

CXWORX 31

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BONUS

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CORE ESSENTIALS

MUSIC

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CXWORX 31

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01. WARMUP

TRACK FOCUS

I want my participants to feel successful in all the moves, engaged with the music and ready for the workout ahead.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	2x8	Set up C-Crunch Stagger, lie on back, facing L side, feet on floor, fingertips to temple	16	
0:013	V1 / Talking	8x8	A C-Crunch Stagger Crunch up Lower halfway Crunch up Lower to floor	2 2 2 2	8x
0:46	C / One	4½x8	B Alternating Single Leg Lift F&B Leg Lift R Leg Lift L Lower both legs to floor	2 2 4	8x
1:04	_ I got	4x8	C Oblique Twist Combo F&B 3x Pulse Twist to R leg Reset 3x Pulse Twist to L leg Reset	6 2 6 2	2x
1:20	V2 / I keep	6x8	A C-Crunch Stagger	8	6x
1:44	C / One	4½x8	B Alternating Single Leg Lift F&B Lower both legs to floor	4 4	8x
2:02	_ I got	4x8	C Oblique Twist Combo F&B	16	2x
2:18	Br / Practice	2x8	Set up and lift into Bridge	16	
2:26	Eat sleep	2x8	D Single Hip Bridge Lift hips up Lower halfway	2 2	4x
2:34	C / One	4½x8	D¹ Triple Pulse Hip Bridge Triple Pulse Hip Lift Lower halfway Lower hips to floor	6 2 4	4x
2:52	_ I got	4x8	E Alternating Cross Crawl (Toe Tap) F&B	4	8x
3:08	Outro / Let	4½x8	E¹ Alternating Cross Crawl (Extended legs) F&B Hold last Cross Crawl to front	4 4	8x

01. NEW RULES 3:28mins

COACHING

Focus on bringing your participants’ awareness to the position of their spine from the start of the track. We achieve a strong foundation by pressing the lower back towards the floor – but not quite touching it – and bracing the abs to maintain that position as we move from the hip. The aim is to have participants ready for the workout ahead, both physically and mentally.

TECHNIQUE & COACHING

C-CRUNCH STAGGER

KEY COACHING FOCUS

Brace abs to keep lower back close to the floor as legs lower

LAYER 1

- **Chin tucked in (as you crunch)**
- Lift shoulders off the floor
- **Slide ribs towards hips**
- Fingertips to temples
- **Brace your abs to keep lower back close to the floor (as legs lower)**
- Knees stop directly over hips

LAYER 2

- Slide ribcage down towards the pelvis
- Move with more control
- Feel your abs squeeze every time you crunch up



OBLIQUE TWIST COMBO

KEY COACHING FOCUS

Lift shoulder up and across

LAYER 1

- Fingertips to temples
- **Chin tucked in**
- Keep elbows wide and off the floor
- **Lift shoulder up and across**
- **Rotate the center of the chest**

LAYER 2

- Great way to warm up the obliques
- Keep shoulders lifted and rotate from the center of the chest, keeping the load in the obliques and upper abs



- Alternating Single Leg Lift
- Bridge
- Pulse Hip Bridge
- Cross Crawl

CORE
ESSENTIALS



02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to challenge themselves in the Sliding Plank and feel the rhythm of the C-Crunch Combination.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Hover on knees, palms face down. Face diagonal R OPTION: On toes	8	
0:06	V1 / _ Do you	4x8	A Hover	32	
0:31	PC / All night	4x8	B Sliding Plank F&B Slide front arm F Slide B arm F Extend arms into Plank position Lower elbows to ground Slide front arm in Slide B arm in Slide B arm F Slide front arm F Extend arms into Plank position Lower elbows to floor Slide B arm in Slide front arm in OPTION: On knees	2 2 4 4 2 2 2 2 4 4 2 2	
0:55	C / I just can't _	4x8	C Hover w. Leg Extension F&B 4x front leg out and in 4x B leg out and in OPTION: On knees with Toe Tap out and in	8 8	2x
1:20	V2 / _ If there was	2x8	Lie on back, facing L side, knees over hips, plate at forehead OPTION: No Plate	16	
1:32	_ Waited	6x8	D C-Crunch Combo (Slow) C-Crunch up Extend arms to 45°, Split legs in Scissor front leg up, B leg out Scissor R leg up, front leg out Crunch in, knees over hips Lower upper body to the floor	4 4 4 2 2	3x
2:10	C / I just can't _	4x8	D ¹ C-Crunch Combo (Fast) C-Crunch up Extend arms to 45°, Split legs in Scissor front leg up, B leg out Scissor B leg up, front leg out Crunch in, knees over hips Lower upper body to the floor	2 2 2 1 1	4x
2:34	Instr /	1x8	Set up for Hover	8	
2:41	V3 / _ Do you	4x8	A Hover	32	
3:06	PC / All night	4x8	B Sliding Plank F&B	32	
3:30	C / I just can't _	4x8	C Hover w. Leg Extension F&B	16	2x



02. CORE STRENGTH 1

MUSIC			EXERCISE		CTS	REPS
3:55	V4 / _ If there was	2x8	Set up for C-Crunch Combo		16	
4:07	_ Waited	6x8	D	C-Crunch Combo (Slow)	16	3x
4:45	C / I just can't _	4x8	D ¹	C-Crunch Combo (Fast)	8	4x
5:09	V5 / _ If there was	1x8	Set up for Hover		8	
5:16	_ Young love	3x8	A	Hover	24	
5:34	PC / All night	4x8	B	Sliding Plank F&B	32	
5:59	C / I just can't _	4x8	C	Hover w. Leg Extension F&B	16	2x



02. I JUST CAN'T 6:25mins

WHY

Hovers and Planks recruit all of the muscles of the core in conjunction with the muscles of the upper and lower limbs. When we extend the arms in the Sliding Plank we move the base of support further apart – which requires more muscle activation and a stronger brace to support the trunk. This is great functional training as we are learning to recruit the core muscles in association with the muscles of our arms and legs. This is how we use our core strength in everyday life.

COACHING

We only perform the Sliding Plank for 2 reps so you need to script your cues to ensure that participants understand: (1) how to execute the move, then (2) how to create more intensity, and finally (3) how to stay strong whilst under fatigue. Each time you reset back to Hover position you have the perfect opportunity to reinforce correct alignment.

The C-Crunch move has a complexity to it which perfectly complements the music, so coach the rhythm to ensure your participants feel successful in this move. The addition of the plate – and coaching them to feel the extension in the long lever movements – will add more tension so we can build strength fast! Sell the benefits of this type of training to keep everyone working hard.

SLIDING PLANK

KEY COACHING FOCUS

Brace abs to keep back long and straight

LAYER 1

- Elbows under shoulders
- Palms flat on floor, hands side by side
- Knees slightly wider than hips
- **Brace abs to support lower back**
- Hips to shoulder level
- On knees
- **Back long and straight**
- Eye gaze forward
- Keep hips still
- Front arm slides out, then back arm
- Push down through palms to lift elbows off the floor, big brace of abs
- Lower down, slide arms back in

LAYER 2

- As you push up, hold strongly
- To increase intensity, come up onto the toes and stretch arms further



TECHNIQUE & COACHING

HOVER WITH LEG EXTENSION

KEY COACHING FOCUS

Keep hips and shoulders level to the floor

LAYER 1

- Back to Hover position
- **Brace abs to support lower back**
- **Back long and straight**
- **Keep hips and shoulders square to floor as leg moves out and in**

LAYER 2

- Keep eye gaze just in front of fingers
- Point the toes as you swing the leg
- Brace the abs tightly to keep the pelvis still
- It's all about stability: teaching your body to stabilize on one leg

LEVEL

↓ To decrease intensity, on knees



C-CRUNCH COMBO

KEY COACHING FOCUS

Squeeze ribs to hips (on Crunch)

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

LAYER 1

- Lie onto your back
- Grab the plate as an option
- Plate to forehead
- Knees over hips
- Crunch up and hold
- **Squeeze ribs to hips (on Crunch)**
- Scissor legs, arms over head
- Crunch up and down
- **Brace abs to keep lower back to the floor (as legs extend out)**
- **Gently tuck chin in (as you crunch)**

LAYER 2

- Shoulders off floor in Crunch
- Longer the levers; the more tension on the core, the harder it is

LEVEL

↓ To decrease intensity, no plate



- Hover

**CORE
ESSENTIALS**



03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to experience the combination load of the plate and band on their core and learn that this increases their strength by placing extra stress on the muscles.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	6x8	Set up Woodchop with SMARTBAND and plate. Step L foot in middle of SMARTBAND, connect plate to L handle, legs wide	48	
0:19	V1 / Ohhh	8x8	A Woodchop 2/2 R OPTION: No plate	8	8x
0:44	C / Whoa	8x8	B Around The World R	8	8x
1:10	Instr /	2x8	Set up for Alternating Lunge & Oblique Twist	16	
1:15	V2 / Ohhh	8x8	C Alternating Lunge & Oblique Twist (Bent elbows) L&R Hold plate at chest height (like a steering wheel) Step R leg B Lunge & twist to L leg Twist back to front R leg reset underneath hip Repeat on other leg OPTION: Use SMARTBAND	2 2 2 2 8	4x
1:41	C / Whoa	8x8	C ¹ Alternating Lunge & Oblique Twist L&R (Extended arms) Hold plate at chest height (like a steering wheel) Step R leg B and extend arms F Lunge & twist to L leg Twist back to front R leg reset underneath hip, plate back to chest Repeat on other leg	2 2 2 2 8	4x
2:06	Instr /	6x8	Set up for Woodchop L	48	
2:24	V3 / Ohhh	8x8	A Woodchop 2/2 L	8	8x
2:52	C / Whoa	8x8	B Around The World L	8	8x
3:17	Instr /	2x8	Set up Alternating Lunge & Oblique Twist	16	
3:23	V4 / Ohhh	8x8	C Alternating Lunge & Oblique Twist (Bent elbows) R&L	16	4x
3:49	C / Whoa	8x8	C ¹ Alternating Lunge & Oblique Twist (Extended arms) R&L	16	4x



03. THE MIGHTY FALL 4:16mins

WHY

Training the obliques in standing provides great functional strength gains. A lot of core conditioning occurs while lying on the floor. When we train these muscles in standing, there is a direct transference to tasks such as throwing, running or pushing objects with one hand as we recruit the leg muscles at the same time.

COACHING

The addition of the plate to the Around The World move will increase intensity and build functional strength – perfect for those participants who have mastered using the band. Teach your class to push their hips back in this exercise to feel the increased load on their glutes and hamstrings. Remember to offer the level down by decreasing the equipment early on in the exercise, especially if they can't maintain a high chest lift.

We finish with the Lunge & Oblique Twist which will pose a challenge for even your hard-core participants! Focus on good knee alignment in the Lunges as the plate places stress on the big rotator muscles of the trunk. Once again, participants have the choice to lose the plate if the extra load is causing them to lose form.

TECHNIQUE & COACHING

WOODCHOP

KEY COACHING FOCUS

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

LAYER 1

- Place band underneath right foot
- Take feet wide
- Grab handle at the material
- Add plate for extra resistance
- Bend right knee
- Handle/plate touches right knee
- Hands up to 45 degrees
- Come back to the knee
- 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
- **Keep hips facing forward**
- **Chest up**
- Arms straight

LAYER 2

- Focus on keeping body upright, avoid side leaning – gets more power from your legs up through the core to the arms
- Drive out from the legs as you slide from corner to corner

LEVEL

↓ To decrease intensity, no plate

↑ To increase intensity, join both handles to the plate



AROUND THE WORLD

KEY COACHING FOCUS

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

LAYER 1

- Draw a circle with your arms
- Take hips backwards
- Hinge forward from hips
- Plate stays inside line of the knees
- **Brace the abs to keep hips square to front**
- **Rotate from the center of the chest**
- Keep hips facing forward
- **Chest lifted**

LAYER 2

- Stretch your arms
- Head stays still
- Sink the hips back further as you push the plate away from you





03. THE MIGHTY FALL 4:16mins

ALTERNATING LUNGE & OBLIQUE TWIST

KEY COACHING FOCUS

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

LAYER 1

LUNGE WITH BENT ELBOWS

- Plate at your chest like a steering wheel
- If you're using the band, pull your arms apart so you create tension on the band
- Soften your knees
- Step back into long Lunge with right leg
- Twist over left leg
- **Rotate from the center of the chest**
- Reset and change legs
- **Brace abs to keep hips still and square to front**
- **Chest stays lifted**
- **Front thigh parallel to the floor**

LUNGE WITH EXTENDED ARMS

- Punch arms forward (when lunging back)
- Twist with arms extended

LAYER 2

LUNGE WITH BENT ELBOWS

- You are trying to create a triangle between the elbows and the head to keep elbows out wide
- Keep legs bent

LUNGE WITH EXTENDED ARMS

- Shoulders engaged, back muscles are loaded and the core is firing
- Drop your back knee down further
- This challenges your balance

LEVEL

↓ To decrease intensity, no plate





04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to drive the heel of the foot to 45 degrees behind in the Kickbacks, maintaining a high chest position and avoid leaning to the side.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	6x8	Set up Resisted Side Kick L Step both feet onto SMARTBAND, cross handles high up at waist. Feet under hips	48	
0:19	V1 / _ We're losing	8x8	A Resisted Side Kick L (Slow) Lift L knee Extend L leg B at 45° Lift L knee Reset feet under hips	4 4 4 4	4x
0:45	C / Down	8x8	A ¹ Resisted Side Kick L (Fast) Lift L knee Extend L leg B at 45° Lift L knee Reset feet under hips	2 2 2 2	8x
1:10	Down	2x8	Hold. Setup Kickback Combo	16	
1:16	V2 / _ Electrified	12x8	B Kickback Combo R&L Extend R leg B to 45° Halfway in Extend B to 45° Reset in Repeat on L leg	2 2 2 2 8	6x
1:55	C / Down	8x8	B ¹ Kickback Combo & 7x Pulse R&L Extend R leg B to 45° & Pulse x7 Reset Repeat on L leg	14 2 16	2x
2:21	Falling down	2x8	Hold, set up Resisted Side Kick R	16	
2:27	V3 / _ Electrified	12x8	A Resisted Side Kick R (Slow)	16	6x
3:05	C / Down	8x8	A ¹ Resisted Side Kick R (Fast)	8	8x
3:31	Down	2x8	Hold. Set up Kickback Combo	16	
3:38	V4 / _ Electrified	12x8	B Kickback Combo L&R	16	6x
4:16	C / Down	8x8	B ¹ Kickback Combo & 7x Pulse L&R	32	2x



04. FALLING DOWN 4:48mins

WHY

When we perform the Resisted Side Kick and Kickback sequences, the majority of the stabilization occurs in the standing leg. This forces gluteus medius to work extra hard to anchor the pelvis and hips and keep the standing leg still, which is great training for any weight-bearing activity.

COACHING

In this track we challenge our participants to isolate and strengthen their glutes using the SMARTBAND. Coach everybody into the position setup of the Resisted Side Kick to 45 degrees, and ensure you deliver the Layer 1 execution cues that will help participants keep their hips square to the front. This will provide stability and avoid twisting to the back when they perform the Kickback. To ensure the band stays secure, encourage a flexed foot on the Kickback and coach the range of kicking one foot back from the standing foot to avoid losing stability through the core.

The Pulses come in fast and the focus is to coach a very small range of movement to create tension in the band and a relentless burn in the glutes! Coaching Layer 2 cues will help participants to manipulate the intensity and we can do this through internal and external focuses for the moves – these types of cues can make a huge difference to physical performance. Getting the glutes to optimally engage does not come naturally to many people. Cues such as “squeeze your butt” provide an internal focus (of the body part involved) whilst “drive your heel to the back corner of the room” provides an external focus (by directing the energy outside of the body). People learn differently, so mix up your coaching cues to cater to all the different types of people in your classes.

TECHNIQUE & COACHING

RESISTED SIDE KICK

KEY COACHING FOCUS

Brace abs to keep hips and shoulders facing forward

Avoid leaning to the side

LAYER 1

- Hips and shoulders face forward
- Chest lifted
- Abs braced for stability
- Avoid leaning to the side
- Body still and tall
- Knee to hip height, side kick out to 45 degrees
- Option without band

LAYER 2

- Drive out of left foot and as you kick with your right, feel the tension you’re creating against the band
- Try with foot tapping down if you’re unable to balance
- Flex toes towards the shin to keep the band in place and to activate the glutes

LEVEL

↓ To decrease intensity, no band



KICKBACK COMBO

KEY COACHING FOCUS

Brace abs to keep hips and shoulders facing forward

Avoid leaning to the side

LAYER 1

- Hips and shoulders face forward
- Chest lifted
- Abs braced for stability
- Back, halfway, back, change
- Elbows wide, shoulder blades back
- Avoid leaning to the side
- Body still and tall
- Kick to the corner
- Option without band

LAYER 2

- We have 15 degrees of movement in the hips. To work the full range, take the leg one foot back
- Keep pressing and driving the back heel to the corner

LEVEL

↓ To decrease intensity, no band





04. FALLING DOWN 4:48mins

KICKBACK COMBO & 7X PULSE

KEY COACHING FOCUS

Brace abs to keep hips and shoulders facing forward

Avoid leaning to the side

LAYER 1

- Hips and shoulders face forward
- Chest lifted
- Abs braced for stability
- Avoid leaning to the side
- Body still and tall
- Kick to the corner
- Option without band
- Touch down

LAYER 2

- Keep the Pulses small and controlled to keep tension in the muscles

LEVEL

↓ To decrease intensity, no band



05. CORE STRENGTH 2

TRACK FOCUS

My participants will understand how to execute the Resisted Side Hover through my clear Layer 1 execution cues.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Lie on back, facing L side, arms out to sides, knees over hips	32	
0:18	V1 / Thinking	4x8	A Oblique Knee Drop 2/2 F&B Lower knees F Knees to center Lower knees B Knees to center	4 4 4 4	2x
0:36	PC / _ You said	4x8	A ¹ Oblique Extended Leg Drop 2/2 F&B Lower legs F Knees to center Lower legs B Return to center OPTION: Knee Drop	4 4 4 4	2x
0:55	C / Keep	8x8	A ² Oblique Extended Leg Drop Combo F&B Lower legs F Knees to chest Leg Press out Repeat to other side	4 2 2 8	4x
1:31	Rep / Oooh	4x8	A ³ Oblique Running Man Combo 8x Alternating Running Man whilst moving legs towards F Repeat to B	8 8	2x
1:50	V2 / Happy	4x8	SMARTBAND handle on L foot, hold middle of band with L hand, elbow bent, other handle in R hand, lift up into Side Hover	32	
2:08	PC _ You said	4x8	B Resisted Band Oblique Lift, Side Hover L Elbow stays bent into waist (Keep L leg lifted) 2/2 Hip Lift	8	4x
2:26	C / Keep	4x8	B ¹ Resisted Band Oblique Lift w. Side Crunch L (Slow) Lift hip, extend L arm to vertical Bend L knee to L elbow Extend L leg and L arm to vertical Lower hip and bend L arm, keep L leg lifted	4 4 4 4	2x
2:44	Rep / Oooh	4x8	B ² Resisted Band Oblique Lift w. Side Crunch L (Fast) Lift hip, extend L arm to vertical Bend L knee to L elbow Extend L leg and L arm to vertical Lower hip and bend L arm, keep L leg lifted Last rep, extend L arm O/H	2 2 2 2	4x
3:03	Rep / Oooh	4x8	B ³ Resisted Band Oblique Lift Crunch Combo L Bend L knee to L elbow Extend L leg and L arm O/H	2 2	8x



05. CORE STRENGTH 2

MUSIC			EXERCISE		CTS	REPS
3:23	V3 / Thinking	4x8		SMARTBAND handle on R foot, hold middle of band with R hand, elbow bent, other handle in L hand, lift up into Side Hover	32	
3:41	PC / _ You said	4x8	B	Resisted Band Oblique Lift, Side Hover R	8	4x
3:59	C / Keep	4x8	B ¹	Resisted Band Oblique Lift w. Side Crunch R (Slow)	16	2x
4:18	Rep / Oooh	4x8	B ²	Resisted Band Oblique Lift w. Side Crunch R (Fast)	8	4x
4:36	Outro / Oooh	4x8	B ³	Resisted Band Oblique Lift Crunch Combo R	4	8x



05. STARING AT THE SUN 4:57mins

WHY

Studies have shown that weakness in the side stabilizers of the hip and trunk results in an increased likelihood of lower limb injuries. Ensuring participants keep their hips and shoulders square to the front in Side Hover exercises keeps the load in these muscles, assisting with injury prevention.

COACHING

Make sure you practice this track so you can role-model all the levels – high and low – and match your vocal delivery to the intensity of the moves... It's a tough one! The focus for the Resisted Side Hover is to keep the bottom hip lifted and hips square to the front. Of course, the glutes will be fatigued from Track 4 so this track will challenge even your hardcore participants. When we trialed this track before filming, we found that participants achieved strength in the moves quickly. Encourage a focus on alignment to maintain great technique and be sure to offer the levels so everyone can achieve success.

TECHNIQUE & COACHING

OBLIQUE KNEE DROP

OBLIQUE EXTENDED LEG DROP

OBLIQUE EXTENDED LEG DROP COMBO

OBLIQUE RUNNING MAN COMBO

KEY COACHING FOCUS

Shoulders anchored to the floor

LAYER 1

- Roll onto your back
- Arms wide, palms up
- Knees over hips
- **Anchor shoulders to the floor**
- Knees drop to the front, down 2, up 2
- Reset to center
- Change, to the back



LAYER 2

OBLIQUE EXTENDED LEG DROP

- Drop the legs as low as you can to work the obliques, keeping the rear shoulder anchored to the floor

LEVEL

↓ To decrease intensity, Oblique Knee Drop



EXTENDED LEG OBLIQUE DROP COMBO

- Knees to front for 2, knees to chest, extend out, back for 2
- Imagine you're pressing a heavy weight away with your feet

LEVEL

↓ To decrease intensity, Oblique Knee Drop with Leg Extension



OBLIQUE RUNNING MAN COMBO

- Keep the upper body still and keep the move continuous to load the core



RESISTED BAND OBLIQUE LIFT, SIDE HOVER

RESISTED BAND OBLIQUE LIFT WITH SIDE CRUNCH

KEY COACHING FOCUS

Lift bottom hip away from the floor and maintain this position during the Side Crunch

LAYER 1

- SMARTBAND handle on right foot
- Hold middle of band with right hand
- Elbow bent under shoulder
- Other handle in left hand
- **Lift bottom hip away from the floor**
- **Keep bottom hip lifted (on Side Crunch)**
- **Hips square to the front**
- **Elbow under shoulder**
- **Keep elbow slightly forward of the face (as the arm extends over head)**

LAYER 2

RESISTED BAND OBLIQUE LIFT, SIDE HOVER

- Press the hip up to the ceiling, keeping the chest lifted to isolate the obliques



RESISTED OBLIQUE LIFT WITH SIDE CRUNCH

- Keep the hips lifted as the knee and elbow meet in the middle





06. CORE STRENGTH 3

TRACK FOCUS

I want my participants to understand which muscles are working and the great benefits of this type of training.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Back Extension, facing front, lie prone, fingertips to temples, elbows out wide, feet close together	16	
0:11	V1 / South side	4x8	A 2/2 Back Extension	4	8x
0:30	C / Back road	8x8	A ¹ Back Extension w. Arms Lift up Arms extend out to sides Fingertips to temples Lower to floor	2 2 2 2	8x
1:09	Back road	4x8	A ² Back Extension w. Aeroplane L&R Lift up Arms extend out to sides Aeroplane L Aeroplane R Fingertips to temples Lower to floor	2 2 4 4 2 2	2x
1:28	Instr /	2x8	Set up for Horse Stance Diagonal Pointer. Plate in L hand, knees under hips	16	
1:38	Boondocks	7x8	B Horse Stance Diagonal Pointer L Extend L arm F, R leg B Open L arm and R leg to 45° L arm F, R leg B L elbow & R leg bend back to start position	2 2 2 2	7x
2:12	Slow	6x8	B ¹ Horse Stance Diagonal Pointer R	8	6x
2:41	Br / Boondocks	2x8	Reset for Back Extension, fingertips to temples, bend knees, heels together	16	
2:51	_ Heaven	2x8	A ¹ Back Extension w. Arms	8	2x
3:00	C / Back road	8½x8	A ² Back Extension w. Aeroplane L&R	16	4¼x



06. BODY LIKE A BACK ROAD 3:45mins

WHY

Focusing on driving the opposite hand and knee into the floor during Pointer exercises is a great way of increasing activation of the stabilizer muscles. This also helps train the connection of opposite upper and lower limb muscles through the core. This connection is vital for control while walking and running.

COACHING

Squeezing the glutes not only supports the spine but also engages the back muscles to help perfect the Back Extension combos with Back Raises, Salute Combo and Aeroplanes. Encourage your participants to squeeze their shoulder blades together to engage the upper and mid-back.

Coach targets clearly for the weighted four-point sequence to ensure maximum control. The plate sits under the line of the shoulder and at a 45-degree angle, and the leg extends in line with the hips.

Remind participants that the supporting knee sits under the hip and the supporting hand stays in line with the shoulder. Then coach them to push down into the floor to help strengthen the hip and shoulder as well as to stabilize the pelvis.

TECHNIQUE & COACHING

BACK EXTENSION

BACK EXTENSION WITH ARMS

KEY COACHING FOCUS

Squeeze glutes

LAYER 1

BACK EXTENSION

- Roll onto your front
- Feet together
- **Squeeze glutes**
- Fingertips to temples
- Lift up and down
- **Chin tucked in**
- **Eyes down**

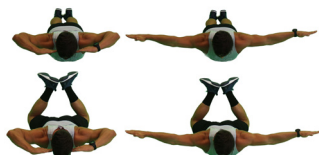
BACK EXTENSION WITH ARMS

- Lift up, extend arms wide, fingertips to temples, drop down
- **Squeeze shoulder blades together**
- **Squeeze glutes**

LAYER 2

BACK EXTENSION WITH ARMS

- Target mid and upper back



BACK EXTENSION WITH AEROPLANE

Squeeze butt

Twist from the center of your chest

LAYER 1

- Lift up, hold, aeroplane right, hold, aeroplane left, fingertips to temples, drop down
- **Squeeze glutes**
- **Twist from the center of your chest**
- **Belly button faces the floor**
- Look at hands
- Keep hips still

LAYER 2

- Keeping hips still and rotating from the center of the chest helps to mobilize the thoracic spine



HORSE STANCE DIAGONAL POINTER

KEY COACHING FOCUS

Brace abs to keep hips and shoulders level to the floor

LAYER 1

- Extend arm and opposite leg out
- Arm and leg out to 45 degrees
- Back to center
- Arm and leg back in
- **Brace abs to keep hips and shoulders level to the floor**
- **Eye gaze just in front of fingertips**
- **Chin tucked in**

LAYER 2

- Push the opposite knee and hand into the floor to help stabilize the hips
- Target for the plate sits just under the line of the shoulder. The foot just below hip height
- Working the slings, from the shoulder down to the opposite glute





BONUS

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 and glutes.

MUSIC		EXERCISE		CTS	REPS
0:04	V1 / More	4x8	Set up in 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	
0:24	C / Get it	4x8	A Single-Leg Pointer F Front leg lift up and down	2	16x
0:44	Instr /	4x8	A ¹ Single Leg Pointer Zig Zag F Front leg towards B hip Front leg points up & out to 45° Front leg down towards B hip Front leg points out to 45°	1 1 1 1	8x
1:03	V2 / Man	4x8	A Single-Leg Pointer F	2	16x
1:23	C / Get it	6x8	A ¹ Single-Leg Pointer Zig Zag F	4	12x
1:53	V3 / _ <i>Young boy</i>	4x8	Set up Single-Leg Pointer B	32	
2:15	C / Get it	4x8	A Single-Leg Pointer B	2	16x
2:35	Instr /	4x8	A ¹ Single-Leg Pointer Zig Zag B	4	8x
2:55	V4 / Man	4x8	A Single-Leg Pointer B	2	16x
3:15	C / Get it	6x8	A ¹ Single-Leg Pointer Zig Zag B	4	12x
3:44	Br / _ <i>How I got</i>	4x8	Stand up. Set up band under feet, handles crossed at waist. Bend knees	32	
4:04	C / Get it	12x8	B Standing Squat w. Side & Back Tap L&R L leg tap out to side L leg tap B L leg tap to side L leg tap B L leg tap to side & Squat to center Repeat on R leg	2 2 1 1 2 8	6x



BONUS

04. NEW TAKEOVER 5:07mins

WHY

This track combines open and closed kinetic chain exercises to maximize training benefits. Standing exercises are closed kinetic chain as the foot is anchored to the floor. Lifting the leg in a Pointer is an open chain exercise. Super-setting the two together provides an extra challenge to the glutes.

COACHING

Early pre-cueing and coaching of the timing and transitions in Horse Stance will help your participants to follow the choreography successfully. There is little escape from the burn factor, especially when the Zigzag kicks in!

Sell the benefits of the moves and have fun with this track. To coach this track well, think – one cue at a time, allowing each cue to land before you move onto your next coaching focus. Encourage participants to listen to your voice rather than looking up at you, enabling them to maintain good neck alignment.

TECHNIQUE & COACHING

STANDING SQUAT WITH SIDE & BACK TAP

KEY COACHING FOCUS

Abs braced to keep hips and shoulders facing forward
Avoid leaning to the side (as you tap)

LAYER 1

- **Chest lifted**
- **Abs braced to keep hips and shoulders facing forward**
- Side, back, corner, side, back under hips
- **Hips back and down (on the Squat)**
- **Avoid leaning to the side**

LAYER 2

- Pull the handles high on your waist to keep tension in the band, keeping the opposite knee bent to ensure load is in the glutes and hip abductors

LEVEL

↓ To decrease intensity, no band



SINGLE-LEG POINTER ZIG ZAG

KEY COACHING FOCUS

Abs braced to keep lower back long and straight

Keep shoulders and hips level to the floor

LAYER 1

- Cross up, cross out, back up, back out
- Squeeze your glutes
- **Abs braced to keep lower back long and straight**
- **Keep shoulders and hips level to the floor**
- **Keep weight evenly placed in both hands**

LAYER 2

- Feel the work in your glutes as you lift your leg with every rep
- It's a really small move

LEVEL

↓ To decrease intensity, no band



SINGLE-LEG POINTER

KEY COACHING FOCUS

Abs braced to keep shoulders and hips level to the floor

LAYER 1

- Get your band
- Come down to the floor, face the corner
- Hands wide to Horse Stance
- To decrease intensity, no band
- Feet through handles
- Band in the middle of your knees
- Back hand thumb in the center of your band
- **Abs braced to keep lower back long and straight**
- Front leg extends back to hip height
- Up, down, up, down
- Short range
- Squeeze your glutes
- **Keep shoulders and hips level to the floor**
- Keep weight evenly in both hands
- **Chin tucked in**
- **Eye gaze just in front of fingertips**

LAYER 2

- Brace core to stabilize hips
- Keep the move small and controlled to isolate the glutes

LEVEL

↓ To decrease intensity, no band





BONUS

06. CORE STRENGTH 2

TRACK FOCUS

My participants will feel the strength and mobility work in the posterior chain through my clear setup and education cues.

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / London	4x8	Set up Standing Cobra & Front Raise. Fold SMARTBAND in half, both handles in L hand. Step L foot on band, split handles, bend L knee, tip forward from hips and straighten R leg B	32	
0:15	Rep / Do, do, do	8x8	A Standing Cobra & Front Raise 2/2 L 2/2 Cobra 2/2 Front Raise	8 8	4x
0:47	Instr / _ (Synth)	8x8	A ¹ Triple Pulse Cobra & Staggered Front Raise L Triple Pulse Cobra Front Raise Drop halfway Front Raise Reset	8 2 2 2 2	4x
1:19	V2 / See you	4x8	B Standing 1-Legged Wide Row L	4	8x
1:34	Rep / Do, do, do	4x8	B ¹ Standing 1-Legged Triple Pulse Wide Row L	8	4x
1:51	Rep / Do, do, do	4x8	Setup Standing Cobra & Front Raise 2/2 R	32	
2:06	C / _ <i>We should</i>	4x8	A Standing Cobra & Front Raise 2/2 R	16	2x
2:22	Instr / _ (Synth)	8x8	A ¹ Triple Pulse Cobra & Staggered Front Raise R	16	4x
2:54	V3 / See you	4x8	B Standing 1-Legged Wide Row R	4	8x
3:09	Rep / Do, do, do	4x8	B ¹ Standing 1-Legged Triple Pulse Wide Row R	8	4x
3:25	C / _ <i>We should</i>	4x8	Transition to Staggered Aeroplane Combo. Lie prone, feet together, arms out wide	32	
3:40	Instr / _ (Synth)	8x8	C Staggered Aeroplane Combo L&R Aeroplane L, lift R leg Drop halfway down Lift up Reset to center Repeat on R	2 2 2 2 8	4x
4:12	Outro / _ (Synth)	4½x8	C ¹ Back Extension (Arms wide)	4	9x



BONUS

06. SALVAGE (UP ALL NIGHT) 4:31mins

WHY

Tipping forward from the hips while maintaining a neutral spine is great training for our spinal erectors. The most important cue to deliver during these movement patterns is to “*lift the chest*” as this will keep these muscles engaged and helps to train the hip hinge.

COACHING

A clear setup is crucial to ensure perfect alignment: fold the band or keep it single, front knee bent, back leg straight, tip forward from hips, nose forward of toes, chest lifted, shoulder blades squeezed together and knuckles face the back wall with arms straight. As you perform this move, focus on recruitment of the mid and upper back muscles. In the Staggered Cobra and Front Raise, cue that thumbs face up and that different hand positions work different parts of the muscles in the posterior chain – all amazing work for our posture!

TECHNIQUE & COACHING

STANDING COBRA & FRONT RAISE

TRIPLE PULSE COBRA & STAGGERED FRONT RAISE

KEY COACHING FOCUS

Tip forward from the hips so nose is forward of toes to support lower back
Center of chest stays inside the line of the big toe

LAYER 1

- Fold SMARTBAND in half
- Both handles in left hand
- Step left foot on band
- Split handles
- Bend left knee
- **Tip forward from the hips so nose is forward of toes (to put the load in the glutes)**
- Straighten back leg
- Arms go behind you, brace abs, arms in front for Front Raise, arms wide at 45 degrees
- **Abs braced to support lower back**
- **Lift chest (especially as arms sweep forward)**
- **Keep hips and shoulders facing forward**
- **Center of chest stays inside the line of the big toe (for great alignment)**

LAYER 2

STANDING COBRA & FRONT RAISE

- Draw the shoulders away from the ears
- Squeeze shoulder blades together to work deep into the muscles of the upper back

TRIPLE PULSE COBRA

- Keep tension on the band to keep the load in the muscles
- Keep the chest lifted to help align the spine

STAGGERED FRONT RAISE

- Keep thumbs facing upwards to keep the work in the lower trapezius



STANDING 1-LEGGED WIDE ROW/ TRIPLE PULSE WIDE ROW

KEY COACHING FOCUS

Squeeze shoulder blades together to engage the upper back

LAYER 1

- Tip forward from your hips
- **Nose forward of toes**
- **Chest lifted**
- Elbows wide
- **Squeeze shoulder blades together**
- Brace abs

LAYER 2

- Take the elbows high and wide and keep tension on the band





BONUS

06. SALVAGE (UP ALL NIGHT) 4:31mins

STAGGERED AEROPLANE COMBO

KEY COACHING FOCUS

Squeeze glutes

Twist from center of chest

LAYER 1

- Feet together
- **Squeeze glutes**
- **Twist from center of chest**
- **Belly button faces the floor (as you twist)**
- **Chin tucked in**
- **Eye gaze to the floor**

LAYER 2

- Belly button faces the floor
- Keep hips still
- Rotate from the center of the chest to help mobilize the thoracic spine and work deep into the muscles of the back and spine



BACK EXTENSION

KEY COACHING FOCUS

Squeeze glutes

LAYER 1

- Feet together
- **Squeeze glutes**
- Squeeze shoulder blades together
- **Chin tucked in**
- **Eye gaze to the floor**

LAYER 2

- Reach the arms out as wide as you can; rotate the shoulders back whilst pointing your thumbs up



CORE ESSENTIALS

ALTERNATING SINGLE 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 alternating leg over hip, then switch, maintaining a 90-degree knee angle

LAYER 2

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



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

- 01

New Rules (3:28)

Dua Lipa

© 2017 Hit Universe.
Written by: Kirkpatrick, Warren, Ailin
- 02

I Just Cant (6:25)

R3hab & Quintino

© 2017 R3HAB MUSIC.
Written by: Dunn, el Ghoul. van den Berg, Helsloot
- 03

The Mighty Fall (2:08)

Fall Out Boy feat. Big Sean

Courtesy of the Universal Music Group.
Written by: Hill, Walker, Wentz, Stump, Trohman, Hurley, Anderson
- The Mighty Fall** (2:08)

Fall Out Boy feat. Big Sean

Courtesy of the Universal Music Group.
Written by: Hill, Walker, Wentz, Stump, Trohman, Hurley, Anderson
- 04

Falling Down (4:48)

T-Mass & Jaxxtone feat. Bianca

© 2017 Dim Mak Records, Inc.
Written by: Unknown
- 05

Staring At The Sun (3:22)

Vanic feat. Clara Mae

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Written by: Hasselquist, Wredenberg, Hagman, Moreborg, Hughes
- Staring At The Sun** (1:35)

Vanic feat. Clara Mae

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Written by: Hasselquist, Wredenberg, Hagman, Moreborg, Hughes
- 06

Body Like A Back Road (2:40)

Sam Hunt

Courtesy of the Universal Music Group.
Written by: Cromwell, Osborne, McAnally, Hunt
- Body Like A Back Road** (1:05)

Sam Hunt

Courtesy of the Universal Music Group.
Written by: Cromwell, Osborne, McAnally, Hunt

- BONUS 04

New Takeover (1:54)

Stan Walker

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Written by: Walker, Swift, Goowin, Hunnid
- New Takeover** (3:13)

Stan Walker

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Written by: Walker, Swift, Goowin, Hunnid
- BONUS 06

Salvage (Up All Night) (1:50)

Galantis feat. Poo Bear

© 2017 Atlantic Recording Corporation.
Written by: Jonback, Boyd, Eklow, Karlsson, Koitzsch
- Salvage (Up All Night)** (2:41)

Galantis feat. Poo Bear

© 2017 Atlantic Recording Corporation.
Written by: Jonback, Boyd, Eklow, Karlsson, Koitzsch



L-R: Corey Baird, Poppy Kupreichik (Shadow), Shane Ingley (Shadow), Dan Cohen, Erin Maw, Thomas Doucet Trivini (Shadow)

Muscle-Mind Connection plays a strong theme in this release, each movement creating a feeling of stability, fluidity, control and enjoyment.

The workout has been designed with fantastic setups and incredible levels of intensity – truly a workout for everyone.

The power of the core is engaged early on using Hover variations and long-levered abdominal work. If the Double C-Crunch doesn’t fire the abs then the Running Man Combo surely will.

Core training is so important for overall posture, health, power and strength. We have added resistance to the Around The Worlds, combined with pure oblique intensity, Diagonal Side Kicks, Hip Lifts, Aeroplanes and more, to challenge the core’s control.

This filming was extra special as we were also celebrating the 50th anniversary of Les Mills in New Zealand. To mark the occasion, we selected a team of shadows from Les Mills clubs around New Zealand who truly represent the program in their clubs. We would like to recognize them as the heroes of their clubs who deliver great experiences for their members every single day.

Enjoy the Bonus tracks and enjoy this release.

CXWORX Creative Team

CREDITS

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

PRESENTERS

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

Corey Baird (New Zealand) is a CXWORX Trainer and BODYBALANCE™/BODYFLOW™ Instructor. He is based in Auckland, where he is also a personal trainer and Pilates instructor.

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

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.

BE LOUD AND HEARD

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

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
↓	Low Level	↑	Advanced Level



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

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.

