

CXWORX 32

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BONUS

02. CORE STRENGTH 1

BONUS

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CORE ESSENTIALS

MUSIC

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01. WARMUP

TRACK FOCUS

I want my participants to feel physically and mentally prepared for the workout ahead.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	½x8	Set up for Toe Tap. Lie on back, facing R side	4	
0:07	V1 / Take a	4x8	A Alternating Toe Tap L&R		
			Toe Tap L	1	
			Toe Tap R	1	16x
0:25	PC / Closer	6x8	B C-Crunch & Cross Crawl Combo F&B		
			C-Crunch	4	
			Twist F	4	
			Repeat to B	8	3x
0:52	C / Baby	4x8	B ¹ Double Pulse C-Crunch & Cross Crawl Combo F&B		
			Double Pulse C-Crunch	4	
			Twist F	4	
			Repeat to B	8	2x
1:10	V2 / Take a	4x8	A Alternating Toe Tap L&R	2	16
			Extend Toe Tap out further after 8 reps		
1:28	PC / Closer	6x8	B C-Crunch & Cross Crawl Combo F&B	16	3x
1:55	Br / _ Looking	8x8	C Hip Bridge Pulse		
			Lift hips up	16	
			Pulse hips up and down	2	20x
			Lower hips down	8	
2:31	C / Baby	4x8	B C-Crunch & Cross Crawl Combo F&B	16	2x
2:49	Baby	4x8	B ² Double Pulse C-Crunch & Double Pulse Cross Crawl F&B		
			Double Pulse C-Crunch	4	
			Double Pulse Twist F	4	
			Repeat to B	8	2x



01. THE MIDDLE 3:09mins

COACHING

From the start of the track, focus on bringing your participants' awareness to the position of their spine. We achieve a strong foundation by pressing the lower back towards the hands when we perform the first move of Alternating Toe Tap. Then, once the hands are removed, we achieve this foundation again by pressing the lower back towards the floor – but not quite touching – and bracing the abs to maintain this position as we move from the hips. The aim is to prepare your participants for the workout ahead, both physically and mentally.

TECHNIQUE & COACHING

C-CRUNCH & CROSS CRAWL COMBO / WITH DOUBLE PULSE

KEY COACHING FOCUS

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

LAYER 1

- Crunch up, Cross Crawl forward, C-Crunch center, Cross Crawl back
- **Chin tucked in** (as you crunch)
- **Lift shoulder up and across**
- Fingertips to temples
- **Brace your abs to keep lower back close to the floor (as legs lower)**
- **Squeeze ribs to hips**
- Knees stop above hips
- Rotate from the center of the chest
- Keep elbows wide and off the floor

LAYER 2

- Spread elbows really wide as you twist and crunch and feel how much harder your abs have to work to go full range



- Alternating Toe Tap
- Hip Bridge

CORE
ESSENTIALS



02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to feel the intensity in the Hover through my Layer 2 coaching and to enjoy the challenge of the Double Leg Circle.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Hover on knees. Face diagonal R OPTION: On toes	32	
0:13	Instr /	4x8	A Hover	32	
0:26	V1 / _ When you	8x8	A ¹ Moving Hover F&B Weight Shift F Weight Shift B OPTION: On knees – hold Hover	4 4	8x
0:53	C / _ I want	6x8	A ² Moving F&B Hover w. Leg Lift L&R Weight Shift F, lift L leg Weight Shift B Repeat w. R leg OPTION: On knees – Hover w. Leg Lift	4 4 8	3x
1:12	Rep / Ride	2x8	Drop to knees, roll over onto back, knees over hips, crunch up, palms by knees	16	
1:19	Instr / (Bass)	8x8	B Pike w. Leg Extension Arms reach towards toes, legs to vertical Extend arms and legs to 45° Arms circle round, knees over hips, palms to knees	2 2 4	8x
1:46		8x8	C Double Leg Circle Extend legs to vertical Circle each leg out to side, down and B to center OPTION: Knees bent	4 4	8x
2:12	(Finger click)	2x8	Transition to Hover	16	
2:18	(B up)	2x8	A Hover	16	
2:26	V2 / _ We make	8x8	A ¹ Moving Hover F&B	8	8x
2:52	C / _ I want	6x8	A ² Moving Hover F&B w. Leg Lift L&R	16	3x
3:11	Instr / (B up)	2x8	Set up for Pike w. Leg Extension	16	
3:19	Bass	8x8	B Pike w. Leg Extension	8	8x
3:45		8x8	C Double Leg Circle	8	8x
4:11	(Finger click)	2x8	Transition to Hover	16	
4:18	(B up)	2x8	A Hover	16	
4:25	V3 / _ We make	8x8	A ¹ Moving Hover F&B	8	8x
4:51	C / _ I want	6x8	A ² Moving Hover F&B w. Leg Lift L&R	16	3x
5:11	Instr / (B up)	2x8	Set up for Pike w. Leg Extension	16	
5:17	(Bass)	8x8	B Pike w. Leg Extension	8	8x
5:44		8x8	C Double Leg Circle	8	8x



02. LIMELIGHT 6:14mins

WHY

When our lower abdominals disengage, our pelvis falls forward – causing the lower back to arch. Gluteus maximus can assist in controlling this as it pulls the pelvis backwards in the same direction as the lower abdominals. Practising the integration of these 2 muscle groups – in a Hover – helps us develop great core stability.

COACHING

A great Layer 2 focus for the Hover is to coach a strong glute squeeze for an extra level of stability. Feel how this contraction assists the lower abs in controlling the position of the pelvis. In the Leg Extension sequence, clearly coach when the head should be up and when it should be down in the first block. This enables participants to understand the focus between the upper and the lower abdominal work.

Coach with a focus on control in the Leg Circles–starting small and gradually getting bigger as participants progressively develop strength. The results are incredible lower abdominal strength as well as increased hip mobility. The music is driving, so ‘team teach’ with the music and allow it to have a voice!

TECHNIQUE & COACHING

MOVING HOVER / WITH LEG LIFT

KEY COACHING FOCUS

Brace abs and keep back long and straight.

LAYER 1

- **Brace abs to keep hips level to the floor**
- Knees hip-width apart
- Hips to shoulder height
- **Brace abs**
- Elbows under shoulders
- **Back long and straight**
- **Squeeze butt**
- On knees or toes
- Rock shoulders forward towards hands
- Chest towards fists, shoulders stop over elbows
- Come back
- Foot to hip height
- If on knees, stay still
- Pull shoulders away from ears

LAYER 2

- Abs are on fire. If you feel like your back is arching towards the floor, drop to your knees and hold, reset your core and come up when you’re ready
- Point toes and squeeze glutes when lifting leg
- Feel the power and stability in your glutes and abs

LEVEL

↓ To decrease intensity, drop to knees





02. LIMELIGHT 6:14mins

PIKE WITH LEG EXTENSION

KEY COACHING FOCUS

Brace abs to keep lower back towards the floor as legs extend, ribs to hips in Crunch.

LAYER 1

- Squeeze ribs to hips (Crunch)
- Brace abs to keep lower back towards the floor (as arms and legs extend out)
- Knees over hips
- Chin tucked in
- Extend arms and legs up
- Reach arms and legs away
- Circle arms around
- Chin tucks in, head touches down
- Brace abs as arms and legs extend, keep lower back close to floor

LAYER 2

- Imagine you are an Olympic springboard diver, you pike and explode out of it
- Shoot, up, out, circle round
- How high can you crunch?



DOUBLE LEG CIRCLE

KEY COACHING FOCUS

Brace abs to keep lower back towards the floor as legs extend.

LAYER 1

- Upper body stays still
- Lift tail bone off the floor
- Legs are bent or straight
- Shoulders stay still
- Keep lower back towards floor as legs circle

LAYER 2

- Draw circles about the size of a bicycle wheel
- This exercise is good for both abdominal strength and hip mobility



LEVEL

↓ If back is lifting, bend knees





03. STANDING STRENGTH 1

TRACK FOCUS

I want my Participants to challenge their strength and feel the core reacting in the Resisted Rainbow through my precise Execution cues.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Resisted Rainbow. Step L foot into middle of SMARTBAND, connect plate to L handle, legs wide, plate just above L knee	32	
0:15	V1 / _ I'm no	8x8	A Resisted Rainbow 2/2 R Plate and band in half circle O/H Reset B	4 4	8x
0:45	C / Love	8x8	B Parallel Woodchop R Woodchop R Parallel Woodchop L Parallel Woodchop R Return plate to L knee	2 2 2 2	8x
1:15	Love	1½x8	Set up Single Band Stepping Woodchop OPTION: No plate	4	
1:17	Instr / (Beat)	8½x8	C Single Band Stepping Woodchop R Woodchop Step R Return to start position Hold	2 2 4	16x
1:49		4x8	Set up Resisted Rainbow Step R foot into middle of SMARTBAND, connect plate to R handle, legs wide, plate just above R knee	32	
2:04	V2 / _ I'm no	8x8	A Resisted Rainbow 2/2 L	8	8x
2:34	C / Love	8x8	B Parallel Woodchop L	8	8x
3:04	Love	1½x8	Set up Single Band Stepping Woodchop L	4	
3:06	Instr / (Beat)	8½x8	C Single Band Stepping Woodchop L Hold	4 4	16x
3:38	V3 / _ I'm so	4x8	Transition to Plate Squat. Plate high on collar bone, feet directly under hips OPTION: Use SMARTBAND	32	
3:53	PC / See	4x8	D Plate Squat 2/2 L&R Step L, Squat 2/2 Reset to center Repeat R side	4 4 8	2x
4:08	C / Love	4x8	D ¹ Plate Squat & Press 2/2 L&R Step L, 2/2 Squat & Press O/H Reset center Repeat R side	4 4 8	2x
4:25	Instr / (Beat)	5x8	D ² Plate Squat & Press L&R Step L, Squat & Press O/H Reset to center Repeat R side	2 2 4	5x



03. CAME HERE FOR LOVE 4:43mins

WHY

Focusing on driving rotation from the center of the chest helps train thoracic rotation. The thoracic spine is aligned to generate rotation. This enables the obliques to exert maximal pull to rotate the trunk when throwing, punching and pushing with one arm.

COACHING

The variety of movements in this track provide different angles of pull to challenge the core. The point of maximum resistance is different when we use a SMARTBAND compared to a SMARTPLATE. When we use free weights the line of pull exerted is always straight down – in line with gravity. When working diagonally, the band pulls directly against the movement line – back to the anchor point. If we have a movement going one way and resistance going in a different direction, we increase the training stimulus. Reinforce a focus of driving the rotation from the center of the chest. Remember to qualify the different levels throughout the track so participants know which is the best choice for them. The Lateral Single Squat with Overhead Press is a great finisher. Cut your talking down and instead use your physicality to demonstrate the upward/downward force you create with your body and the plate. Show your enjoyment of this program!

TECHNIQUE & COACHING

PLATE SQUAT / PLATE SQUAT & PRESS

KEY COACHING FOCUS

Hips back and down to adjust above knee height and elbows slightly forward of face.

LAYER 1

- Plate high on the collar bone
- Feet underneath hips
- Lateral Squat
- Out, down, up and in
- **Hips back and down**
- **Chest up**
- **Elbows sightly forward of your face**
- Use plate or SMARTBAND

LAYER 2

- Create upward force with the plate and downward force with your body
- Punch, catch

LEVEL

↓ To decrease intensity, no plate



RESISTED RAINBOW

KEY COACHING FOCUS

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

LAYER 1

- Step right foot onto SMARTBAND
- Connect plate with handle
- Bend right knee
- Start with handle/plate over right knee
- Draw half circle with plate over your forehead
- Resist on the way back
- **Chest lifted**
- **Abs braced to keep hips facing forward**
- **Rotate from the center of your chest**
- Arms straight

LAYER 2

- Rotate from the cente of the chest

LEVEL

↓ To decrease intensity, no plate





03. CAME HERE FOR LOVE 4:43mins

PARALLEL WOODCHOP

KEY COACHING FOCUS

Twist from center of chest. Brace abs.

LAYER 1

- Slide from side to side
- Down to your knees
- From corner to corner
- Hips move side to side then knee bends
- **Chest lifted**
- **Abs braced to keep hips facing forward**
- **Rotate from the center of your chest**

LAYER 2

- All movement comes from the legs, that’s what drives the move
- Roll the shoulders back down into the ribs and focus on lifting the chest
- Can you feel your obliques engage?

LEVEL

↓ To decrease intensity, no plate



SINGLE BAND STEPPING WOODCHOP

KEY COACHING FOCUS

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

LAYER 1

- Step feet in
- Drop plate
- Step out, hands up to 45 degrees
- Step in
- Bend standing knee
- **Brace the abs to keep hips square to front**
- **Rotate from the center of the chest**
- Hips back
- **Keep hips facing forward**
- **Chest up**
- Arms straight

LAYER 2

- Try to rip the band from your anchor point, maximum speed
- Drive from the bottom, accelerate to the top





04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to engage and feel the glutes and hips working in the Hip Bridge and standing work through my precise coaching.

MUSIC		EXERCISE		CTS	REPS
0:00	C / Give it	4x8	Set up Hip Bridge. Lie on back facing R, feet hip-width apart and close to butt, palms face up, lift hips	32	
0:19	V1 / _ <i>It's about to</i>	6x8 A	Hip Bridge Pulse Weight Shift to B leg, lift F knee over hip	2 4	22x
0:48	PC / _ <i>I got it</i>	6x8 A ¹	Hip Bridge w. Leg Scoop F Front foot scoops down and B to over hip OPTION: Hip Bridge	4	12x
1:16	C / Give it	4x8 A	Hip Bridge Pulse Weight Shift to F leg, lift B knee over hip	2 2	15x
1:35	V2 /	6x8 A ¹	Hip Bridge w. Leg Scoop B	4	12x
2:04	PC / _ <i>Hey</i>	2x8 A	Hip Bridge Pulse	2	8x
2:14	C / Give it	4x8	Transition to standing. Step both feet onto SMARTBAND, cross handles high up at waist. Feet under hips	32	
2:33	V3 / _ <i>You know</i>	12x8 B	Leg Circle L&R L leg extends to B and circles around to front R leg extends to B and circles around to front OPTION: No SMARTBAND	4 4	12x 12x
3:30	V4 / Problem	9x8 C	Double Pulse Squat & Kickback L&R Double Pulse Squat Rise and kick L leg B Repeat on other side Hold in Squat	2 2 4 8	8x



04. IMPACTO 4:14mins

WHY

Focusing on keeping the hips level in a single-leg Bridge improves glute strength and movement control. Keeping the pelvis under control is an important injury prevention mechanism during weight-bearing activities. This exercise provides the perfect environment to train this mechanism.

COACHING

Check in with participants in the Bridge work – it can be common to initiate the movement from the lower back rather than the hips. If they feel the load in their lower back, advise them to reduce the range and tuck the tail bone under more. This will put more emphasis on loading the glutes. If your participants cannot keep their pelvis level, coach them to hold their pelvis to keep it level or drop back to the Bridge. Adding the Leg Scoop will challenge even your hardcore participants! Choose language that connects your participants’ minds to their bodies, matching the feel of the music. The Standing Leg Circles and Kickback combination will provide a balance challenge as well as a good burn for the glutes, so encourage and motivate your participants to push themselves to reach fatigue.

TECHNIQUE & COACHING

HIP BRIDGE WITH LEG SCOOP

KEY COACHING FOCUS

Squeeze glutes and keep the pelvis level.

LAYER 1

- **Squeeze butt**
- Weight shift onto one leg
- Lift other knee over hip
- Scoop the leg out and up
- Knee stops over hip
- **Keep hips level to the floor**

LAYER 2

- Feel the load building in your glutes
- When you wind your glutes up with load you make them stronger



LEG CIRCLE

KEY COACHING FOCUS

Brace core to stop body leaning to the side.

LAYER 1

- Step both feet into SMARTBAND
- Cross handles high up at waist level
- Feet under hips
- **Chest lifted**
- **Brace abs to keep hips facing forward**
- **Avoid leaning to the side**
- Leg slides back and circles around, tap

LAYER 2

- Bend standing leg to stabilize
- Control the movement by synchronizing your core muscles, hip adductor and adductor working hard

LEVEL

↓ No SMARTBAND



DOUBLE PULSE SQUAT & KICKBACK

KEY COACHING FOCUS

Chest up and sit hips down and back

LAYER 1

- **Chest lifted**
- **Squeeze butt** (as leg goes back)
- **Brace abs to stop lower back from over-extending** (as leg goes back)
- Butt down just above knees
- Heel goes back 2 inches

LAYER 2

- Explode up like you’re going to jump
- Can you feel the power in your glutes?

LEVEL

↓ No SMARTBAND



- Hip Bridge





05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to refine their technique of the Rolling Hover through my coaching cues.

MUSIC		EXERCISE		CTS	REPS
0:00		2x8	Set up Oblique Twist, facing R side, extend legs to 45°, fingertips to temples, Crunch up	16	
0:11	V1 / _ It's 5am	8x8	A Oblique Twist F&B Twist to F knee Reset to center Twist to B knee Reset to center OPTION: Knees bent, Toe Tap	2 2 2 2	8x
0:55	C / Honest	4x8	A ¹ Oblique Twist Combo F&B (Triple Rhythm) Twist to F knee Twist to B knee Twist to F knee hold Repeat to B	1 1 2 4	4x
1:17	V2 / _ It's 6am	4x8	Set up Rolling Side Hover L Plate in R hand, arm to vertical, L knee bent R leg extended OPTION: with Plate / Split legs	32	
1:39	PC / _ And I'm	4x8	B Rolling Side Hover L R arm threads plate to L elbow, Hover on knees R arm B to vertical, Side Hover OPTION: On toes	4 4	4x
2:01	C / Honest	8x8	B ¹ Rolling Side Hover & Hip Lift Sequence L 4x Hip Lift Rolling Side Hover Hold	8 8 8	4x
2:45	Instr / (Quiet)	2x8	Set up Oblique Twist facing L side	16	
2:57	V3 / _ It's 5am	8x8	A Oblique Twist F&B	8	8x
3:41	C / Honest	4x8	A ¹ Oblique Twist Combo F&B (Triple Rhythm)	8	4x
4:03	V4 / _ It's 6am	4x8	Set up Rolling Side Hover R	32	
4:25	PC / _ And I'm	4x8	B Rolling Side Hover R	8	4x
4:47	C / Honest	8x8	B ¹ Rolling Side Hover & Hip Lift Sequence R	16	4x

05. HONEST 5:34mins

WHY

While the Rolling Side Hover is great for improving rotational strength in the core, it also provides a training stimulus for the shoulder stabilizers. Driving the forearm into the floor as we roll increases the activation of the rotator cuff and scapula stabilizers. This improves shoulder control and minimizes the potential for shoulder injury.

COACHING

Keeping the chin tucked in and the shoulders lifted whilst the legs are at 45 degrees is known as holding a hollow position. We use this position to generate both rotation and height, and it's very common in gymnastics as it engages both the upper and lower abs. Coach long legs as you twist, fully extending the legs every rep and keeping the elbows wide. Note: Watch out for the common fault that as participants rotate, their elbows can fall forward, shortening the rotation.

In the Rolling Side Hover, imagine you're threading a piece of cotton through the eye of a needle. The plate is the thread and the gap between your chest and the floor is the eye. Push the forearm hard into the floor to create space as you roll. The target for the plate is in line with the rear elbow and, as you reach back to the sky, lift the bottom hip whilst bracing the abs tightly, keeping the hips facing forward. Note: A common fault here is to lift the hips too high as you roll into Hover.

TECHNIQUE & COACHING

ROLLING SIDE HOVER / WITH HIP LIFT SEQUENCE

KEY COACHING FOCUS

Brace abs so body moves as one.

LAYER 1

- Elbow directly underneath shoulder
- Bent knee in line with hip
- Top leg straight
- Plate in hand
- **Lift bottom hip**
- Extend top arm
- **Brace abs**
- **Hips face forward**
- The body rolls into Hover on knees then come back up to Side Hover
- **Keep bottom hip lifted** to put pressure in the underside oblique
- Thread plate to elbow
- **Brace abs so body moves as one**
- Shoulders away from ears and pull lats down towards spine
- On knees or Scissor feet

LAYER 2

ROLLING SIDE HOVER

- Like you are threading a piece of cotton through the eye of a needle
- Body rolls together, hips move, chest turns

HIP LIFT

- Push forearm hard into the floor to strengthen the shoulder in this position and to create space for the plate to pass



LEVELS

↓ No plate

↓ On knees



- Oblique Twist





06. CORE STRENGTH 3

TRACK FOCUS

I want my participants to feel the strength work in the lower mid and upper back muscles as we transition through each sequence, and I coach clear execution of the movements.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up L-Row. Knees in middle of the SMARTBAND, cross handles, bend F from hips	16	
0:10	C / Candy paint	4x8	A L-Row	8	4x
0:32	Rep / Candy paint	4x8	A ¹ 4x Top Half Pulse Row 4x Top Half Pulse Row Release arms down	7 1	4x
0:53	V1 / Didn't know	8x8	A ² L-Row Pulse Combo 1x L-Row 4x Top Half Pulse Row Release arms down	8 7 1	4x
1:36	C / Candy paint	4x8	A L-Row	8	4x
1:57	Candy paint	4x8	A ¹ 4x Top Half Pulse Row	8	4x
2:18	V2 / _ I've been	1x8	Transition to Back Extension Combo Lie prone, arms out to sides	8	
2:24	_ We already	5x8	B Back Extension Combo Arms F Pull elbows towards B Extend arms out to sides	2 2 4	5x
2:51	C / Candy paint	½x8	Set up Flutter Kick. Place one hand on top of the other, rest forehead on hands	4	
2:53	Lambo doors	4x8	C Flutter Kick Extend arms out to sides	28 4	
3:12	Rep / Candy paint	4x8	C ¹ Flutter Kick & Back Extension Combo	8	4x
3:33	Outro / (Fade)	1x8	C ² Flutter Kick w. Arms Extended out to side	8	



06. CANDY PAINT 3:40mins

WHY

In a Row movement, having the shoulder blades maximally retracted when the elbows reach shoulder level helps improve scapula control. This is an important component of improving shoulder stability.

COACHING

In the first round, focus on coaching good control in the L-row and maintaining discipline of movement. Then in the second round, focus on creating tension and stillness. Coach participants to maintain the tension on the band even when they release the Row, to keep the back muscles engaged. It's important to have a lifted chest while hip-hinging to keep the load in the back muscles. The common fault here is to not sit the hips back enough to load the trapezius.

The Flutter Kick and Back Raise combo is a sting in the tail for the finisher! As the coordination of the Flutter Kicks and arm-line combo is challenging, offer the option to leave out the Flutter Kicks and focus only on maintaining a strong lift through the chest.

TECHNIQUE & COACHING

L-ROW

KEY COACHING FOCUS

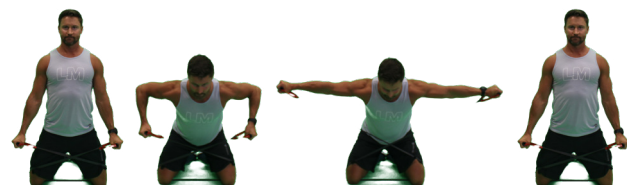
Chest lifted. Tip forward from the hips. Squeeze shoulder blades together.

LAYER 1

- Shoulders back and down
- **Tip forward from the hips**
- Pull elbows wide, extend from the elbow
- Rise
- Slide hips back towards heels
- **Brace abs**
- **Keep chest lifted**
- **Squeeze shoulder blades together every time you tip forward**

LAYER 2

- Take elbows as high and wide as you like, as long as you can maintain stillness in the upper body and tension in the band
- The slow tempo allows you to keep every muscle fiber under tension and to control the movement



4X TOP HALF PULSE ROW

KEY COACHING FOCUS

Squeeze shoulder blades together. Tip forward from the hips.

LAYER 1

- Stay down for 4
- **Tip forward from the hips**
- Slide butt back towards heels
- **Brace abs**
- **Keep chest lifted**
- **Feel tension in between shoulder blades**
- Thumbs face inwards

LAYER 2

- Take elbows as high and wide as you like, as long as you can maintain stillness in the upper body



BACK EXTENSION COMBO

KEY COACHING FOCUS

Squeeze glutes.

LAYER 1

- Lie on belly
- Feet together
- **Squeeze glutes to protect spine**
- Arms out to the side
- Reach forward
- Pull elbows in towards ribs
- Extend arms beautifully to sides
- Eyes down
- Squeeze shoulder blades together when you pull in

LAYER 2

- Lift a little bit higher if you can





06. CANDY PAINT 3:40mins

FLUTTER KICK / WITH BACK EXTENSION COMBO

KEY COACHING FOCUS

Squeeze glutes to kick legs.

LAYER 1

- Head down on hands
- Flutter Kick
- **Squeeze your glutes**
- **Lift knees off floor by squeezing thighs**

LAYER 2

- Maintain tension in the glutes and keep squeezing the quads





BONUS

02. CORE STRENGTH 1

TRACK FOCUS

I want participants to challenge their strength and feel their core react in the extended plank and single arm plate movement.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Hover on knees. Face front	32	
0:17	Instr /	8x8 A	Hover OPTION: On toes	62	
0:45	(Piano)	4x8	Lower to knees (if on toes)	4	
			Extend L arm out 45°	2	
			Extend R arm out to 45°	2	
			Hold	24	
0:58	(B up)	12x8 B	Extended Plank w. Shoulder Tap L&R Tap L arm to R shoulder, return to floor	8	
			Tap R arm to L shoulder, return to floor	8	6x
			OPTION: On toes		
1:39	(Piano)	4x8	Set up Extended Crunch, face R side Plate in R hand, lie on back, knees over hips, R arm O/H, L arm out to side, Crunch up	32	
			OPTION: No plate, knees bent		
1:53	(Beat)	8x8 C	Extended Crunch Sequence R Extend arm and legs to 45°	4	
			Arm and legs to vertical, Crunch up	4	
			Extend arm and legs to 45°	4	
			Crunch to center, knees over hips	4	4x
2:21	(Piano)	8x8 C ¹	Extended Crunch Sequence (Slow) R Extend arm and legs to 45°	8	
			Arm and legs to vertical, Crunch up	8	
			Extend arm and legs to 45°	8	
			Crunch to center, knees over hips	8	2x
			NOTE: Last 4 cts hold plate in both hands O/H, head on floor		
2:48	(Beat)	8½x8 D	Scissor Legs L&R L leg to floor, R leg to vertical	2	
			R leg to floor, L leg to vertical	2	16x
			Hold	4	
			NOTE: Crunch upper body up after 8 reps OPTION: Toe Tap		
3:17	Instr	4x8	Transition to Hover	32	
3:30	(Beat)	8x8 A	Hover	64	
3:58	(Piano)	4x8	Lower to knees (if on toes)	4	
			Extend R arm out 45°	2	
			Extend L arm out to 45°	2	
			Hold position	24	
4:12	(B up)	12x8 B	Extended Plank w. Shoulder Tap R&L Tap R arm to L shoulder, return to floor	8	
			Tap L arm to R shoulder, return to floor	8	6x
			OPTION: On toes		



BONUS

02. CORE STRENGTH 1

MUSIC		EXERCISE		CTS	REPS
4:53	(Piano)	4x8	Set up Extended Crunch, face L side Plate in L hand, lie on back, knees over hips, L arm O/H, R arm out to side, Crunch up	32	
5:07	(Beat)	8x8	C Extended Crunch Sequence L	16	4x
5:34	(Piano)	8x8	C ¹ Extended Crunch Sequence (Slow) L	32	2x
6:02	(Beat)	8x8	D Scissor Legs R&L	4	16x



BONUS

02. YOU & ME 6:33mins

WHY

Holding a plate as the arm moves over head in the Extended Crunch will fire up the lats. Your lats have the ability to extend the lower back, which provides extra resistance for the lower abs.

COACHING

The choreography is perfectly suited to the highs, lows, and build-ups of this beautiful piece of music. A good Layer 1 setup will ensure participants are aware of all the different levels, allowing them to choose their level of intensity to achieve success. The Extended Plank on knees or toes and Extended Crunch Combo – with or without the plate – will deliver a beautiful burn to the mid-section and challenge core strength. Establishing a clear setup with a focus on coaching technique will enable a seamless transition into the second round, enabling everyone to achieve success at their chosen level. Allow moments for participants to be absorbed in the music and the workout, and at other times be sure to drop in some benefits and motivators to keep the class pushing hard to the end of the sets. Enjoy the beautiful burn!

TECHNIQUE & COACHING

EXTENDED PLANK WITH SHOULDER TAP

KEY COACHING FOCUS

Brace abs to support mid-section.

LAYER 1

- Come down to knees
- Walk left arm out in front
- Walk right arm out in front
- Up, up, down, switch
- Body still
- **Abs braced to keep hips and shoulders level**

LAYER 2

- Push one hand hard into the floor as you lift opposite arm to help stabilize the shoulder
- The further you take your hands, the more load on your core, and the harder it will be

LEVEL

↑ To increase intensity, on toes



EXTENDED CRUNCH SEQUENCE

KEY COACHING FOCUS

Lower back towards floor as you extend. Ribs to hips as you crunch.

LAYER 1

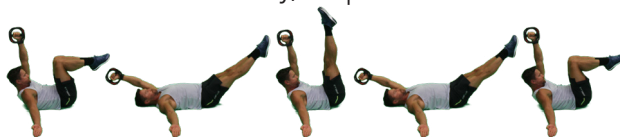
- Crunch up
- Open out
- Pike up
- Open out
- Crunch in
- **Brace abs to keep lower back pressed towards the floor**
- **Squeeze ribs to hips (as you crunch)**
- **Tuck chin in**
- Keep feet together
- Lift tail bone in Pike

LAYER 2

- Feel the abs working super hard as the plate pulls you back

LEVEL

↓ To decrease intensity, no plate and bend knees



SCISSOR LEGS

KEY COACHING FOCUS

Brace abs to keep lower back towards the floor.

LAYER 1

- Both hands on plate / Both arms to vertical
- Scissor legs
- **Tuck chin in on Crunch**
- **Brace abs**

LAYER 2

- Lower abs are firing and engaged

LEVEL

↓ To decrease intensity, no plate, bend knees and toe-tap



- Hover

CORE
ESSENTIALS



BONUS

05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to enjoy the playfulness of the Rolling Side Hover and feel the shoulder stability required to achieve the Scissor Leg Drop.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Lie on back, facing R side, legs to vertical, arms out to side	32	
0:13	Instr / (Clap)	12x8	A Scissor Leg Drop 2/2 F&B B leg drops to front, front leg scissors down Both legs back to center Repeat to B OPTION: Scissor Knee Drop	4 4 8	6x
0:53	(Bass)	8x8	A ¹ Scissor Leg Drop 1/3 F&B	16	4x
1:19	Instr /	2x8	Set up Side Hover Extension, facing front, R arm extends O/H and R leg parallel to floor	16	
1:26		8x8	B Side Hover Extension w. Roll B&F Roll to B Side Hover Extension Roll to F Side Hover Extension	8 8 8 8	2x
1:52	(Drum & whistle)	6x8	B ¹ Oblique Crunch w. Roll (Slow) 2x R elbow to R knee Roll to B Side Hover Extension 2x L elbow to L knee	16 8 8 16	1x
2:12	(Bass)	12x8	B ² Oblique Crunch w. Roll (Fast) F&B Roll to F Side Hover Extension 2x R elbow to R knee Roll to B Side Hover Extension 2x L elbow to L knee x2	4 4 8 4 4 8	3x
2:52	(Clap)	2x8	Lie on back, facing R side, legs to vertical, arms out to side	16	
2:58	(Clap)	2x8	A Scissor Leg Drop 2/2 F&B	16	1x
3:05	(Bass)	8x8	A ¹ Scissor Leg Drop 1/3 F&B	16	4x
3:32	Instr /	16x8	C Walking Leg Drop F&B Scissor Legs to front Scissor Legs to B OPTION: Knees bent	16 16	4x



BONUS

05. WE RISE 4:27mins

WHY

Traditional Oblique Crunches rotate the upper body, keeping the hips and legs stable. The Leg Drops in this track reverse this – rotating the hips and pelvis with the ribs anchored. This type of training ensures that we strengthen both elements of oblique function: one that generates rotation of the upper body, and the other that generates torque of the hips and pelvis.

COACHING

It's playtime! Have some fun with this track. The Rolling Hover is great for keeping us agile. Remember: if participants can't roll comfortably onto their back, tell them to roll from elbow to elbow with chest lifted. Focus on lifting the bottom hip high in the Rolling Hover to feel the load in the obliques. In the Scissor Leg Drop, once everyone has achieved the anchor of the shoulders, focus on how the different speeds of movement fire up the core: slow means more time under tension; fast means explosive movements, requiring the abs to work harder to slow the movement. Imagine you're using the abs like a hand brake in a car!

TECHNIQUE & COACHING

SCISSOR LEG DROP

KEY COACHING FOCUS

Shoulders anchored to the floor

LAYER 1

- Lie onto back
- Arms out to side, palms face up
- Legs straight
- Scissor legs
- **Anchor shoulders to floor**

LAYER 2

- Feel the abdominals fire up as you slow down the movement



LEVEL

↓ To decrease intensity, reduce range / bend knees



SIDE HOVER EXTENSION WITH ROLL / OBLIQUE CRUNCH

KEY COACHING FOCUS

Lift bottom hip.

LAYER 1

SIDE HOVER EXTENSION WITH ROLL

- Elbow under shoulder
- **Lift bottom hip**
- Arm and leg extend
- Tuck in chin, roll onto back
- **Hips face forward**
- **Brace abs**
- **Hips and shoulders roll as one**

OBLIQUE CRUNCH

- **Keep bottom hip lifted**
- Arm and leg in and out
- Push elbow down through the floor to stabilize shoulder girdle

LAYER 2

- Drive your forearm into the floor and squeeze your core super hard as you roll
- Drive your bottom hip up as you roll into Side Hover
- This is playtime – great agility for our bodies to keep us young



WALKING LEG DROP

KEY COACHING FOCUS

Shoulders anchored to the floor

LAYER 1

- **Brace abs**
- **Anchor shoulders to floor**
- Scissor legs to front then back

LAYER 2

- Feel the fire in the core as you start to fatigue





CORE ESSENTIALS

ALTERNATING TOE TAP

KEY COACHING FOCUS

Brace abs to press lower back towards the floor.

LAYER 1

- Feet hip-width apart and close to butt
- Hands under lower back at belly button level
- Press lower back into hands
- Draw belly in gently and **brace abs to keep lower back pressed towards the floor**
- Fast foot taps, small movements
- Move from the hip and keep the knees at a fixed angle

LAYER 2

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



OBLIQUE TWIST

KEY COACHING FOCUS

Lift shoulder up and across towards opposite knee

LAYER 1

- Extend legs to 45 degrees
- Fingertips to temples
- **Chin tucked in**
- Keep elbows wide and off the floor
- Rotate from the center of chest
- **Twist to lift shoulder towards opposite knee**
- Back to center

LAYER 2

- Extend leg off the floor



LEVEL

↓ To decrease intensity, bend the knees and toe-tap



HOVER

KEY COACHING FOCUS

Brace abs to keep back long and straight.

LAYER 1

- 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



HIP BRIDGE

KEY COACHING FOCUS

Squeeze glutes to lift hips.

LAYER 1

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

LAYER 2

- Drive the hips towards the ceiling





MUSIC

01

The Middle (3:09)
Zedd, Maren Morris & Grey
Courtesy of the Universal Music Group.
Written by: Zaslavski, K. Trewartha, M. Trewartha, J. Johnson, S. Johnson, Aarons, Lomax

02

Limelight (NGHTMRE Remix) (6:14)
Just A Gent feat. R O Z E S
© 2015 Just A Gent.
Written by: E. Mencil, P. Mencil, P. J. Mencil, Walsh, Grant

03

Came Here For Love (Re-Edit) (1:49)
Sigala feat. Ella Eyre
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Written by: Wild, Steinmyller, Christopher, McMahon, Fielder

04

Came Here For Love (Re-Edit) (2:54)
Sigala feat. Ella Eyre
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Written by: Wild, Steinmyller, Christopher, McMahon, Fielder

05

Impacto (4:14)
The Resume Revolution
© 2018 Les Mills Music Licensing Ltd.
Written by: Ferguson, Ayala, Storch, Adams

Honest (Rootkit Remix) (2:47)
The Chainsmokers
© 2017 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Butts, Frank, Taggart

06

Honest (Rootkit Remix) (2:47)
The Chainsmokers
© 2017 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Butts, Frank, Taggart

Candy Paint (3:40)
Post Malone
Courtesy of the Universal Music Group.
Written by: Bell, Post

BONUS **You & Me** (6:33)
02 Skrux
© 2015 The EDM Network.
Written by: Brown

BONUS **We Rise** (4:27)
05 San Holo
© 2015 Nest.
Written by: Duck



L-R: René Vogel, Corey Baird, Dan Cohen, Erin Maw

CXWORX 32 is going to take your core strength to the next level!

The intensity kicks in from the get go with the Moving Hover in Track 2. We combine this with a challenge for the lower abdominals with the Double Leg Circle, a move that has the added benefit of developing our hip stability.

In Track 3 we use multidirectional angles of resistance to train the core, and then Track 4 is your CXWORX butt lift, absolutely free of charge! A combination of Hip Bridge Pulses and standing Leg Circles provides a wicked burn for the glutes that is going to shape and tone like nothing else. We finish with fantastic work for the back muscles, generated by Rows, Back Extensions and Flutter Kicks.

As always, teach to the people in front of you today. Offer the levels and allow your class to tailor the workout to suit their individual ability. Remember to sell the benefits! The core is the powerhouse of the body and this release is going to ensure your participants stay strong and functional in all of their daily activities.

Enjoy!

The CX Team

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.

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

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

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.

