

CXWORX 35

MUSIC

01. WARMUP

02. CORE STRENGTH 1

03. STANDING STRENGTH 1

04. STANDING STRENGTH 2

05. CORE STRENGTH 2

06. CORE STRENGTH 3

BONUS

01. WARMUP

BONUS

02. CORE STRENGTH 1

BONUS

Workout for Water:

06. CORE STRENGTH 3

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MUSIC

01 **Letting Go** (3:56)
Wave Dance
© 2019 Les Mills Music Licensing Ltd.
Written by: Anderson, Eriksen, Hale, Hermansen, Dean, Marai

02 **Stars** (5:54)
Great Wall
© 2019 Les Mills Music Licensing Ltd.
Written by: Marshmello

03 **Natural Blues** (5:18)
Showtek & Moby
© 2018 2-Dutch B.V. under exclusive license to Armada Music B.V.
Written by: Moby

04 **Trumpets** (2:09)
Timmy Trumpet & Lady Bee
© 2018 Hussle Recordings, a division of TMRW Music Pty Ltd.
Written by: Smith, Helsloot, Latupapua

Trumpets (0:57)
Timmy Trumpet & Lady Bee
© 2018 Hussle Recordings, a division of TMRW Music Pty Ltd.
Written by: Smith, Helsloot, Latupapua

05 **I Wanna Know** (3:10)
NOTD, Bea Miller
Courtesy of the Universal Music Group.
Written by: Gill, Brandt, Danielsson, Hjellstroem, Islam

I Wanna Know (2:12)
NOTD, Bea Miller
Courtesy of the Universal Music Group.
Written by: Gill, Brandt, Danielsson, Hjellstroem, Islam

06 **Frontin'** (3:57)
Jump Coast
© 2019 Les Mills Music Licensing Ltd.
Written by: Williams, Hugo, Jay Z

BONUS
01 **Happier** (3:39)
Marshmello & Bastille
Courtesy of the Universal Music Group.
Written by: Mac, Smith, Marshmello

BONUS
02 **Flower** (4:42)
Moby
© 2004 Mute Records Ltd., a BMG Company.
Written by: Moby

BONUS
06 **Heads Up** (3:31)
JAIN
© 2015 Spookland
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Galice

Workout
for Water



L-R: Corey Baird, Dan Cohen, Diana Archer Mills

Up close and personal with a strong focus on connection.

CXWORX Release 35 is fun, energetic, controlled and powerful.

Really effective Crunch combos, Spider Planks, Alternating Punching Rows, Hopping Pendulums, Jumping Climbers, and Resisted Pointers... just to name a few of the incredible movements in this workout.

CXWORX 35 has been designed to test both strength and stability. In each track you'll feel a real sense of achievement as you perform each exercise.

The band and/or plates are featured in 80% of the workout, challenging your core stability. The music is exciting, uplifting and fun.

This release has 3 Bonus Tracks - a Bonus track 1 and 2, and the new and exciting Workout for Water track as a Bonus 6, featuring L-Row combos, Cobras and Aeroplanes.

Enjoy this release and have fun,

The CXWORX Team

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.

Diana Archer Mills (New Zealand) is co-Program Director for BODYBALANCE/BODYFLOW, Creative Director for BODYCOMBAT, BODYJAM, BODYPUMP and RPM, and choreographer for LES MILLS TONE, LES MILLS BARRE and CXWORX. She is based in Auckland.

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

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



01. WARMUP

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	2x8	Set up Double Leg Lift. Lie on back, arms wide, palms up, facing L side	16	
0:18	C / _ Dutty	2x8	A Double Leg Lift	8	2x
0:28	V1 / Don't	4x8	A ¹ Double Leg Lift w. Extension		
			Double Leg Lift	2	
			Extend legs up	2	
			Bend knees	2	
			Lower both feet to floor	2	4x
0:49	C / _ Dutty	4x8	B C-Crunch Combo		
			4x C-Crunch Pulse, knees over hips	8	
			4x C-Crunch Pulse, extend legs up, arms reach towards toes	8	
			4x C-Crunch Pulse, knees over hips	8	
			4x C-Crunch Pulse, feet on floor, arms reach past knees	8	
1:10	Ref / _ What if	4x8	C Oblique Leg Drop & Kick F&B (Slow)		
			Lower knees F, extend top leg	4	
			Bend knee, reset back to center	4	
			Lower knees to B, extend top leg	4	
			Bend knee, reset back to center	4	2x
1:31	V2 / _ I'm here	4x8	C ¹ Oblique Leg Drop & Kick F&B (Fast)		
			Lower knees F, extend top leg	2	
			Bend knee, reset back to center	2	
			Lower knees to B, extend top leg	2	
			Bend knee, reset back to center	2	4x
1:52	C / _ Dutty	4x8	B C-Crunch Combo	32	
2:08	Ref / _ What if	4x8	C Oblique Leg Drop & Kick (Slow)	16	2x
2:33	V3 / _ Hey yo	4x8	C ¹ Oblique Leg Drop & Kick (Fast)	8	4x
2:54	Br / Style	5x8	D Alternating Single-Leg Hip Bridge L&R		
			Hip Bridge Lift F leg	4	
			Hip Bridge Lift B leg	4	5x
3:20	Ref / _ What if	4x8	B C-Crunch Combo	32	
3:41	Oh feel like	2½x8	4x C-Crunch Pulse, knees over hips	8	
			5x C-Crunch Pulse, extend legs up, arms reach towards toes	10	
			Hold	2	



01. LETTING GO 3:56 mins

COACHING

This track has great moves to get the core ready for the workout ahead. Coach clear Layer 1 Position and Execution cues so participants can easily follow you and not miss any transitions. Practise the new feels of the C-Crunch Combo and the Single-Hip Bridge and have fun with the music in your own authentic way to help everyone feel engaged and inspired.

TECHNIQUE & COACHING

DOUBLE LEG LIFT / DOUBLE LEG LIFT WITH EXTENSION

KEY COACHING FOCUS

Brace abs to keep lower back pressed 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 (in Double Leg Lift)
- Both legs bend, straighten, bend, tap (in Double Leg Lift with Extension)



C-CRUNCH COMBO

KEY COACHING FOCUS

Squeeze ribs to hips

LAYER 1

- **Squeeze ribs to hips**
- Reach high (in the leg extension)
- Reach past knees (when feet are on the floor)
- **Tuck chin in**
- Eye gaze between knees



OBLIQUE LEG DROP AND KICK

KEY COACHING FOCUS

Anchor shoulders to the floor

LAYER 1

- **Brace abs**
- **Anchor shoulders to the floor**

LAYER 2

- How far can you lower your legs for an extra challenge? Can you come one inch deeper?



ALTERNATING SINGLE-LEG HIP BRIDGE

KEY COACHING FOCUS

Squeeze glutes to lift hips

LAYER 1

- **Keep hips level**
- **Squeeze butt**
- Use your glutes to drive your hips up
- Aim knee at the ceiling

LAYER 2

- This will awaken the glutes and fire up the back of the body





02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to enjoy building core strength as they challenge themselves, no matter what level they are doing.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Hover, on knees or toes	32	
0:13	Instr / Synth	4x8	A Hover	32	
0:27	(Beat)	8x8	A ¹ Hover w. Toe Tap Sequence L&R		
			L leg tap out and in x2	8	
			L leg tap out and hold	4	
			Slide L leg back in	4	
			Repeat R	16	2x
0:54	(Synth)	2x8	Set up Lateral Walking Plank	16	
1:01	B up / (Instr)	6x8	B Lateral Walking Plank L&R		
			Walk hands and feet together to L side x2	8	
			Walk hands and feet together to R side x2	8	3x
1:21	Instr / (Heavy beat)	8x8	C Spider Plank w. Toe Tap Sequence		
			L leg tap out and in x2	8	
			Tap L leg out, R arm reaches out to diagonal on floor and hold	4	
			Slide L leg and R arm back in	4	
			Repeat R	16	2x
1:48	Instr / (Quiet)	4x8	Drop to knees. Pick up 2x weight plates, one in each hand. Lie on back, facing L, knees over hips; crunch up and hold	32	
2:01	B up / (Instr)	4x8	D Plate Extension & Crunch Sequence		
			Extend R arm and R leg to 45°	4	
			R arm and R leg in and crunch up	4	
			Extend L arm and L leg	4	
			L arm and L leg in and crunch up	4	2x
2:15	Instr / (Heavy beat)	16x8	D ¹ Plate Extension & Crunch Sequence		
			Extend R arm and R leg to 45°	2	
			R arm and R leg in and crunch up	2	
			Extend L arm and L leg	2	
			L arm and L leg in and crunch up	2	
			Extend both arms and legs out and in	8	8x
			Arms out to side on floor on last 4cts		
3:09	Instr / (Heavy beat)	12x8	E Split Leg Scissor L&R		
			Split legs in Scissor, R leg up, L leg down	2	
			Scissor L leg up, R leg down	2	
			Slowly Scissor R leg up, L leg down	4	
			Split legs in Scissor, L leg up, R leg down	2	
			Scissor R leg up, L leg down	2	
			Slowly Scissor, L leg up, R leg down	4	6x



02. CORE STRENGTH 1

MUSIC			EXERCISE		CTS	REPS
3:50	Instr / (Synth)	4x8	Set up Hover, on knees or toes		32	
4:03	Instr /	4x8	A	Hover	32	
4:17	(Synth)	4x8	A ¹	Hover w. Toe Tap Sequence L&R	32	
4:30	(Beat)	8x8	A ²	Hover w. Leg Swing Sequence L&R		
				Swing L leg out and in x2	8	
				Swing L leg out and hold	4	
				Swing L leg back in	4	
				Repeat R	16	2x
4:57	Instr /	2x8	Set up Lateral Walking Plank		16	
5:04	B up / (Instr)	6x8	B	Lateral Walking Plank L&R	16	3x
5:24	Instr / (Heavy beat)	8x8	C ¹	Spider Plank w. Swing Sequence		
				Swing L leg out and in x2	8	
				Swing L leg out, R arm reaches out to diagonal on floor and hold	4	
				Swing L leg back in and return R arm back in	4	
				Repeat R	16	2x
				Option: Lift hand off floor on last rep		



02. STARS 5:54 mins

TECHNIQUE & COACHING

WHY

Our core eliminates unwanted movement in the spine, keeping us strong and preventing injury. Keeping the hips and shoulders square to floor as we move our arms and legs in Planks and Hovers is a great way to train this mechanism.

COACHING

There are two feature moves:

1. Lateral Walking Plank with a Spider Plank with Toe Tap Sequence
2. Plate Extension & Crunch Sequence

When performing the Extended Crunch sequence be very clear in setting up targets. Legs extend to 45 degrees or just below and the option is to bend knee and toe-tap.

For the Walking Plank sequence, coach same arm/ same leg as you travel to the side; this ensures greater success in reducing bounce and creating stability as you move. The option for this move is to hold the Plank on the spot, on knees or toes, and then to join in on the Spider Plank sequence. The moves are tough but fun, so bring out your enjoyment and love of what you are doing!

HOVER WITH TOE TAP SEQUENCE / LEG SWING SEQUENCE

KEY COACHING FOCUS

Brace abs to keep hips square to the floor

LAYER 1

- Knees in line with hips
- Elbows under shoulders
- **Back long and straight**
- **Brace abs to stabilize your body**
- **Hips and shoulders stay square to the floor** (as leg moves in and out)
- Move leg to the side 2 times, hold on the third
- Slide the leg on the way in

LAYER 2

- Feel what's happening to your abdominals every time you move your leg – tune into that feeling
- You can take the leg as wide as you want to, as long as you can maintain your hips in a strong, still position

LEVELS

⇓ To decrease intensity, Hover on knees

⇓ To decrease intensity, drop to a single knee





02. STARS 5:54 mins

TECHNIQUE & COACHING

LATERAL WALKING PLANK / SPIDER PLANK WITH TOE TAP SEQUENCE / SWING SEQUENCE

KEY COACHING FOCUS

Brace abs to keep hips square to the floor

LAYER 1

- **Back long and straight**
- **Abs braced**
- **Keep shoulders and hips square to the floor** (as you walk the plank and when adding in the Spider Plank with Toe Tap Sequence)
- If you lose alignment in your shoulders, drop to one knee (when adding in the Spider Plank with Toe Tap)
- The feeling is sliding vs. bouncing (in the Lateral Walking Plank)

LAYER 2

- I'm in stealth mode
- On the Spider Plank, can you lift your hand 3 inches off the floor?
- If you're twisting, it's your abs fighting really hard to keep you still

LEVEL

⇓ To decrease intensity, drop to a single knee (in Spider Plank)

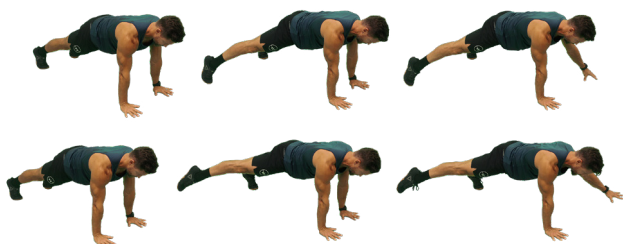


PLATE EXTENSION & CRUNCH SEQUENCE

KEY COACHING FOCUS

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

LAYER 1

- **Squeeze ribs to hip** (Crunch)
- **Brace abs to keep lower back towards the floor** (in the extension – single or double legs)
- **Tuck chin in as you crunch**
- **Lower legs to 45 degrees** or slightly lower
- Back of the head touches the floor gently

LAYER 2

- Point toes and squeeze quads

LEVELS

⇓ To decrease intensity, no plate

⇓ To decrease intensity, toe-tap



SPLIT LEG SCISSOR

KEY COACHING FOCUS

Brace abs to keep lower back to the floor

LAYER 1

- **Brace abs**
- Quick, quick, slow
- Trunk stays still – only things moving are your legs
- **If lower back is starting to lift, use bent knee alternative**

LAYER 2

- The weight of your legs alone really fires up your core muscles
- Swing legs and catch with control

LEVEL

⇓ To decrease intensity, toe-tap





03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to understand and enjoy the new Rotating Plate Twist movement through my precise Execution cues.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Single Leg Squat and Alternating Row with band or plate Fold band in half. Step L foot onto middle of band, hold a handle in each hand, step R leg B Option: Plate	32	
0:15	C / Oh	4x8	A Single-Leg Squat & Alternating Row L (Slow) Row R arm Row L arm	4 4	4x
0:30	Oh	4x8	A ¹ Single-Leg Squat & Alternating Row L (Med) Row R arm Row L arm	2 2	8x
0:45	Rep / Trouble	8x8	A ² Single-Leg Squat & Alternating Row Combo L (Med) Row R arm Row L arm Row R arm. Open hip and lift R leg Row L arm. R leg lower	2 2 2 2	8x
1:16	Instr /	8x8	A ³ Single-Leg Squat & Alternating Row Combo L (Fast) Row R arm Row L arm Row R arm Row L arm Row R arm. Open hip and lift R leg Row L arm. R leg lower	1 1 1 1 2 2	8x
1:46	B up / _ Oh	4x8	Set up Single Leg Squat and Alternating Row R	32	
2:02	C / Oh	4x8	A Single-Leg Squat & Alternating Row R (Slow)	8	4x
2:17	Oh	4x8	A ¹ Single-Leg Squat & Alternating Row R (Med)	4	8x
2:32	Rep / Trouble	8x8	A ² Single-Leg Squat & Alternating Row Combo R (Med)	8	8x
3:02	Instr /	8x8	A ³ Single-Leg Squat & Alternating Row Combo R (Fast)	8	8x
3:33	B up / _ Oh	4x8	Set up Rotating Plate Twist & Press. Hold plate at chest height, feet hip-width apart, squat down Option to use band	32	
3:48	C / Oh	4x8	B Rotating Plate Twist & Press (Slow) Twist R shoulder to L side Twist L shoulder to R side Push plate diagonally to L corner and Lunge Repeat to other side	2 2 4 8	2x
4:04	Rep / Trouble	8x8	B ¹ Rotating Plate Twist & Press w. Leg Lift (Slow) Twist R shoulder to L side Twist L shoulder to R side Push plate diagonally to L corner, R Leg Lift Repeat to other side	2 2 4 8	4x
4:34	Instr /	8x8	B ² Rotating Plate Twist & Press w. Leg Lift (Fast) Twist R shoulder to L side Twist L shoulder to R side Push plate diagonally to L corner, R Leg Lift Repeat to other side	1 1 2 4	8x



03. NATURAL BLUES 5:18 mins

TECHNIQUE & COACHING

WHY

Improving our ability to rotate from the center of the chest increases thoracic mobility and helps protect us from shoulder injury. Having a mobile thoracic region reduces the tendency to strain the shoulder when we reach behind.

COACHING

You have the choice of using a plate or a band in this track for the Single-Leg Squat/Row movement. Give participants the choice if you have these available.

You have plenty of time to set up the Rows before the beat kicks in and you are moving fast. Focus on turning from the center of the chest by bracing hard to stabilize the hips when you row and then hips and shoulders move as one when you add the Leg Lift.

Challenge participants to hit the targets of pulling the elbows high as they row, to keep the work in the rotator muscles of the trunk, and using the core to achieve the superstar landing!

The Rotating Plate Twist and Press is a new innovation. Again it starts slowly so set the execution well to make sure that when the speed kicks in, everyone feels successful and there's no escaping the waistline burn!

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

- **Keep chest lifted**
- **Tip forward from the hips so nose is forward of toes**
- **Brace abs to keep hips facing forward**
- **Twist from the center of the chest** (when doing the Row without the Leg Lift)
- **Pull elbows high and squeeze shoulder blade towards spine** (as you row)
- **Brace abs so hips and shoulders move as one** (when lifting the back leg and opening hips and shoulders)
- **Knee in line with middle of foot**
- Eye gaze 10 feet (3 meters) forward

LAYER 2

- Superstar landing – bend the knee and punch
- Feel what happens to your waist muscles when you pull your elbow higher. Can you feel them and your upper back work harder?
- Core and outer hip muscles are working together to control you
- Feel the power of the music and let it fuel the movement
- If you feel unbalanced, recruit more of your muscles, legs, arms, back, to help, especially as you land





03. NATURAL BLUES 5:18 mins

TECHNIQUE & COACHING

ROTATING PLATE TWIST AND PRESS

KEY COACHING FOCUS

Twist from the center of your chest. Hips face forward

LAYER 1

- **Twist from the center of your chest**
- **Hips face forward**
- **Keep chest lifted**
- **Push the plate to the corner of the room**
- Plate presses just above shoulder height
- Weight shift in the legs when pressing plate
- Hips face front to give you control (as leg lifts)

LAYER 2

- Bend knees a lot to catapult the plate to the corner
- Can you feel your oblique muscles twisting you?
- Pull the plate close to the chest, like someone is trying to take it off you

LEVEL

⇩ To decrease intensity, use a band for less resistance





04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to understand and enjoy the new innovation of the Hopping Pendulum through my inclusive coaching to all levels and for them to enjoy the burn in the glutes and hips.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Side Leg Lift & Squat Combo Step both feet onto band, cross handles high up at waist. Feet under hips	16	
0:09	Instr / (Drums)	2x8	A Side Leg Lift & Squat L&R (Slow) Side Leg Lift L Return L foot to start position and squat Repeat R	2 2 4	2x
0:18	C / _ Come	4x8	A ¹ Side Leg Lift & Squat L&R (Fast) Side Leg Lift L Return L foot to start position and squat Repeat R	1 1 2	8x
0:37	Instr / (Beat)	4x8	B Hopping Pendulum L&R Swing L leg out to side, stand on R foot Swing R leg out to side, stand on L foot	1 1	16x
0:55	C / _ Come	8x8	C Single-Leg Squat L&R Single-Leg Squat L. R leg B to corner x8 Single-Leg Squat R. L leg B to corner x8	16 16	2x
1:31	Instr / (Trumpet)	2x8	A ¹ Side Leg Lift & Squat L&R (Fast)	4	4x
1:40	(Beat)	2x8	B Hopping Pendulum L&R	2	8x
1:50	C / _ Come	4x8	C Single-Leg Squat L&R	32	
2:08	Instr / (Trumpet)	2x8	Release glutes. Circle hips L then R	8	2x
2:18	Instr / (Drums)	2x8	A Side Leg Lift & Squat L&R (Slow)	8	2x
2:27	C / _ Come	4x8	A ¹ Side Leg Lift & Squat L&R (Fast)	4	8x
2:46	Instr / (Beat)	4x8	B Hopping Pendulum L&R	2	16x



04. TRUMPETS 3:06 mins

WHY

The Hopping Pendulum is a great exercise to train our hip and side trunk stabilizers to contract quickly. These muscles are required to control our alignment with every footstrike when we are running during sporting activities. This is known as reactive stabilizer training.

COACHING

Early pre-cueing and coaching the timing and transitions of the Side Leg Lift/Hopping Pendulum will help participants follow the choreography successfully.

Set up your class on the Slow Side Leg Lift, building into the faster pace and eventually into the Hopping Pendulum for this great stabilizer training.

Coaching Layer 2 cues will help participants to manipulate the intensity and we can do this through internal and external focuses for the moves. These types of cues can make a huge difference to physical performance.

Getting the glutes to optimally engage does not come naturally to many people. Cues such as *“Foot lands directly under the center of your pelvis”* provide an internal focus (of the body-part involved) whilst *“It’s like a freeze frame: every time you land, push out to the side walls”* provides an external focus (by directing the energy outside the body).

People learn differently, so mix up your coaching cues to cater to all the different types of people in classes.

Lastly, remember: you can’t coach everything, so pick one focus to help all levels and stay with that focus, then choose a different focus next week.

TECHNIQUE & COACHING

SIDE LEG LIFT AND SQUAT

KEY COACHING FOCUS

Brace abs to keep hips facing forward

LAYER 1

- Stay upright
- Brace abs so hips are facing forward
- Butt back and down (on Squat)
- Chest lifted
- Stand tall

LAYER 2

- Sink deeper into the legs to fire up the thigh muscles
- This is excellent for training the core how to stabilize on one leg





04. TRUMPETS 3:06 mins

TECHNIQUE & COACHING

HOPPING PENDULUM

KEY COACHING FOCUS

Stay upright. Foot lands under the center of your pelvis

LAYER 1

- Feet directly under hips
- Bend knee on landing
- Foot lands under the center of your pelvis
- Stay upright

LAYER 2

- It's like a freeze frame: every time you land, the core muscles switch on fast

LEVEL

⇩ To decrease intensity, stay with Side Leg Lift and Squat (Fast)



SINGLE-LEG SQUAT

KEY COACHING FOCUS

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

LAYER 1

- Tip forward from hips so nose is forward of toes
- Push heel to the back corner – to keep band on the back foot and tension in the glutes
- Keep the center of your chest inside the line of the big toe
- Knee in line with the middle of foot
- Light tap with the back foot

LAYER 2

- Can you feel the tension building in your glutes? That's how we get them stronger





05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to understand how to execute the Oblique Leg Drop and enjoy challenging their range of motion.

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / Is she	4x8	Set up Oblique Leg Drop, facing L side, lie on back, legs vertical, arms out to sides, palms up Option: Knees bent	32	
0:16	PC / Of staying	6x8	A Oblique Leg Drop F&B (Slow) Lower legs to F, top leg bent Return to center Lower legs to B, top leg bent Return to center	4 4 4 4	3x
0:41	PC / Wanted	2x8	Set up Side Hover Crunch L R elbow under shoulder, R knee bent, lift hip, L leg extended, L arm reaches O/H	16	
0:48	C / Know	4x8	B Side Hover Crunch L Crunch L knee in, L arm reaches straight towards L foot Extend L arm and leg	2 2	8x
1:04	V2 / Is she	2x8	Set up Oblique Leg Drop F&B	16	
1:12	That you	9x8	A ¹ Oblique Leg Drop F&B (Fast) Lower legs to F , top leg bent Return to center Lower legs to B, top leg bent Return to center	2 2 2 2	9x
1:48	PC / I wanna	1x8	Set up for Side Hover Crunch	8	
1:52	C / Know	4x8	B Side Hover Crunch L	4	8x
2:09	Instr / Know	2x8	Set up Mountain Climber Sequence, facing R side Come to Plank position, push hips B, on knees or toes	16	
2:16	PC / Body	4½x8	C Mountain Climber Sequence (Slow) F knee to F elbow Return to Plank F knee to B elbow Return to Plank F knee to F elbow Return to Plank Push hips B B knee to B elbow Return to Plank B knee to F elbow Return to Plank B knee to B elbow Return to Plank Push hips B Hold	2 2 2 2 2 2 4 2 2 2 2 2 4 4	



05. CORE STRENGTH 2

MUSIC		EXERCISE		CTS	REPS
2:34	C / Know	4x8	C ¹ Mountain Climber Sequence (Fast) F knee to F elbow F knee to B elbow F knee to F elbow Push hips B B knee to B elbow B knee to F elbow B knee to B elbow Push hips B	2 2 2 2 2 2 2 2	2x
2:50	Rep / Know	5x8	C ² Mountain Climber Sequence w. Jump Jump F knee to F elbow F knee to B elbow F knee to F elbow Push hips B Jump B knee to B elbow B knee to F elbow B knee to B elbow Push hips B Hold Plank Option: Mountain Climber Sequence (Fast)	2 2 2 2 2 2 2 2 8	2x
3:10	V3 / Is she	4x8	Set up Oblique Leg Drop facing R	32	
3:26	PC / Of staying	6x8	A Oblique Leg Drop F&B (Slow)	16	3x
3:50	PC / Wanted	2x8	Set up for Side Hover Crunch R	16	
3:58	C / Know	4x8	B Side Hover Crunch R	4	8x
4:14	V4 / Is she	2x8	Set up Oblique Leg Drop F&B	16	
4:22	That you	9x8	A ¹ Oblique Leg Drop F&B (Fast)	8	9x
4:58	PC / Know	1x8	Set up Side Hover Crunch R	8	
5:02	C / Know	4x8	B Side Hover Crunch R Hold	4	8x



05. I WANNA KNOW 5:22 mins

WHY

The Oblique Leg Drops challenge our obliques and their connection to the hip abductors. This connection is a key stability mechanism for the pelvis and helps to prevent injuries in this area.

COACHING

Make sure you physically practise this track so you can role-model all the levels – high and low – and match your vocal delivery to the intensity of the moves... It's a tough one!

The focus for the Oblique Leg Drop is to keep pulling the knee to the chest to fire the obliques and keep the work in the thoracic spine rather than lower back.

This move flows perfectly into the Side Hover Crunch, which has a level up to toes for your hardcore participants (remember to coach to dropping to one knee if there is any discomfort in the knee) and have fun with this move!

The Mountain Climber has a new feel with a jump of both feet which will ramp up the abdominal brace to keep the back long and straight.

Yowzah!

TECHNIQUE & COACHING

OBLIQUE LEG DROP

KEY COACHING FOCUS

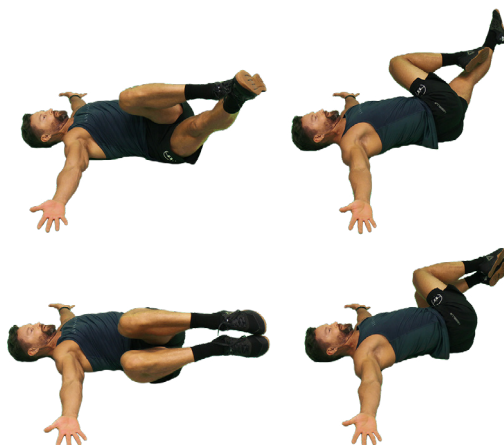
Anchor shoulders to the floor

LAYER 1

- **Anchor shoulders to the floor**
- Arms at shoulder height
- Knees bent or straight from more resistance
- Leg drops to front to 45 degrees, then to back
- **Bend the inside knee towards your chest as you lower**
- Lower as far as you can without shoulders coming off the floor

LAYER 2

- Keep pulling knee to chest to fire your obliques and keep the work in your thoracic spine rather than lower back
- Feel the stretch on the muscles of your waist and abdominals as the leg lowers and feel your obliques and inner thighs squeeze to pull the leg back up
- Stay with the feel of squeeze and pull





05. I WANNA KNOW 5:22 mins

TECHNIQUE & COACHING

SIDE HOVER CRUNCH

KEY COACHING FOCUS

Bottom hip is lifted. Hips and chest square to the front

LAYER 1

- Elbow under shoulder
- Bottom knee bent
- Top leg straight, arm straight over head
- **Hips and chest square to the front**
- **Bottom hip lifted**
- Drive the forearm into the floor to support the shoulder

LAYER 2

- Drive the knee and elbow into the floor to fire up the oblique muscles

LEVEL

↑To increase intensity, straighten both legs



MOUNTAIN CLIMBER SEQUENCE

KEY COACHING FOCUS

Back long and straight

LAYER 1

- **Back long and straight**
- **Abs braced**
- **Shoulders square to the floor**

LAYER 2

- Adding the Jump will ramp up your abdominal brace when you land

LEVELS

↓To decrease intensity, on knees

↑To increase intensity, add a Jump

↓To decrease intensity, stay with Fast Mountain Climber Sequence





06. CORE STRENGTH 3

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4½x8	Set up Resisted Punch & Circle Sequence with band or plate. Fold band in half, lay down in front. Place R hand in the middle of the band, knees under hips. Extend R leg, toes on the floor or lift leg. Handle in L hand, L elbow into ribs Option to use a plate	36	
0:21	V1 / Full of	8x8 A	Resisted Punch & Circle Sequence L Extend L arm F L elbow to ribs Extend L arm F and half circle around to B and back to start position Note: Bend back knee and arms in Wide Row position on last 4cts	2 2 4	8x
0:58	C / Carrying	4x8 B	Scorpion & Pulse Row L Pulse Row	2	16x
1:17	V2 / Girlfriend	2x8	Set up Resisted Punch & Circle Sequence R	16	
1:27	Give	6x8 A	Resisted Punch & Circle Sequence R	8	6x
1:55	C / Carrying	4x8 B	Scorpion Pulse & Row R	2	16x
2:14	Br / Another	2x8	Set up Back Extension with Arms Sequence. Facing front, lie prone, arms F, thumbs up, lift torso, feet together	16	
2:23	_ Dance	10x8 C	Back Extension w. Arms Sequence Pull arms B Extend arms F Pull arms B then wide arm circle to front	2 2 4	10x
3:11	Instr / _ Haha	1½x8	Set up Parachute. One hand on top of the other, forehead on hands. Heels together, knees out	12	
3:18	_ Haha	2½x8 D	Parachute Lift knees up Release down	2 2	5x
3:29	Outro / _ Haha	4x8 C+D	Parachute & Back Extension w. Arms Sequence	8	4x
3:48	(Fade)	2x8	Hold, lie prone. Childs Pose	16	



06. FRONTIN' 3:57 mins

WHY

Squeezing the butt during prone exercises (lying on our stomach) protects the lumbar spine from hyper-extension. The glutes posteriorly tilt the pelvis, which flexes the lumbar spine – reducing lumbar extension as we lift off the floor.

COACHING

This track starts in Pointer position: with options for equipment of band or plate or using our body weight.

Practise the movement with both pieces of equipment so you know the difference in feel and these points become your coaching cues/focuses.

Bracing the abs tightly is key to keeping the trunk stable and the pelvis still. The back extension work helps improve scapula control – an important component of improving shoulder stability – as well as all the postural benefits that make us feel and look strong.

Coach all levels with fingers down or off the floor so everyone is included. The key is: know your participants and know their goals so you can help motivate them to success!

TECHNIQUE & COACHING

RESISTED PUNCH & CIRCLE SEQUENCE

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor

LAYER 1

- **Brace abs to keep hips and shoulders square to the floor**
- Extend leg off floor, or toes down, elbow into ribs, punching forward and back, big circle out, round, and back in
- Target for the handles is just under the line of the shoulder
- Keep tension on the band

LAYER 2

- Working deep into the muscles of the rear shoulders and back

LEVEL

⇓ To decrease intensity, toes on the floor



PARACHUTE / WITH ARMS SEQUENCE

KEY COACHING FOCUS

Squeeze butt

LAYER 1

- Bend knees
- Heels together
- **Squeeze butt**
- Open your wings

SCORPION & PULSE ROW

KEY COACHING FOCUS

Squeeze shoulder blade to spine

LAYER 1

- Bend back knee
- Knee stays still
- **Lift knee to just below hip height**
- Knuckles face front
- Lift elbow directly up
- **Squeeze shoulder blade to spine**

LAYER 2

- You can take the elbow as high as you want to, as long as you maintain great control
- Push the opposite hand hard into the floor to stabilize shoulders
- We are engaging hamstrings and glutes in this position

LEVEL

⇓ To decrease intensity, toes on the floor



BACK EXTENSION WITH ARMS SEQUENCE

KEY COACHING FOCUS

Squeeze butt

LAYER 1

- Lie on belly
- Feet together
- **Squeeze butt to support the spine**
- **Squeeze shoulder blades together**
- Arms forward
- **Chin tucked in**
- Arms forward, back and wide circle

LAYER 2

- As you take your arms in a wide circle, think about keeping your thumbs up or slide the fingers back and draw a circle with your hands





BONUS

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		REPS	
0:00	Intro / Lately	2x8	Set up Double Leg Lift. Hands under lower back, facing L side	16	
0:10	V1 / Comes	4x8	A Double Leg Lift 2/2	8	4x
0:28	C / Only	4x8	B Triple Pulse C-Crunch	8	4x
0:48	Instr /	4x8	C Single-Leg Oblique Twist Pulse F&B		
			7x Oblique Twist Pulse F	14	
			Return to start position	2	
			7x Oblique Twist Pulse B	14	
			Return to start position	2	
1:07	V2 / Falls	4x8	A Double Leg Lift 2/2	8	4x
1:26	C / Only	4x8	B Triple Pulse C-Crunch	8	4x
1:46	Instr /	4x8	C Single-Leg Oblique Twist Pulse F&B	32	
2:05	Br / Go	2x8	Set up Hip Bridge	16	
2:14	Go	2x8	D Hip Bridge Pulse	2	8x
2:24	PC / Lately	8x8	D ¹ Single-Leg Hip Bridge Pulse F&B		
			7x Single-Leg Hip Bridge Pulse F	14	
			Lower and change legs	2	
			7x Single-Leg Hip Bridge Pulse B	14	
			Lower and change legs	2	2x
3:02	Instr /	4x8	C Single-Leg Oblique Twist pulse F&B	32	
3:21	Outro / <i>Go</i>	2x8	B Triple Pulse C-Crunch	8	2x



BONUS

01. HAPPIER 3:39 mins

COACHING

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

Seven is the magic number in this track – 7 Oblique Twists, 7 Single-Leg Hip Bridges.

Use the 7 reps to allow space in transitioning from one move to the next. Coach to this rhythm and set participants up for success.

This track is an upbeat, friendly song. Find moments to let the lyrics come through and set the time for a fun and great workout ahead.

TECHNIQUE & COACHING

DOUBLE 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**
- Both legs lift up, up; lower both legs down, down

LAYER 2

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

SINGLE-LEG OBLIQUE TWIST PULSE

KEY COACHING FOCUS

Lift shoulder up and across

LAYER 1

- Rotate from the center of the chest
- **Brace abs**
- **Lift shoulder up and across**

LAYER 2

- Small pulses, staying in the top range

SINGLE-LEG HIP BRIDGE

KEY COACHING FOCUS

Squeeze butt and keep hips square to the floor

LAYER 1

- Drive the knee directly up
- **Squeeze butt and keep hips square to the floor**
- Push the back of the arms and the shoulders into the floor



TRIPLE PULSE C-CRUNCH

KEY COACHING FOCUS

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

LAYER 1

- Crunch up, pulse 3 times
- Reach fingertips to ankles
- Knees over hips
- **Ribs to hips as you crunch**
- **Chin tucked in**
- **Control on the way down as your legs lower**

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





BONUS

02. CORE STRENGTH 1

TRACK FOCUS

My participants will experience the challenge of using body-weight and long lever movements to build a strong core.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8	Set up Plank on knees, facing L side	32	
0:12	Instr / (Piano)	12x8	A	Plank & Leg Lift Combo F&B	
			Lift knees up	2	
			Lift F leg	2	
			Lower F leg	2	
			Drop knees to floor	2	
			Repeat on B leg	8	6x
			Option: On knees		
0:47	Br / Old	2x8	Set up Crunch with Alternating Leg Drop, facing R side		
			Lie on back, arms wide and feet to vertical	16	
0:54	C / Green	10x8	B	Crunch w. Alternating Leg Drop Sequence	
			Crunch up, arms vertical, palms facing	4	
			Lower arms to side, F leg lowers, B knee bends	4	
			Crunch up, arms vertical, palms facing	4	
			Lower arms to side, B leg lowers, F knee bends	4	5x
1:23	Br / Old	2x8	Set up Hover, on knees or toes	16	
1:29	C / Green	10x8	A ¹	Hover & Leg Lift Combo F&B	5x
1:59	Br / Old	2x8	Set up Crunch with Alternating Leg Drop	16	
2:05	QC / Green	4x8	B	Crunch w. Alternating Leg Drop Sequence	2x
2:17	C / Green	10x8	B ¹	Double Pulse Crunch w. Alternating Leg Drop Sequence	
			Double Pulse Crunch, arms vertical, palms facing	4	
			Lower arms to side, F leg lowers, B knee bends	4	
			Double Pulse Crunch, arms vertical, palms facing	4	
			Lower arms to side, B leg lowers, F knee bends	4	5x
2:47	C / (B up)	10x8	B ²	Crunch w. Double Leg Drop	
			Crunch, arms vertical, palms facing	4	
			Lower both legs	4	10x
			Option: Bent knees and toe-tap		
3:16	Br / Old	4x8	Set up in Plank or Hover	32	
3:28	C / Green	22x8	A or A ¹	Plank/Hover & Leg Lift Combo F&B	11x
4:34	Outro / Old	2x8	Hold Plank/Hover	16	



BONUS

02. FLOWER 4:42 mins

WHY

Pulling one knee into the chest as we drop the opposite leg towards the floor helps to stabilize the lumbar spine. This allows us to use speed and a larger range to motion safely.

COACHING

The Crunch with Leg Drop Sequence will challenge even your hardcore participants. Look at who's in front of you and offer the different levels to suit the needs of your class. Take time to coach Layer 2 cues, explaining how to improve execution and build the intensity through precision of movement.

Try using powerful imagery to bring the focuses to life for participants and sell the benefits of this training. When we perform the Plank/Hover we use the sling muscles which refer to the interconnections between our core muscles of the upper and lower limbs. This improves functional strength.

TECHNIQUE & COACHING

PLANK & LEG LIFT COMBO

KEY COACHING FOCUS

Back long and straight. Brace abs

LAYER 1

- Hands under shoulders
- Knees hip-width apart
- Heel lifts just above hip height
- **Back long and straight**
- **Abs braced**
- **Pelvis stays square to the floor as the leg lifts**

LAYER 2

- Squeeze glutes and brace abs tighter as you start to fatigue, to maximize core recruitment



LEVEL

⇓ To decrease intensity, on knees



CRUNCH WITH ALTERNATING LEG DROP SEQUENCE / DOUBLE LEG DROP

KEY COACHING FOCUS

Squeeze ribs to hips and brace abs to keep lower back close to the floor

LAYER 1

- Arms wide
- Feet vertical
- **Squeeze ribs to hips** (as you crunch up)
- **Brace abs to keep lower back close to the floor** (as you extend out)
- **Tuck in chin** (as you crunch)
- Tail bone lifts on the Crunch

LAYER 2

- Add Pulse to challenge yourself further
- The Pulse overloads the top range
- Powerful and strong through the core
- You want to chase the burn, because that's your core getting stronger

LEVEL

⇓ To decrease intensity, bend knees and toe-tap



HOVER & LEG LIFT COMBO

KEY COACHING FOCUS

Brace abs. Pelvis stays square to the floor

LAYER 1

- **Brace abs to support lower back**
- **Back long and straight**
- **Pelvis stays square to the floor**

LAYER 2

- To increase intensity, push your forearms hard into the floor, tighten your thighs and squeeze your butt. Everything's fired up

LEVEL

⇓ To decrease intensity, on knees





BONUS Workout for Water

06. CORE STRENGTH 3

This is our Workout for Water track, so hype it up and have some fun. It's a chance for our tribe to change the world for thousands of children in Ethiopia. Join us here: <https://www.workoutforwater.org/>

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Cobra with band or plate. Step into band, feet under hips. Tip forward from the hips, arms B, palms down	16	
0:07	Instr /	9x8	Cobra Lift up Halfway down Lift up All the way down	2 2 2 2	9x
0:40	V1 / Heads up	8x8	A L-Row	8	8x
1:09	C / Up	8x8	A ¹ Row & L-Row Sequence 4x Pulse Row L-Row	8 8	4x
1:38	V2 / Heads up	4x8	Set up Aeroplane. Lie prone, facing front, arms out to sides, thumbs up, lift chest	32	
1:53	PC / Time for	4x8	B Aeroplane Aeroplane L, lift R leg Back to center Aeroplane R, lift L leg Back to center	4 4 4 4	2x
2:07	C / Up	8x8	B ¹ Aeroplane & Leg Lift Sequence Pulse x4 Aeroplane L, lift R leg Return to center Pulse x4 Aeroplane R, lift L leg Return to center	8 4 4 8 4 4	2x
2:36	Br / Let's	4x8	Set up Single Leg Hip Bridge, facing L side	32	
2:51	QC / Up	4x8	C Alternating Single-Leg Hip Bridge 2/2 Lift F knee up Lower and switch legs Lift B knee up Lower and switch legs	4 4 4 4	2x
3:05	C / Up	6½x8	C ¹ Alternating Single-Leg Hip Bridge Lift F knee Lower and change legs Lift B knee up Lower and change legs	2 2 2 2	6½x



BONUS Workout for Water

06. HEADS UP 3:31 mins

WHY

Tipping forward from the hips isolates movement into the hip joint, keeping the lumbar spine neutral. This teaches us to control movements when we lean forward or bend towards the floor, helping protect the lumbar spine from injury.

COACHING

This track makes use of the smartband or two weight plates of the same weight:

Cobra combo: Coach the rhythm *up, halfway down, up*. Keeping tension on the band to fire up the rear deltoids and mid back. The feeling is long and strong.

L Row: You can lift the elbows as high and as wide as you like, with a focus on maintaining a lifted chest and shoulders staying square to the floor.

The finishing move echoes from Track 1. It's an Alternating Single-Leg Hip Bridge. Fully relax the glute squeeze at the bottom of the move and then drive both the hip and knee directly up.

This brings focus in how to engage the glute and develops power and strength, which has a carry-over effect into everyday life.

TECHNIQUE & COACHING

COBRA / ROW & L-ROW SEQUENCE

KEY COACHING FOCUS

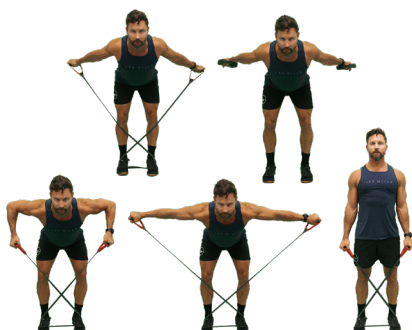
Tip forward from the hips. Squeeze shoulder blades together

LAYER 1

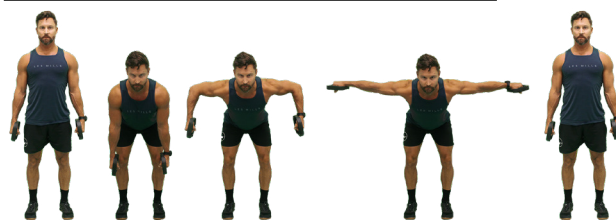
- Up, halfway, up and down (Cobra)
- **Tip forward from the hips**
- Nose forward of toes
- **Squeeze shoulder blades together**
- **Chest up**
- **Abs braced**

LAYER 2

- Lengthen your arms to the back of the room and squeeze shoulder blades together tightly to maximize back muscle recruitment (Cobra)
- Take your elbows as wide and as high as you want to, as long as you can keep your chest lifted and shoulders stable



L-ROW SEQUENCE WITH PLATE



AEROPLANE / AEROPLANE & LEG LIFT SEQUENCE

KEY COACHING FOCUS

Rotate from the center of the chest

LAYER 1

- **Squeeze butt to support the spine**
- **Keep belly button facing down on the floor**
- **Rotate from the center of your chest**

LAYER 2

- Real challenger this one especially as you are rotating – so take your eye gaze with you



ALTERNATING SINGLE-LEG HIP BRIDGE

KEY COACHING FOCUS

Squeeze glutes to lift hips

LAYER 1

- **Keep pelvis square to the floor**
- **Squeeze butt**
- Use your glutes to drive your hips up
- Drive knee directly up

LAYER 2

- The glutes are the powerhouse of the body. Drive the opposite heel into the floor and feel the full force as you hip-thrust





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