

CXWORX 34

MUSIC

01. WARMUP

02. CORE STRENGTH 1

03. STANDING STRENGTH 1

04. STANDING STRENGTH 2

05. CORE STRENGTH 2

06. CORE STRENGTH 3

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



MUSIC

01

A Good Night (3:21)
John Legend & BloodPop
© 2018 John Legend Music, Inc. and Columbia Records, a division of Sony Music Entertainment.
Written by: Stephens, Diamond, Keen, Sloan

02

Feeling Good (Solidisco Remix) (4:50)
Nina Simone
Courtesy of the Universal Music Group.
Written by: Bricusse, Newley

03

Catch Me (5:46)
Liquid Shelter
© 2019 Les Mills Music Licensing Ltd.
Written by: Oude, Mohammad, Roelandschap, Rondhuis, Taihuttu

04

Island (3:37)
Fuse ODG
© 2018 ODG Records, 2018 Off Da Ground Under Licence to 2TE Records/Warner Bros. Records UK.
Written by: Jones, Woode, Abiona, Selvarajah, Salvathore

05

Finest Hour (3:23)
Cash Cash feat. Abir
© 2018 Big Beat Records, Inc.
Written by: Makhlouf, Haronni, Makhlouf, Hendler, John, Frisch, Dalton

Finest Hour (0:52)
Cash Cash feat. Abir
© 2018 Big Beat Records, Inc.
Written by: Makhlouf, Haronni, Makhlouf, Hendler, John, Frisch, Dalton

06

Jammin' (1:24)
Campsite Dream
© 2016, Epic Amsterdam, a division of Sony Music Entertainment Netherlands BV.
Written by: Marley

Jammin' (2:54)
Campsite Dream
© 2016, Epic Amsterdam, a division of Sony Music Entertainment Netherlands BV.
Written by: Marley

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



L-R: Jeff Lee, Lynn Chen, Lunar Lu, Corey Baird, Dan Cohen, Kenshin Tani, Tracy Xiaojun, Alex Wang

PRESENTERS

Dan Cohen (New Zealand) is the Choreographer for CXWORX and the co-Program Director for BODYCOMBAT. He is 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.

Kenshin Tani (Japan) is a CXWORX, BODYCOMBAT and LES MILLS GRIT Trainer and a BODYPUMP Instructor. He is from Yokohama.

Lunar Lu (China) is a CXWORX Trainer, a BODYCOMBAT and BODYPUMP Trainer/Presenter, and a BODYBALANCE/BODYFLOW Instructor. She is from Shanghai.

Alex Wang (China) is a CXWORX, BODYCOMBAT, BODYPUMP and RPM Trainer and a LES MILLS SPRINT Instructor. He is from Shenzhen.

SHADOWS

Jeff Lee (China)
Lynn Chen (China)
Tracy Xiaojun (China)

CREDITS

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

This is hands-down the most innovative, creative and transitional perfection that a CXWORX class could possibly give you.

Each track has something special. The music is familiar, modern, mainstream and catchy.

For the first time in CXWORX we have multiple rhythmical exercises. We change up the rhythms by transitioning from slow to fast and back to slow – this allows for a deeper level of feeling and movement contrast. It both enhances and challenges the technique of each exercise. It’s smart, it’s energetic and the workout narrative is on point.

We have a few new moves in this release – the Warmup Combo is repeated later in class in Track 5, which is a first for CXWORX. Performing the Combo in the Warmup primes our muscles for the workout, and helps us to learn the movement from a kinesthetic standpoint.

Track 2 is inspired by Pilates, with lower ab Leg Circles and Hopping Hovers. It helps us to redefine our core engagement from this day onwards.

In Track 3, we have a new innovation using a plate or band called the Halo. This is a circular overhead exercise which drops down into a Wide Squat to engage the obliques and builds power through the shoulders, back and core. The even smarter innovation here is that it’s a pyramid set, increasing the load as the sets repeat.

Track 4 has a basic lateral Side Step that becomes a triple Quick Step with the band. This track truly highlights the slow-quick-slow rhythmical changes. This is a great track to strengthen and condition the glutes and strengthen the hip abductors.

Track 5 offers a unique Oblique Crunch with Side Climber – it will absolutely smack the obliques! It will also help train coordination and allow you to feel powerful.

In Track 6, you are literally jammin’ to a familiar sound that is guaranteed to widen the smile already on your face, with a 16 count shoulder and back superset combo, wide modified Airplane Rows and a stinger to finish!

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



01. WARMUP

TRACK FOCUS

I want my participants to understand the importance of the brace position to work the core effectively and prepare them for the work ahead.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Double Leg Lift. Lie on back, facing L side, arms at sides, palms up	16	
0:08	V1 / I had	4x8	A Double Leg Lift 2/2	8	4x
0:25	PC / I can't think	4x8	B C-Crunch 2/2 Arms reach towards ankles	8	4x
0:42	C / Alright	4x8	C Cross Crawl & C-Crunch Combo Twist to F Twist to B Twist to F Twist to B C-Crunch	2 2 2 2 8	2x
0:59	V2 / Maybe	4x8	D Cross Crawl F&B Twist to F Twist to B	2 2	8x
1:16	PC / I can't think	4x8	B C-Crunch 2/2	8	4x
1:33	C / Alright	4x8	C Cross Crawl & C-Crunch Combo	16	2x
1:50	Br / Baby	8x8	Hip Bridge w. Alternating Heel Lift Shoulders down, bring feet close to butt Lift hips to Bridge Alternating Heel Lift R Alternating Heel Lift L Lower hips down, extend legs to 45°, fingertips to temples	8 8 2 2 8	10x
2:24	QC / Alright	8x8	C Cross Crawl & C-Crunch Combo OPTION: Legs extended	16	4x
2:58	Outro / Alright	4x8	C ¹ Cross Crawl & Pike Crunch Combo Twist to F Twist to B Twist to F Twist to B Pike Crunch – legs to vertical, arms reach towards toes	2 2 2 2 8	2x



01. A GOOD NIGHT 3:21mins

COACHING

Focus on bringing your participants into the correct position straight from the beginning of the track. They should feel how the abdominal brace will help keep their lower back towards the floor as they move. The tempo and choreography progress into an engaging combination of Cross Crawls and C-Crunches, with the kicker Pike Crunch position at the end of the track. Your coaching role is to prepare your participants for the workout ahead, both physically and mentally

TECHNIQUE & COACHING

DOUBLE LEG LIFT

KEY COACHING FOCUS

Brace abs to press lower back towards the floor

LAYER 1

- Arms at sides, palms up
- Relax shoulders
- Feet hip-width apart
- **Draw belly in gently and brace abs to keep lower back pressed towards the floor**
- Both legs lift, up, up, down, down
- Knees stop directly over hips

LAYER 2

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



C-CRUNCH

KEY COACHING FOCUS

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

LAYER 1

- Fingertips to temples
- Arms reach towards ankles
- Up, up, down down
- **Slide ribs to hips as you crunch**
- Check your knees are over your hips
- **Keep lower back close to the floor**
- **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



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**





01. A GOOD NIGHT 3:21mins

CROSS CRAWL & C-CRUNCH COMBO

KEY COACHING FOCUS

Keep lower back press towards the floor (C-Crunch). Lift shoulder up and across (Cross Crawl)

LAYER 1

- **Lift shoulder up and across**
- **Chin tucked in** (as you crunch)
- Fingertips to temples
- **Brace your abs to keep lower back close to the floor** (as legs lower in the C-Crunch)
- **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
- Lift shoulders higher off the floor to give you more rotation
- Can you touch your toes (in the C-Crunch with legs vertical)?

HIP BRIDGE WITH ALTERNATING HEEL LIFT

KEY COACHING FOCUS

Squeeze glutes to lift hips

LAYER 1

- **Squeeze glutes to lift hips**
- **Keep hips level to the floor** (when the Alternating Heel Lifts start)
- Alternating Heel Lift left and right
- Strong glute squeeze





02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to challenge themselves in the Single Leg Half Circle at whatever level they are doing and to enjoy the Hover and Hop combination.

	Music		Exercise	CTS	REPS
0:00	Intro /	2x8	Lie on back, facing R side, feet to vertical, arms reach to feet	16	
0:07	Instr /	6x8	A Pike Pulse Crunch up reach fingertips to toes Lower down Note: After 4reps, lift tail bone off floor when crunching up Arms out wide, palms up, lower legs to 45°	2 2 8	10x
0:30	C / Birds	10x8	B Single Leg Half Circle L&R L leg scoop down and out to corner L leg return to start position R leg scoop down and out to corner R leg return to start position	4 4 4 4	5x
1:07	Instr / (B up)	2½x8	Roll over and set up Hover	20	
1:16	(Beat)	4x8	C Hover w. 45° Leg Lift R&L R leg out to 45° R leg B to Hover Repeat on L leg	2 2 4	4x
1:32	(Clap)	4x8	C¹ Hover w. 45° Leg Lift and Hop R&L R leg out to 45°, hop on L leg Return to Hover L leg out to 45°, hop on R leg Return to Hover	2 2 2 2	4x
1:47	(B up)	4x8	C² Hover w. 45° Leg Lift & Hop Combo R&L R leg out to 45° R leg in R leg out to 45°, hop on L leg R leg B to Hover Repeat on L leg	1 1 1 1 4	4x
2:02	(Quiet)	4x8	Hover	32	
2:17	C / Birds	4x8	Set up for Single Leg Half Circle. Lie on back, facing R side, arms wide, palms up, legs to 45°	32	
2:32	Sun in	14x8	B Single Leg Half Circle L&R	16	7x
3:24	Rep / Oooh	2½x8	Roll over and set up Hover	20	
3:33	Instr / (Beat)	4x8	C Hover w. 45° Leg Lift R&L	8	4x
3:49	(Clap)	4x8	C¹ Hover w. 45° Leg Lift and Hop R&L	8	4x
4:04	(B up)	4x8	C² Hover w. 45° Leg Lift & Hop Combo R&L	8	4x
4:19	(Clap)	4x8	Hover	32	
4:33	(Drum)	4x8	C³ Hover w. Toe Tap B R&L	4	8x



02. FEELING GOOD 4:50mins

WHY

Jumping the foot in the Hover adds a Reactive Core Training element. The impact will generate a sudden impulse within the core muscles as they control the position of the mid-section. This trains our core to react quickly when we need it to.

COACHING

Coach with a focus on control in the Single Leg Half 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 Hover innovation is a progression into a Leg Lift with a HOP! Coach driving through the forearms and pushing through the foot on the floor to get lift-off! This will challenge even your hard-core members as they feel their abdominals reacting to the work.

TECHNIQUE & COACHING

SINGLE LEG HALF CIRCLE

KEY COACHING FOCUS

Brace abs to keep lower back pressed towards the floor

LAYER 1

- Arms wide on the floor, shoulders anchored to the floor to keep upper body still
- **Brace abs to keep lower back pressed towards the floor**
- Scoop the leg out and in

LAYER 2

- If you are stable in the hips you can go lower and wider with the scoop to challenge the core
- Point the toes and squeeze the quad muscles as you scoop the leg
- The lower you take your legs the more core load and challenging it is to keep the pelvis still



LEVEL

⇩ To decrease intensity, bend knee to reduce range and take legs higher



HOVER WITH 45 DEGREE LEG LIFT / HOP

KEY COACHING FOCUS

Brace the abs to keep hips square to the floor

LAYER 1

- **Back long and straight**
- **Abs braced to keep hips square to the floor**
- **Hips square to the floor** (during Leg Lift)
- Squeeze butt to lift the leg, so your back stays long and straight
- Small lift just above hip height
- Keep eye gaze just in front of fingers
- **Brace the abs tightly to keep the pelvis still**

LAYER 2

- Drive down through forearms and foot as you lift your leg
- Abs grip on to your pelvis and ribcage to stabilize your spine

LEVEL

⇩ To decrease intensity, drop to knees with Toe Tap and no Hop



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



03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to challenge their strength and feel the core reacting in the Halo and Alternating Rows through my precise execution cues.

Music		Exercise		CTS	REPS
0:00	Intro /	4x8	Set up Wide Squat with Halo. Hold plate at chest height, feet hip-width apart, knees bent	32	
0:13	V1 / Hey	12x8	A Wide Squat w. Halo L&R (Slow) Wide Squat L, plate diagonally towards L knee Step L leg in under hip, arms half circle above head Wide Squat R, plate diagonally towards R knee Step R leg in under hip, arms half circle above head	4 4 4 4	6x
0:53	Instr /	8½x8	A¹ Wide Squat w. Halo L&R (Fast) Wide Squat L, plate diagonally towards L knee Step L leg in under hip, arms half circle above head Wide Squat R, plate diagonally towards R knee Step R leg in under hip, arms half circle above head	2 2 2 2	8½x
1:19	V2 / Dreams	4x8	Set up for Single Leg Squat and Alternating Row L Fold band in half. Step L foot onto middle of band, hold a handle in each hand, step R leg B	32	
1:32	PC / Another	4x8	B Single Leg Squat and Alternating Row L (Slow) Row R arm, L arm down R arm down, Row L arm	4 4	4x
1:46	C / Tell me	4x8	B¹ Single Leg Squat and Alternating Row L (Slow) Row R arm, L arm down. Open hip and lift L leg R arm down, Row L arm. Lower L leg	4 4	4x
1:59	Instr /	8x8	B² Single Leg Squat and Alternating Row L (Fast) Row R arm, L arm down. Open hip and lift L leg R arm down, Row L arm. Lower L leg	2 2	16x
2:25	V3 / Hey	4x8	Set up Wide Squat w. Halo	32	
2:39	PC / Another	8x8	A Wide Squat w. Halo L&R (Slow)	16	4x
3:05	Instr /	8½x8	A¹ Wide Squat w. Halo L&R (Fast)	8	8½x
3:31	V4 / Dreams	4x8	Set up Single Leg Squat and Alternating Row R	32	
3:45	PC / Another	4x8	B Single Leg Squat and Alternating Row R (Slow)	8	4x
3:58	C / Tell me	4x8	B¹ Single Leg Squat and Alternating Row R (Slow)	8	4x
4:11	Instr /	8x8	B² Single Leg Squat and Alternating Row R (Fast)	4	16x
4:38	V4 / Hey	4x8	Set up Wide Squat w. Halo	32	
4:51	PC / Another	8x8	A Wide Squat w. Halo L&R (Slow)	16	4x
5:18	Instr /	8½x8	A¹ Wide Squat w. Halo L&R (Fast)	8	8½x



03. CATCH ME 5:46mins

WHY

Maintaining core control in standing requires keeping our center of gravity over our base of support. The Halo move challenges control of our center of gravity as the plate passes over head.

COACHING

You have plenty of time to set up the new Halo move slowly before the beat kicks in and we move with power.

What will help participants achieve the movement well is to coach to the Wide Squat position with the knees out over toes, hips back and down, and chest high. Once they have the lower body foundation, coach the plate stopping in front of the thigh and the elbows stay forward of the face as you Halo overhead. This movement allows you to be creative with your Layer 2 and Layer 3 coaching, mixing education with connection and motivation.

Corey's focus was to teach participants how the abdominals should feel when they can control the movement and then master another level of execution through precision. What will you say and do to take your members to the next level?

TECHNIQUE & COACHING

WIDE SQUAT WITH HALO

KEY COACHING FOCUS

Brace abs to keep the hips facing forward. Elbows stay forward of your face (as the plate circles over your head). Stop the plate in front of your thigh

LAYER 1

- Right squat wide, circle over head, repeat left
- **Butt goes back and down, chest lifted for good posture**
- **Brace abs to keep hips facing forward**
- **Twist from the center of your chest** (as the plate comes down towards hip)
- Circle the plate over the head
- **Elbows slightly forward of the face as you halo over head**
- Plate stops at hip height
- **Push knees wide to stabilize**

LAYER 2

- Brace your core when you catch the plate – forcing the core to react
- Push out of the foot to rebound up and feel how that maximizes the strength reflex in the muscles, teaching them to work explosively
- Use your abs like a giant handbrake as the plate comes down to stop you over-rotating. That way, you control the movement and keep the work in your core
- Feel the power of your core
- Move the plate with surgical precision to carve out a functional core





03. CATCH ME 5:46mins

SINGLE LEG SQUAT & ALTERNATING ROW

KEY COACHING FOCUS

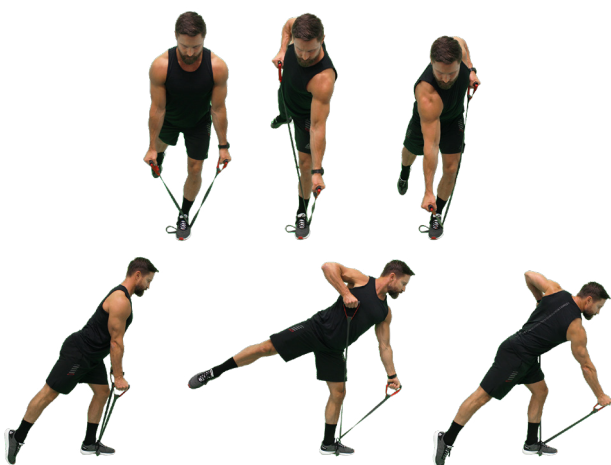
Tip forward from the hips so nose is over toes.
Brace abs so hips and shoulders open as one

LAYER 1

- **Tip forward from the hips so the nose is forward of the toes**
- **Chest lifted**
- Chest and hips open to the side wall
- **Squeeze shoulder blade towards spine on each Row**
- **Abs braced so hips and shoulders move as one** (on the open Side Row)
- **Twist from the center of your chest** (on the closed Side Row)
- Eye gaze 6ft (3 meters) forward
- Row, push, row, push

LAYER 2

- All the weight in the open Side Row should be in the front leg; this will help activate the hip abductor and glute muscles
- Keep hands moving forward so there's tension on the band
- Every time you row, pull your elbow to the ceiling to get the rotating sensation through your waist
- Keep pushing knees out over toes to ramp up the hip muscles
- This exercise works multiple muscle groups at the same time to get you super strong





04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to understand the rhythm of the Quick Side Step, which will help them engage and enjoy the work in the glutes and hips.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Side Step & Resisted Kick Combo. Step both feet onto SMARTBAND, cross handles high up at waist. Feet under hips	16	
0:09	V1 / _ I think	8x8	A Side Step & Resisted Kick Combo 2x Side Step L Lift L knee, tap L foot to side, lift L knee, foot back down under hips Repeat to R side	4 4 8	4x
0:49	Instr / (Trumpets)	4x8	A ¹ Quick Side Step & Resisted Kick Combo 3x Quick Side Step L Lift L knee, tap L foot to side, lift L knee, foot back down under hips Repeat to R side	4 4 8	2x
1:10	V2 / _ Ever since	4x8	B Back Tap Combo L&R 4x Back Tap L 1/1 4x Back Tap R 1/1	8 8	2x
1:30	PC / Pleasure	4x8	A Side Step & Resisted Kick Combo	16	2x
1:50	Instr / (Trumpets)	4x8	A ¹ Quick Side Step & Resisted Kick Combo	16	2x
2:10	V3 / _ And everything	5x8	B Back Tap Combo L&R	16	2½x
2:35	PC / Pleasure	4x8	A Side Step & Resisted Kick Combo	16	2x
2:55	Instr / (Trumpets)	4x8	A ¹ Quick Side Step & Resisted Kick Combo	16	2x
3:15	Outro / _ I think	4x8	B ¹ Back Tap Combo L&R 2x Back Tap L 2x Back Tap R	4 4	4x



04. ISLAND 3:37mins

WHY

Reactive hip stabilizer training – having a slight jump in the side step means the side glutes are required to fire quickly. This is the type of reaction we need from these stabilizers when we run and undertake any impact training.

COACHING

The key move in this track is the Quick Side Step & Resisted Kick Combo.

As you execute the Side Leg Lift, ensure the knee pulls up towards the hip. Make sure to keep the pelvis still and square to the front as you gently tap the lead foot to the side - this allows the work to stay in the hip and glute muscles and will help to develop stronger balance.

As you transition from two slow steps into the Quick Step, shift the weight moving from one foot to the other, similar to hopping and staying light and low. Coach grounding the 3rd step to help balance before the Side Tap comes back in. The moves are fun to teach so it's a perfect time to bring in your authentic connection with your participants. How will you bring your class into the music and moves?

BACK TAP COMBO

KEY COACHING FOCUS

Take leg to back corner. Tip forward from the hips so nose is forward of toes

LAYER 1

- **Take leg to back corner**
- **Keep chest lifted**
- **Brace abs to keep hips facing forward**
- **Tip forward from the hips so nose moves forward of toes**
- **Keep the center of your chest inside the line of the big toe**
- Keep tension in the band
- If you're leaning to the side a lot, square hips to the front, bend your knees more and lean forward from your chest

LAYER 2

- Moving with a single rhythm keeps the energy high
- How far can you push your leg back?



TECHNIQUE & COACHING

SIDE STEP & RESISTED KICK COMBO / QUICK SIDE STEP & RESISTED KICK COMBO

KEY COACHING FOCUS

Keep chest lifted. Avoid leaning to the side

LAYER 1

- **Abs braced**
- **Chest lifted**
- Eye gaze forward
- **Avoid leaning to the side** (as you step across and as you lift knee and tap foot)
- Tap directly out to the side for balance and control
- The band will help you balance
- 3x Quick Side Steps
- 3, 2, 1, step, lift, tap, lift, switch
- Knees and toes face forward
- Upper body stays still

LAYER 2

- Feel the rhythm and then feel the tension – fast, slow, fast (Quick Step); it allows us to feel the exercises and work deep into the hip abductors
- Bend knees more and squat down to keep tension in your band and glute muscles





05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to master the coordination and feeling of the Oblique Crunch with Side Climber.

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / _ Walking	4x8	Set up Oblique Crunch w. Side Climber. Lie on back, facing L side, knees over hips. Place plate in L hand, extend L arm to vertical. R arm out to side. Lower knees to R side. Lift L shoulder off floor and extend R leg	32	
0:21	PC / All by	4x8	A Oblique Crunch w. Side Climber L Oblique Crunch, L arm press plate up, Extend L leg, R knee in Lower down. Extend R leg, L knee in	2 2	8x
0:41	C / _ <i>Finest hour</i>	4x8	A ¹ Oblique Crunch Side Climber w. Pulse L 3x Pulse Crunch, L leg extended, R knee in Lower L elbow and body towards floor. R leg extended, L knee in	6 2	4x
1:01	Instr /	4x8	A ² Oblique Crunch w. Side Climber L Oblique Crunch, L arm press plate up Extend L leg, R knee in Release plate to shoulder. Extend R leg, L knee in	2 2	8x
1:21	V2 / _ <i>Bottling</i>	4x8	Set up Oblique Crunch w. Side Climber R, facing R side	32	
1:41	PC / All by	4x8	A Oblique Crunch w. Side Climber R	4	8x
2:01	C / _ <i>Finest hour</i>	4x8	A ¹ Oblique Crunch Side Climber w. Pulse R	8	4x
2:21	Instr /	4x8	A ² Oblique Crunch w. Side Climber R	4	8x
2:41	Br / I can't	2x8	Set up Plank, facing front, hands under shoulders, on knees or toes	16	
2:51	B up / I can't	2x8	B Plank Wide Climber Combo (Slow) Tap L foot out to L side L knee to L elbow Tap L foot B wide L foot in at hip width Repeat R	2 2 2 2 8	
3:01	C / _ <i>Finest hour</i>	4½x8	B ¹ Plank Wide Climber Combo (Fast) L foot out to L side L knee to L elbow L foot B to 45° off floor L foot in at hip width Repeat R Hold OPTION: Tap foot to floor	1 1 1 1 4 4	4x



05. CORE STRENGTH 2

MUSIC		EXERCISE		CTS	REPS
3:23	Br / I can't	2x8	Set up Cross Crawl & C-Crunch Combo. Lie on back, facing L side. Legs extend to 45°. Fingertips to temples, crunch up	16	
3:33	B up / I can't	2x8	C Cross Crawl & C-Crunch Combo (Slow) Twist F Twist B Twist F Twist B C-Crunch, reach fingertips to ankles Lower down, extend legs to 45°	2 2 2 2 4 4	
3:43	C / _ <i>Finest hour</i>	4x8	C ¹ Cross Crawl & C-Crunch Combo (Fast) Hold last rep, legs to 45°	8	4x
4:03	Outro / (<i>Piano</i>)	2x8	Crunch up and hold	16	



05. FINEST HOUR 4:15mins

WHY

Functionally, our core is often required to work with uneven loads. The Oblique Crunch with Side Climber trains our lateral trunk stabilizers to perform these types of activities more effectively.

COACHING

The main move is the Oblique Crunch with Side Climber with or without a plate for extra resistance and challenge.

With the added loaded option to use a plate: Plate in back arm, knees over hips, dropping both knees and chest so they face the front, with knees low to the floor and chest facing forward. This is a key foundation for alignment and to maximize oblique engagement.

As you lift up: Focus on squeezing the upper ribs down towards the hip to fire up the rotator muscles. The Cross Crawls at the end are the finisher to the track, with the head off the floor to create full upper ab engagement as well as activating the obliques when you twist – hook your people to the end of the track with this powerful movement.

TECHNIQUE & COACHING

OBLIQUE CRUNCH WITH SIDE CLIMBER

KEY COACHING FOCUS

Squeeze top rib to hip. Keep waist on the floor as you side crunch

LAYER 1

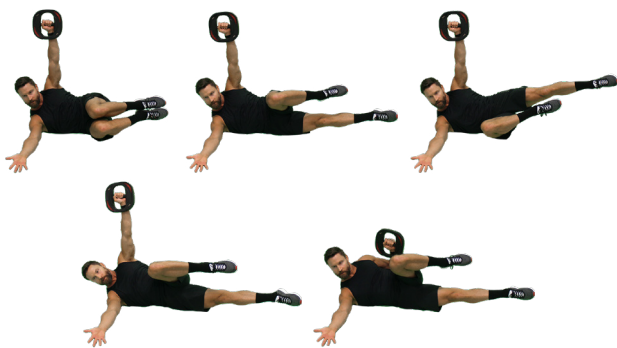
- **Squeeze top rib to hip**
- Keep knees facing forward as you crunch
- **Keep waist on the floor** as you side crunch (This stops people lifting back away from floor or flexing at the hip rather than side crunch)
- Eyes look forward and chin is tucked in. (The tendency is for participants to look up at the plate)
- Elbow locks to ribs and then punches directly up above your arm in the Crunch
- Bring knees towards chest

LAYER 2

- For an added challenge, focus on upward drive, press the plate high and kick your legs closer to the floor
- The key is to keep the waist still to feel the side body working that much more
- Taking the plate directly over the shoulder increases the load in the obliques
- Keep the legs slightly in front of body and point toes for precision movement

LEVEL

⇅ To decrease intensity, no plate





05. FINEST HOUR 4:15mins

PLANK WIDE CLIMBER COMBO (SLOW/FAST)

KEY COACHING FOCUS

Abs braced to keep hips square to floor. Back long and straight

LAYER 1

- Hands under shoulders
- On knees or toes
- Tap foot out wide, knee to elbow, reset feet, other side
- **Back long and straight**
- **Brace abs to keep hips level, square to the floor** (as the leg lifts off)
- Push hands into the floor

LAYER 2

- Try and get your knee to kiss your tricep
- For an added challenge, take the foot off the floor and even wider. Notice what happens to your pelvis as you do that. Your goal is to try and keep your hips quiet

LEVELS

⇩ To decrease intensity, on knees or Slow Plank Climber

⇧ To increase intensity, no tap



CROSS CRAWL & C-CRUNCH COMBO

KEY COACHING FOCUS

Keep lower back pressed towards the floor

LAYER 1

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

LAYER 2

- Can you lift your shoulders higher and rotate further?





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 with clear execution of the movements.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Guitar)	4x8	Fold SMARTBAND in half, step L foot on the folded part of the band, R leg B. Separate the handles. Bend L knee	32	
0:15	V1 / Jammin'	8x8 A	Front Raise & Reverse Fly Combo L L arm up R arm up L arm down R arm down Reverse Fly Arms F and down	2 2 2 2 4 4	4x
0:46	C / Jammin'	2x8 A ¹	Pulse Row L 7x Pulse Row Release arms down	14 2	
0:54	Jammin'	8x8 A ²	Pulse Row w. Modified Airplane L 7x Pulse Row. Lift R leg off floor Release arms down OPTION: Foot on floor	14 2	4x
1:25	Jammin'	4x8 A	Front Raise & Reverse Fly Combo L Hold last 4cts	16	2x
1:42	Instr / (Guitar)	4x8	Set up Front Raise & Reverse Fly Combo R	32	
1:58	V2 / Jammin'	8x8 A	Front Raise & Reverse Fly Combo R	16	4x
2:29	C / Jammin'	2x8 A ¹	Pulse Row R	16	
2:36	Jammin'	8x8 A ²	Pulse Row w. Modified Airplane R	16	4x
3:07	Jammin'	4x8 A	Front Raise & Reverse Fly Combo R	16	2x
3:23	Br / _ We Jammin'	4x8	Set up Back Extension w. Alternating Row & Leg Lift. Fold band in half, single or no band. Lie on belly. Arms O/H on the floor	32	
3:38	B up / _ Jammin'	6x8 B	Back Extension w. Alternating Row and Leg Lift L& Row L arm, lift R leg. R arm on the floor L arm extend O/H on the floor, R leg lowers Row R arm, lift L leg. L arm on the floor R arm extends O/H on the floor, L leg lowers	2 2 2 2	6x
4:02	Outro / _ Holy	8x8 B ¹	Resisted Lat Pull and Back Extension Row arms in, lift chest off floor Extend arms O/H on the floor	2 2	16x



06. JAMMIN' 4:36mins

WHY

The Front Raise with Reverse Flys works our scapular stabilizers (mid and lower trapezius). These muscles are very important for shoulder strength and help to control the alignment of the thoracic spine.

COACHING

The main feature move in this track is the standing Front Raise & Reverse Fly Combo using the Les Mills SMARTBAND.

To maximize muscle recruitment as well as stability, during the position setup: Coach to tip forward from the hips, straighten the back leg and ensure the chest is high and that the nose is forward of the toes. This is the perfect alignment to maintain back muscle recruitment throughout the exercise.

Front Raise to the corner: Thumbs facing up and target stops in line with the shoulder. Abdominals brace super tightly to support the spine. Pull the shoulder blades back and hold them there. Keep tension on the band in one arm as you are holding it out in isolation: this is a challenging and really effective exercise for the shoulders, back and core muscles.

As fatigue sets in towards the later reps, ensure your coaching helps improve execution and motivation to hold on!

TECHNIQUE & COACHING

BACK EXTENSION WITH ALTERNATING ROW AND LEG LIFT

KEY COACHING FOCUS

Squeeze butt. Twist from the center of your chest. Keep belly button facing the floor

LAYER 1

- Squeeze butt
- Belly button stays on the floor
- Twist from the center of your chest
- Squeeze shoulder blades towards spine

LAYER 2

- Keeping the belly button on the floor, rotate from the center of the chest as you pull the elbow deep into the ribs



FRONT RAISE & REVERSE FLY COMBO / PULSE ROW

KEY COACHING FOCUS

Tip forward from the hips so nose is forward of toes. Keep chest lifted

LAYER 1

FRONT RAISE & REVERSE FLY COMBO

- Tip forward from the hips so the nose is forward of toes
- Chest lifted
- Abs braced
- Keep center of chest inside the line of the big toe
- Arm up, up, down, down. Double arm up, make a half circle to back, then back down
- Squeeze shoulder blades together (as hands circle back)

PULSE ROW

- Squeeze shoulder blades together
- Chest lifted
- Abs braced to support lower back

LAYER 2

- Keep tension on the band as you lower the handles down and notice how much harder your shoulders, back and core muscles have to work to keep you posturally strong
- As you do the Reverse Fly, keep the move strong as you squeeze your shoulder blades together



RESISTED LAT PULL AND BACK EXTENSION

KEY COACHING FOCUS

Squeeze glutes. Squeeze shoulder blades together

LAYER 1

- Squeeze glutes to support spine
- Feet together
- Chin tucked in
- Eyes looking down
- Lift chest, pull elbows to ribs

LAYER 2

- Pull the band wide as your elbows come to your ribs to increase the load



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.

