

CXWORX 36

MUSIC

01. WARM UP

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

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MUSIC

- 01

Bug A Boo (3:11)

Joe Stone

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Written by: Burruss, Rowland, Briggs, Knowles, Luckett, Roberson
- 02

Big Crow (4:05)

DJ Shub feat. Black Lodge Singers

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Written by: Unknown
- 03

I Got Love (4:01)

Don Diablo feat. Nate Dogg

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Written by: Hale, Charles, Harrell
- 04

Changa (5:30)

Pnau

© 2017 etcetc Music Pty Ltd.
Written by: S. Littlemore, N. Littlemore, Mayes
- 05

Wild Like The Wind (6:10)

Deorro

© 2019 Ultra Records, LLC.
Written by: Orrosquieta, Barrios, Fitzgerald, Kouame
- 06

Ain't Too Proud To Beg (4:57)

The Temptations

Courtesy of the Universal Music Group.
Written by: Holland, Whitfield
- BONUS

03

Feels Like Home (Jus Now Remix)
(3:55)

Sigala, Fuse ODG & Sean Paul feat. Kent Jones

© 2018 Ministry of Sound Recordings Limited / B1 Recordings GmbH, a Sony Music Entertainment Company.
Written by: Abiona, Fielder
- BONUS

04

Wassup (Listen To The Horns) (5:27)

Timmy Trumpet & Kastrat feat. Chuck Roberts

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Written by: Smith, Blaik, Decker, Roberts



L – R: Dan Cohen, Lunar Lu, René Vogel, Corey Baird and Diana Archer Mills.

When the lights are low and the beat is pumping, the sense of absolute success runs through the body in CXWORX Release 36!

This release is an incredible balance of intensity, fun and innovation.

Swinging Modified Table Tops, for max core and glute power, Sports-inspired discus throwing, as well as 4-minute-plus Plank and Hover challenges make this workout stand out.

The up-tempo Warm-up sets the tone for both rhythm and feel of the class. Fast foot running in the Planks creates a core and upper arm load to strengthen the shoulders, back and core... By the time standing glute work has finished, the body is primed for Side Climbers and Oblique Crunches.

Musically finishing with *Ain't Too Proud To Beg* brings the soulful, fun, up-tempo energy to an amazing 30-minute core workout...

The Les Mills CXWORX team have put together such a fantastic core-strengthening class in Release 36. We are constantly inspired by consumer and instructor feedback, so please keep it coming.

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 CXWORX, LES MILLS BARRE and LES MILLS TONE. She is based in Auckland.

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

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

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** – Monique Whareumu

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. WARM UP

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:05	Intro	4x8	Set up Alt Single Leg Lift. Lie on back, arms at sides, palms up	32	
0:21	C / Throw	4x8	A Alt Single Leg Lift F&B (Slow)	4	8x
0:37	Throw	4x8	A ¹ Alt Single Leg Lift F&B (Fast)	2	16x
0:53	V1 / Not	4x8	B Crunch 2/2	8	4x
1:08	PC / Chill out	6x8	B ¹ Crunch w. Arms 2/2		
			Crunch to center, arms extended, hands clasped together	4	
			Crunch to Front	4	
			Crunch to center	4	
			Crunch to B	4	3x
1:32	C / Throw	4x8	B ² Crunch w. Arms (Fast)	8	4x
1:48	Rep / (Instr)	2x8	A ¹ Alt Single Leg Lift F&B (Fast)	2	8x
1:56	(Instr)	2x8	A ² Alt Single Leg Lift F&B (Fast)		
			Walking Feet Out	2	8x
2:04	Br/ Call me	8x8	Hip Bridge w. Alt Heel Drop F&B		
			Take heels B, Hip Bridge	16	1x
			Lift Front heel	2	
			Lift B heel, lower Front heel	2	8x
			Alt Heel Drop (Fast)	2	6x
			Lower hips down	4	
2:35	C / Throw	4x8	B ² Crunch w. Arms (Fast)	8	4x
2:51	Rep / (Instr)	2x8	A ¹ Alt Single Leg Lift F&B (Fast)	2	8x
2:59	(Instr)	2x8	A ² Alt Single Leg Lift F&B (Fast) Walking Feet Out	2	8x



01. BUG A BOO 3:11 mins

TECHNIQUE & COACHING

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. Practice the new feels of the Crunch combo with long levered arms and the Toe taps with the walk away, to challenge the lower abs. Have fun with the music in your own authentic way to help everyone feel engaged and inspired for the workout ahead.

ALTERNATING SINGLE LEG LIFT / WALKING FEET OUT

KEY COACHING FOCUS

Brace abs to press lower back towards the floor

LAYER 1

- Feet on floor
- Arms by sides, palms up
- **Brace abs to keep lower back close to the floor**
- Knees in line with hips
- Lift alternating leg over hip, then switch, maintaining a 90-degree knee angle
- **Shins parallel to the floor**
- **Keep knees bent and lower back towards the floor as you walk your feet out**

LAYER 2

- Feel the load in your abdominals as you walk your feet out, brace abs a little harder to keep the hips still



CRUNCH / CRUNCH WITH ARMS

KEY COACHING FOCUS

Slide ribs towards hips

LAYER 1

- Fingertips to temples
- **Chin tucked in – eye gaze between knees**
- Shoulders off the floor in the Crunch
- **Slide ribs towards hips**
- Clasp hands center, crunch front, center, back
- **Lift back shoulder up and across** (in Crunch with Arms Combo)

CRUNCH



CRUNCH WITH ARMS



HIP BRIDGE WITH ALTERNATING HEEL DROP

KEY COACHING FOCUS

Squeeze glutes to lift hips

LAYER 1

- **Squeeze butt**
- **Keep hips level to the ceiling**
- Strong glute squeeze to engage glutes, hamstrings and lower back





02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to enjoy the Hover and Plank challenge as they build physical and mental strength no matter what level they are doing.

Music		Exercise		CTS	REPS
0:00	Intro	2x8	Set up Hover , facing front	16	
0:09	Instr / (Drums)	4x8	A Hover , on knees or toes	32	
0:26	(Chant)	8x8	A ¹ Moving Hover F&B 2/2		
			Weight Shift F	4	
			Weight Shift B	4	8x
			OPTION: Hover on knees		
1:01	(Horn)	3x8	B Walking Leg Combo L		
			L leg out	2	
			R leg out	2	
			L leg in	2	
			R leg in	2	3x
1:14	(B up)	1x8	Transition to Plank – L hand then R hand Preview Plank Combo	8	
1:18	(Synth)	8x8	C Plank Combo L		
			L leg out, R leg out, L leg in, R leg in	2	
			L leg out, R leg out, L leg in, R leg in	2	
			L leg out, R leg out, L leg in, R leg in	2	
			L leg out, R leg out, L leg in, R leg in	2	
			OPTION: Walking Leg Combo		
			L leg up and down	4	
			R leg up and down	4	4x
1:53	(Chant)	4x8	Transition B to Hover OPTIONS: Sit B on heels and rest / Hover on knees or toes	32	
2:11	Instr / (Drums)	4x8	A ¹ Moving Hover F&B 2/2	8	4x
2:28	(Horn)	3x8	B Walking Leg Combo R	8	3x
2:41	(B up)	1x8	Transition to Plank – R hand then L hand Preview Plank Combo	8	
2:46	(Synth)	8x8	C Plank Combo R	16	4x
3:21	(Drums)	4x8	Transition B to Hover OPTIONS: Sit B on heels and rest / Hover on knees or toes	32	
3:38	Outro / (Drums)	4x8	A Hover On knees or toes	32	



02. BIG CROW 4:05 mins

TECHNIQUE & COACHING

WHY

Being suspended between the upper and lower body when in a Hover or Plank is a great way to fire up the core. The core muscles link the upper and lower body via muscular slings. Strengthening these slings is a great way to improve functional strength.

COACHING

This was the highlight track through filming week. When the Instructor sets a Hover and Plank challenge with a time frame – it’s amazing what humans can do! The music has a hypnotic feel, which captures everyone into the zone to stay focused and tune into what their body is capable of. As much as this is a physical challenge, it has a mental challenge attached to it; so your focus is to bring everyone in the room to their potential through your connection and coaching... don’t leave anybody behind!

MOVING HOVER FORWARD & BACK

KEY COACHING FOCUS

Brace abs. Keep back long and straight

LAYER 1

- **Elbows under shoulders and knees hip-width**
- **Lift hips to shoulder level**
- **Back long and straight**
- **Brace abs and keep hips and shoulders level to floor**
- On knees, hold Hover
- On toes rock shoulders forward towards hands
- Chest towards fists; shoulders stop over elbows
- Come back
- Squeeze butt
- If on knees, stay still (option)
- Pull shoulders away from ears

LAYER 2

- Squeeze the glutes and quads and start to feel that posterior tilt really fire up the abs
- Press the elbows firmly into the floor and feel how powerful it makes you



LEVELS

⇩ To decrease intensity, Hover on knees, stay still



WALKING LEG COMBO

KEY COACHING FOCUS

Brace abs to keep hips level to the floor

LAYER 1

- Walk feet out and in
- **Brace abs to support lower back; keep hips level to the floor**
- **Back long and straight**
- No bouncing
- Everything is square and stable

LAYER 2

- You can take your leg as wide as you like, as long as the trunk stays super still and the hips don't twist. This adds even more of a core challenge. Give it a try!
- To increase intensity, push your forearms firmly into the floor, tighten your thighs and squeeze your butt. Everything's fired up



LEVEL

⇩ To decrease intensity, Hover on knees



02. BIG CROW 4:05 mins

TECHNIQUE & COACHING

PLANK COMBO AND LEG LIFT

KEY COACHING FOCUS

Brace abs and keep hips level to the floor

LAYER 1

- Come up to Plank
- **Hands shoulder-width**
- Watch my feet (Visual preview)
- **Lift Heel to hip height**
- **Stay really stable by bracing**
- **Keep hips level to floor**
- Run, walk or hold the plank

LAYER 2

- Tune into the internal feeling as fatigue sets in. Drive the hands harder into the ground to stabilize the shoulders.



LEVELS

- ⇩ To decrease intensity, Plank on knees
- ⇩ To decrease intensity, Walking Leg Combo





03. STANDING STRENGTH 1

TRACK FOCUS

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

Music		Exercise		CTS	REPS
0:00	Intro	4x8	Set up for Discus L Hold handle in L hand, step L foot onto middle of the band, step R foot wide, bend knees, R arm F, palms down OPTION: Add plate in L hand	32	
0:16	V1 / _ I got	4x8	A Discus 2/2 L L arm rotates up towards R corner, R arm swings towards B, stand up Return to start position	4 4	4x
0:32	B up / Love	4x8	A ¹ Discus 1/3 L L arm rotates up towards R corner, R arm swings towards B, stand up Hold Return to start position	2 2 4	4x
0:47	Rep / Love	8x8	A ² Discus 1/1 L L arm rotates up towards R corner, R arm swings towards B, stand up Return to start position	2 2	16x
1:19	QC / Love	4x8	Set up Discus R	32	
1:34	V2 / Game _	4x8	A Discus 2/2 R	8	4x
1:50	B up / Love	4x8	A ¹ Discus 1/3 R	8	4x
2:05	Rep / Love	8x8	A ² Discus 1/1 R	4	16x
2:37	QC / Love	4x8	Set up Lunge & Plate Sequence Hold plate at collarbones, feet under hips OPTION: Use SMARTBAND – fold in half	32	
2:51	Rep / Game _	4x8	B Lunge & Plate Sequence (Slow) L&R Step R leg B into Lunge Drop plate towards L thigh Return plate to chest Step R leg in Repeat on L leg Preview plate O/H on last 4 cts	2 2 2 2 8	2x
3:08	B up / Love	4x8	B ¹ Lunge & Plate Sequence O/H (Slow) L&R Step R leg B into Lunge Drop plate towards L thigh Raise plate O/H Step R leg B in, plate to chest Repeat on L leg	2 2 2 2 8	2x
3:23	Rep / Love	8x8	B ² Lunge & Plate Sequence O/H (Fast) L&R Step R leg B into Lunge, drop plate towards L thigh Plate O/H, step R leg in Repeat on L leg Finish R leg B Plate at L thigh	2 2 4	8½x



03. I GOT LOVE 4:01 mins

TECHNIQUE & COACHING

WHY

Generating power in any rotational movements comes from the core. Firing the obliques to rotate the chest increases the acceleration at the shoulder and helps prevent excessive shoulder stress.

COACHING

The Discus is a sports-inspired move that comes from Track and Field. In this move, we use a band and optional plate to transfer the power from the lower body to the upper body.

Give participants the choices if you have them available.

We 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. Make time in your schedule to practice this NEW move so you can inspire through your role-model Technique.

The track finishes with a short block of Lunges with plate or band to overload the quads and glutes, as well as the core and posterior sling muscles. You have time to space out your cues, one at a time; this way, you don't leave anyone behind... when you focus participants on the feeling of the working muscles and back into their bodies it helps to fight fatigue and ensures everyone stays committed to the end.

DISCUS

KEY COACHING FOCUS

Twist from the center of your chest

LAYER 1

- Step right foot halfway on to band
- If using Plate, add it to the handle
- **Feet wide, toes turned out**
- **Hips sit back and down (Squat)**
- Bring your left arm forward
- Now throw your Discus
- **Twist from the center of your chest** (aim the plate/band handle to the corner of the room)
- **Hips face forward as you throw**
- **Brace abs when you squat and throw**
- **Keep chest lifted**

LAYER 2

- Drive directly up, squeeze the glutes at the top of the move, rotate on the way back – that will prevent you from leaning
- The key is to keep tension in the band at the peak of the throw and let the band go slack at the bottom. This allows you to unload the muscles in the shoulder, enabling you to explode again.
- Lock shoulder blade back, lock position, butt back and down, and drive straight up



LEVEL

⇩ To decrease intensity, no plate



LUNGE & PLATE SEQUENCE / OVER HEAD

KEY COACHING FOCUS

Twist from the center of your chest. Hips face forward

LAYER 1

- **Feet hip-width apart**
- **Brace abs to keep pelvis facing forward**
- **Long Lunge back**
- **Front thigh parallel to the floor**
- **Twist from the center of your chest**
- Plate drops to outer thigh at hip level
- **Chest stays lifted**
- **Elbows forward of face** (over head)

LAYER 2

- Go a little lower in the Lunge to ignite all the muscles of your core, shoulders and back



LEVEL

⇩ To decrease intensity, use SMARTBAND



04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to engage and feel the glutes and hips working through my inclusive and encouraging coaching to all levels.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	Set up for Single-Leg Squat Sequence Step both feet onto SMARTBAND, cross handles high up at waist. Feet under hips Option: Arms at sides	16	
0:09	V1 / Changa	2x8	A Single-Leg Squat Sequence L L leg B L leg out to 45° L leg out to side Back to center and Squat	4 4 4 4	1x
0:17	C / Oh na na	12x8	A ¹ Single-Leg Squat Sequence w. Double Pulse Tap L L leg B, Double Pulse Tap L leg out to 45°, Double Pulse Tap L leg out to side, Double Pulse Tap Back to center and Double Pulse Squat	4 4 4 4	6x
1:05	V2 / Let's go	4x8	A Single-Leg Squat Sequence R	16	2x
1:22	C / Oh na na	12x8	A ¹ Single-Leg Squat Sequence w. Double Pulse Tap R	16	6x
2:10	Instr / (Quiet)	4x8	Set up Horse Stance, facing front. Feet in band handles, band runs between knees, R thumb hooks center of the band. Hands shoulder-width apart on floor	32	
2:27	B up / Oh na na	4x8	B Horse Stance Leg Kicks 2/2 L L leg extends out to 45° L knee in	4 4	4x
2:43	C / Oh na na	4x8	B ¹ Horse Stance Leg Kicks 1/1 L	4	8x
2:59	Instr	4x8	B ² Horse Stance Sequence L R leg extends out to 45° and Pulse x4 R knee in R leg extends out to 45° R knee in R leg extends out to 45°	8 2 2 2 2	2x
3:15	(Quiet)	2x8	B ³ Hold R leg out at 45° Challenge to go past 45°	16	
3:24	(Quiet)	2x8	Set up Horse Stance R L thumb hooks center of the band	16	
3:32	B up / Oh na na	4x8	B Horse Stance Leg Kicks 2/2 R	8	4x
3:48	C / Oh na na	4x8	B ¹ Horse Stance Leg Kicks 1/1 R	4	8x
4:04	Instr	4x8	B ² Horse Stance Sequence R	16	2x
4:21	(Quiet)	2x8	Hold R leg out at 45° Challenge to go past 45°	16	



04. STANDING STRENGTH 2

MUSIC			EXERCISE		CTS	REPS
4:29	(Quiet)	2x8	Band outside of thighs. Hook thumbs in the band, hands shoulder-width apart on floor		16	
4:37	B up / Oh na na	4x8	C	Alt Horse Stance Combo L&R		
				L leg extends B	4	
				L leg to 45°	4	
				L leg out to side	4	
				Return to start position	4	
				Repeat to R	16	1x
4:53	C / Oh na na	8x8	C ¹	Alt Horse Stance Combo w. Double Pulse L&R		
				L leg extends B, Double Pulse	4	
				L leg to 45°, Double Pulse	4	
				L leg out to side, Double Pulse	4	
				Return to start position	4	
				Repeat to R	16	2x



04. CHANGA 5:30 mins

TECHNIQUE & COACHING

WHY

Shifting the body weight to the outside of the standing leg reduces load on the gluteals, particularly gluteus medius. Focusing on keeping the center of the chest inside the line of the big toe trains optimal movement, control and stability.

COACHING

Early pre-cueing and coaching the timing and transitions of the Single-Leg Squat Sequence will help participants follow the choreography successfully.

Coaching Layer 2 cues will help participants to Manipulate the Intensity and we can do this through internal and external focuses for the moves – these types of cues can make a huge difference to physical performance. Getting the glutes to optimally engage does not come naturally to many people. Cues such as “squeeze the glutes to push the heel back” provide an internal focus (of the body-part involved) whilst “stretch the band towards the back corner of the room” 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 your classes.

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

SINGLE-LEG SQUAT SEQUENCE

KEY COACHING FOCUS

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

LAYER 1

- Grab your band, step both feet into the band
- Either bring handles to hips or cross handles over
- R leg goes back, corner and side
- **Tip forward from the hips so nose is forward of toes**
- Add the double Pulse
- **Abs braced**
- **Chest stays lifted**
- **Avoid leaning to the side**
- **Center of chest in line with the inside of the big toe so you stay upright**
- All the weight on your standing leg

LAYER 2

- Feel the standing leg – how much bend can you get into it? The more bend, the more thigh strength
- Stretch the band out further to the side. Feel the tension of the band; feel what it does to your glutes and abdominals – can you feel them working harder?



LEVEL

⇩ To decrease intensity, no SMARTBAND

HORSE STANCE LEG KICKS / SEQUENCE / ALTERNATING HORSE STANCE COMBO

KEY COACHING FOCUS

Brace abs to keep hips and shoulders level to the floor

LAYER 1

- Come down to the floor
- Put both handles on shoes
- Thumb into the band
- Come to Horse Stance
- **Brace abs, hips and shoulders level to floor.**
- Push heel to corner
- **Heel to hip height**
- **Squeeze your butt** as the heel goes out
- Press evenly through both hands to **keep shoulders and hips square to the floor**

LAYER 2

- Heel goes no higher than hip height to keep the work in your glutes and to stop you over-extending your back
- Feel how every angle targets different fibers of your glutes



LEVELS

⇩ To decrease intensity, no SMARTBAND

⇧ To increase intensity, hook both thumbs in the SMARTBAND





05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to enjoy challenging themselves in the moves through my motivation and the music.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up Oblique Crunch with 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 the floor, extend R leg		32	
0:16	V1 / _ Ever	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 OPTION: R leg bent, foot on floor	2 2	8x
0:33	PC / Comfortably	8x8	A ¹	Oblique Crunch, Side Climber w. Pulse L 3x Pulse Crunch, L leg extend, R knee in Lower L elbow and body towards floor R leg extend, L knee in	6 2	8x
1:06	C / Wind	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
1:23	V2 / Hmm , I can	2x8	Set up Oblique Leg Drop Lie on back, knees over hips, arms out to sides		16	
1:32	V3 / _ My pain's	12x8	B	Figure 8 Leg Drop Sequence L Drop knees to Front Knees to center Drop knees to B Knees to center Drop knees to Front Extend both legs Legs to vertical Bend knees to reset	2 2 2 2 2 2 2 2	6x
2:21	B up / _ There	2x8	Roll back onto R side, L arm to vertical, extend both legs		16	
2:30	C / Wind	8x8	A ³	Oblique Crunch w. Split Legs L Crunch in L arm and legs Extend L arm, split both legs – R leg F, L leg B	2 2	16x
3:03	Br / Hmm	4x8	Transition to Oblique Crunch w. Side Climber R		32	
3:20	V4 / _ Ever seen	4x8	A	Oblique Crunch w. Side Climber R	4	8x
3:36	PC / Comfortably	8x8	A ¹	Oblique Crunch, Side Climber w. Pulse R	8	8x
4:09	C / Wind	4x8	A ²	Oblique Crunch w. Side Climber R	4	8x
4:26	V5 / Hmm , I can	2x8	Set up Oblique Leg Drop Lie on back, knees over hips, arms out to sides		16	
4:34	V6 / _ My pain's	12x8	B	Figure 8 Leg Drop Sequence R	16	6x
5:24	B up / _ There	2x8	Roll back onto L side, R arm to vertical, extend both legs		16	
5:32	C / Wind	8x8	A ³	Oblique Crunch w. Split Legs R	4	16x



05. WILD LIKE THE WIND 6:10 mins

TECHNIQUE & COACHING

WHY

Training the obliques helps prevent excessive rotation in the lumbar spine and provides stability when holding load on one side. Both of these qualities help prevent injury in the lumbar region.

COACHING

Wild Like The Wind – such a powerful song with lots of contrast and a big finisher. The first part of the track brings focus to strengthening our waistline with different levels of our Oblique Crunch with Side Climber Combo. Offer all levels and emphasize to your participants that knees and chest face forward during the move. Rather than lifting our upper body up high, we're aiming to press the bottom waistline into the floor while sliding the top ribs into our hips – that's the key to boost muscle activation in our obliques.

The Figure 8 Knee Drop is a new feel to the standard Knee Drop. A strong abdominal brace helps to control the pelvis position and lumbar spine. Imagine you're drawing a lying figure of eight – the sign of infinity.

Lastly, we have another variation for the Oblique Crunch with Split Legs. Physically practice this move to role-model great technique and vocals, alongside the big tune!

OBLIQUE CRUNCH WITH SIDE CLIMBER / PULSE / SPLIT LEGS

KEY COACHING FOCUS

Squeeze top rib to hip. Bottom side waist stays on the floor as you Side Crunch.

LAYER 1

- Come down to the floor
- Lay down on your back and drop knees to front
- Bottom leg straight, top leg bent
- Plate directly above shoulder
- Crunch up and down
- **Squeeze ribs to hip**
- **Knees and hips face forward**
- **Bottom side waist stays on the floor as you Side Crunch**
- Eyes look forward
- Plate in line with your shoulders

LAYER 2

- Drive the plate high, keeping the ribcage down on the floor. Keep the knees and the chest facing forward and the hips still. This reduces the range, cancels out momentum and isolates the obliques even more. Give it a go! (Side Climber)
- Imagine you are trying to break the chain in between your legs, so shoot your legs out even harder (Split Legs)

OBLIQUE CRUNCH WITH SIDE CLIMBER



OBLIQUE CRUNCH WITH SIDE CLIMBER WITH PULSE



OBLIQUE CRUNCH WITH SPLIT LEGS



LEVELS

- ⇓ To decrease intensity, no plate
- ⇓ To decrease intensity, bottom foot stays on floor

FIGURE 8 LEG DROP SEQUENCE

KEY COACHING FOCUS

Shoulders anchored to the floor

LAYER 1

- **Shoulders anchored to the floor**
- Arms out, palms up
- Knees over hips
- Smooth circular movement
- **Strong ab brace, especially when you extend legs and reset to the ceiling**

LAYER 2

- Slow and controlled movements – we are working our obliques



LEVEL

- ⇓ To decrease intensity, one leg bent and one leg straight



06. CORE STRENGTH 3

TRACK FOCUS

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

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / _ I know	6x8	Set up Kneeling Side Raise & Cobra Sequence SMARTBAND under knees, cross handles Shoulders B, arms out to sides		48	
0:24	C / Sweet	6x8	A	Kneeling Side Raise & Cobra Sequence Tip F from hips, Side Raise Arms Return to start Position Tip F from hips, Cobra Arms Return to start Position	2 2 2 2	6x
0:49	Babe	4x8	A ¹	Triple Pulse Side Raise & Cobra Sequence Tip F from hips, 3x Side Raise Arms, Pulse Return to start Position Tip F from hips, 3x Cobra Arms, Pulse Return to start Position	6 2 6 2	2x
1:05	V2 / Sleep	4x8	A	Kneeling Side Raise & Cobra Sequence	8	4x
1:21	Rep / _ Ain't too	4x8	A ¹	Triple Pulse Side Raise & Cobra Sequence	16	2x
1:37	Instr	4x8	A ²	Cobra Arms, Pulse	2	16x
1:53	V3 / Love	4x8		Shoulder Roll, transition to Tabletop, sit facing L side, knees bent, feet on floor Hands shoulder-width apart just behind butt, fingertips face out to sides	32	
2:09	Rep / _ Ain't too	4x8	B	Alt Tabletop Tap R&L Lift hips, extend R leg and tap heel in front Return to start Position Repeat to L leg	2 2 4	4x
2:25	V4 / _ I know	8x8	B ¹	Alt Tabletop Leg Lift R&L Lift hips, extend R leg in front Return to start Position Repeat to L leg	2 2 4	8x
2:58	V5 / Heard	4x8	B ²	Alt Tabletop Leg Lift and Swing Back R&L Lift hips, extend R leg in front Swing hips back down and through hands Repeat to L leg	4 4 8	2x
3:14	C / Beg	4x8	B ³	Alt Tabletop Triple Pulse Leg Lift R&L Lift hips, extend R leg in front and Pulse 3x Return to start Position Repeat to L leg	6 2 8	2x
3:30	V6 / Sleep	4x8		Transition to Aeroplane. Lying prone, arms out to sides, facing front	32	
3:46	Rep / _ Ain't too	8x8	C	Triple Pulse Aeroplane w. Leg Lift L&R Aeroplane L, R leg lift, Pulse 3x Return to center Repeat to R	6 2 8	4x
4:18	V7 / Love	4x8	C ¹	Aeroplane Stagger w. Leg Lift L&R Aeroplane L, R leg lift Lower halfway down Lift up Lower to floor Repeat to R	2 2 2 2 8	2x
4:34	Rep / _ Ain't too	4x8	C	Triple Pulse Aeroplane w. Leg Lift L&R	16	2x



06. AIN'T TOO PROUD TO BEG 4:57 mins

TECHNIQUE & COACHING

WHY

Kneeling is a great position to train a hip-hinge action. Hip hinging requires isolating a forward tip to the hip joint. Training this motion improves movement control in exercises such as Squats and Deadlifts.

COACHING

The 1st block starts with the Kneeling Side Raise & Cobra Sequence; coach a lifted chest while hip-hinging to keep the load in the back muscles. The common fault here is to not sit the hips back enough to load the trapezius. The 2nd block of work is the Alternating Tabletop, which has many levels. This is a fantastic body-weight training that drives great glute engagement and, as you master the swing back of the hips, you can load the core more.

The last block finishes with back extension work that 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. The key to this track is to coach all levels so everyone is included. Know your participants and know their goals so you can help motivate them to success!

KNEELING SIDE RAISE & COBRA SEQUENCE

KEY COACHING FOCUS

Lift chest to stabilize trunk position

LAYER 1

- Find center of the band, pull it apart, keep tension and kneel on it, to anchor the band in place, cross handles over
- 1 Side raise, 1 Cobra
- **Tip forward from hips**
- **Push butt towards heels**
- **Brace abs to support lower back**
- **Squeeze shoulder blades together as you lift arms**
- **Keep chest lifted as you tip forward**
- **Squeeze butt as you come up**
- Knuckles face side wall
- Arms wide
- Arms to the back

LAYER 2

- We are going to build some fatigue so you've got to rip at the band – let's build some strength in our back
- Feel that sweet burn as you rip the band harder



ALTERNATING TABLETOP TAP / LEG LIFT / LEG LIFT & SWING BACK / TRIPLE PULSE LEG LIFT

KEY COACHING FOCUS

Squeeze butt. Hips level to the floor

LAYER 1

- **Hands under shoulders, fingers to side**
- Heels slightly forward of knees
- **Squeeze butt as you lift hips towards knee height**
- **Keep chin tucked in**
- Drive hips
- **Butt pulls back between arms** (Swing Back)
- If shoulders are fatiguing, touch butt down gently in between (option)

LAYER 2

- Tuck your tail bone under and feel how that emphasizes the butt work
- Lift the chest a little more and feel the glutes firing
- When you lift your hips up and then swing them back it forces your abdominals to work harder (Leg Lift and Swing Back)

ALTERNATING TABLETOP TAP



ALTERNATING TABLETOP LEG LIFT



ALTERNATING TABLETOP LEG LIFT AND SWING BACK



LEVEL

⇩ To decrease intensity, touch the butt to the floor in between



06. AIN'T TOO PROUD TO BEG 4:57 mins

TECHNIQUE & COACHING

AEROPLANE WITH LEG LIFT / PULSE / STAGGER

KEY COACHING FOCUS

Twist from the center of the chest

LAYER 1

- Come down to belly
- Arms wide, feet together
- **Squeeze glutes to protect the spine**
- **Twist from center of chest**
- **Belly button stays on the floor**

LAYER 2

- Push hand on the floor down so you get more lift
- Pull shoulder blades into spine to help with the twist
- Can you feel the postural muscles engage as you lift and rotate?





BONUS

03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to feel successful in all the movements through my clear coaching of execution and intensity.

Music		Exercise		REPS	
0:00	Intro	4x8	Set up for Squat Pulse & Knee Lift Feet hip-width apart, plate at collarbones. Option to use SMARTBAND, fold in half	32	
0:15	Instr / Bang bang _	8x8	A Squat Pulse and Knee Lift L&R (Slow) Squat down Halfway up Squat down Knee Lift L, plate to L hip Repeat to R	2 2 2 2 8	4x
0:46	C / _ It feels	4x8	A ¹ Triple Squat Pulse and Knee Lift L&R 3x Squat Pulse Knee Lift L, plate to L hip Repeat to R	6 2 8	2x
1:01	_ Hey hey	8x8	A ² Squat Pulse w. Plate O/H and Knee Lift 3x Squat Pulse, plate O/H Knee Lift L, plate to L hip Repeat with Knee Lift R	6 2 8	4x
1:32	Instr / (Beat)	4x8	B Side Lunge w. Plate Press R Side Lunge R, Plate Press F R foot in, plate to chest	2 2	8x
1:47	(Horns)	4x8	B Side Lunge w. Plate Press L	4	8x
2:03	(Horns)	4x8	Set up for Lunge w. Rotational Twist R Step L foot into middle of SMARTBAND, handles together. R foot steps B, extend arms F to R corner	32	
2:18	(Heavy horns)	4x8	C Lunge w. Rotational Twist R Lunge down, arms to L corner Lift up halfway, arms to center Lunge down, arms to L corner Lift up, arms to R corner	2 2 2 2	4x
2:33	(Drums	8x8	C ¹ Lunge w. Rotational Twist R (Single) Lunge down, arms to L corner Lift up, arms to R corner	2 2	16x
3:04	(Quiet)	2½x8	Transition to Lunge w. Rotational Twist L Step R foot into middle of SMARTBAND, handles together. L foot steps B, extend arms F to L corner	32	
3:14	(Horns)	2x8	C Lunge w. Rotational Twist L	8	2x
3:21	(Drums)	8x8	C ¹ Lunge w. Rotational Twist L (Single)	4	16x



BONUS

03. FEELS LIKE HOME 3:55 mins

TECHNIQUE & COACHING

WHY

Training the core in Squat/Lunge patterns provides a training stimulus that conditions these key muscles to be able to contract how and when you need them.

COACHING

This track has a cool song and powerful feel to train rotational power and strength with a mix of three different movements. We start with the Squat and Knee lift combination, which starts to fire the obliques by pulling the elbow down past your thigh as the knee lifts. In the Side Lunge, clearly coach a big Side Step with the knee out to engage the glutes. Coach the plate execution (plate in line with the center of the chest, no higher than shoulder line), ensuring the torso remains square to the front and chest is high. The final move, Lunge with rotational twist using the band, will challenge even the hardcore participants as the body is under fatigue. Challenge them to move the band further past the outside of the knee, because that's the most challenging pull of resistance.

SQUAT PULSE & KNEE LIFT / WITH PLATE OVER HEAD

KEY COACHING FOCUS

Brace abs to keep pelvis facing forward

LAYER 1

- Grab your band or plate and bring to your collarbones
- **Butt back and down** (in the Squat)
- **Brace abs to keep pelvis facing forward**
- **Twist from center of chest**
- **Elbows forward of face** (when plate over head)
- Hips square to front

LAYER 2

- Small range at the bottom will bring load to your legs (Triple Squat Pulse)
- Pull elbow down past your thigh as the knee lifts

SQUAT PULSE AND KNEE LIFT



SQUAT PULSE WITH PLATE OVER HEAD



LEVEL

↕To decrease intensity, use SMARTBAND

SIDE LUNGE WITH PLATE PRESS

KEY COACHING FOCUS

Chest stays lifted

LAYER 1

- When you step out, turn toes slightly out
- **Chest stays lifted**
- **Butt back and down**
- Abs braced
- Plate in line with the center of the chest, no higher than shoulder line

LAYER 2

- Step as far as you can and feel the stretch, drive out of the working leg, generating power from the quads and glutes
- Punch your plate forward for more power





BONUS

03. FEELS LIKE HOME 3:55 mins

TECHNIQUE & COACHING

LUNGE WITH ROTATIONAL TWIST

KEY COACHING FOCUS

Pelvis faces forward. Twist from the center of your chest

LAYER 1

- Transition to the band
- Right foot in band
- Single or double handles
- **Long Lunge back**
- Angle to the left
- We drop right, halfway, right, stand up
- **Chest lifted and brace abs**
- **Pelvis faces forward**
- **Twist from the center of your chest**
- **Front thigh parallel to the floor**

LAYER 2

- For an extra challenge, move the band further past the outside of the knee, because that's the most challenging pull of resistance
- Like you're chopping a tree in a parallel fashion
- Brace the abs so you can power through the obliques
- If your knee starts to buckle when twisting from side to side, reduce the range

LEVELS

⇩ To decrease intensity, reduce the range

⇩ To decrease intensity, drop inside handle





BONUS

04. STANDING STRENGTH 2

TRACK FOCUS

By coaching execution clearly, I want my participants to be able to follow me easily, enabling them to have intensity and fun in this track.

MUSIC				EXERCISE	CTS	REPS
0:00	Intro	3x8		Set up for Resisted Box Step Both feet in the SMARTBAND hip-width apart, cross handles, hands on hips	24	
0:11	V1 / Grandma's	2x8	A	Box Step 1 L F Step L foot F Step R foot F Step L foot B Step R foot B	1 1 1 1	4x
0:19	V2 / Time	2x8	A ¹	Box Step 1 L B Step L foot B Step R foot B Step L foot F Step R foot F	1 1 1 1	4x
0:27	C / (Trumpet)	8x8	A ²	Box Step 2 L F&B Step L foot F Step R foot F Step L foot B Step R foot B Step L foot B Step R foot B Step L foot F Step R foot F	1 1 1 1 1 1 1 1	8x
0:58	Rep / Bass	1x8		Set up for Single-Leg Squat. R leg steps B	8	
1:02	High	3x8	B	Single Leg Squat L Lift up Lower down	2 2	6x
1:12	Br / _ I say	8x8	B ¹	Single-Leg Squat Lift L Lift R leg out to 45° Tap R foot down	1 1	32x
1:44	Instr / (Trumpet)	6x8	B	Single-Leg Squat L Last 4cts, reset feet to hip-width apart	4	11x
2:08	C / (Trumpet)	8x8	A	Box Step 2 L F&B	8	8x
2:38	Instr / (Quiet)	4x8	A ²	Set up for Resisted Box Step R	32	
2:54	Mama's Grandma's	2x8	A	Box Step 1 R F	4	4x
3:02	Time	2x8	A ¹	Box Step 1 R B	4	4x
3:10	C / (Trumpets)	8x8	A ²	Box Step 2 R F&B	8	8x
3:40	Rep / The bass	1x8		Set up for Single-Leg Squat. L leg steps B	8	
3:44	Rep / High	3x8	B	Single-Leg Squat R	4	6x
3:56	Br / (Quiet)	8x8	B ¹	Single-Leg Squat Lift R Lift L leg out to 45° Tap L foot down	1 1	32x
4:27	Instr (Trumpets)	6x8	B	Single-Leg Squat R	4	11x
4:50	C / (Trumpet)	8x8	A ²	Box Step 2 R F&B	8	8x



BONUS

04. WASSUP (LISTEN TO THE HORNS) 5:27 mins

TECHNIQUE & COACHING

WHY

The gluteals are key stabilizers of the pelvis, providing stability and control during impact activities.

COACHING

The unilateral training sequence is tough, so focus on simple coaching to make sure it's easy to follow. Leaning forward from our hips while maintaining a high chest position helps to keep the load in the standing leg and engage the glutes. We start with Single-Leg Squats and work deep into our glutes with Rear Leg Extensions setting them on fire.

The coolest part is the new Box Step combo. Coach this sequence with the right voice and feeling. CX WORX is technical and precise but don't forget to smile and have fun. The lyrics and beats are phenomenal to hook into and this track gives you a great opportunity with connect to your class. Make eye contact, play around and keep it simple. How will you pick up this sound and feel?

BOX STEP 1 / 2

KEY COACHING FOCUS

Brace abs to keep pelvis facing forward

LAYER 1

- Step into your band
- Cross the handles high onto the waist or not
- Out, out, in, in
- Try it to the back
- Back, back, in, in
- Put it together, to the front and to the back
- **Brace abs to keep pelvis facing forward**
- **Chest lifted**
- Square hips and shoulders to the front

LAYER 2

- Stretch your band, work into your hips, work into your glutes and sink deeper into your Squats

LEVELS

⇩ To decrease intensity, take smaller steps

⇩ To decrease intensity, no SMARTBAND



SINGLE-LEG SQUAT / LIFT

KEY COACHING FOCUS

Center of chest stays inside the line of your big toe. Keep chest lifted.

LAYER 1

- Foot to back corner
- **Tip forward from the hips so nose is forward of toes**
- **Chest lifted**
- **Center of chest stays inside the line of the big toe so your body stays upright**
- **Pelvis facing forward**
- **Abs braced**
- Kick back heel 45° **to the corner (Leg Lift)**
- **Squeeze glutes every time you kick (Leg Lift)**

LAYER 2

- Dig your heel down; you want that shoe-print down into the floor

LEVELS

⇩ To decrease intensity, uncross the handles and hold them at your hips

⇩ To decrease intensity, no SMARTBAND





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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.

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