across (Oblique Twist)

LAYER 1

- Finger tips to temples
- Twist front
- Crunch center
- Slowly reset
- **Rear shoulder comes up and across**
- **Tuck chin in**
- **Squeeze ribs down towards hips**
- **Brace abs to keep lower back towards floor**

LAYER 2

- Rotate more from the center of your chest as you twist – that's going to fire up your obliques
- As you crunch, lift your shoulders higher off the floor



CORE ESSENTIALS
DOUBLE LEG LIFT
TRIPLE PULSE CRUNCH
CROSS CRAWL
BRIDGE

02. CORE STRENGTH 1

MUSIC Dancing Together 5:25 mins

TRACK FOCUS

My participants will be inspired to challenge their core stability and strength through my strong role modelling of the moves.

0:00 / (Intro)

4x8 / Set up Hover on knees, facing front **32cts**

0:15 / **Instr** (B up)

4x8 / A / **Hover** on knees or toes **32cts**

0:30 / (Beat)

4x8 / A¹ / **Walking Hover** L **4reps**

L hand on floor **2cts**

R hand on floor to Plank position **2cts**

L elbow down **2cts**

R elbow down to Hover **2cts**

0:46 / (Heavy beat)

12x8 / A² / **Walking Hover Combo** L **6reps**

L hand on floor **2cts**

R hand on floor to Plank **2cts**

L arm reach F, R leg extends B **2cts**

Plank **2cts**

R arm reach F, L leg extends B **2cts**

Plank **2cts**

L elbow down **2cts**

R elbow down to Hover **2cts**

Option: On toes after 1rep

1:32 / Quiet (Br)

2x8 / A / **Hover** **16cts**

1:40 /

2x8 / Set up Leg Extension Sequence w. Plate.

Lie on back, knees over hips, SMARTPLATE™ vertical **16cts**

1:47 / **People** (QC)

16x8 / **Leg Extension Sequence w. Crunch** **8reps**

Extend legs to 45°, arms O/H **4cts**

Crunch up, legs and arms vertical **4cts**

Lower legs to 45°, arms O/H, head down **4cts**

Crunch up, knees over hips, arms vertical **4cts**

2:49 / **Instr** (Heavy beat)

12x8 / **Leg Walk Sequence w. Crunch Hold** **6reps**

Crunch up, extend F leg to 45° **2cts**

Extend back leg to 45° **2cts**

Bend front knee over hip **2cts**

Bend back knee over hip **2cts**

2x Double Leg Extension **8cts**

3:35 / **People** (Rep)

4x8 / A / **Hover** on knees or toes **32cts**

3:50 / **Instr** (Heavy beat)

4x8 / A¹ / **Walking Hover** R **8cts / 4reps**

4:05 / (Heavy beat)

8x8 / A² / **Walking Hover Combo** R **16cts / 4reps**

4:36 / (Instr)

12x8 / A / **Hover** on knees or toes **96cts**

02. CORE STRENGTH 1

WHY

Research into CXWORX demonstrates that integrated exercises such as Hovers and Planks produces greater core activation and delivers a more functional training stimulus than isolated exercises. Combining the Hover and Plank patterns in this track will maximize this effect. These exercises enhance the integration between our limb muscles and core stabilizers that we use for everyday activities.

COACHING

Show levels early in Layer 1 for the Walking Hover to Plank to set your participants up for success when we add the lift of the opposite arm and leg. This is a fantastic move to challenge balance and stability in even your hardcore participants!

Focus on coaching a strong abdominal brace in the Crunch combo sequence to maximize results. This means: saying the right thing, at the right time, so that your participants hear the cues and can implement them in their movements. Reinforce technique when you repeat the Walking Hover combo for the second time. We want to ensure they maintain form so they can achieve the results.

TECHNIQUE & COACHING

WALKING HOVER

KEY COACHING FOCUS:

Brace abs, keep back long and straight. Hips and shoulders square to the floor

LAYER 1

- Elbows under shoulders
- Knees just outside hip-width
- **Abs braced**

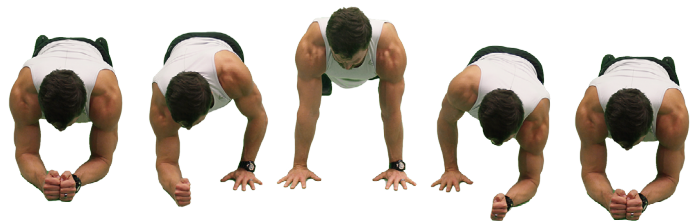
- **Long straight back**
- Add load, lift knees off floor
- Squeeze glutes
- Squeeze quads
- Walking Hover
- Right hand, left hand
- Drop
- **Hips and shoulders square to the floor**
- If you're starting to roll, drop to knees

LAYER 2

- Take a look down at your hands; try and replace your forearms where your hands were

LEVEL

- ⇅ To decrease intensity, drop to knees



WALKING HOVER COMBO

LAYER 1

- Add on, holding at the top
- Extend right arm, left leg
- Change
- Drop down, right, left
- If it feels good, try it on your toes
- **Brace your abs tightly**
- **Lift leg to just below hip level**
- **Arm lifts to shoulder height**
- **Keep back long and straight**
- **Hips and shoulders square to the floor**

02. CORE STRENGTH 1

TECHNIQUE & COACHING

LAYER 2

- Target for the leg lift sits just under the glute; target for the arm is in line with the shoulder. Push the floor away from you. Building stability and strength
- Keep the leg under the line of the glute – if the leg goes too high, you compromise your balance. If hips are twisting, drop to knees



LEVEL

⇓ To decrease intensity, drop to knees



LEG EXTENSION SEQUENCE W. CRUNCH

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

- Roll onto back
- Grab a plate; option to add load
- Knees over hips
- Plate over shoulders
- Extend arms and legs to 45 degrees
- Pike up, **squeeze ribs to hips**
- Reverse
- Come back to Crunch
- Reduce the load by dropping the plate
- **Brace the abs tightly**
- **Keep lower back towards the floor**

LAYER 2

- A huge amount of load for your upper abs. To reduce the load, keep your legs above 45 degrees as you extend
- To hit the lower abs, lift your tail bone a little higher



LEVEL

⇓ To decrease intensity, no SMARTPLATE



02. CORE STRENGTH 1

TECHNIQUE & COACHING

LEG WALK SEQUENCE W. CRUNCH HOLD

KEY COACHING FOCUS:

Squeeze ribs to hips (Crunch). Keep lower back towards the floor (as legs extend out), chin tucked in

LAYER 1

- Hold Crunch position
- Just your legs
- Walk front leg, back leg
- Front leg in, back leg in
- Both legs out and in twice
- Too much load, lose the plate
- **Tuck chin in**
- **Squeeze ribs to hips**
- **Keep lower back towards the floor**
- If you're starting to roll, drop to knees

LAYER 2

- Just moving the legs alone forces the lower abs to engage even harder. Keep your mid-body still and only move your legs

LEVEL

⇩ To decrease intensity, no SMARTPLATE



CORE ESSENTIALS
HOVER

03. STANDING STRENGTH 1

MUSIC Invincible 3:58 mins

TRACK FOCUS

My participants will feel their core react to the Woodchop when I coach the execution of this move, then feel the rotational power as the intensity builds.

0:00 / (Intro)

6x8 / Set up Woodchop. SMARTBAND™ under L foot, legs wide, handles together at L knee **48cts**

0:21 / **Alive** (V)

2x8 / A / **Woodchop** R 4/4 **16cts**

0:27 / **Go** (PC)

8x8 / A¹ / **Woodchop** R 2/2 **8cts / 8reps**

0:51 / **Stop** me (C)

4x8 / B / **Parallel Woodchop** R&L **4cts / 8reps**

1:03 / **Love** is (C)

8x8 / B¹ / **Parallel Woodchop Combo** R&L **8reps**

Parallel Woodchop R, L, R **6cts**

Woodchop L, handles together at L knee **2cts**

1:27 How did (V)

6x8 / Set up Woodchop. SMARTBAND under R foot, legs wide, handles together at R knee **48cts**

1:45 / **Alive** (V)

2x8 / A / **Woodchop** L 4/4 **16cts**

1:51 / **Go** (PC)

8x8 / A¹ / **Woodchop** L 2/2 **8cts / 8reps**

2:15 / **Stop** me (C)

4x8 / B / **Parallel Woodchop** L&R **4cts / 8reps**

2:27 / **Love** is (C)

8x8 / B¹ / **Parallel Woodchop Combo** L&R **8cts / 8reps**

2:51 / **Stop** us (Br)

4x8 / Set up Squat w. SMARTPLATE at chest or SMARTBAND doubled **32cts**

3:03 / **Stop** us (B up)

4x8 / C / **Squat** 2/2 **8cts / 4reps**

3:15 / **Stop** me (C)

4x8 / C¹ / **Squat & Knee Lift** L **8reps**

Squat **2cts**

Knee Lift L, plate to L hip **2cts**

3:27 / **Love** is (C)

4x8 / C¹ / **Squat & Knee Lift** R **8reps**

Squat **2cts**

Knee Lift R, plate to R hip **2cts**

3:39 / **Stop** me (Rep)

5x8 / C² / **Squat w. Plate O/H** **4cts / 8reps**

Hold Squat **8cts**

03. STANDING STRENGTH 1

WHY

When we perform Woodchop patterns, we focus on producing the rotation from the center of the chest. This ensures that the rotation occurs within the thoracic spine. This region of the spine is designed to rotate, whereas the lumbar spine is not and rotating from the lumbar spine is a common cause of lower back injury. Focusing on driving the rotation from the chest teaches participants to control spinal rotation - which helps us prevent injury.

COACHING

This track will provide huge rotational power for your participants. There's lots of time to set up the Woodchop clearly, offering the levels of single or double band for success. Focus on coaching the turn from the center of the chest with a strong abdominal brace to square the hips and maximize the rotation. The Parallel Woodchop kicks in fast, so be precise in your own technique and coaching cues and pre-cue the zigzag early on, so your participants can achieve and create overload. The key is to only say what is needed: the moves are big and the music has lots of energy so script your cues then refine your technique to teach from the sweet spot!

TECHNIQUE & COACHING

WOODCHOP

KEY COACHING FOCUS:

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

LAYER 1

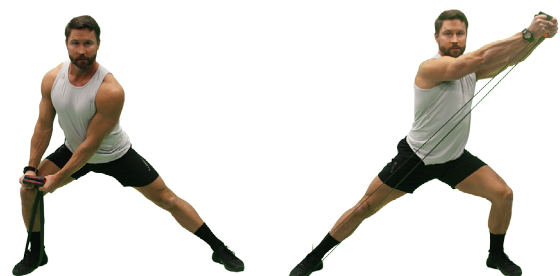
- Place band underneath right foot
- Take feet wide
- Double or single band
- Grab handles at the material
- Bend right knee
- Handles touch right knee
- Super slow Woodchop
- Hands to 45 degrees
- Come back to the knee
- Change of speed: 2/2
- Up, up, down, down
- **Brace the abs to keep hips square to front**
- **Rotate from the center of the chest**
- Hinge forward from the hips
- **Chest up**
- Arms straight
- If arms are bending, drop to single band

LAYER 2

- Really aim for that rotation from the core, lifting the chest and engaging the back muscles

LEVEL

⇓ To decrease intensity, drop the inside handle



03. STANDING STRENGTH 1

TECHNIQUE & COACHING

PARALLEL WOODCHOP

LAYER 1

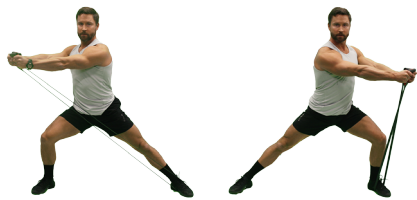
- Parallel Woodchop
- 1, 2, 1, 2
- Corner to corner
- **Handles stay in line with the chest**

LAYER 2

- Aim for precision, corner to corner

LEVEL

- ⇩ To decrease intensity, drop the inside handle



PARALLEL WOODCHOP COMBO

LAYER 1

- Combo
- 3 up, 1 down
- It's like a zigzag
- **Lift the chest**
- Shift your body weight with the band

LAYER 2

- Lots of load, lots of tension, lots of strength for the obliques. Not only is this move good to shape the waistline but this is also incredible functional training

LEVEL

- ⇩ To decrease intensity, drop the inside handle



SQUAT

KEY COACHING FOCUS:

Keep chest lifted. Brace abs to support lower back

LAYER 1

- Fold the band in half or grab a plate
- High on the collarbones
- Feet inside hip-width
- 2/2 Squat
- **Chest up**
- Down and up
- **Push your hips back and down to just above knee level**
- **Turn your knees out slightly**

LEVELS

- ⇩ To reduce load, use SMARTBAND
- ⇩ To decrease intensity, single SMARTBAND



SQUAT & KNEE LIFT

KEY COACHING FOCUS:

Keep chest lifted. Brace abs to support lower back

LAYER 1

- 1 Squat, 1 right Knee Lift
- Down, right
- Again, down, right
- Twist, turn shoulders to right side
- Elbows in
- **Chest up**
- **Brace Abs**

03. STANDING STRENGTH 1

TECHNIQUE & COACHING

LAYER 2

- Big squeeze like you're making lemonade – "Squeeze the juices out of your obliques like a lemon"

LEVELS

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



SQUAT W. PLATE OVER HEAD

KEY COACHING FOCUS:

Keep chest lifted. Brace abs to support lower back

LAYER 1

- Squat down, plate up
- Down, up
- **Elbows slightly forward of face**
- **Sit hips back and down**

LAYER 2

- Hard times are the good times! Come down and hold!



LEVELS

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

04. STANDING STRENGTH 2

MUSIC Waist Time 5:13 mins

TRACK FOCUS

My participants will understand that when they tip from the hip with nose forward of toes and maintain this position as they move, they will overload the hip muscles.

0:00 / (Intro)

4x8 / Set up Squat, Back Tap. SMARTBAND under feet, cross handles, hands on hips **32cts**

0:15 / Instr (B up)

12x8 / A / **Squat, Back Tap** L&R (Slow) **6reps**

Squat **4cts**

Back Tap L **4cts**

Squat **4cts**

Back Tap R **4cts**

1:00 / (Beat)

5x8 / A¹ / **Squat, Back Tap** R **10reps**

Squat **2cts**

Back Tap R **2cts**

1:18 / (Heavy beat)

7x8 / B / **Back Leg Lift** R **2cts / 28reps**

1:45 / **Girl** work (C)

7x8 / A / **Squat, Back Tap** L&R (Slow) **16cts / 3½reps**

2:11 / Instr (Beat)

5x8 / A¹ / **Squat, Back Tap** L **4cts / 10reps**

2:30 / (Heavy beat)

7x8 / B / **Back Leg Lift** L **2cts / 28reps**

2:56 / Instr (B up)

8x8 / A² / **Squat, Back Tap** R&L (fast) **8cts / 8reps**

3:30 / **Girl** work (C)

3x8 / Set up Bridge. Lie on back **24cts**

3:41 / **Girl** work (B up)

8x8 / C / **Bridge** 2/2 **8cts / 8reps**

4:07 / Instr (Beat)

5x8 / C¹ / **Bridge Lift** **5reps**

Lift hips **2cts**

Lower halfway down **2cts**

Lift hips **2cts**

Lower down **2cts**

4:26 / (Heavy beat)

12x8 / C² / **Bridge w. Leg Lift** F&B **6reps**

Lift hips, front foot off floor **2cts**

Lower halfway down **2cts**

Lift hips **2cts**

Lower hips, front foot to floor **2cts**

Lift hips, back foot off floor **2cts**

Lower halfway down **2cts**

Lift hips **2cts**

Lower hips, back foot to floor **2cts**

04. STANDING STRENGTH 2

WHY

In this track, we sustain a hip hinge for a long period of time. A hip hinge occurs when we activate our spinal muscles to lock the spine in position and then tip forward from the hips. This allows us to train our spinal extensors and glutes which are necessary for this action. Many people have trouble with hip hinging – and instead of moving from the hip they collapse forward through their lumbar spine. This exercise sequence will improve this skill and therefore help to improve stability in the lumbar spine.

COACHING

Your posterior chain will be on fire by the end of this track! Allow space between your cues – think one cue per rep – so everybody can feel which muscles they are working and understand what they can accomplish by overloading these muscles. Focus on helping your class achieve precise technique in the Squat pattern by maintaining a strong trunk position, and then challenge them to intensify through greater range of motion. Always allow your participants to control their workout by providing the level of no band.

Corey had a great Layer 2 focus for the Bridge work: he encouraged his class to bring their thumbs to the base of the ribcage, fingers to hips. Ribs and hips stay the same distance apart so the back stays straight, and the movement is generated from the hips to work the glutes effectively.

TECHNIQUE & COACHING

SQUAT, BACK TAP (SLOW)

KEY COACHING FOCUS:

Tip forward from the hips. Keep chest lifted

LAYER 1

- Step onto your band
- Feet wide of hips
- Cross handles
- Hands high on waist
- **Lift your chest up**
- Squat down, right leg taps back
- Squat, left leg straight back
- **Tip forward from hips**
- **Nose is over toes**
- **Brace abs for stability**
- **Hips and shoulders face forward**

LAYER 2

- Pick your shoulders up and back – that way you've got great posture. Come low into your legs like a speed skater driving side-to-side. Feel the hips loaded as we strengthen them
- Come back to Squat, tap a little faster. Stay low in your legs and feel the drive side to side. Strong abs, powerful hips – race to the finish line.



04. STANDING STRENGTH 2

TECHNIQUE & COACHING

SQUAT, BACK TAP

LAYER 1

- Stay on right leg
- Squat and tap left leg
- Squat, Tap
- Straighten your back leg
- Tap foot lightly on floor
- Thigh and hips stay loaded

LAYER 2

- Eyes up – when your eyes are up the chest stays lifted. Focus on the front knee, push it out so it's aligned to the middle of the foot

LEVEL

⇩ To decrease intensity, no SMARTBAND

BACK LEG LIFT

KEY COACHING FOCUS:

Middle of chest inside the line of your big toes. Keep chest lifted

LAYER 1

- Keep leg back
- Lift it, up, down
- Back leg straight
- Tap foot lightly on floor
- **Tip forward from your hips**
- **Center of your chest is inside the line of your big toes**
- **Chest lifted**

LAYER 2

- How still can you keep your body? Try bracing your abs tighter to help. Tip a little further forward; feel how it loads the lower back and glutes

LEVEL

⇩ To decrease intensity, no SMARTBAND

BRIDGE

KEY COACHING FOCUS:

Squeeze glutes to lift hips

LAYER 1

- Come to the floor
- Feet close to butt, hip-width apart
- Hips lift to ceiling
- Up for 2, down for 2
- **Squeeze your butt tightly**

LAYER 2

- Try this: thumbs to base of ribcage, fingers to hips. Ribs and hips stay the same distance apart. Back is straight and the movement comes from your hips to work the glutes effectively

BRIDGE LIFT

LAYER 1

- Change the tempo
- All the way up
- Pulse, up, all the way down

LAYER 2

- Check in with the ribs and hips – are they staying the same distance apart? If they are, arms at sides, palms up

04. STANDING STRENGTH 2

TECHNIQUE & COACHING

BRIDGE W. LEG LIFT

LAYER 1

- Single-leg lift
- Front leg lift
- Drive down with your heel
- Up, pulse, up, down
- Change legs
- Keep alternating legs
- Hips level to the floor
- If hips are twisting, drop to both legs
- **Keep squeezing the glutes**

LAYER 2

- Blast the hip up. Feel what happens to your glute muscles when you blast it up – they contract tightly
- The harder you contract them, the stronger the muscles will become.

LEVEL

⇓ To decrease intensity, no Leg Lift



CORE ESSENTIALS
BRIDGE

05. CORE STRENGTH 2

MUSIC Sensations 6:43 mins

TRACK FOCUS

My participants will understand how the body moves as one, with the bottom hip lifted in the Rolling Side Hover, through my clear Layer 1 Execution cues.

0:00 / (Intro)

4x8 / Set up Single Cross Crawl. Lie on back, facing R side; extend legs to 45° or knees over hips, fingertips to temples **32cts**

0:17 / It's pretty (V)

8x8 / A / **Single Cross Crawl Combo** **2reps**

4x Cross Crawl L (front) **16cts**

4x Cross Crawl R (back) **16cts**

0:52 / Sensational (C)

4x8 / A¹ / **Single Cross Crawl Combo** **2reps**

2x Cross Crawl L (front) **8cts**

2x Cross Crawl R (back) **8cts**

1:10 / Instr /

8x8 / B / **Cross Crawl, Rolling Side Hover** L (front) **4reps**

2x Cross Crawl L&R **8cts**

Side Hover L (front) **4cts**

Roll B onto back, legs to 45° **4cts**

1:44 / Under me (V)

4x8 / Hold legs to 45°, Crunch up **16cts**

Set up Side Hover Lift w. Plate Press. SMARTPLATE in R hand elbow bent to hip **16cts**

2:02 / I kinda (PC)

4x8 / C / **Side Hover Lift L w. Plate Press** R **4reps**

Lift hip off floor, press plate to vertical **4cts**

Lower hip, plate to shoulder **4cts**

2:19 / Sensations (C)

7x8 / C¹ / **Side Hover Lift L w. Plate Press** R

(tempo) **7reps**

Lift hip off floor, press plate to vertical **1ct**

Hold **3cts**

Lower hip, plate to shoulder **4cts**

2:50 / Love me (C)

1x8 / Set up Side Plank, L hand on floor **8cts**

2:54 / Instr /

8x8 / D / **Side Plank Hip Lift L w. Plate** R **8cts / 8reps**

Triple-Pulse Side Plank, press plate to vertical **6cts**

Lower hip, plate to shoulder **2cts**

3:29 / It's pretty (V)

4x8 / Set up Oblique Crunch. Lie on back, facing L side; extend legs to 45° or knees over hips, fingertips to temples **32cts**

3:47 / I kinda (PC)

4x8 / A / **Single Cross Crawl Combo** **32cts**

4:04 / Sensations (C)

4x8 / A¹ / **Single Cross Crawl Combo** **16cts / 2reps**

4:21 / Instr /

8x8 / B / **Cross Crawl, Rolling Side Hover** R **16cts / 4reps**

4:56 / Under me (V)

4x8 / Hold legs to 45°, Crunch up **16cts**

Set up Side Hover Lift w. Plate Press. SMARTPLATE in R hand elbow bent to hip **16cts**

5:14 / I kinda (PC)

4x8 / C / **Side Hover Lift R w. Plate Press** L **8cts / 4reps**

5:31 / Sensations (C)

7x8 / C¹ / **Side Hover Lift R w. Plate Press** L (tempo) **8cts / 7reps**

6:02 / Love you (C)

1x8 / Set up Side Plank, R hand on floor **8cts**

6:06 / Instr /

8x8 / D / **Side Plank Hip Lift R w. Plate** L **8cts / 8reps**

Triple-Pulse Side Plank, press plate to vertical **6cts**
Lower hip, plate to shoulder **2cts**

05. CORE STRENGTH 2

WHY

Rolling from the back into a Side Hover is a great test for core control. The aim is to use the abdominals, back extensors and glutes simultaneously so that the body moves as one unit. If you observe that the chest is rolling independently of the hips, this indicates a lack of core control.

COACHING

Make sure you practise this track so you can role model all the levels – high and low - and that your vocal delivery matches the intensity of these moves. It's a tough one! The focus in the Rolling Hover is to keep the bottom hip lifted and move the body as one unit. The Side Plank Hip Lift will challenge even your hardcore participants. The key is to only lower halfway down between reps to feel the underside waist muscles stretch and then your side sling has to work hard to push up again. Remember to offer the levels so everyone can achieve success in this move.

TECHNIQUE & COACHING

SINGLE CROSS CRAWL COMBO

KEY COACHING FOCUS:

Lift shoulder up and across

LAYER 1

- Knees over hips
- Extend legs to 45 degrees
- Fingers tips to temples
- **Squeeze ribs to hips**
- Twist to front knee
- 4, 3, 2, 1
- **Tuck chin in gently**
- **Keep chest lifted**
- To the back knee
- **Lift shoulder up and across**

- To reduce load, bend knees over hip and tap foot down lightly
- 2 reps to the front
- Then the back

LAYER 2

- Fingertips light on the temples so your neck flexors have to work with your trunk flexors
- Spread your elbows wide and aim the center of your chest to your outer thigh – that way you maximize rotation and strengthen the obliques
- Lead the movement with your shoulder, rather than your elbow to get that great sensation of rotation in your waist



LEVEL

- ⇓ To decrease intensity, bend knees over hips, tap foot down



CROSS CRAWL, ROLLING SIDE HOVER

KEY COACHING FOCUS:

Bottom hip lifted. Brace abs so hips and shoulders roll as one (Rolling Side Hover)

LAYER 1

- Combination
- 4 Single Cross Crawls
- 4, 3, 2, 1
- Roll to the front
- **Elbow under shoulder**
- Roll back, go again
- Twist front, back

05. CORE STRENGTH 2

TECHNIQUE & COACHING

- **Brace abs tightly**
- **Hips and shoulders roll as one**

LAYER 2

- This exercise is great for getting rid of any unintentional hip swagger
- Feel the bottom hip and oblique work together to lift you up



SIDE HOVER LIFT W. PLATE PRESS

KEY COACHING FOCUS:

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

LAYER 1

- Side Hover
- Grab a light plate as an option
- **Elbow under shoulder**
- Leg lifted
- Lift hips up for 2 counts
- Lower down for 2 counts
- Arm straightens
- Elbow back into waist
- **Keep hips and shoulders facing forward**
- **Lift your bottom hip high**
- **Brace abs**



LEVELS

- ⇓ To decrease intensity, keep top foot on the floor
- ⇓ To decrease intensity, no SMARTPLATE

SIDE HOVER LIFT W. PLATE PRESS (TEMPO)

LAYER 1

- Blast plate and hip up quickly
- As high as you can
- Slowly down
- Bottom hip touches floor softly
- Keep top leg lifted

LAYER 2

- Blast it to the ceiling --punch, resist – quickly up! Feel the sensation in your waist muscles as you do that – can you feel them contract really tightly? Extra stimulus from the plate is going to make them much stronger

SIDE PLANK HIP LIFT W. PLATE

KEY COACHING FOCUS:

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

LAYER 1

- Fingers to side wall
- **Hand under shoulder**
- On knee or toes
- Pulse hips up, 3, 2, 1
- Come halfway down
- **Bottom hip lifts high**
- **Hips stay square to the front**
- If you're collapsing into your shoulder, drop bottom knee or come down onto elbow

05. CORE STRENGTH 2

TECHNIQUE & COACHING

LAYER 2

- Feel the hand on the floor – push down through it really strongly to stabilize the shoulder. Every time you come down, feel the underside waist muscles stretch, then work hard to lift your hips. Stay in it to get the results!

LEVELS

- ⇩ To decrease intensity, no SMARTPLATE
- ⇩ To decrease intensity, bottom knee to floor
- ⇩ To reduce load, Side Hover w. Plate Press



06. CORE STRENGTH 3

MUSIC You Don't Know Me 3:32 mins

TRACK FOCUS

My participants will keep their navel facing the floor so the twist comes from the center of the chest to strengthen the obliques, as well as the back extensors in the flutter kicks.

0:00 / (Intro)

4x8 / Set up Prone Cobra, facing front. Lie prone, arms at sides, palms down **32cts**

0:15 / **Oh** yeah (V)

8x8 / **Prone Cobra** **4cts / 16reps**

0:46 / **See**, your (PC)

2x8 / Set up Resisted Upper Back Extension. SMARTBAND single or double, arms O/H **16cts**

0:54 / **Ooh** nah (C)

8x8 / **Resisted Upper Back Extension w. SMARTBAND** **4cts / 16reps**

1:25 / **I** mean (V)

2x8 / Set up Flutter Kicks w. Swimming Arms. Lie prone, arms O/H **16cts**

1:33 / **Ah**, cruise (V)

10x8 / A / **Flutter Kicks w. Swimming Arms** L&R **5reps**

L arm sweeps B to O/H **8cts**

R arm sweeps B to O/H **8cts**

Option: No Flutter Kick

2:11 / **Ooh** nah (C)

8x8 / A¹ / **Flutter Kicks w. Double Arms** **8reps**

Arms sweep B to O/H **8cts**

Option: No Flutter Kick

2:42 / **Move** right (Br)

4x8 / Set up Double Arm Fly. SMARTBAND under knees, cross handles **32cts**

2:57 / **See**, your (PC)

8x8 / **Double Arm Fly** **4cts / 16reps**

06. CORE STRENGTH 3

WHY

Many people have difficulty extending their thoracic spine. Therefore, when performing exercises lying on their stomach in a prone position, they tend to hinge upward from the lower back. Coaching a squeeze between the shoulder blades helps to rectify this by engaging the muscles in the thoracic spine. Squeezing the glutes also assists with this movement by helping to prevent over-extension of the lower back

COACHING

The choreography is fun and creative to match this cool song! The moves are challenging so offer the levels early in Layer 1 to allow your participants to personalize their workout. Coach perfect technique to maximize the results. The new innovation is the Flutter Kick with Swimming Arms: coach everyone to keep their navel facing the floor so the twist comes from the center of the chest - this will strengthen the obliques as well as the back extensors. This is a fantastic move to develop mobility as well as strength.

TECHNIQUE & COACHING

PRONE COBRA

KEY COACHING FOCUS:

Squeeze glutes

LAYER 1

- Have band in front of you
- Lie down
- Feet together
- **Squeeze your butt**
- Hands by sides
- Palms out, thumbs up

- Chest lifts up, halfway down
- **Tuck chin in**
- **Squeeze shoulder blades together**

LAYER 2

- With your arms in this position, notice shoulders rolling back to open your chest
- Great posture as we strengthen all the anti-slouch muscles



RESISTED UPPER BACK EXTENSION W. SMARTBAND

KEY COACHING FOCUS:

Squeeze glutes. Squeeze shoulder blades together

LAYER 1

- Arms come forward
- Option to grab band
- Bring the tension onto the band
- **Squeeze your butt tighter**
- Arms and chest lift
- Up, down
- Pull the band apart as you lift
- **Keep your chin tucked in**
- Back and neck are long

LAYER 2

- Can you lift higher? Feel where the load is – lower back is working hard, upper back is working extremely hard and your outer shoulders are working hard to pull the band apart

LEVEL

- ⇓ To decrease intensity, no SMARTBAND

06. CORE STRENGTH 3

TECHNIQUE & COACHING

FLUTTER KICKS W. SWIMMING ARMS

KEY COACHING FOCUS:

Squeeze glutes. Twist from the center of your chest

LAYER 1

- Get rid of the band
- Let's swim
- Arms stretch forward
- Legs straight
- **Squeeze butt**
- Flutter-Kick the legs
- Right arm bend, circle around
- Left arm bend, circle, stretch it forward
- Belly button facing the floor
- **Twist from the center of your chest**

LAYER 2

- Enhance the twist; eyes follow the hand.
Keep breathing as you swim; you don't want to hold your breath

LEVEL

⇓ To decrease intensity, no Flutter Kick



FLUTTER KICKS W. DOUBLE ARMS

KEY COACHING FOCUS:

Squeeze glutes

LAYER 1

- Lose the twist
- Keep legs kicking
- Double arms
- Bend, arms come forward
- **Chin stays tucked**
- **Butt squeezing**

LAYER 2

- Have you ever done butterfly? Feel your upper back work extremely hard to lift your chest and arms right up

LEVEL

⇓ To decrease intensity, no Flutter Kick



DOUBLE ARM FLY

KEY COACHING FOCUS:

Chest lifted. Tip forward from the hips. Squeeze shoulder blades together

LAYER 1

- Come up onto knees
- Grab your SMARTBAND
- Put tension on it
- Knees on band, hip-width apart
- Cross handles, palms face in
- **Tip forward from hips**
- Push butt back towards heels
- Lift arms up, down
- **Chest lifted**
- **Back straight**
- **Brace abs**
- **Squeeze shoulder blades together**

LAYER 2

- How much can you crush your shoulder blades together? We build fatigue in these muscles to strengthen our anti-slouch muscles. Can you lift higher? Last one, up and hold

LEVEL

⇓ To decrease intensity, no SMARTBAND

BONUS

05. CORE STRENGTH 2

MUSIC Gone 4:43 mins

TRACK FOCUS

My participants will experience a fun innovation to target and isolate the obliques through the Kneeling Single Arm Press.

0:00 / (Intro)

4x8 / Set up Kneeling Single-Arm Band Press. SMARTBAND under knees, hold handles at shoulders, palms F **32cts**

0:13 / **Wanted** (V)

16x8 / A / **Kneeling Single-Arm Band Press** R&L **2reps**

8x Kneeling Single-Arm Band Press R, L arm O/H **32cts**

8x Kneeling Single-Arm Band Press L, R arm O/H **32cts**

1:05 / **Gone** (C)

4x8 / A¹ / **Kneeling Single Arm Band Press** R&L

4x R side **16cts**

4x L side **16cts**

1:18 / Instr /

4x8 / A² / **Kneeling Single-Arm Band Press** R&L **2reps**

2x R side **8cts**

2x L side **8cts**

1:31 / **Rush** (V)

4x8 / Set up Kneeling Woodchop. SMARTBAND under L foot, handles together, arms F **32cts**

1:44 / **Complicate** (V)

8x8 / B / **Kneeling Woodchop** R 2/2 **8cts / 8reps**

2:10 / **World** (PC)

4x8 / Set up Resisted Side Hover. SMARTBAND stays under L foot, R elbow on floor, L hand to shoulder **32cts**

2:23 / **Gone** (C)

4x8 / C / **Resisted Side Hover w. SMARTBAND** R 2/2 **8cts / 4reps**

2:36 / Instr /

8x8 / C¹ / **Double-Pulse Resisted Side Hover w. SMARTBAND** R **8cts / 8reps**

3:01 / **Rush** (V)

4x8 / Set up Kneeling Woodchop. SMARTBAND under R foot, handles together, arms F **32cts**

3:15 / **Complicate** (V)

8x8 / B / **Kneeling Woodchop** L 2/2 **8cts / 8reps**

3:40 / **World** (PC)

4x8 / Set up Resisted Side Hover. SMARTBAND stays under R foot, L elbow on floor, R hand to shoulder **32cts**

3:53 / **Gone** (C)

4x8 / C / **Resisted Side Hover w. SMARTBAND** L 2/2 **8cts / 4reps**

4:06 / Instr /

8x8 / C¹ / **Double-Pulse Resisted Side Hover w. SMARTBAND** L **8cts / 8reps**

4:32 / Outro /

2x8 / Release **16cts**

05. CORE STRENGTH 2

WHY

In the Kneeling Single-Arm Band Press, we coach a C-shaped curve in the thoracic spine. This is to avoid a lateral shift (translating the trunk to the side) rather than side flexion (bringing the side of the ribs into the hips). A lateral shift can result in increased shear forces in the joints of the lumbar spine and can be a cause of disc injury.

COACHING

Be precise, as the setup time for the Kneeling Single-Arm Band Press is brief. You have lots of reps and therefore time to deliver your coaching so allow space between cues for them to land. This is a great opportunity to connect with your participants and deliver an authentic CXWORX experience. The key to the Kneeling Woodchop is to lean on an angle to maintain a straight spine, rather than being in side flexion. The final exercise, Resisted Side Hover with the SMARTBAND, will create an overload effect to strengthen the obliques. Participants will be fatigued by this stage so remember to offer the different levels.

TECHNIQUE & COACHING

KNEELING SINGLE-ARM BAND PRESS

KEY COACHING FOCUS:

Crunch ribs to hips. Brace abs to keep hips and shoulders facing forward

LAYER 1

- Come down to the floor
- Place your band out in front
- Knees on band, knees outside hip-width

- Hold handles
- Bring elbows forward on the band
- Right side, 8 Pulses
- 8, 7, reach up
- **Crunch ribs to hips**
- Create a C-shaped curve with the spine
- Change sides
- Left arm up and reach
- **Hips square to front**
- **Chest lifted**
- **Abs braced**
- Right side, 4, 3, 2, 1
- Left side
- 2 and 2, switch sides

LAYER 2

- Try not to move your hips as you move the upper body. Lots of isolation here – it's a slow burn for the obliques. "Feel that nice bite in your side abs?"

LEVEL

- ↓ To decrease intensity, no SMARTBAND



KNEELING WOODCHOP

KEY COACHING FOCUS:

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

LAYER 1

- Kneeling Woodchop
- Take your right foot out to the side
- Wrap band around right foot

TECHNIQUE & COACHING

- Double or single with the band
- Press hands forward from the chest
- Lean
- 2/2, out and in
- **Brace abs**
- **Keep hips square to the front**
- **Lift the chest**
- **Lean away**
- **Rotate from the center of the chest**

LAYER 2

- Keep tension on the band, so take it just out to the corner and then just by the shoulder
- Nice and simple, controlled movements. Integrated work through the obliques and mobilizing through the thoracic spine.

LEVEL

⇓ To decrease intensity, single SMARTBAND



RESISTED SIDE HOVER W. SMARTBAND

KEY COACHING FOCUS:

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

LAYER 1

- Side Hover, with or without the band
- Come down to side
- Split the band
- **Elbow in line with shoulder**
- Fist forward
- Top arm bends

- Lift 2/2, up and down
- Bottom hip lifts, extend band over head
- **Elbow just forward of face**

LAYER 2

- Squeeze the bottom hip more and drive the band over head – big punch!

LEVEL

⇓ To decrease intensity, no SMARTBAND



DOUBLE PULSE RESISTED SIDE HOVER W. SMARTBAND

LAYER 1

- Double Pulse
- Up, pulse, halfway down
- **Hips square to the front**
- **Brace abs**

LAYER 2

- This move is fantastic for building strength down the sides of the body, and the band adds extra resistance. Challenge it and stay in it!

LEVEL

⇓ To decrease intensity, no SMARTBAND

BONUS

06. CORE STRENGTH 3

MUSIC No Promises 3:43 mins

TRACK FOCUS

My participants will understand how to increase – and they will feel - the intensity in their postural muscles whilst standing, through my clear simple coaching.

0:00 / (Intro)

4x8 / Set up Bentover Cobra in Lunge.
SMARTBAND under L foot, R leg B, hold
handles, palms down **32cts**

0:17 / **Kicking** (V)

6x8 / A / **Bentover Cobra In Lunge** L 2/2 **6reps**
Lift arms B **4cts**
Lower arms **4cts**

0:43 / **Na, na** (C)

4x8 / B / **Forward Raise w. Leg Lift** R **4reps**
Lift R leg, Forward Raise arms **4cts**
Lower R foot to floor, arms down **4cts**
Last rep, R leg stays lifted

1:00 / Instr /

4x8 / C / **Bentover Cobra Pulse In Leg Lift** R
2cts / 16reps

1:17 / **Baby** I think (V)

2x8 / Set up Bentover Cobra In Lunge.
SMARTBAND under R foot, L leg B, palms down
16cts

1:25 / **Maybe** we (V)

6x8 / A / **Bentover Cobra In Lunge** R 2/2 **8cts / 6reps**

1:51 / **Na, na** (C)

4x8 / B / **Forward Raise w. Leg Lift** L **8cts / 4reps**

2:07 / Instr /

4x8 / C / **Bentover Cobra Pulse In Leg Lift** L
2cts / 16reps

2:24 / **Dive** in (Br)

4x8 / Set up Upper Body Extension. Lie prone,
feet together, arms O/H, thumbs up **32cts**

2:41 / **Na, na** (C)

4x8 / D / **Upper Body Extension** 2/2 **8cts / 4reps**

2:58 / Instr /

8x8 / D¹ / **Upper Body Extension Combo** **8reps**
Lift up **2cts**
Arms open to sides, thumbs up **2cts**
Arms O/H **2cts**
Lower down **2cts**

3:33 / Outro /

2x8 / **Childs Pose** **16cts**

06. CORE STRENGTH 3

WHY

The Standing Cobra facilitates recruitment throughout the posterior chain. The hip hinge engages the hamstrings and glutes, the elevated chest recruits the lumbar extensors and the Shoulder Blade squeeze brings in the scapula retractors. All of these muscles are important stabilizers which are often neglected during training.

COACHING

The track starts with the Cobra where we focus on maintaining tension on the band and aligning the middle of the chest inside the line of big toe to build the intensity. We add a balance challenge to this move to fatigue the muscles even more! The SMARTBAND provides the counter balance whilst performing the Cobra. The track finishes with upper body extension work for the lower and upper back to take the workout to the next level.

TECHNIQUE & COACHING

BENTOVER COBRA IN LUNGE

KEY COACHING FOCUS:

Tip forward from the hips. Middle of chest inside the line of big toes

LAYER 1

- Step right foot onto band
- Long step back with left leg
- Body weight into right leg
- Roll shoulder blades back
- **Tip forward from your hips**
- **Nose forward of toes**
- **Lift chest**
- **Brace your abs**

- 2/2 Cobra pose
- Arms go back, back, down, down
- Keep tension on the band
- **Squeeze shoulder blades together**
- **Middle of chest inside line of the big toes**

LAYER 2

- Bend front knee more to load glutes and lower back – hitting the rhomboids and rear shoulders, and you might feel a little contraction in your triceps
- A small move that does wonderful things for our posterior chain

LEVEL

↓ To decrease intensity, no SMARTBAND



06. CORE STRENGTH 3

TECHNIQUE & COACHING

FORWARD RAISE W. LEG LIFT

KEY COACHING FOCUS:

Tip forward from the hips. Lift chest.

LAYER 1

- Bring the weight into your front leg
- Lift arms to 45 degrees
- Lift your back foot off the floor
- Gently touch down
- **Brace your abs**
- **Lift chest**
- Keep front leg bent
- Handles come to under shoulders

LAYER 2

- Brace your abs to help stabilize the move

LEVEL

- ⇩ To decrease intensity, no SMARTBAND



BENTOVER COBRA PULSE IN LEG LIFT

LAYER 1

- Keep back leg off the floor
- Cobra Pulse
- **Keep shoulder blades squeezing together the entire time**
- If balance is compromised, put foot down

LAYER 2

- Keep tension on the band to help counter-balance in this move. Tip forward from the hips a little more and take your knuckles higher to the back of the room

LEVELS

- ⇩ To decrease intensity, no SMARTBAND
- ⇩ To reduce load, put foot down on the floor



UPPER BODY EXTENSION

KEY COACHING FOCUS:

Squeeze glutes. Squeeze shoulder blades together

LAYER 1

- Come down to the floor
- Lie on your front
- Feet close together
- **Squeeze your glutes**
- Arms out at 45 degrees
- 2/2 Back Extension Lift
- Up, up, down, down
- Keep shoulder blades back and down
- Thumbs face up
- **Chin tucked in**

LAYER 2

- Huge strength training for all the muscles of the back, especially the lower back and glutes



06. CORE STRENGTH 3

TECHNIQUE & COACHING

UPPER BODY EXTENSION COMBO

LAYER 1

- Combination
- Open, out, in, drop
- **Squeeze your glutes**
- If it's too challenging, draw little fingers on the floor

LAYER 2

- "Can you lift a little higher? Can you take your arms a little wider? I feel like we should be on the Titanic! Save me Jack!"

LEVEL

⇅ To decrease intensity, little fingers on the floor



CORE ESSENTIALS

DOUBLE LEG LIFT

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**
- Extend hands past thighs

LAYER 2

- Lift your shoulder blades further off the floor



LEVEL

- ⇓ To decrease intensity, keep feet on the floor



CROSS CRAWL

KEY COACHING FOCUS:

Lift shoulder towards opposite knee

LAYER 1 (SETUP)

- Fingertips to temples
- **Chin tucked in**
- Keep elbows wide and off the floor
- **Lift shoulder towards opposite knee**



LAYER 2

- Extend leg off the floor



LEVEL

- ⇓ To decrease intensity, press your back down and toe tap



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**

LAYER 2

- Drive the hips towards the ceiling



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
- **Braced abs 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



MUSIC

- 1 **Insomnia** (3:37)
Audien feat. Parson James
Courtesy of the Universal Music Group.
Written by: Parson, Kelso, Rathbun
- 2 **Dancing Together (Extended Mix)** (5:25)
Fedde Le Grand
© 2017 Velcro under exclusive license from Armada Music BV.
Written by: Reeken, Le Grand, Balsano
- 3 **Invincible** (3:58)
Kinetic
© 2016 Kinetic Music under exclusive license to Warner Music New Zealand Limited.
Written by: Kora, Woolright, Matthews
- 4 **Waist Time** (5:13)
Diplo & Autoerotique
© 2017 Mad Decent.
Written by: Henderson, Robertson
- 5 **Sensations (Whethan Remix)** (6:43)
Elohim
© 2016 B3SCI Records.
Written by: Williamson, Kritzstein
- 6 **You Don't Know Me** (3:32)
Jax Jones feat. RAYE
Courtesy of the Universal Music Group.
Written by: Aluo, Hayo, Young, Bo, Kammermeier, Merger, Keen, Emenike, Bennett
- BONUS**
5 **Gone** (3:02)
Afrojack feat. Ty Dolla \$ign
© 2016 Wall Recordings Limited under exclusive license to Latium Records/RCA Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Van De Wall, James, Griffin Jr
- Gone** (1:41)
Afrojack feat. Ty Dolla \$ign
© 2016 Wall Recordings Limited under exclusive license to Latium Records/RCA Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Van De Wall, James, Griffin Jr
- BONUS**
6 **No Promies** (3:43)
Ring My Bell
© 2017 Les Mills Music Licensing Ltd.
Written by: Leff, Block, Foote, Dahl, Lovato

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, colour 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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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.

PRESENTERS



From L-R: Erin Maw, Dan Cohen, Corey Baird.

Creating space to allow for excellence in movement efficiency is a foundation to ensuring great technique! Coaching core strength, stability, endurance or mobility all has a unique style: CXWORX 29 sets the participants up for maximum self-assessment. This is particularly exciting when the choreography follows suit.

CXWORX 29 has the perfect blend of core exercises to enhance a fantastic workout, combined with the sweet science of coaching. Follow this release and the resources and watch everyone in your class move with grace, strength and control.

Training the muscles of the core allows for all sporting and health activities to be enhanced. Featuring the "Z" shaped Parallel Woodchop, the Rolling Side Hover, Flutter Kicks and Kneeling Arm Band Presses will push your class member to core greatness.

Huge songs with the world's best artists and DJs has this release pumping, from start to finish. Enjoy the 2 bonus tracks 5 and 6

Dan and the CXWORX team

A stylized, handwritten signature of Dan Cohen in a dark grey color.

Dan Cohen (New Zealand) is co-Program Director for both CXWORX and BODYCOMBAT™, an International Master Trainer for BODYPUMP™, and a passionate mixed martial artist based in Auckland.

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.

PRESENTERS

Choreography – Dan Cohen & Diana Archer Mills

Technical Consultant – Bryce Hastings & Corey Baird

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Creative Director & Program Coach – Kylie Gates

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