

CXWORX

01. WARMUP

02. CORE STRENGTH 1

03. STANDING STRENGTH 1

04. STANDING STRENGTH 2

05. CORE STRENGTH 2

06. CORE STRENGTH 3

BONUS

02. CORE STRENGTH 1

BONUS

04. STANDING STRENGTH 2

CORE ESSENTIALS

MUSIC

Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



01. WARMUP

TRACK FOCUS

I want my participants to feel successful in the new Cross Crawl C-Crunch Combo, engaged with the music and ready for the workout ahead.

	Music		Exercise	CTS	REPS
0:00	Intro /	1¼x8	Set up Crunch; lie on back, facing L side, fingertips to temples	10	
0:10	C / Wind to	4x8	Crunch 2/2	8	4x
0:26	V1 / _ You see	4x8	A C-Crunch 2/2	8	4x
0:41	PC / Bossy	2x8	B Cross Crawl , hold R	4	
			Cross Crawl , hold L	4	2x
0:49	C / Wind to	4x8	B¹ Cross Crawl	4	8x
1:05	V1 / One	4x8	A C-Crunch 2/2	8	4x
1:21	PC / Bossy	2x8	C Cross Crawl C-Crunch Combo (slow)		
			Cross Crawl, hold R	4	
			Cross Crawl, hold L	4	
			C-Crunch	8	
1:29	C / Wind to	4x8	C¹ Cross Crawl C-Crunch Combo (fast)		
			Cross Crawl	4	
			C-Crunch	4	4x
1:45	Br / Yo	1x8	Bridge	8	
1:49	Me	5x8	Bridge w. Heel Lift	32	
			Lower down	8	
2:09	PC / Bossy	2x8	C Cross Crawl C-Crunch Combo (slow)	16	
2:17	C / Wind to	8x8	C¹ Cross Crawl C-Crunch Combo (fast)	8	8x



01. INSTRUCTION 2:50 mins

COACHING

This track has great moves to get the core ready for the workout. Coach clear Layer 1 Position and Execution cues so participants can easily follow you. The Cross Crawl and C-Crunch build into the new Cross Crawl C-Crunch Combo. Have fun with the music in your own authentic way to help everyone feel engaged and inspired for the workout ahead!

TECHNIQUE & COACHING

CROSS CRAWL C-CRUNCH COMBO

KEY COACHING FOCUS

**Lift shoulders up and across (Cross Crawl).
Brace abs to keep lower back close to the floor (C-Crunch).**

LAYER 1

- Combo
- Cross Crawl to the front, hold
- To the back, hold
- C-Crunch
- Double time
- Twist, twist, center, down
- 2 Cross Crawl, 1 C-Crunch
- Twist from the center of your chest
- **Shoulders up and across**
- **Brace your abs to keep lower back close to the floor**
- **Tuck chin in**

LAYER 2

- A great combo to fire up your core
- Twist from the center of your chest to work your obliques more efficiently
- Lift your shoulder blades a few inches higher in the C-Crunch

- Crunch
- C-Crunch
- Cross Crawl
- Bridge





02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to challenge themselves as we progressively intensify the Walking Knee Drop Combo into a jumping sequence.

Music		Exercise		CTS	REPS
0:00	Intro /	10x8	A	Hover on knees, facing front OPTION: On toes	80
0:48	C / Me	4x8		Double Knee Drop OPTION: Double Knee Lift	4 8x
1:07	Rep / Open	2¼x8		Lie on back, facing L side, bend knees wide, feet together, plate to feet	18
1:18	Instr / (Heavy beat)	4x8	B	Extended Crunch w. Plate Extend legs to 45°, plate O/H Bend knees wide, feet together, plate to feet	2 2 8x
1:39	Rep / Open	2¼x8	A	Hover , facing front	18
1:50	Instr /	4½x8	C	Walking Knee Drop Combo Step L foot out to R side Step R foot out to L side Double Knee Drop Step L foot in Step R foot in Double Knee Drop Last 4cts, hold Hover	1 1 2 1 1 2 4x
2:13	Instr / (Quiet)	1½x8	A	Hover , on knees	12
2:20	Br / Deeper	8x8	D	Walking Plank L&R L arm into Plank R arm into Plank L elbow down R elbow down OPTION: On toes after 4reps	2 2 2 2 8x
2:59	Rep / Open	2¼x8		Lie on back facing, L side, feet together, bend knees wide, plate to feet	18
3:10	Instr / (Heavy beat)	4x8	B	Extended Crunch w. Plate	4 8x
3:30	Rep / Open	2¼x8	A	Hover , facing front	18
3:42	Instr /	6x8	C¹	Walking Knee Drop Combo w. Jump Jump both feet out Double Knee Drop Jump both feet in Double Knee Drop	1 1 1 1 12x
4:12	Instr / (Quiet)	2x8	A	Hover OPTION: Walking Knee Drop Combo	16
4:22	Br / Deeper	8x8	D	Walking Plank R&L OPTION: On toes after 4reps	8 8x
5:00	Rep / Open	2¼x8		Lie on back, facing L side, feet together, bend knees wide, plate to feet	18
5:12	Instr / (Heavy beat)	4x8	B	Extended Crunch w. Plate	4 8x
5:32	Rep / Open	2¼x8	A	Hover , facing front	18
5:43	Instr /	6x8	C¹	Walking Knee Drop Combo w. Jump	4 12x

02. TAPED UP HEART 6:20 mins

WHY

Having a ‘responsive’ core is the key to improving strength and power. Exercises that implement Reactive Core Training help improve this responsiveness. This enables us to lift more effectively and utilize explosive exercises safely when we train.

COACHING

The focus in the Walking Knee Drop Combo is to keep the hips still and abs braced as you walk your feet out. Set up the perfect Hover and create an awareness of how it feels to create stability in this move. Sell the benefits for the abdominals when we jump the feet out: we integrate the whole body for Reactive Core Training. Offer the levels early, so everyone knows their options – from the newcomer to the advanced participant. Practise the Extended Crunch with Weight Plate with the music so you can nail the timing!

TECHNIQUE & COACHING

DOUBLE KNEE DROP KEY COACHING FOCUS

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

LAYER 1

- Elbows under shoulders
- Fists together
- Knees slightly wider than hips
- **Brace your core**
- **Hips to shoulder level**
- On knees or up onto toes
- **Back long and straight**
- Eye gaze forward
- If you feel it in your lower back, drop to knees
- Double Knee Drop
- Down and up
- A light touch down on the floor
- **Brace abs**
- **Keep your hips still**
- If on your knees, reverse it



Walking knee drop combo

LAYER 1

- Back to Hover
- First combo
- Walk out, drop down
- Right leg starts
- Out, out, drop
- Walk your feet, drop your knees
- **Brace your core**
- **Keep hips still**
- **Back long and straight**
- Light touch down to the floor

LEVEL

↕ To decrease intensity, Double Knee Drop



Walking Knee Drop Combo with Jump

LAYER 1

- Advance this move
- Walk or jump out
- Out, drop, in, jump
- Small jump
- **Brace the core**
- Push down through the forearms

LAYER 2

- Feel how much harder your abs are working now – can you feel it?
- Drop down or walk legs out if you are fatiguing or losing technique
- Feel what happens to your abdominals as they react to the impact of the jump – they contract even harder. That’s Reactive Core Training - great for building core athletic strength

LEVEL

↕ To decrease intensity, no Jump



02. TAPED UP HEART 6:20 mins

EXTENDED CRUNCH WITH PLATE

KEY COACHING FOCUS

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

LAYER 1

- Onto your back
- Grab the plate as an option
- Feet together
- Knees apart
- Shoulders lift
- Bring plate towards your heels
- Shoot legs and arms out
- Out, hold, in slowly
- Out fast, in slowly
- **As you crunch, slide ribs to hips**
- **Tuck your chin in**
- **As you extend, keep lower back close to the floor by bracing abs**

LAYER 2

- Get ready... shoot out and catch! Brace tightly as you extend, elbows in and slightly forward of your face
- If you're up for a challenge, lower your legs and feel how much harder your abdominals work
- Crunch even harder and react fast – abs on fire!

LEVEL

⇩To decrease intensity, no weight plate



WALKING PLANK

KEY COACHING FOCUS

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

LAYER 1

- Lower knees down
- Walking out to Plank
- Right arm starts
- Up, up, down, down
- Place your hand directly under your shoulder
- **Brace your core** to minimize trunk rotation
- **Hips and shoulders square to the floor**
- Challenge, up on your toes
- Squeeze your thighs

LAYER 2

- Drive your palms into the floor
- Get ready for the left side, up, up, down, down
- You've got all the moves - intensify your workout by getting up on your toes
- When fatigue starts to kick in, it's a natural response to hard work

LEVEL

⇩To decrease intensity, drop to knees

- Hover





03. STANDING STRENGTH 1

TRACK FOCUS

My participants will maintain a high chest position throughout the track. In the Resisted Rainbow Combo and Diagonal Push Press, keep the plate forward of the face and stop inside the line of the knee to avoid side leaning.

Music		Exercise		CTS	REPS
0:00	V1 / _ we didn't	4x8	Set up Alt Backward-Stepping Lunge w. Plate Arc Plate vertical at chest height, feet under hips	32	
0:15	PC / _ It's gonna	8x8	A Alt Backward-Stepping Lunge w. Plate Arc (slow) R foot B into Lunge. Extend arms F Drop plate down to L hip Arms F Step R foot in, plate back to chest L foot B into Lunge. Extend arms F Drop plate down to R hip Arms F Step L foot in, plate back to chest	4 4 4 4 4 4 4 4	2x
0:44	C / world	4x8	A ¹ Alt Backward-Stepping Lunge w. Plate Arc Combo (fast) R foot B into Lunge. Extend arms F Drop plate down to L hip Arms F Step R foot in, plate back to chest L foot B into Lunge. Extend arms F Drop plate down to R hip Arms F Step L foot in, plate back to chest	2 2 2 2 2 2 2 2	2x
0:58	V2 / _ To be	4x8	Set up band handle and weight plate together in L hand. Step L foot into the middle of single band. Feet wider than shoulders, hold weight plate and handle at L knee	32	
1:12	PC / _ It's gonna	4½x8	B Resisted Rainbow Combo R (slow) Half circle O/H to R side Parallel Woodchop L Hold last 4cts	4 4	4x
1:29	C / world	4x8	B ¹ Resisted Rainbow Combo R (fast) Half circle O/H to R side Parallel Woodchop L Last rep, plate to chest, elbows wide	2 6	4x
1:43	I feel	4x8	C Diagonal Push Press R Bend R knee, L leg straight, press plate to R diagonal Bend L knee, R leg straight, plate to chest, elbows wide	2 2	8x



03. STANDING STRENGTH 1

Music		Exercise		CTS	REPS
1:57	Br / working	4x8	Set up Alt Backward Stepping Lunge w. Plate Arc Combo	32	
2:12	B up / world	12x8 A ¹	Alt Backward-Stepping Lunge w. Plate Arc Combo (fast)	16	8x
2:55	V / _ To be	4x8	Set up band handle and plate together in R hand. Step R foot into the middle of single band. Feet wider than shoulders, hold plate and handle at R knee	32	
3:11	PC / _ It's gonna	4½x8 B	Resisted Rainbow Combo L (slow)	8	4x
3:27	C / world	4x8 B ¹	Resisted Rainbow Combo L (fast)	8	4x
3:42	I feel	4x8 C	Diagonal Push Press L	4	8x

03. ROCK THE WORLD 4:03 mins

WHY

Challenging our abdominals while in a Lunge position delivers functional core strength. This improves our ability to drive off the floor and propel or lift objects with the upper body.

COACHING

Coach rhythm first, then the execution. In Layer 1, offer the option without the plate so everyone can feel successful. In the Resisted Rainbow Combo, coach your class to lift their chest and brace their abdominals to keep the hips facing forward and avoid leaning to the side. As you lift the plate in a half circle, ensure it stays in front of the face to maximize the load in the core (not over the head). Resisting the tension in the band as you reset the move will train the shoulders and back. Use the legs to assist the side-to-side movement to keep the shoulders level.

TECHNIQUE & COACHING

ALTERNATING BACKWARD STEPPING LUNGE WITH PLATE ARC

KEY COACHING FOCUS

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

(slow)

LAYER 1

- You need a band, but start with a plate
- If using a band, keep tension on it
- Plate high on your chest
- Soften your knees
- Step back into long Lunge with left leg
- Press pate forward
- Drop down, plate stops at hip height
- Plate forward at chest height
- Reset
- Change
- **Brace abs to keep hips still and square to front**
- **Chest stays lifted**
- **Front thigh parallel to the floor**

(fast)

LAYER 1

- **Brace abs harder** to move faster
- Sink down in the legs
- Freeze at the bottom of the move

LAYER 2

- Shoulders engaged, back muscles are firing, quads and glutes are working
- Can you go lower? Drop your back knee down further



LEVELS

- ⇓ To decrease intensity, no plate
- ⇓ To decrease intensity, use a band for less resistance
- ⇓ To decrease intensity, tuck elbows in, catch plate to hip, plate to chest, reset





03. ROCK THE WORLD 4:03 mins

RESISTED RAINBOW COMBO

KEY COACHING FOCUS

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

(slow)

LAYER 1

- Plate down
- Pick up your band
- Hold it in your right hand
- Step right foot onto middle of band
- For added resistance, link plate to the handle
- A Resisted Rainbow
- Plate at chest height
- Draw a half circle with the plate, over your forehead
- Resisted on the way back
- **Chest stays lifted**
- **Keep hips square to the front**
- **Brace your abs**
- Twist from the centre of your chest

LAYER 2

- The plate is pulling you forward so a high chest lift is key to prevent you from leaning

(fast)

LAYER 1

- **Brace abs even harder** as we move fast
- Over and freeze
- Resist on the way back
- **Lift your chest**

LAYER 2

- Freeze! Resist on the way back
- Your core is working super hard here... hold on!



DIAGONAL PUSH PRESS

KEY COACHING FOCUS

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

LAYER 1

- Plate to chest
- Diagonal Push Press to the left
- Out and back
- **Rotate from the center of your chest**
- Drive with your legs
- Plate stays inside the line of the bent knee
- **Brace abs to keep hips square to the front**
- **Lift the chest**

LAYER 2

- Punch and pull the plate

LEVELS

⇓ To decrease intensity, no plate

⇓ To decrease intensity, step foot nearer the handle on the band



LEVELS

⇓ To decrease intensity, no plate

⇓ To decrease intensity, step foot nearer the handle on the band



04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to experience how the different movement patterns create both isolation and integration for stability and strength in the hips.

Music		Exercise		CTS	REPS
0:00	Intro /	4x8	Set up Horse Stance, facing R diagonal. Feet in band handles, band between legs, R thumb hooks center of band, L leg extends B to hip height	32	
0:16	V1 / I'm on a	4x8	A Horse Stance Lateral Leg Pointer L L leg opens to 45° L leg B to Pointer	2 2	8x
0:31	C / Bang	4x8	A ¹ Horse Stance Leg Kicks L L knee in L leg extends B	2 2	8x
0:47	Da da da	4x8	A ² Horse Stance Leg Drop L L leg drop down, up	2	16x
1:02	Rep / Bang	6x8	A ³ Horse Stance Micro Circle L L foot circles	2	24x
1:25	Ref / (Quiet)	2x8	Horse Stance, L thumb hooks center of band, R leg extends B to Pointer	16	
1:32	V2 / I'm on a	4½x8	A Horse Stance Lateral Leg Pointer R R leg opens to 45° R leg B to Pointer Last 4cts, R knee in	2 2	8x
1:50	C / Bang	4x8	A ¹ Horse Stance Leg Kicks R R knee in R leg extends B Last 2cts, hold leg out	2 2	8x
2:05	Da da da	4x8	A ² Horse Stance Leg Drop R R leg drop down, up	2	16x
2:20	Rep / Bang	5x8	A ³ Horse Stance Micro Circle R R foot circles	2	20x
2:39	B up / (Instr)	1x8	Set up Horse Stance. Hook both thumbs under the band and extend L leg out	8	
2:43	C / Bang	4x8	A ² Horse Stance Leg Drop L	2	16x
2:58	Da da da	4x8	A ² Horse Stance Leg Drop R	2	16x



04. STANDING STRENGTH 2

Music		Exercise		CTS	REPS
3:13	Ref / (Quiet)	4x8	Stand up. Set up band under feet, handles crossed at waist	32	
3:28	V3 / I'm on	2½x8 B	Alt Squat & Kickback L&R		
			Squat down	2	
			Extend legs, kick L leg B	2	
			Squat down	2	
			Extend legs, kick R leg B	2	2½x
3:38	C / Bang	8x8 B¹	Alt Double Pulse Squat & Kickback R&L		
			Double Pulse Squat		
			Extend legs, kick R leg B	3	
			Double Pulse Squat	1	
			Extend legs, kick L leg B	3	
				1	8x
4:09	Rep / Bang	6x8 B²	Side Step & Side Leg Lift L&R		
			2x Side Step L	3	
			Side Leg Lift R	1	
			2x Side Step R	3	
			Side Leg Lift L	1	6x
4:31	C / Bang	8x8 B¹	Alt Double Pulse Squat & Kickback R&L	8	8x



04. BANG 5:05 mins

WHY

Gluteus medius and minimus make up our side glutes. These muscles are particularly important for lower limb stability and injury prevention. These exercises specifically target these muscles to create not only great butt tone but also to improve our movement control.

COACHING

Early pre-cueing and coaching the timing and transitions in Horse Stance will help your participants follow the choreography successfully. Set up your class on an inward angle so you can connect with them and can keep them working hard... If the band is set up correctly there is no escape from the 'burn' that will accumulate fast. Sell the benefits of the moves and have fun with this track! Remember, you can't coach everything so pick one thing to focus on, stay with that focus, then choose a different focus next week!

TECHNIQUE & COACHING

HORSE STANCE LATERAL LEG POINTER

KEY COACHING FOCUS

Brace abs to keep hips and shoulders level to the floor.

LAYER 1

- Get your band
- Come down to the floor, face the corner
- Feet through handles
- Band in the middle of your knees
- Back hand thumb in the center of your band
- Hands wide to Horse Stance
- **Brace your core**
- **Front leg extends back to hip height**
- Side extension
- Leg goes out and in
- **Shoulders and hips parallel to the floor**
- **Brace abs strongly**
- **Squeeze your butt**

LAYER 2

- Other side, front hand in, back hand out
- It's all about being strong and stable

LEVEL

↓To decrease intensity, no band



HORSE STANCE LEG KICKS

KEY COACHING FOCUS

Brace abs to keep hips and shoulders level to the floor.

LAYER 1

- Leg kicks
- Knee comes in, kicks straight back
- Target hip level
- **Squeeze your butt on the top**

LAYER 2

- Intensity is kicking in – use the tension on your band like you could kick it off your hand grip

LEVEL

↓To decrease intensity, no band



HORSE STANCE LEG DROP

KEY COACHING FOCUS

Brace abs to keep hips and shoulders level to the floor.

LAYER 1

- New move – Leg Drop
- Down, up, down, up
- Short range
- **Brace your abs**
- Squeeze your glutes

Horse Stance Leg Drop (L&R)

- Knee down, both hands in band
- Front leg out

LAYER 2

- Your abs and your glutes control the momentum so stay still and strong
- Short and strong – feel the burn!
- If you're fatiguing, brace your abs tighter to protect your lower back
- The burning sensation is the result of 3 minutes of isolated hip work

LEVEL

↓To decrease intensity, no band





04. BANG 5:05 mins

HORSE STANCE MICRO CIRCLE

KEY COACHING FOCUS

Brace abs to keep hips and shoulders level to the floor.

LAYER 1

- Micro circles
- Round, round
- Either direction, in or out is good
- **Shoulders and hips are still**
- Push your hands down
- **Brace your abs stronger**

LAYER 2

- Isolated hip work – it’s a great way to train strength for your hips, especially for all of us who like to run and jump

LEVEL

⇓To decrease intensity, no band

ALTERNATING SQUAT & KICKBACK

KEY COACHING FOCUS

Keep chest lifted, hips square.

LAYER 1

- Remove handles
- Come to standing
- Feet on your band
- Feet hip-width apart
- Cross handles
- Handles high onto your hips
- Squat and kick
- Squat, right leg back to back corner
- Left leg, back corner
- **Hold ab brace**
- **Squeeze your butt**
- **Chest lifted**

LEVEL

⇓To decrease intensity, no band

ALTERNATING DOUBLE PULSE SQUAT & KICKBACK

KEY COACHING FOCUS

Keep chest lifted, hips square.

LAYER 1

- Double Pulse Squat
- Rhythm goes down, up, down, squeeze
- **Chest stays lifted**

LAYER 2

- Sink lower – straight down and straight up
- Our final kicker – training our hips when standing is actually working our whole body
- Legs are working, hips are working, feel your heart pumping!

LEVEL

⇓To decrease intensity, no band

SIDE STEP & SIDE LEG LIFT

KEY COACHING FOCUS

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

LAYER 1

- 2 steps to your right
- Side lift
- 2 steps back
- Side lift
- Shoulders stay still above your hips
- **Brace abs to keep hips square to the front**
- **Avoid leaning to the side**

LAYER 2

- The tension between your feet targets your other hip, which is great for our knee alignment

LEVEL

⇓To decrease intensity, no band



05. CORE STRENGTH 2

TRACK FOCUS

My participants will focus on anchoring both shoulders down in the Oblique Leg Drop and Pendulum Swing, dropping the knees and kicking the leg to a three-quarter depth. This will help with timing and control.

Music		Exercise		CTS	REPS
0:00	Intro /	2x8	Set up Cross Crawl Leg Extension, facing L side, lie on back, extend legs to 45°. Fingertips to temples	16	
0:07	V1 / Keep	12x8 A	Cross Crawl Leg Extension R&L (slow) Cross Crawl R, R knee in Back to center, R leg extends to 45° Cross Crawl L, L knee in Back to center, L knee extends to 45° OPTION: Knees bent, Toe Taps	4 4 4 4	6x
0:50	C / Night	4x8 A ¹	Cross Crawl Leg Extension R&L (fast) Cross Crawl R, R knee in Cross Crawl L, L knee in OPTION: Knees bent, Toe Taps	2 2	8x
1:05	V2 / I've got	2x8 B	Plank, facing front	16	
1:12	C / Managing	6x8 C	Wide Climber L&R L leg taps wide L knee to L elbow L leg taps wide L leg B to Plank Repeat on R leg	2 2 2 2 8	3x
1:34	_ So when	8x8 C ¹	Triple Wide Climber L&R L leg taps wide 3x L knee to L elbow L leg taps wide L leg back to Plank Repeat on R leg OPTION: Extended foot does not tap to floor after 1rep	2 10 2 2 16	2x
2:03	QC / _ So when	2x8	Set up Oblique Leg Drop, facing L side, lie on back, knees over hips, arms out to sides, palms up	16	
2:10	C / _Baby	2½x8 D	Oblique Leg Drop L&R Knees lower R, L leg extends, back to center, knees over hips Knees lower L, R leg extends, back to center, knees over hips Hold last 4cts	8 8	
2:19	Night	8x8 D ¹	Pendulum Swing Combo L&R Extend L leg, drop leg & knee R Swing legs L Swing legs R Legs B to center and bend L knee over hip Repeat on R	4 4 4 4 16	2x



05. CORE STRENGTH 2

Music			Exercise		CTS	REPS
2:48	(Quiet)	2½x8	B	Plank	20	
2:57	V3 / Managing	6x8	C	Wide Climber L&R	16	3x
3:19	C / _ So when	8x8	C¹	Triple Wide Climber L&R	32	2x
3:48	QC / _ So when	2x8		Set up Oblique Leg Drop, facing L side, lie on back, knees over hips, arms out to sides, palms up	16	
3:55	C / _ Baby	2½x8	D	Oblique Leg Drop L&R	16	
4:04	Night	8x8	D¹	Pendulum Swing Combo L&R	32	2x



05. MIDDLE OF THE NIGHT 4:35 mins

WHY

Training our obliques helps us improve our ability to generate rotation in the trunk. This improves our ability to run, throw and perform all single-sided exercises.

COACHING

In the Pendulum Swing, coach your class to keep their knees anchored together to stabilize the lower body as you drop from side to side. Focus on coaching the range. Note: dropping to a deeper range forces participants to speed up. They should only lower their legs as far as they can while still keeping the rear shoulder connected to the floor. The obliques are challenged in two ways:

1. A challenge to the mobility of the mid back and hips
2. An oblique strength challenge as the Pendulum Swing moves from corner to corner

Script precise cues so everyone can achieve the training effect.

TECHNIQUE & COACHING

CROSS CRAWL LEG EXTENSION

KEY COACHING FOCUS

Lift shoulders up and across.

(Slow)

LAYER 1

- Come down to the floor
- Extend legs to 45 degrees
- Finger-tips to temples
- Twist to the front leg
- Reset
- Change, twist to the back
- **Shoulder comes up and across to opposite thigh**
- **Rotate from the center of your chest**
- Option: Bend knees, Single-Leg Drop
- **Tuck chin in**

LAYER 2

- Rotate even further, lift shoulders higher and twist into the move
- Feel your obliques really start to work now

(Fast)

LAYER 1

- Pick it up a gear
- Single, front, back

LAYER 2

- Load your upper abs by lifting elbows and chest up higher

LEVEL

⇩To decrease intensity, toe-tap



WIDE CLIMBER

KEY COACHING FOCUS

Brace abs to keep back long and straight.

LAYER 1

- Hold back of legs, roll up
- Plank, on knees or toes
- Hands under shoulders
- **Brace abs for a long, straight back**
- **Hips and shoulders square**
- Right foot steps out
- Knee in
- Leg back
- Leg in
- Change sides
- Option: On your knees
- Push your hands firmly into the floor

LAYER 2

- Bring your knee close to your elbow to fire up your obliques
- Pull your elbows in so your lats are engaged
- Your hands are cemented into the floor – your shoulders are stable

LEVEL

⇩To decrease intensity, drop to your knees



Triple Wide Climber

LAYER 1

- Triple Wide Climber
- 3 Knees
- **Brace your abs to keep hips and shoulders square to the floor**
- Tap the toes between

LAYER 2

- Who's up for a challenge? No touch! Feel how your core needs to work even harder
- If your hips are rotating, drop back onto a Single/Knee
- Try and get your knee to touch your triceps

LEVEL

⇩To decrease intensity, drop to your knees



05. MIDDLE OF THE NIGHT 4:35 mins

OBLIQUE LEG DROP

KEY COACHING FOCUS

Anchor shoulders to the floor.

LAYER 1

- Roll onto your back
- Knees over hips
- **Anchor shoulders to the floor**
- Drop both legs to the floor
- Kick leg back
- Reset to center
- Change, to the back

LEVEL

⇓ To decrease intensity, reduce range of motion



PENDULUM SWING COMBO

KEY COACHING FOCUS

Anchor shoulders to the floor.

LAYER 1

- Back leg extends
- Pendulum Swing
- 3, 2, 1, slow reset
- Change legs
- The range is dependent on **keeping your shoulders down**
- Squeeze your knees together

LAYER 2

- Start with half range. When you feel you’ve got more mobility in the waistline you can drop the legs lower
- Imagine a pendulum swing – what would that look like? Can you mimic it? It’s like a wrecking ball, swinging from side to side
- Who’s going to try and maximize their range?

LEVEL

⇓ To decrease intensity, reduce range of motion

- Plank

CORE ESSENTIALS



06. CORE STRENGTH 3

TRACK FOCUS

My participants will draw their shoulder blades towards the spine to create muscle activation in the trapezius and rhomboids, and will be encouraged by my Layer 3 motivational cues as the intensity builds and fatigue sets in.

Music		Exercise		CTS	REPS
0:00	Intro /	3x8	Set up Bentover Single Arm-Fly band under feet, cross handles Bend F from hips	24	
0:14	V1 / Floor	5x8	Bentover Single-Arm Fly L&R	8	5x
0:38	PC / _ Walk	4x8	L-Row	8	4x
0:57	C / Me	8x8	Wide Bentover Row Top-half Pulse x7 Extend arms, remain bent F	14 2	4x
1:36	Br / Me	2½x8	Set up Back Extension, facing front. Lie on stomach, heels together, knees bent out, fingertips to temples	20	
1:48	V2 / I'll take	2x8	A Back Extension Lift chest Lower chest	2 2	4x
1:57	PC / Walk you	8x8	A¹ Extended Parachute Lift chest and knees off floor Arms extend out to sides, palms down Fingertips to temples Lower chest and knees down	2 2 2 2	8x
2:36	Rep / Me	12x8	A² Back Extension Pulse x7 lift chest and pulse, fingertips to temples Lower chest down After 2reps, extend arms to sides, thumbs up	14 2	6x
3:33	Fade / Me	1x8	Childs Pose	8	

06. IT AIN'T ME 3:40 mins

WHY

Squeezing the glutes when doing extension exercises helps prevent hyper-extension of the lower back. If participants feel uncomfortable lower back pressure, we advise them to drop their legs a little and try and squeeze the glutes a bit harder.

COACHING

This track is short but intense! You will need to pre-cue early on and offer the different levels so everyone can follow successfully. Your initial focus should be to establish great posture and control, and set the trunk position in the standing work. Once everyone is moving well, coach Layer 2 cues to intensify the movement through isolation. In the floor work, use clear verbal cues as you will be out of participants line of vision. Choose Layer 2 cues that will enhance the movements and educate your class by explaining the benefits of this type of training.

TECHNIQUE & COACHING

BENTOVER SINGLE-ARM FLY

KEY COACHING FOCUS

Chest lifted. Squeeze shoulder blades together.

LAYER 1

- Step feet into the band
- Feet hip-width apart
- Cross handles over
- **Tip forward from the hips**
- **Lift your chest**
- Single-Arm Fly
- Right arm lifts up and down
- Left side
- Option: Bend elbow and row
- **Brace your abs to stabilize your torso**
- Keep shoulders level
- **Pull shoulder blades towards your spine**

LEVEL

⇓ To decrease intensity, no band



L-ROW

KEY COACHING FOCUS

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

LAYER 1

- New move
- Bend elbows, row, extend arms
- **Lift chest and lower arms down slowly**
- Row up, open, and control down
- **Feel the pinch between shoulder blades**

LEVEL

⇓ To decrease intensity, no band



WIDE BENTOVER ROW

KEY COACHING FOCUS

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

LAYER 1

- Just the Row
- 7x Top-Half Pulse
- 7, 6, 5, 4
- Stay leaning forward
- Release arms long
- **Lift your chest**
- **Brace your abs**

LAYER 2

- Like a puppet on strings – strings attached to your elbows and that are being lifted to the ceiling

LEVEL

⇓ To decrease intensity, no band

06. IT AIN'T ME 3:40 mins

BACK EXTENSION

KEY COACHING FOCUS

Squeeze glutes. Squeeze shoulder blades together.

LAYER 1

- Lose your band
- Lie on your front
- Bend knees, heels together
- Fingertips to temples
- **Squeeze glutes**
- Back extension
- Chest lifts up and down
- **Squeeze shoulder blades together**

LEVEL

↓ To decrease intensity, fingertips to floor



Back Extension Pulse

LAYER 1

- Knees stay down
- Fingertips to temples
- 7x Pulse
- Lower halfway down
- Arms wide, thumbs up
- Pulse
- Lower, fingers touch down
- **Squeeze your glutes**

LAYER 2

- Time to take that leap of faith; time to be brave
- If your shoulders are fatigued, keep fingers on floor throughout
- Squeeze shoulder blades together for maximum upper back recruitment
- Taking flight, doing wonders for the back of your body

LEVEL

↓ To decrease intensity, fingertips to floor

EXTENDED PARACHUTE

KEY COACHING FOCUS

Squeeze glutes. Squeeze shoulder blades together.

LAYER 1

- Lift knees and chest
- Arms extended
- Fingertips to temples
- Lower everything down
- Lift up, push hands away, hands to head and release
- **Squeeze shoulder blades together**
- If there's too much load on your lower back, keep knees on the floor
- **Keep squeezing glutes**

LAYER 2

- It takes courage to parachute out of an aeroplane – it's time to be brave together

LEVEL

↓ To decrease intensity, no band





BONUS

02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to experience the challenge of using body weight and long lever movements to build a strong core.

	Music			Exercise	CTS	REPS
0:00	Intro /	4x8		Set up Double Leg Extension, facing L side. Legs extend to 45°. Arms out to side, palms up	32	
0:12	V1 / _ There's no	16x8	A	Double Leg Extension R (slow) R leg in, knee over hip L leg in, knee over hip R leg out to 45° L leg out to 45°	8 8 8 8	4x
0:59	C / Night	8x8	A ¹	Double Leg Extension R (fast) R leg in, knee over hip L leg in, knee over hip R leg out to 45° L leg out to 45°	4 4 4 4	4x
1:22	Instr /	12x8	B	Extended Crunch Combo R R leg in, arms at sides L leg in, Crunch up, arms reach F Extend legs to 45°, arms out to sides, palms up	2 2 4	12x
1:58	Br / (Quiet)	2x8		Transition to Hover – on knees or toes	16	
2:04	V2 / _ There's no	8x8	C	Hover	64	
2:27	PC / Side	8x8	D	Hover Arm Circle (slow) L arm circle R arm circle	16 16	2x
2:50	C / Night	8x8	D ¹	Hover Arm Circle (fast) L arm circle R arm circle Option: Hover on toes	8 8	4x
3:14	Instr /	8x8	E	Spider Plank L L arm reach to 45° R arm reach to 45° L arm B to Hover R arm B to Hover	2 2 2 2	8x
3:38	Rep /	8x8	E	Spider Plank R R arm reach to 45° L arm reach to 45° R arm B to Hover L arm B to Hover	2 2 2 2	8x
4:01	C / Night	6x8	C	Hover	48	
4:19	Br / (Quiet)	4x8		Set up Double Leg Extension, facing L side, legs extend to 45°, arms out to sides, palms up	32	
4:33	V3 / _ There's no	16x8	A	Double Leg Extension L (slow)	32	4x
5:20	C / Night	8x8	A ¹	Double Leg Extension L (fast)	16	4x
5:44	Instr /	12x8	B	Extended Crunch Combo L	8	12x



BONUS

02. HERE COMES THE NIGHT 6:24 mins

WHY

Slings refer to the interconnections between our core muscles with the muscles of the upper and lower limbs. Hovers and Planks have been shown to strengthen these connections, improving functional strength.

COACHING

The Leg Extension work will challenge even your hardcore participants. Look at who's in front of you and offer the different levels to suit the needs of your class. Take time to coach Layer 2 cues, explaining how to improve execution and build the intensity through precision of movement. Try using powerful imagery to bring the Leg Extension Combination to life.

TECHNIQUE & COACHING

DOUBLE LEG EXTENSION

KEY COACHING FOCUS

Brace abs to keep lower back towards the floor.

(slow)

LAYER 1

- Lie on your back
- Arms out to side
- Palms up
- Extend legs to 45 degrees
- **Brace abs tightly**
- Front knee comes in slowly
- In and hold
- Back knee in and hold
- Front leg extends away
- Back leg extends away
- Front knee pulls over hip
- Back knee pulls over hip
- Keep feet higher to reduce load
- **Brace abs to keep lower back towards the floor**

LAYER 2

- Think about your shoulders. If you push them further down into the floor then keep your ribs towards your spine this will stabilize your upper body and help you control the weight of your legs.

(fast)

LAYER 1

- Speed up
- Front knee in, back knee in
- Front leg out, back leg out

LAYER 2

- Start to feel the lower abdominals bite
- Abs are shaking with the intensity – that means you're building a strong core

LEVEL

⇓ To decrease intensity, extend legs higher



EXTENDED CRUNCH COMBO

KEY COACHING FOCUS

Brace abs to keep lower back towards the floor. Squeeze ribs to hips (as you Crunch).

LAYER 1

- Bring in upper abs
- As back knee comes in, add a Crunch
- Front knee in
- Back knee in, crunch
- Lower slowly
- Front knee, back knee Crunch, slowly lower
- **On Crunch, draw ribs to hips**
- **Chin tucked in**
- Reach hands behind hamstrings
- **Brace abs to keep lower back towards the floor**

LAYER 2

- Allow your arms to open out slowly – arms like eagle wings
- Tips of wings touch, then lengthen your wingspan if you want to fly high with your results
- The length of your levers builds the strength in your core

LEVEL

⇓ To decrease intensity, extend legs higher



HOVER ARM CIRCLE (SLOW)

KEY COACHING FOCUS

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

LAYER 1

- Roll up
- Hover, on knees or toes
- Elbows under shoulders
- Knees slightly wider of hips
- **Hips level with your shoulders**
- **Brace your core to keep back long and straight**
- Right arm circles slowly, 8, 7, 6, 5, 4, 3...
- Left arm circles slowly
- **Brace your abs**
- For more intensity, lift knees off the floor, brace abs, shoulders and hips level to the floor
- If your hips twist, drop to your knees

Hover Arm Circle Combo (fast)

LAYER 1

- Moving faster
- 4, 3, 2, change
- Either on knees or toes

LAYER 2

- Use the floor as resistance; push your palm down and around



BONUS

02. HERE COMES THE NIGHT 6:24 mins

SPIDER PLANK

KEY COACHING FOCUS

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

LAYER 1

- Spider Plank
- Shoot right hand to corner
- Right elbow, left elbow
- Out, out, in, in
- **Brace abs to keep back long and straight**
- **Keep hips and shoulders level**
- If your hips are rocking, drop to knees

LAYER 2

- Focus on the details; use the heel of your hand to push the floor away from your body. Heels of the feet push straight back– this will engage every muscle in your body and that’s athletic muscular sling training
- Every ounce of effort you put in today transforms into results tomorrow – let’s find that transformation together

LEVEL

⇩To decrease intensity, drop to knees





BONUS

04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to feel the isolation in their glutes while they focus on maintaining stability in the upper body and a strong trunk position.

	Music			Exercise	CTS	REPS
0:00	Intro /	3x8		Set up Back Tap, band under both feet, handles crossed at waist, HOH	24	
0:16	V1 / _ Hold up	4x8	A	Back Tap 2/2 R		
				Back Tap R	4	
				Step R leg in	4	4x
0:39	C / You're the	4½x8	A¹	Back Tap R w. Arm Raise		
				Back Tap R, Arm Raise F	8	4x
				Last 4cts, Back Tap, HOH		
1:04	Instr /	2x8	B	Leg Lift R	2	8x
1:15	Br / I make	4½x8	C	Single-Leg Squat & Leg Lift Combo R		
				2x Single-Leg Squat L	4	
				2x Leg Lift R	4	4x
				Last 4cts, R leg in, arms down		
1:38	C / I got the	4½x8	A¹	Back Tap R w. Arm Raise		
				Last 4cts, Back Tap, HOH	8	4x
2:02	Instr /	4x8	D	Single Leg Squat L	2	16x
2:24	Br /	3½x8		Set up for Back Tap L	28	
2:42	V2 / _ Hold up	4x8	A	Back Tap 2/2 L	8	4x
3:04	C / You're the	4½x8	A¹	Back Tap L w. Arm Raise	8	4x
3:29	Instr /	2x8	B	Leg Lift L	2	8x
3:40	V3 / _ I make	4½x8	C	Single-Leg Squat & Leg Lift Combo L	8	4x
4:05	C / I got the	4½x8	A¹	Back Tap L w. Arm Raise	8	4x
4:28		4x8	D	SingleLeg Squat R	2	16x



BONUS

04. POWER 4:52 mins

WHY

Single-Leg Squats are a great way to improve strength and control in our legs. Keeping the knee in line with the toes will train the stabilizers to improve alignment.

COACHING

The music is amazing and is perfectly matched with this Glute/Hip track that creates isolation in the standing work. Set up clear Layer 1 Position and Execution cues that connect everyone to the movement. Once they are moving well, explain the benefits of using the band to strengthen the core. Challenge your participants to pull their band apart to increase the resistance and connect to the cool vibes of the music: *I'm a machine when I do it... Who's got the power? WE GOT THE POWER!*

TECHNIQUE & COACHING

BACK TAP

KEY COACHING FOCUS

Tip forward from the hips. Keep chest lifted.

LAYER 1

- Feet onto the band
- Cross the handles
- Handles to waist
- Back Tap, left leg
- Slowly in
- Repeat on right leg
- **Hinge forward from your hips**
- **Nose comes forward of your toes**
- **Lift chest**
- **Brace your core**

LAYER 2

- Stretch the band further by taking the leg back longer to get more resistance for your glutes

LEVEL

⇓ To decrease intensity, no band



BACK TAP WITH ARM RAISE

KEY COACHING FOCUS

Tip forward from the hips. Keep chest lifted.

LAYER 1

- **Lift arms forward to just below shoulder height**
- **Keep chest lifted**

LAYER 2

- Feel the resistance of the band and how much harder your core has to work
- Integrate your shoulder blades; feel how that challenges your core

LEVEL

⇓ To decrease intensity, no band



LEG LIFT

KEY COACHING FOCUS

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

LAYER 1

- Hands to hips
- Left leg back
- Leg lifts
- Up, down
- Toes tap down
- **Brace abs**
- **Middle of chest inside the line of your big toe**
- **Chest lifted**

LAYER 2

- Gently touch your back foot down, like touching on ice

LEVEL

⇓ To decrease intensity, no band





BONUS

04. POWER 4:52 mins

SINGLE-LEG SQUAT

KEY COACHING FOCUS:

**Middle of chest inside the line of your big toe.
Keep chest lifted.**

LAYER 1

- Hands to hips
- 16x Single-Leg Squats
- Up, down, up, down
- Keep leaning forward
- Only the knee moving
- **Keep chest lifted**
- **Middle of chest inside the line of your big toe**
- **Knee in line with your big toe**

LAYER 2

- Feel the hip and the glutes controlling that knee alignment
- You’ve got the power of your own body! Can you go deeper?

SINGLE-LEG SQUAT & LEG LIFT COMBO

KEY COACHING FOCUS

**Middle of chest inside the line of your big toe.
Keep chest lifted.**

LAYER 1

- Combo
- 2 Single-Leg Squats
- 2 Leg Lifts
- Up, down, up, down
- Stay and lift
- **Middle of chest inside the line of your big toe**
- **Chest lifted**

LAYER 2

- Great muscle tension with or without the band
– we are all going to benefit from a great butt workout!

LEVEL

⇓ To decrease intensity, no band



CORE ESSENTIALS

CRUNCH

KEY COACHING FOCUS
Slide ribs to hips.

- LAYER 1 (SETUP)**
- **Chin tucked in – eye gaze to knees**
 - Lift shoulders off the floor
 - **Slide ribs towards hips**
 - Hands extend past thighs
 - Fingertips to temples

- LAYER 2**
- Lift your shoulder blades further off the floor



C-CRUNCH

KEY COACHING FOCUS:
Brace abs to keep lower back close to the floor (as you lower the legs).

- LAYER 1 (SETUP)**
- Up, HOLD, down, down
 - Check your knees are over your hips
 - **Ribs to hips as you crunch**
 - **Lower back close to the floor as your legs lower**
 - **Chin tucked in**

- LAYER 2**
- Tune into the body – intensity increases when your legs drop, so keep your abs bracing
 - Upper and lower abs firing as one to get us warm



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



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



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



CORE ESSENTIALS

PLANK

KEY COACHING FOCUS

Brace abs to keep back long and straight

LAYER 1 (SETUP)

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

LEVEL

⇩ To decrease intensity, drop to knees





MUSIC

01

Instruction (2:50)
Jax Jones feat. Demi Lovato & Stefflon Don
Courtesy of the Universal Music Group.
Written by: Aluo, Lovato, Emenike, Allen

02

Taped Up Heart (Disto Remix) (4:16)
KREAM feat. Clara Mae
© 2017 Daniel Slettebakken and Markus Slettebakken under exclusive license to Big Beat Records, Inc. for the United States and WEA International Inc. for the world outside of the United States.
Written by: Hagman, Hjellstroem, Islam, D. Slettebakken, M. Slettebakken

03

Taped Up Heart (Disto Remix) (2:04)
KREAM feat. Clara Mae
© 2017 Daniel Slettebakken and Markus Slettebakken under exclusive license to Big Beat Records, Inc. for the United States and WEA International Inc. for the world outside of the United States.
Written by: Hagman, Hjellstroem, Islam, D. Slettebakken, M. Slettebakken

03

Rock The World (2:56)
The Script
© 2017 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Sheehan, O'Donoghue, Frampton, Kipne, Barry

04

Rock The World (1:07)
The Script
© 2017 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Sheehan, O'Donoghue, Frampton, Kipne, Barry

04

BANG (5:05)
The Deleted MySpace Accounts
© 2018 Les Mills Music Licensing Ltd.
Written by: Unknown

05

Middle Of The Night (2:49)
The Vamps & Martin Jensen
Courtesy of the Universal Music Group.
Written by: Wallace, Radosevich, Philibin, Drewett, Christensen, Jensen, James

05

Middle Of The Night (1:46)
The Vamps & Martin Jensen
Courtesy of the Universal Music Group.
Written by: Wallace, Radosevich, Philibin, Drewett, Christensen, Jensen, James

06

It Ain't Me (3:40)
Kygo & Selena Gomez
© 2017 Kygo AS. Under license from Sony Music Commercial Music Group, a division of Sony Music.
Written by: Lee, Gomez, Gorvell-Dahll, Wotman, Tamposi

BONUS 02

Here Comes The Night (NGHTMRE Remix) (4:21)
DJ Snake feat. Mr Hudson
Courtesy of the Universal Music Group.
Written by: Traynor, McIlldowie, Grigahcine

02

Here Comes The Night (NGHTMRE Remix) (2:03)
DJ Snake feat. Mr Hudson
Courtesy of the Universal Music Group.
Written by: Traynor, McIlldowie, Grigahcine

BONUS 04

Power (2:25)
Little Mix feat. Stormzy
© 2016 Simco Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music.
Written by: Omelio, Purcell, Abrahart

04

Power (2:27)
Little Mix feat. Stormzy
© 2016 Simco Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music.
Written by: Omelio, Purcell, Abrahart



L – R: Kirill Ivanov (Shadow), Natalia Smirnova (Shadow), Denise Delisse van der Linden (Shadow), Dan Cohen, Kristin Andersson, Elin Hellström, René Vogel, Justin Riley

Power comes from control, and strength comes from stability. CXWORX 30 is a landmark on its own!

LIVE in AMSTERDAM surrounded by hundreds - literally! A circular stage with 360-degree views showcasing all angles allowed participants to have the ultimate visual experience and learning.

From the Resisted Rainbows, Micro Glute Circles through to the Pendulum Oblique Swings, CXWORX 30 has the perfect blend of innovation, creative exercise programming and euphoric sounds!

Instructors have the tools to deliver this amazing landmark release, which is full of motivation and smart decluttered coaching.

Enjoy,

Dan, Diana and the CXWORX team

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

PRESENTERS

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.

Kristin Andersson (Sweden) is a CXWORX, BODYATTACK™, BODYBALANCE™/BODYFLOW™, CXWORX and LES MILLS TONE™ Trainer.

Elin Hellström (Sweden) is a CXWORX, BODYATTACK, SH’BAM™ and LES MILLS GRIT™ Series Trainer and a LES MILLS SPRINT™ Coach.

Justin Riley (UK) is a CXWORX, BODYCOMBAT and BODYPUMP Trainer.

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

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 and back	HOH	Hands on hips
L	Left	R	Right
O/H	Over head	ROM	Range of motion
T&B	Top and 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		
↑	Advanced Level	↓	Low Level



OUR DECLARATION OF INTENT

The les mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe. Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At les mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards 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.
Visit lesmills.com/BLAH

GET 25% OFF REEBOKONE.COM

