

CXWORX 33

MUSIC

01. WARMUP

02. CORE STRENGTH 1

03. STANDING STRENGTH 1

04. STANDING STRENGTH 2

05. CORE STRENGTH 2

06. CORE STRENGTH 3

BONUS

03. STANDING STRENGTH 1

BONUS

04. STANDING STRENGTH 2

CORE ESSENTIALS

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

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MUSIC

- 01

Craving (3:30)

Røse feat. Rachel K Collier

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Written by: Collier, Labouz
- 02

Midnight City (6:15)

M83

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Written by: Gonzalez, Morgan, Meldal-Johnsen
- 03

Savage (1:59)

Whethan feat. Flux Pavilion & MAX

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Written by: Kleinman, Seman, Steele, Snoreck
- Savage** (2:11)

Whethan feat. Flux Pavilion & MAX

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Written by: Kleinman, Seman, Steele, Snoreck
- 04

Both Of Us (4:42)

Yellow Claw feat. Stori

© 2018 Barong Family.

Written by: Rondhuis, Taihuttu, Bruggen, Diaz
- 05

My Head Is A Jungle (MK Remix/ Radio Edit) (1:33)

Wankelmut & Emma Louise

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Written by: Lobb, Kinchen, Dilsner, Newjam
- My Head Is A Jungle (MK Remix/ Radio Edit)** (3:09)

Wankelmut & Emma Louise

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Written by: Lobb, Kinchen, Dilsner, Newjam
- 06

Fire (3:46)

Peking Duk

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Written by: Hyde, Styles, Aarons, Littlemore

- BONUS

03

Messiah (3:42)

Alison Wonderland x M-Phazes

Courtesy of the Universal Music Group.

Written by: Landon, Campbell, Sholler
- Messiah** (0:57)

Alison Wonderland x M-Phazes

Courtesy of the Universal Music Group.

Written by: Landon, Campbell, Sholler
- BONUS

04

Drop It Like It's Hot (Radio Edit) (3:54)

Snoop Dogg feat. Pharrell

Courtesy of the Universal Music Group.

Written by: Williams, Broadus, Hugo
- Drop It Like It's Hot (Radio Edit)** (1:15)

Snoop Dogg feat. Pharrell

Courtesy of the Universal Music Group.

Written by: Williams, Broadus, Hugo



Presenters: Rachael Ayre, René Vogel, Corey Baird, Dan Cohen

Innovation is at its finest in CXWORX Release 33, combining Pilates-inspired lower ab training with jumping Hover combinations, Lunge and Squat patterns, Resisted Band Punches, Standing Reverse Flys and Kneeling Side Bends. These moves/exercises not only strengthen and chisel the core, but they build endurance and stability, all whilst moving to incredible, motivating sounds.

The overall intensity of the class is manageable for all fitness levels, with a big focus on full range movements using the complete musical feel. As an instructor, this allows opportunities to connect participants to their bodies, the music and the overall class experience in your unique way. Watch out for the “drop it like it's hot” Bonus Track – it will literally kick your butt.

Enjoy!

The CXWORX Team

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

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.

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

Rachael Ayre (Australia) is a CXWORX and BODYATTACK Trainer/Presenter. She is also a BODYBALANCE/BODYFLOW and BODYPUMP instructor and a LES MILLS GRIT Coach. She is based in Wollongong where she works at the University of Wollongong.

CREDITS

Choreography – Dan Cohen and Diana Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Technical Consultant – Bryce Hastings and Corey Baird

Program Coach – Kylie Gates

Production Coordinator – Ellen Tocher

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



01. WARMUP

TRACK FOCUS

I want my participants to connect with the music and to feel the muscle-mind connection in preparing for the Warmup.

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro	4x8		Set up Alternating Leg Lift combo. Lie on back, hands under lower back	32	
0:20	V1 / Stop	10x8	A	Alternating Leg Lift F&B		
				Leg Lift F	2	
				Leg Lift B	2	
				Lower both feet to floor	4	10x
				NOTE: After 9 reps, fingertips to temples		
0:59	Rep / Tonight	4x8	B	Cross Crawl F&B		
				Twist F	2	
				Twist B	2	8x
1:15	Tonight	4x8	B ¹	Double Pulse Cross Crawl F&B		
				Double Pulse Twist F	4	
				Double Pulse Twist B	4	4x
1:30	V2 / _ Picture	10x8	A	Alternating Single-Leg Lift F&B		
				Extend legs out further after 5 reps	8	10x
2:09	Rep / Tonight	4x8	B	Cross Crawl F&B	4	8x
2:24	Tonight	4x8	B ¹	Double Pulse Cross Crawl F&B	8	4x
2:40	QC / _ I can't stop	4x8		Hip Bridge		
				Shoulders down, bring feet close to butt	8	
				Lift hips to Bridge	16	
				Lower hips down	8	1x
2:55	_ I can't stop	8x8	C	Triple Pulse C-Crunch	8	8x



01. CRAVING 3:30mins

COACHING

Focus on bringing your participants into the correct position, straight from the beginning of the track. They should feel pressure on their fingertips in the first round and we’re checking again with the back position in the second round.

In our Cross Crawl combo, bring awareness to the second twist to lift higher and to engage the obliques even more. They should be ready for the workout. “I can’t stop this craving for CXWORX.”

TECHNIQUE & COACHING

DOUBLE PULSE CROSS CRAWL

KEY COACHING FOCUS

Twist from the center of your chest to lift shoulder towards opposite knee

LAYER 1

- **Twist from the center of your chest**
- **Tuck in chin**
- **Lift shoulder up and across**
- Two Pulses to the front, then to the back

LAYER 2

- Lift up and across and engage your obliques
- Focus on your second twist: lift up even higher and feel the bite in your obliques



- Alternating Leg Lift
- Cross Crawl
- Hip Bridge
- Triple Pulse C-Crunch





02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to understand all the progressions of the Walking Knee Drop Combo and challenge themselves in whatever level they are doing.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Hover on toes. Face diagonal		32	
0:18	Instr / (Synth)	4x8	A	Alternating Knee Drop L&R OPTION: On knees, Alternating Knee Lift	4	8x
0:36	V1 / _ Waiting	4x8	A ¹	Walking Knee Drop Combo (Slow) Step L leg out to side Step R leg out to side Double Knee Drop Step L leg in Step R leg in Double Knee Drop OPTION: Hover	2 2 4 2 2 4	2x
0:55	Instr / (Synth)	4x8	A ²	Walking Knee Drop Combo (Fast) Step L leg out to side Step R leg out to side Double Knee Drop Step L leg in Step R leg in Double Knee Drop OPTION: Walking Leg Combo (slow)	1 1 2 1 1 2	4x
1:13	V2 / _ Waiting	4x8	Set up for Split-Leg Extended Crunch, facing L side: Pick up plate, lie on back, extend legs to vertical, press plate above the forehead, Crunch up No plate		32	
1:31	Rep / _ Waiting	4x8	B	Split-Leg Extended Crunch (Slow) Split legs out to sides Legs to vertical Extend arms and legs to 45° Crunch to center, plate above forehead, legs to vertical	2 2 2 2	4x
1:50	Instr / (Synth)	8x8	B ¹	Split-Leg Extended Crunch 2x (Fast) Split legs out to sides Legs to vertical Split legs out to sides Legs to vertical Extend arms and legs to 45° Crunch to center, plate above forehead, legs to vertical OPTION: No plate	1 1 1 1 2 2	8x
2:26	(Quiet)	2x8	Transition to Hover		16	
2:35	V3 / _ Waiting	6x8	A	Alternating Knee Drop L&R	4	12x
3:03	Rep / _ Waiting	4x8	A ²	Walking Knee Drop Combo (Fast) OPTION: Walking Knee Drop Combo (Slow) / Hover	8	4x
3:21	Instr / (Sax)	4x8	A ³	Walking Knee Drop Combo w. Jump Jump both feet out Double Knee Drop Jump both feet in Double Knee Drop OPTION: Walking Knee Drop Combo (Fast)	1 1 1 1	8x



02. CORE STRENGTH 1

MUSIC			EXERCISE		CTS	REPS
3:39	V4 / _ Waiting	4x8	Set up Split Leg Extended Crunch OPTION: Extend legs to 45° to start		32	
3:58	Rep / _ Waiting	4x8	B	Split Leg Extended Crunch (Slow)	8	4x
4:16	Instr / (Synth)	8x8	B ¹	Split Leg Extended Crunch 2x (Fast)	8	8x
4:52	(Quie)t	2x8	Transition to Hover		16	
5:01	V5 / _ Waiting	6x8	A	Alternating Knee Drop L&R	4	12x
5:29	Rep / _ Waiting	8x8	A ³	Walking Knee Drop Combo w. Jump OPTION: Walking Knee Drop Combo (Fast/Slow)	4	16x



02. MIDNIGHT CITY 6:15mins

WHY

Jumping the feet out and in while in a Hover position challenges the reaction speed of our core muscles. This is known as Reactive Core Training and trains our core to respond quickly, helping to improve agility.

COACHING

Dan says: This track requires good coaching of the progressions and levels so everyone feels success. If you're not walking slowly you're holding a Hover.

Moving to medium pace requires the hips to stay even more square to the floor and still.

Coach to bracing the abs tightly and keeping the hips as still as possible. Imagery can help here: imagine balancing a tray of drinks on your back as your legs are moving.

Finally comes the Jumping Jack progression: this forces the abdominals to react to help stabilize the trunk. The target for the feet should be just out side of shoulders. The Split Leg Crunch combination is simple in complexity with the load kicking in fast, especially in the 2nd round where you can challenge participants to increase intensity by starting with the legs on the 45 Ouch!

TECHNIQUE & COACHING

ALTERNATING KNEE DROP

KEY COACHING FOCUS

Brace abs to support lower back. Hips and shoulders square to the floor

LAYER 1

- Elbows under shoulders
- Fists together
- Knees slightly wider than hips-width
- **Abs braced**
- Hips in line with shoulders
- On knees or up onto toes
- **Back long and straight**
- Eye gaze forward
- A light touchdown on the floor
- **Keep your hips still**

LAYER 2

- You've got a tray of drinks balanced on your back, you may get a little spillage but don't let the tray fall over. (Use imagery to enhance the feeling of the move)
- Push forearms down into the floor ground to stabilize your upper body





02. MIDNIGHT CITY 6:15mins

WALKING KNEE DROP COMBO

KEY COACHING FOCUS

Brace abs to support lower back. Hips and shoulders square to the floor

LAYER 1

- Front leg out, back leg out
- Drop both knees down, then lift
- Reset feet, drop knees
- **Brace the abs to support lower back**
- Keep hips still
- **Back long and straight**
- Light touchdown to the floor
- Push forearms into the floor

LAYER 2

- Abs react really hard every time you move your legs (when moving at medium pace)



WALKING KNEE DROP COMBO WITH JUMP

KEY COACHING FOCUS

Brace abs to support lower back. Keep hips and shoulders square to the floor

LAYER 1

- Jump out, drop; jump in, drop
- Small jump
- **Brace abs**
- Push forearms into the floor to stabilize the upper body

LAYER 2

- Target for feet sits just outside shoulder-width
- Squeeze quads to stabilize legs

SPLIT LEG EXTENDED CRUNCH

KEY COACHING FOCUS

Brace abs to keep lower back pressed towards the floor as you extend

LAYER 1

- Legs high to the ceiling
- Point toes
- **Plate above forehead**
- **Chin tucked in**
- Curl shoulders up
- Squeeze quads
- **Squeeze ribs to hips (Crunch)**
- Split legs
- Extend arms and legs out

LAYER 2

- Keep lifting shoulders high to engage upper abs
- Challenge yourself. Hit just below the 45°, then stop at the 45°
- The key is your lower back position; if you feel it coming off the floor then you've probably taking the legs too low
- You're like a gymnast or an Olympic diver: you're holding that hollow position and it's really building strength for your core
- If you can, lift shoulders even higher



LEVEL

↓ To decrease intensity, no plate or shorten the levers





03. STANDING STRENGTH 1

TRACK FOCUS

I want my class participants to focus on keeping the middle of the chest in line with the handles of the band to keep the work in the rotator muscles of the trunk.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up for Alternating Lunge & Oblique Twist w. Squat Press: Pick up plate. Feet outside hip-width, plate at collarbones OPTION: Use SMARTBAND; fold in half	32	
0:21	V1 / _ Hand	6x8	A Alternating Lunge & Oblique Twist w. Squat Press (Slow) L&R Step R leg B into Lunge, punch plate F Twist over L knee Back to center Step R leg in, plate to chest Squat and Press plate above head Back to start position Repeat on L leg	2 2 2 2 4 4 16	1½x
0:52	C / (Instr)	4x8	A¹ Alternating Lunge & Oblique Twist w. Squat Press (Fast) L&R Step L leg B into Lunge, punch plate F Twist to R knee Back to center Step L leg in, plate to chest Squat and Press plate above head Back to start position Repeat on R leg	1 1 1 1 2 2 8	2x
1:14	V2 / _ And baby	2x8	Set up for Woodchop R: Step L foot into middle of SMARTBAND, step wide, handles together at L knee, single or double handle	16	
1:25	PC / _ Got me	2x8	B Woodchop 2/2 R OPTION: Single band	4	4x
1:36	C / (Instr)	4x8	B¹ Staggered Woodchop R Woodchop R Drop arms down to chest height Lift up Back down to L knee	1 1 1 1	8x
1:57	(Silence)	2½x8	Set up Woodchop L	20	
2:10	PC / _ Got me	2x8	B Woodchop 2/2 L	4	4x
2:21	C / (Instr)	4x8	B¹ Staggered Woodchop L	4	8x
2:42	Instr _ (Quiet)	2x8	Set up for Alternating Lunge & Oblique Twist w. Squat Press	16	
2:53	B up / (Instr)	6x8	A Alternating Lunge & Oblique Twist w. Squat Press (Slow) L&R	32	1½x
3:25	C / (Instr)	8x8	A¹ Alternating Lunge & Oblique Twist w. Squat Press (Fast) L&R	16	4x



03. SAVAGE 4:10mins

WHY

This track's movements focus on the ability to keep the pelvis and hips square to the front while rotating from the center of the chest. This is a key role of the core. The oblique muscles allow us to create a firm foundation by stabilizing the pelvis to develop a platform for upper body rotation. We use this when throwing or pushing powerfully with one arm.

COACHING

Corey says: This track's kicks off with the Lunge and Squat combination with plate or band. Combining Lunges and Squats in a sequence overloads the quads and glutes, as well as the core and posterior sling muscles which connect the muscles of the upper limbs to the opposite glute through the core, stressing the muscles to make them stronger! You have time to space out your cues, one cue at a time, so you don't leave anyone behind. In the Woodchop, let participants know it's a short block so aim to give both handles a go, especially for your regular participants.

My focus was to connect participants into their bodies, giving them the what, how and why of the exercises and then checking in to make sure they feel it. My first focus was- keeping the handles in line with the chest to keep the workload in the rotator muscles of the trunk. Then I focused on getting participants to feel the muscles working in the back and waist – keeping this focus of feeling the working muscles through to the end of the track, when I encouraged them to fight fatigue with good posture. So, how will you connect your participants with their bodies and the workout, ensuring everyone stays committed to the end?

TECHNIQUE & COACHING

ALTERNATING LUNGE & OBLIQUE TWIST WITH SQUAT PRESS

KEY COACHING FOCUS

Keep hips square to the front. Twist from the center of your chest

LAYER 1

LUNGE & OBLIQUE TWIST

- **Chest up**
- Soften your knees
- Step back into a long Lunge with left leg
- Twist over right leg
- **Rotate from the center of the chest**
- **Brace abs to keep hips square to the front**
- Chest stays lifted
- **Front thigh parallel to the floor**

SQUAT PRESS

- **Butt back and down**
- **Chest lifted**
- **Elbows slightly forward of face**

LAYER 2

- Fight fatigue by maintaining great technique

LUNGE & OBLIQUE TWIST

- Plant your back foot firmly on the floor to keep your balance
- Punch the plate forward and brace your abs tightly; this will build power in the core, shoulders and the muscles of the back

SQUAT PRESS

- Focus on range of motion in the Squat, butt just above knee height
- As the plate comes forward of your body, feel your back muscles working to keep your chest up
- Keep the plate forward of the face as this will load the muscles of the core





03. SAVAGE 4:10mins

TECHNIQUE & COACHING

WOODCHOP

KEY COACHING FOCUS

Keep hips square to the front. Twist from the center of your chest

LAYER 1

- Place band underneath right foot
- Take feet wide
- Single or double band
- Bend right knee
- Handles to right knee
- Hands up to corner
- 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**
- **Keep hips facing forward**
- **Chest up**
- Arms straight

LAYER 2

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

LEVELS

- ↓ To decrease intensity, no plate
- ↑ To increase intensity, join both handles to the plate



STAGGERED WOODCHOP

KEY COACHING FOCUS

Keep hips square to the front. Twist from the center of your chest

LAYER 1

- **Hips square to the front**
- Up fast
- Down to chest
- Up and back to knee
- **Twist from the center of your chest**
- **Lift the chest**
- Keep handles in line with the center of your chest

LAYER 2

- This is an absolutely phenomenal exercise for strengthening your core and legs. To make it even more effective, get savage and rip at the band
- Minimize the distance as you stagger the handles from above the shoulders to chest height. The smaller the move, the more challenging it is for the shoulders and the back





04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to feel the strength and stability in the Kickback & Squat sequence as they move with control.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Kickback: One handle in each hand, step both feet onto SMARTBAND, hip-width apart. HOH. Half Squat	16	
0:12	V1 / _ I've been	4x8	A Kickback 2/2 L Extend L leg B to 45° Return to start position	2 2	8x
0:36	PC / You went	2x8	A ¹ Triple Pulse Kickback & Squat L Extend L leg B to 45° & Pulse x3 Squat. HOH Extend L leg B to 45° & Pulse x3 Squat w. Bicep Curl Arms	6 2 6 2	1x 1x
0:48	C / I was	4x8	A ² Kickback & Squat w. Arm Sequence L Extend L leg B to 45°, open arms to sides Squat w. Bicep Curl Arms	2 2	8x
1:12	Instr /	2x8	A ³ 7x Pulse Kickback w. Arms L Extend L leg B to 45° & Pulse x7, arms open to sides Squat w. Bicep Curl Arms	6 2	2x
1:24	V2 / _ We were	1x8	Set up Kickback R	8	
1:30	_ Even now	3x8	A Kickback 2/2 R	4	6x
1:48	PC / You went	2x8	A ¹ Triple Pulse Kickback & Squat R Extend R leg B to 45° & Pulse x3 Squat. HOH Extend R leg B to 45° & Pulse x3 Squat w. Bicep Curl Arms	6 2 6 2	1x 1x
2:00	C / I was	4x8	A ² Kickback & Squat w. Arm Sequence R	4	8x
2:24	Instr /	4x8	A ³ 7x Pulse Kickback w. Arms R	8	4x
2:48	V3 / _ We were	2x8	Set up for Back Tap: Step both feet onto SMARTBAND, cross handles high up at waist. Feet under hips OPTION: No cross of handles, HOH	16	
3:00	_ This a battlefield	2x8	B Back Tap L&R 2/2	8	2x
3:12	PC / You went	6x8	B ¹ 2x Single-Leg Squat L&R 2x Single-Leg Squat L 2x Single-Leg Squat R	4 4	6x
3:48	Instr /	4x8	B ² 7x Pulse Single-Leg Squat L&R	16	2x
4:12	Rep / I was	4x8	B Back Tap L&R 2/2	8	4x



04. BOTH OF US 4:42mins

WHY

Inclining the trunk forward from the hips (bringing the nose forward of the toes) fires up the glutes to the max. Performing a Single Leg Squat while maintaining this position creates a huge demand on these muscles. The secret to maximizing the load is maintaining a high chest position so that the movement occurs at the hip joint.

COACHING

A beautiful piece of music to train posture and stabilization of the glutes, using the SMARTBAND. In the setup, ensure that you coach to the band remaining un-crossed and that the position starts in a Half Squat. Keep the standing leg bent throughout to help your participants remain stable. Coach returning to the Half Squat at the end of each repetition, with a light tap of the toes of the moving leg to get the glutes working from the beginning.

The Kickback & Squat with Arm Sequence is challenging as the angle of resistance on the band is different on each side. Visually preview the arms so it's easy for the class to follow. Coach the shoulder blades drawing together and the standing leg remaining soft, with the option for the arms to extend low or higher to suit the participant. When the arms come forward, aim to bring the band handles up to eye-line.

We finish the track with the Single Leg Squats. Encourage participants to stay light in their back leg to give the glutes one last blast. Remember: it's your job to help everyone achieve their fitness goals – both regulars and our newcomers. What motivational cues will you use to ensure that everyone is committed to the end?

TECHNIQUE & COACHING

KICKBACK / TRIPLE PULSE KICKBACK & SQUAT

KEY COACHING FOCUS

Brace abs to keep hips facing forward

LAYER 1

- **Abs braced**
- Right leg back, back, in, in
- **Keep hips square to front**
- **Push heel back to 45°**
- **Avoid leaning to the side**
- Absorb the load with the Squat
- **Standing leg bent to help you balance**

LAYER 2

- Tap foot in softly to focus on strong glute engagement through the standing leg





04. BOTH OF US 4:42mins

KICKBACK & SQUAT WITH ARM SEQUENCE /

7x PULSE KICKBACK WITH ARMS

KEY COACHING FOCUS

Brace abs to keep hips facing forward

LAYER 1

- **Brace the abs**
- **Keep hips square to front**
- **Push heel back to 45°**
- **Avoid leaning to the side**
- Absorb the load with the Squat
- **Standing leg bent to help you balance and stay strong and stable**
- Arms open – out, reset
- Aim to lift knuckles up to eye-line
- **Squeeze shoulder blades when opening arms out**

LAYER 2

- Expand your chest, and pull your shoulder blades deep into your back
- A light toe tap as you squat to keep the load in the supporting leg to fire up the muscles of the glutes
- Your balance will be challenged – so lift tall, take the knuckles to the back of the room, return to a soft landing as you squat



BACK TAP / SINGLE-LEG SQUAT

KEY COACHING FOCUS

Tip forward from the hips so your nose is forward of the toes

LAYER 1

- **Heel to back corner**
- **Hips square to the front**
- **Chest up**
- **Abs braced to keep hips facing forward**
- **Keep center of chest inside the line of the big toe**

LAYER 2

- Drive out of the standing leg to fire up the glutes
- Put all your effort into stretching your band back and planting the heel into the floor





05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to enjoy challenging themselves with the band work and to maximize their obliques in the Cross Crawls.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up for Resisted Side Bend: Kneel on R knee outside hip-width, place SMARTBAND handle on L foot and extend out to side, other handle in R hand, L hand is holding middle of band, both arms up and slightly wider than shoulders	32	
0:16	V1 / Dark	8x8	A Resisted Side Bend 2/2 R Side Bend 2/2 R Return to start position	4 4	8x
0:47	PC / Hey	3x8	A ¹ Resisted Side Bend 1/3 R	8	3x
0:59	Hey	1x8	Set up for Resisted Side Hover Crunch R: Lower onto R elbow, R hand holding handle, R knee on floor, L leg extended, L arm to vertical, holding middle of band	8	
1:02	C / My Head	8x8	B Resisted Side Hover Crunch R Crunch L elbow to L knee Extend L leg, L arm to vertical OPTION: Extend arm O/H after 8reps	2 2	16x
1:33	V2 / Dark	4x8	Set up Resisted Side Bend L	32	
1:49	V3 / Moving	4x8	A Resisted Side Bend 2/2 L	8	4x
2:04	Rep / Hearts	3x8	A ¹ Resisted Side Bend 1/3 L	8	3x
2:16	PC / Hey	1x8	Set up for Resisted Side Hover Crunch L	8	
2:20	C / Head	8x8	B Resisted Side Hover Crunch L	4	16x
2:51	V4 / Speaking	4x8	Set up for Oblique Leg Drop Kick; facing R side: Lie on back, arms out to sides, Palms up, knees over hips	32	
3:06	V5 / Bodies	4x8	C Oblique Knee Drop & Kick F&B Lower knees F, extend top leg Bend knee to reset to center Lower knees to B, extend top leg Bend knee to reset to center	2 2 2 2	4x
3:22	PC / Hey	4x8	C ¹ Oblique Knee Drop & Kick 1/3 F&B Lower knees F, extend top leg Bend knee to reset to center Lower knees to B, extend top leg Bend knee to reset to center	4 4 4 4	2x
3:37	Head	4x8	D Scissor Legs R&L R leg lowers, L leg to vertical L leg lowers, R leg to vertical NOTE: Fingertips to temples after 3rd rep	4 4	4x
3:52	Br / Love	8x8	D ¹ Scissor Legs w. Twist R&L R leg lowers, L leg to vertical. Twist R shoulder to front L leg lowers, R leg to vertical. Twist L shoulder to B R leg lowers, L leg vertical. Double Pulse Twist R shoulder to F Repeat to L OPTION: Bend knees	2 2 4 8	4x
4:23	Rep / Hearts	4x8	D ² Cross Crawl F&B OPTION: Bend knees	4	8x

05. MY HEAD IS A JUNGLE 4:42mins

WHY

The secret to engaging the side flexors in the Resisted Side Bend is to ensure we side flex and not simply shift the trunk laterally. Side flexion will create a sideways C-shape in the spine, whereas a lateral shift (where we simply transfer our weight to the side) will result in each vertebra sliding across the top of the one below, which can increase joint stress.

COACHING

Corey says: After track 4, get down to the floor. As fast as you can talking as you go (say and do) to help participants with a clear band setup.

Set the knee wide of the hip for stability – if the knees are under the hips they have less stability when you lean to the side.

Remember: the closer participants grab the band to the foot, the more resistance they have. The key is to coach: arms stay the same distance from the ears as they side flex, so the focus is on the trunk moving them rather than the arms. The setup to the Hover is quick, so pre-cue the move before they go down to the floor. Give levels early to bend legs in the Scissor Legs, especially if tight in the hamstrings and if not maintaining range as you bring the upper body rotation in. For the last 15 seconds, participants need you to drive them home – what will you say and do to help them achieve their results?

TECHNIQUE & COACHING

RESISTED SIDE BEND

KEY COACHING FOCUS

Lift chest up and over, to C-shape the spine

LAYER 1

- **Knee outside hip-width (set up for stability when you side bend)**
- **Lift chest up and over so you side flex**
- **Squeeze ribs to hip as you bend over**
- Arms stay the same distance from your ears throughout the movement
- This uses the trunk muscles to side flex

LAYER 2

- Challenge your mobility and strength by side-bending lower and maintaining strict form
- See if you can crush your ribs to hip even more
- If you want more tension, grab a little closer on the band





05. MY HEAD IS A JUNGLE 4:42mins

RESISTED SIDE HOVER CRUNCH

KEY COACHING FOCUS

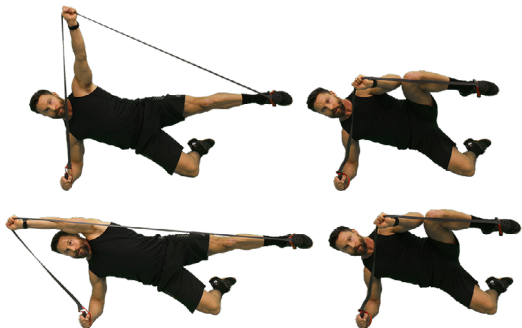
Bottom hip is lifted. Lift bottom hip. Chest and shoulders square to the floor

LAYER 1

- **Hips stay square to the front to keep work in the obliques**
- **Elbow slightly forward of face**
- Take the leg really long and away from you
- Elbow to knee – in, out

LAYER 2

- When you keep your hip lifted really high you work the outer hip muscles and your obliques – the side waist muscles
- Feel the band overload your core muscles; this will make them stronger
- Extend the arm over head to increase intensity in the band, which challenges the oblique muscles



OBLIQUE KNEE DROP & KICK

KEY COACHING FOCUS

Anchor shoulders to the floor

LAYER 1

- Roll onto back
- **Anchor shoulders to the floor**
- Knees over hips
- Drop both legs to the floor
- Extend top leg
- Reset to center
- Change to the other side
- **Brace abs**

LAYER 2

- Only drop the knees as low as you can while maintaining rear shoulder anchored to the floor; if the shoulder lifts, you've gone too low



SCISSOR LEGS / SCISSOR LEGS WITH TWIST

KEY COACHING FOCUS

Abs braced to keep lower back towards the floor

LAYER 1

- **Abs braced to keep lower back pressed towards the floor**
- Scissor legs
- **Opposite shoulder to knee**

LAYER 2

- See if you can push it higher on the second rotation and feel your obliques bite as we overload them



- Cross Crawl

CORE
ESSENTIALS



06. CORE STRENGTH 3

TRACK FOCUS

I want my participants to feel the back and butt muscles working for them and to understand the benefits of this training.

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8		Set up for Back Extension: Facing front, lie prone, arms out wide, thumbs up, lift torso up, feet together	32	
0:20	Instr / (Guitar)	10x8	A	Back Extension w. Arms Arms out to sides, thumbs up Arms reach F, thumbs up Arms sweep down by sides, towards B	2 2 4	10x
1:08	PC / Way	4x8	A ¹	Parachute Head on hands, bend knees wide, heels together Lift thighs Extend legs on floor, arms out to sides, palms down	8 20 4	
1:27	C / Fire	4x8	A ²	Aeroplane Lift chest Aeroplane, L Return to center Aeroplane, R	2 2 2 2	4x
1:46	V2 / Sent you	8x8	A	Back Extension w. Arms	8	8x
2:25	PC / Way	4x8	A ¹	Parachute	32	
2:44	C / Fire	4x8	A ²	Aeroplane	8	4x
3:03	Rep / Fire	6x8	A ³	Back Extension Pulse & Aeroplane Combo Arms out to sides and 4x Pulse Aeroplane, L&R Hold Back Extension, arms out to sides	8 8 16	2x
3:32	Outro / Cold hard	2x8		Childs Pose	16	



06. FIRE 3:46mins

WHY

A lot of people have trouble extending their thoracic spine, which is why rounded shoulders are a common postural issue. Focusing on squeezing the shoulder blades together in these exercises will isolate the muscles in this area to improve postural control.

COACHING

Squeezing the glutes not only supports the spine but also engages the back muscles to help perfect the Back Extension movements. Encourage your participants to squeeze their shoulder blades together to engage the upper and mid-back. The Back Extension work helps improve scapula control – an important component of improving shoulder stability – not to mention all the postural benefits that make us feel and look strong. In the Aeroplane twist, coach to keeping hips still and rotate from the center of the chest, helping us to mobilize the thoracic spine. The key is; know your participants and know their goals so you can help motivate them to success!

TECHNIQUE & COACHING

BACK EXTENSION WITH ARMS

KEY COACHING FOCUS

Squeeze glutes

LAYER 1

- **Feet together**
- **Squeeze Glutes**
- Arms wide
- Thumbs turn up
- Chest lifts up
- Arms lift up, forward
- Brush them past your sides to the back (palms face down)
- **Look down so neck is long**
- Chin tucked in

LAYER 2

- Your challenge is to lift the chest higher; when you brush your hands past your sides, try not to touch your hands to the floor
- Squeeze shoulder blades together so you can climb up a little higher; the back muscles engage and we get them strong
- During the isolation and holding, feel all of your back muscles engage. We're teaching them to contract for long periods of time, which helps improve and challenge our postural muscles



PARACHUTE

KEY COACHING FOCUS

Squeeze glutes

LAYER 1

- Rest forehead on hands
- **Heels press together**
- **Squeeze glutes**
- Spread knees wide
- Lift thighs off floor

LAYER 2

- Press knees towards back of the room



AEROPLANE / BACK EXTENSION PULSE & AEROPLANE

KEY COACHING FOCUS

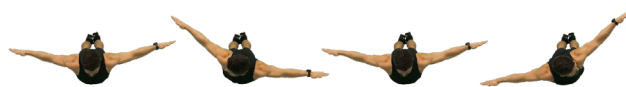
Squeeze glutes

LAYER 1

- Arms wide
- Chest lifts up
- Belly button faces floor
- **Twist from the center of your chest**
- **Squeeze glutes**
- Chin tucked

LAYER 2

- Keep the chest lifted as you rotate to challenge the back extensors even more





BONUS

03. STANDING STRENGTH 1

TRACK FOCUS

I want my class participants to feel successful in the Side Lunge with Punch through my precise Execution coaching.

MUSIC			EXERCISE		CTS	REPS
0:03	Intro / Oooh	4x8		Set up for Side Lunge: Handle in each hand. Step L foot into middle of SMARTBAND, legs wide. HOH	32	
0:17	V1 / Running	4x8	A	Side Lunge R&L Lunge R. HOH Lunge L. HOH	4 4	4x
0:31	V2 / We don't	4x8	A ¹	Side Lunge w. Punch L Lunge R. L hand Punch across to R side, palm up Lunge L. L hand to L hip, palm up	4 4	4x
0:45	PC / Need	4x8	A ²	Side Lunge w. Punch R&L (Slow) Lunge R, L hand Punch across to R side, palm up, R hand on R hip, palm up Lunge L, R arm Punch across to L side, palm up. L hand on L hip, palm up	4 4 4	4x
0:59	C / Oooh	8x8	A ³	Side Lunge w. Punch R&L (Fast)	4	16x
1:27	Br / Oooh	3x8		Set up for Side Lunge: Handle in each hand. Step R foot into middle of SMARTBAND, legs wide. HOH	24	
1:38	V3 / Trust	2x8	A	Side Lunge L&R	8	2x
1:45	V4 / We don't	4x8	A ¹	Side Lunge w. Punch R Lunge L. R hand punch across to L side, palm up Lunge R. R hand to R hip, palm up	4 4	4x
1:59	PC / Need	4x8	A ²	Side Lunge w. Punch L&R (Slow)	8	4x
2:13	C / Oooh	8x8	A ³	Side Lunge w. Punch L&R (Fast)	4	16x
2:41	Instr / (Quiet)	4x8		Set up for Resisted Twist w. Lunge: Step L foot into middle of SMARTBAND, handles together. R foot steps B into Lunge, extend arms F	32	
2:55	Rep / Fight	4x8	B	Resisted Twist w. Lunge L Lunge L. Woodchop L&R Lift up on last 2cts OPTION: Single band	4	8x
3:09	C / Oooh	8x8	B ¹	Resisted Twist w. Lunge L (down & up) Lunge down. Woodchop L Lift up. Woodchop R	2 2	16x
3:37	Br / Oooh	4x8		Set up Resisted Twist w. Lunge R	32	
3:51	Rep / Fight	4x8	B	Resisted Twist w. Lunge R	4	8x
4:05	C / Oooh	8x8	B ¹	Resisted Twist w. Lunge R (down & up)	4	16x



BONUS

03. MESSIAH 4:39mins

WHY

Research indicates that core exercises which incorporate recruitment of the upper and lower body muscles require a stronger core contraction than isolated exercises such as Crunches.

COACHING

This track has a cool song and powerful feel to train rotational power using the SMARTBAND. In the Side Lunge, clearly coach the band placement in the execution setup, ensuring that the torso remains square to the front – with just the lower body shifting weight side to side. Once the Punch is added in, ensure that the knuckles pull back to the ribs and the shoulder blade retracts at the end of the movements this will set your class up to truly experience rotational power. Offer the levels of the band handles to punch lower or higher, with the clear intention that the chest stays lifted throughout, to qualify which level is best for each individual.

The Resisted Twist with Lunge offers another opportunity for your participants to train thoracic rotation with awesome lyrics to help you drive them home. Your job is to help participants feel connected with their own bodies as well as the music in your own authentic way... spend time planning what you will say and do to enhance the experience for your class members!

TECHNIQUE & COACHING

SIDE LUNGE / WITH PUNCH

KEY COACHING FOCUS

Hips face forward. Twist from the center of your chest

LAYER 1

- Shift body weight from side to side
- **Hips square to the front**
- **Twist from the center of your chest**
- **Chest stays lifted**
- **Abs braced**
- Palm up (in Punch)
- Pull fist back to ribs each time

LAYER 2

- Fully extend your arm then retract your shoulder blade like a ninja preparing for battle
- Punch and pull fists back to ribs to create rotational power
- Drive the rotation from the center of your chest
- Fight the resistance from your band

SIDE LUNGE / WITH PUNCH



RESISTED TWIST WITH LUNGE

KEY COACHING FOCUS

Hips face forward. Twist from the center of your chest

LAYER 1

- Twist corner to corner
- Long Lunge back
- **Brace abs to keep hips facing forward**
- **Twist from the center of your chest**
- **Keep chest lifted**
- Drop into front leg, **thigh parallel to floor**
- Back knee towards the floor

LAYER 2

- Lift your arms above chest to create maximum tension on the band. This challenges the core, back and shoulder stabilizers
- Slice your band through the air, like it's a blade





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
0:00	Intro /	2½x8	Setup for Side Leg Extension: Step both feet onto SMARTBAND, cross handles high up at waist. Feet under hips OPTION: No SMARTBAND	20	
0:13	Snoop	6x8	A Side Leg Lift L&R 2x Side Leg Lift L Squat to center 2x Side Leg Lift R Squat to center	3 1 3 1	6x
0:44	V1 / _ I'm a nice	1x8	Set up for Single-Leg Squat L: R leg step B, L knee bent	8	
0:50	_ Eligible bachelor	7x8	B Single-Leg Squat L 3x Single-Leg Squat Single-Leg Squat slow NOTE: Step R foot on last 2cts	6 2	7x
1:26	C / Pimps	4x8	A Side Leg Lift R&L	8	4x
1:47	V2 / _ I'm a gangster	1x8	Set up for Single Leg Squat R: L leg step B, R knee bent	8	
1:52	_ I keep	7x8	B Single Leg Squat R	8	7x
2:29	C / Pimps	4x8	A Side Leg Lift L&R	8	4x
2:50	V3 / _ I'm a bad	1x8	Set up for Squat w. Back & Side Tap: R leg step B, L knee bent	8	
2:55	Clothes	7x8	B¹ Squat w. Back & Side Tap R R leg taps out to side R leg taps B NOTE: R leg steps on last 2cts	2 2	14x
3:31	C / Pimps	4x8	A Side Leg Lift R&L	8	4x
3:53	V4 / _ I'm a bad	1¼x8	Hold then set up Squat w. Back & Side Tap	10	
3:59	Clothes	7x8	B¹ Squat w. Back & Side Tap L	4	14x
4:35	C / Pimps	2x8	A Side Leg Lift L&R	8	2x
4:46	Outro / _ Get	4x8	A¹ Kickback 45° L&R 2x Kickback 45° L Squat to center 2x Kickback 45° R Squat to center	3 1 3 1	4x



BONUS

04. DROP IT LIKE IT'S HOT 5:09mins

WHY

Shifting weight too far over the standing leg disengages the side glutes. Keeping the trunk as close as we can to the mid-line works these muscles harder to help improve their ability to control our hip alignment.

COACHING

This Old-skool Hip Hop with New Age hip and glute activation. There are similar moves in this track with slightly different muscle recruitment; the Single Leg Squat with a controlled descend and the Squat with the Back & Side Tap. Coach to a high chest position, nose forward of the toes and the chest sits inside the line of the big toe to achieve good execution. The Single Leg-Squat has a strong focus of driving up and out of the supporting foot, and the Side Tap has a strong focus on keeping the supporting leg as still as possible.

Coach the Side Tap in the set up as 4 o'clock and 5 o'clock. If the hips can stay still and the front knee aligned, offer the challenge to progress to 3 o'clock and 5 o'clock. The side leg exercise is especially great to improve lower limb stability and injury prevention and improve our movement control. Drop it like it's hot...

TECHNIQUE & COACHING

SIDE LEG LIFT

KEY COACHING FOCUS

Standing leg slightly bent-avoid leaning to the side

LAYER 1

- **Chest lifted**
- To the right for 2, soft Squat and change
- **Brace abs to keep hips facing forward**
- **Avoid leaning to the side**

LAYER 2

- Keeping tension on the band. It's not about how far you can take your feet, it's about how still you can keep your hips
- If your hips are burning, it's a sign your muscles are working really hard



SINGLE LEG SQUAT / SQUAT WITH BACK & SIDE TAP

KEY COACHING FOCUS

Tip forward from the hip so nose is forward of the toes. Avoid leaning to the side

LAYER 1

SINGLE-LEG SQUAT

- **Tip forward from the hip, nose is forward of the toes**
- **Chest lifted**
- **Abs braced to support lower back**
- **Keep center of chest, inside the line of the big toe**
- Squat lift up and down
- 3, 2, freeze, resist on the way down
- Eye gaze about 6 feet ahead

SQUAT WITH BACK & SIDE TAP

- **Heel to the corner**
- **Avoid leaning to the side**
- Straight back leg
- Side tap
- **Brace abs to keep hips still**
- On the face of a clock hit 4 o'clock, 5 o'clock
- Push knee out towards middle toe if knee starts to buckle

LAYER 2

SINGLE-LEG SQUAT

- Drop into front leg
- Squeeze your quads and imagine the floor is hot, and feel your back leg as being weightless

SQUAT WITH BACK & SIDE TAP

- If your hips are staying still in the 4 o'clock and 5 o'clock position challenge yourself by hitting 3 o'clock and 5 o'clock





CORE ESSENTIALS

ALTERNATING LEG LIFT

KEY COACHING FOCUS

Brace abs to press lower back towards the floor

LAYER 1

- Hands together and place under lower back
- Relax shoulders
- Feet hip width apart
- **Draw belly in gently and brace abs to keep lower back pressed towards the floor**
- Front leg lifts up, back leg lifts up, lower both legs

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

- 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

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

LAYER 2

- Drive the hips towards the ceiling



C-CRUNCH

KEY COACHING FOCUS:

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

LAYER 1

- 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



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





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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.

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Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

