

# CXWORX 38

## MUSIC

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**BONUS**

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# MUSIC

- 01

**Run** (4:17)

Tiggs Da Author feat. Lady Leshurr

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Written by: Simon, Taylor, Rogers , O'Garro
- 02

**Ritual** (5:18)

Tiësto, Jonas Blue & Rita Ora

Courtesy of the Universal Music Group.

Written by: Thorney, Barker, Hector, Ora, Robin, Stonebank, Verwest
- 03

**Wish You Well** (5:14)

Sigala & Becky Hill

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Written by: Sigala, Hill, Cottone, Vaughan, Krüger, Jarl, Ashley
- 04

**Drop That Low (When I Dip)** (5:09)

Tujamo

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Written by: Baumer, Hoogstraten
- 05

**Falling In Love (SOS)** (5:11)

Dannic feat. Polina Griffith

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Written by: Romers, Griffith
- 06

**Hey Ya!** (3:57)

Outkast

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Written by: Benjamin
- BONUS 04

**Smooth Operator (Matt Watkins Remix)** (4:01)

Joel Fletcher & Tyron Hapi feat. Bianca

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Written by: Allan, Orchison, Oechsle, Hapi
- BONUS 06

**Keep On Lovin'** (4:30)

MagnusTheMagnus feat. Seinabo Sey

Courtesy of the Universal Music Group.

Written by: Lidehall, Sey



L-R: Otto Prodan, Kylie Gates, Diana Archer Mills, Gina Colonna & Joe Hemi

There comes a time in everyone’s core workout when the question is asked: Have I nailed this? The answer is “I have now...”

With an extended Warm-Up using fun rhythm changes including oblique leg kicks, this sets the tone early on and is echoed later on in the workout with a deeper form of intensity and challenge.

Exercises that both stimulate the test of stability and ultimate core strength are thrown at us multiple times within the workout. This increases the opportunity for results as well as mastering this style of core training.

A standout move in this release has to be in the combination of both Tracks 3 and 4.

Moving with the Resisted Rainbow into a new innovative Deadlift with the band wrapped around the thighs is fun, effective and feels great.

The lyrics of *Hey Ya* in Track 6 challenge the timing and feel of each exercise. Moving slowly then fast never felt so good until now.

Enjoy CXWORX 38

The CXWORX team

RELEASE FEEDBACK

Tell us what you think of this release. Visit [lesmills.com/release-feedback](https://lesmills.com/release-feedback)

PRESENTERS

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CREDITS

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- 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

|                |                  |            |                 |
|----------------|------------------|------------|-----------------|
| <b>Intro</b>   | Introduction     | <b>Br</b>  | Bridge          |
| <b>B up</b>    | Build up         | <b>C</b>   | Chorus          |
| <b>PC</b>      | Pre-chorus       | <b>V</b>   | Verse           |
| <b>Instr</b>   | Instrumental     | <b>Alt</b> | Alternating     |
| <b>B</b>       | Back             | <b>F</b>   | Forward         |
| <b>F&amp;B</b> | Forward and back | <b>HOH</b> | Hands on hips   |
| <b>L</b>       | Left             | <b>R</b>   | Right           |
| <b>O/H</b>     | Over head        | <b>ROM</b> | Range of motion |
| <b>T&amp;B</b> | Top and Bottom   | <b>w.</b>  | With            |
| <b>↓</b>       | Low Level        | <b>↑</b>   | Advanced Level  |



# 01. WARM-UP

## TRACK FOCUS

I want my participants to understand the importance of the brace position to work the core effectively and prepare them well 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, feet on floor | 16  |      |
| 0:06  | V1 / _ I run           | 8x8  | A              | <b>Double Leg Lift</b> 2/2                                                                 | 8   | 8x   |
| 0:29  | C / <b>Run</b> run     | 4x8  | A <sup>1</sup> | <b>Alt Single Leg Lift</b> F&B                                                             | 4   | 8x   |
| 0:41  | V2 / _ I'm just        | 8x8  | B              | <b>Oblique Double Leg Drop</b> F&B                                                         |     |      |
|       |                        |      |                | Lower knees to front                                                                       | 4   |      |
|       |                        |      |                | Return to center                                                                           | 4   |      |
|       |                        |      |                | Lower knees to B                                                                           | 4   |      |
|       |                        |      |                | Return to center                                                                           | 4   | 4x   |
| 1:04  | C / <b>Run</b> run     | 8x8  | B <sup>1</sup> | <b>Oblique Single Leg Drop</b> F&B                                                         |     |      |
|       |                        |      |                | Lower knees F, extend top leg                                                              | 4   |      |
|       |                        |      |                | Bend top knee, reset B to center                                                           | 4   |      |
|       |                        |      |                | Lower knees to B, extend top leg                                                           | 4   |      |
|       |                        |      |                | Bend top knee, reset B to center                                                           | 4   | 4x   |
|       |                        |      |                | Last 4 cts, feet on floor, fingertips to temples                                           |     |      |
| 1:27  | V3 / _ Let me          | 8x8  | C              | <b>Crunch</b> 2/2                                                                          | 8   | 8x   |
| 1:50  | Instr                  | 4x8  | C <sup>1</sup> | <b>Triple Pulse Crunch</b>                                                                 |     |      |
|       |                        |      |                | Triple Pulse Crunch, hands reach towards shins                                             | 6   |      |
|       |                        |      |                | Lower halfway down                                                                         | 2   | 4x   |
| 2:01  | C / <b>Run</b> run     | 4x8  | A <sup>1</sup> | <b>Alt Single Leg Lift</b> F&B                                                             | 4   | 8x   |
| 2:13  | Rep / <b>Run</b> run   | 4x8  | A <sup>2</sup> | <b>Alt Single Leg Heel Tap</b> F&B                                                         | 2   | 16x  |
| 2:24  | Rep / _ Whoa papa      | 4x8  | A <sup>3</sup> | <b>Alt Single Leg Heel Tap</b> F&B (Take feet out)                                         | 2   | 16x  |
| 2:36  | Rep / <b>Whoa</b> papa | 4x8  | A <sup>4</sup> | <b>Alt Single Leg Heel Tap</b> F&B <b>w. Crunch</b> (Hold)                                 | 2   | 16x  |
| 2:49  | V4 / _ Let me          | 12x8 |                | <b>Bridge</b>                                                                              |     |      |
|       |                        |      |                | Lift hips up                                                                               | 16  |      |
|       |                        |      |                | Pulse up & down                                                                            | 4   |      |
|       |                        |      |                | Lower hips down to floor                                                                   | 8   | 18x  |
| 3:24  | C / <b>Run</b> run     | 8x8  | B <sup>1</sup> | <b>Oblique Single Leg Drop</b> F&B                                                         | 16  | 4x   |
| 3:47  | Outro / _ Whoa         | 8x8  | B <sup>2</sup> | <b>Oblique Leg Drop w. 3x Kicks</b> F&B                                                    |     |      |
|       |                        |      |                | Lower legs to front, 3x Kicks                                                              | 4   |      |
|       |                        |      |                | Return to start position                                                                   | 4   |      |
|       |                        |      |                | Repeat to B                                                                                | 8   | 4x   |



# 01. RUN 4:17 mins

## TECHNIQUE & COACHING

### COACHING

Focus on bringing your participants into the correct position from the very 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 progresses into engaging Leg Drops and Single Leg Lifts slow and fast to match the timing and pace of the music. Your coaching role is to prepare your participants for the workout ahead, both physically and mentally.

### DOUBLE LEG LIFT

#### KEY COACHING FOCUS

**Brace abs to press lower back towards the floor**

#### LAYER 1

- Arms at sides, palms up
- Feet on floor
- Relax shoulders
- Knees directly over hips when lifting up
- **Lower back pressed towards the floor**
- **Gently draw belly button in and brace abs to hold this position**
- Toes tap lightly



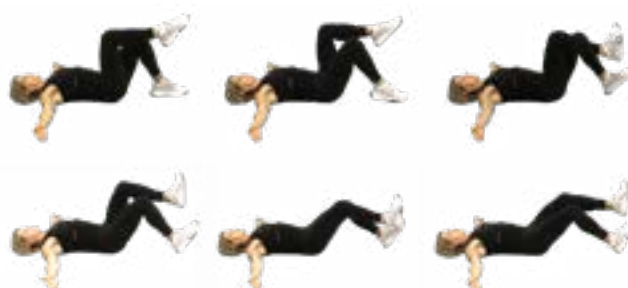
### ALTERNATING SINGLE LEG LIFT / HEEL TAP

#### KEY COACHING FOCUS

**Brace abs to keep lower back pressed to the floor**

#### LAYER 1

- Arms by sides, palms up
- Feet on floor
- **Brace abs to keep lower back towards the floor**
- **Gently draw belly button in and brace abs to hold this position**
- **Knees in line with hips**
- **Lift alternating leg over hip, then switch, maintaining a 90-degree angle**
- **Shins parallel to the floor**
- **Keep knees bent and lower back towards the floor as you take feet out (Heel Tap)**



### OBLIQUE DOUBLE/SINGLE LEG DROP

#### KEY COACHING FOCUS

**Anchor shoulders to the floor**

#### LAYER 1

- Lower knees to front
- Return knees to center
- Lower knees to back
- Arms out wide to sides
- **Brace abs**
- **Anchor shoulders to the floor**
- Knees together
- Extend top leg (Single Leg Drop)

#### LAYER 2

- Range of motion – as low as comfortable, ensuring the shoulder remains anchored to the floor
- Feel the obliques engage as you lower the knees down





# 01. RUN 4:17 mins

## TECHNIQUE & COACHING

### CRUNCH / TRIPLE PULSE CRUNCH

#### KEY COACHING FOCUS

**Squeeze ribs to hips**

#### LAYER 1

- **Squeeze ribs to hips**
- **Tuck chin in**
- Eye gaze between knees
- Throw the arms and pulse for three
- Only halfway down

#### LAYER 2

- Feel the upper abs warming up





## 02. CORE STRENGTH 1

### TRACK FOCUS

I want my participants to challenge themselves in the Hover with Arm Sequence in whatever level they are doing and to enjoy the Firefly / Side Hover combination.

| MUSIC |                       |      | EXERCISE       |                                                                                                                                                                           | CTS               | REPS |
|-------|-----------------------|------|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|------|
| 0:00  | Intro                 | 6x8  |                | Set up for Hover, facing F. Elbows under shoulders, forearms parallel to each other. Knees outside hips, lift hips up in line with shoulders<br>OPTIONS: On knees or toes | 48                |      |
| 0:25  | PC / <b>Come</b> on   | 4x8  | A              | <b>Hover w. Arm Sequence</b><br>L arm out to side<br>Slide L arm B to start position<br>Repeat to R arm                                                                   | 4<br>4<br>8       | 2x   |
| 0:42  | C / <b>Always</b>     | 4x8  | A <sup>1</sup> | <b>Hover w. Arm &amp; Leg Sequence</b><br>L arm out to side, R leg out to side<br>L arm and R leg B to start position<br>Repeat to R arm and L leg<br>OPTION: On knees    | 4<br>4<br>8       | 2x   |
| 0:58  | C / (Instr)           | 4x8  | B              | <b>Firefly</b> L&R<br>L knee to L elbow<br>L leg return to start position<br>Repeat to R knee                                                                             | 4<br>4<br>8       | 2x   |
| 1:15  | V2 / _ You            | 4x8  | A              | <b>Hover w. Arm Sequence</b>                                                                                                                                              | 16                | 2x   |
| 1:32  | PC / <b>Come</b> on   | 4x8  | A <sup>1</sup> | <b>Hover w. Arm &amp; Leg Sequence</b>                                                                                                                                    | 16                | 2x   |
| 1:48  | C / <b>Always</b>     | 8x8  | B <sup>1</sup> | <b>Firefly &amp; Side Hover</b> L&R<br>Firefly L<br>Side Hover L, L arm extends to ceiling<br>Return to start position<br>Repeat to R                                     | 8<br>4<br>4<br>16 | 2x   |
| 2:22  | Br / <b>Come</b> on   | 2x8  |                | Set up for Pike Pulse<br>Lie on back, facing L side, legs extend to ceiling, fingers towards toes                                                                         | 16                |      |
| 2:30  | <b>Come</b> on        | 2x8  | C              | <b>Pike Pulse</b>                                                                                                                                                         | 2                 | 8x   |
| 2:38  | C / <b>Always</b>     | 8x8  | D              | <b>Extended Crunch</b><br>Arms open wide to sides, legs lower to 45°<br>Return to Pike position                                                                           | 6<br>2            | 8x   |
| 3:16  | V3 / _ You            | 2x8  |                | Set up for Hover w. Arm Sequence                                                                                                                                          | 16                |      |
| 3:24  | _ You leave           | 2x8  | A              | <b>Hover w. Arm Sequence</b>                                                                                                                                              | 16                |      |
| 3:33  | PC / <b>Come</b> on   | 4x8  | A <sup>1</sup> | <b>Hover w. Arm &amp; Leg Sequence</b>                                                                                                                                    | 16                | 2x   |
| 3:49  | C / <b>Always</b>     | 8x8  | B <sup>1</sup> | <b>Firefly &amp; Side Hover</b> L&R                                                                                                                                       | 32                | 2x   |
| 4:23  | Br / <b>Come</b> on   | 1½x8 |                | Set up for Pike Pulse<br>Lie on back, facing L side, legs extend to ceiling, fingers towards toes                                                                         | 12                |      |
| 4:29  | _ Ohhh                | 2½x8 | C              | <b>Pike Pulse</b>                                                                                                                                                         | 2                 | 10x  |
| 4:39  | Outro / <b>Always</b> | 8x8  | D              | <b>Extended Crunch</b>                                                                                                                                                    | 8                 | 8x   |



## 02. RITUAL 5:18 mins

### TECHNIQUE & COACHING

#### WHY

The Hover with Arm & Leg Sequence is a great exercise to strengthen our anterior sling muscles. These muscles connect our lower and upper body and stabilize our trunk position during integrated movement patterns. Adding arm and leg patterns increase the activation of these muscles as they react to keep the shoulders and hips square and stabilize the trunk.

#### COACHING

The key move in this track is the Hover with Arm & Leg Sequence. This will challenge everyone starting small and gradually getting bigger as participants progressively develop strength. The focus is to brace the abs so the hips and shoulders are square to the floor. When we hover we use the sling muscles, which refers to the interconnections between our core muscles of the upper and lower limbs. This improves functional strength.

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 these focuses to life for participants and sell the benefits of this type of training.

#### HOVER WITH ARM / ARM & LEG SEQUENCE

##### KEY COACHING FOCUS

**Brace abs to keep hips and shoulders level, remaining square to floor**

##### LAYER 1

- Lie on belly
- Elbows under shoulders
- Bring forearms parallel to each other
- Knees outside hips
- **Abs braced to support lower back**
- Lift hips to shoulder level
- **Back long and straight**
- **Brace abs to keep shoulders and hips level to the floor**

##### LAYER 2

- Hold just that little bit longer on the Arm and leg extension, feeling the core firing strong
- Really use your core stabilizers to keep everything square



##### LEVEL

⇓ To decrease intensity – on knees or to add stability, take feet wider



# 02. RITUAL 5:18 mins

## TECHNIQUE & COACHING

### FIREFLY / FIREFLY & SIDE HOVER

#### KEY COACHING FOCUS

**Keep hips level to the floor. Brace abs so hips and shoulders roll as one**

#### LAYER 1

- Right knee to elbow, switch sides
- Knee to outside of the elbow
- **Shoulder sits directly over the elbow**
- **Brace abs so hips and shoulders roll as one** (Side Hover)
- Forearm pushes firmly into the floor
- **Keep bottom hip lifted** (Side Hover)
- **Hips stay level to the floor** (Firefly)

#### LAYER 2

- Feel the intensity as you rock further in the Firefly
- Lift bottom hip high in the Side Hover
- Use the abdominals as a handbrake as the Firefly speeds up; this will force your abdominals to react and work harder



#### LEVEL

↕ To decrease intensity, on knees

### PIKE PULSE

#### KEY COACHING FOCUS

**Squeeze ribs to hips**

#### LAYER 1

- **Squeeze ribs to hips**
- Reach arms and legs to ceiling
- Tuck chin in

#### LAYER 2

- Lift tail bone to increase intensity
- Reach your hands higher towards your feet





# 03. STANDING STRENGTH 1

## TRACK FOCUS

I want my participants to understand the Resisted Rainbow and enjoy the freedom of movement in the Zig Zag Woodchops through my precise execution cues.

| MUSIC |               | EXERCISE |                                                                                                                                                                                                                                                                               | CTS              | REPS |
|-------|---------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 0:00  | Intro         | 4x8      | Set up SMARTBAND handle and weight plate together in L hand. Step L foot into the middle of the single band. Feet wider than shoulders, hold weight plate and handle at L knee<br>OPTION: No plate                                                                            | 32               |      |
| 0:16  | V1 / Together | 8x8      | A <b>Resisted Rainbow</b> R (Slow)<br>Half circle O/H to R side<br>Return to start position (plate to L knee)                                                                                                                                                                 | 4<br>4           | 8x   |
| 0:47  | C / Well      | 8x8      | B <b>Zig Zag Woodchop Combo</b> R<br>Woodchop R<br>Parallel Woodchop L<br>Parallel Woodchop R<br>Return plate to L knee                                                                                                                                                       | 2<br>2<br>2<br>2 | 8x   |
| 1:17  | Instr / Well  | 4x8      | A <sup>1</sup> <b>Resisted Rainbow</b> R (Fast)                                                                                                                                                                                                                               | 4                | 8x   |
| 1:33  | V2 / Remember | 4x8      | Set up for Halo w. Side Squat L<br>Pick up plate, hold at collarbones, feet under hips<br>OPTION: Fold SMARTBAND in half, hold in front of chest                                                                                                                              | 32               |      |
| 1:48  | PC / Good     | 8x8      | C <b>Halo w. Side Squat</b> L&R (Slow)<br>Wide Squat L, plate diagonally towards L knee<br>Step L leg under hip, arms half circle above head (Halo)<br>Wide Squat R, plate diagonally towards R knee<br>Step R leg under hip, arms half circle above head (Halo)              | 4<br>4<br>4<br>4 | 4x   |
| 2:19  | C / Loyalties | 4x8      | C <sup>1</sup> <b>Halo w. Side Squat</b> L&R (Fast)<br>Wide Squat L, plate diagonally towards L knee<br>Step L leg under hip, arms half circle above head (Halo)<br>Wide Squat R, plate diagonally towards R knee<br>Step R leg under hip, arms half circle above head (Halo) | 2<br>2<br>2<br>2 | 4x   |
| 2:36  | Br / _ I wish | 4x8      | Set up SMARTBAND handle and weight plate together in R hand. Step R foot into the middle of the single band. Feet wider than shoulders, hold weight plate and handle at R knee                                                                                                | 32               |      |
| 2:51  | V3 / Together | 8x8      | A <b>Resisted Rainbow</b> L (Slow)<br>Half circle O/H to L side<br>Return to start position (plate to R knee)                                                                                                                                                                 | 4<br>4           | 8x   |
| 3:22  | C / Well      | 8x8      | B <b>Zig Zag Woodchop Combo</b> L<br>Woodchop L<br>Parallel Woodchop R<br>Parallel Woodchop L<br>Return to start position                                                                                                                                                     | 2<br>2<br>2<br>2 | 8x   |
| 3:53  | Instr / Well  | 4x8      | A <sup>1</sup> <b>Resisted Rainbow</b> L (Fast)                                                                                                                                                                                                                               | 4                | 8x   |
| 4:08  | V4 / Remember | 4x8      | Set up for Halo w. Side Squat R                                                                                                                                                                                                                                               | 32               |      |
| 4:24  | PC / Good     | 8x8      | C <b>Halo w. Side Squat</b> R&L (Slow)                                                                                                                                                                                                                                        | 16               | 4x   |
| 4:54  | C / Loyalties | 4x8      | C <sup>1</sup> <b>Halo w. Side Squat</b> R&L (Fast)                                                                                                                                                                                                                           | 8                | 4x   |

# 03. WISH YOU WELL 5:14 mins

## TECHNIQUE & COACHING

### WHY

One of the key roles of our core muscles is to control our center of gravity. Performing Woodchop patterns with our arms straight improves this. As the band and plate move away from our body – our anterior and posterior core muscles need to contract harder to maintain our trunk position.

### COACHING

You have the option of using just a band or adding a plate for extra resistance for the Resisted Rainbow and Woodchop movements. Give participants the choice if you have this equipment available. You have plenty of time to set up the Rainbow and Woodchops 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 circle over and move corner to corner in the Zigzag. 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, hips back and down, and chest lifted. Once they have the lower body foundation, coach to the plate stopping in front of the thighs and the elbows staying forward of the face as you Halo over head. This movement allows you to be creative with your Layer 2 and Layer 3 coaching, mixing education with connection and motivation.

### RESISTED RAINBOW

#### KEY COACHING FOCUS

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

#### LAYER 1

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

#### LAYER 2

- Great posture and strong range will help us control the rotator muscles
- Fight fatigue, tension on, tension off, embrace the burn



#### LEVEL

⇅To decrease intensity, no plate



# 03. WISH YOU WELL 5:14 mins

## TECHNIQUE & COACHING

### ZIG ZAG WOODCHOP COMBO

#### KEY COACHING FOCUS

Twist from center of the chest. Brace abs

#### LAYER 1

- Slide from side to side
- Down to your knees
- Arms move from corner to corner
- Hips move side to side, then knee bends
- **Hips face forward**
- **Twist from the center of your chest**
- **Keep chest lifted**
- **Abs braced**

#### LAYER 2

- Let your chest follow the plate and feel how it creates more rotation, which is super effective



#### LEVEL

⇓ To decrease intensity, no plate

### HALO WITH LUNGE / SIDE SQUAT

#### KEY COACHING FOCUS

Brace abs to keep 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 knee)
- **Plate stops at hip height**
- Plate circles over the top of your head.
- **Elbows slightly forward of the face as you halo over head**

#### LAYER 2

- Feel the power from the floor, through the core; that's how we develop rotation power with reaction training



#### LEVEL

⇓ To decrease intensity, no plate



# 04. STANDING STRENGTH 2

## TRACK FOCUS

I want my participants to understand and enjoy the new innovation of the band setup to add extra load and results to the glutes and hips.

| MUSIC |                         | EXERCISE |                                                                                                                                                                                                                                                                                    | CTS              | REPS |
|-------|-------------------------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 0:00  | Intro                   | 7x8      | Set up for Deadlift<br>Feet hip-width apart. Wrap SMARTBAND around thighs a fist above knees, cross band behind, bring handles F, L handle threads through R handle, R handle threads through L handle. Pick up weight plate, hold at thigh height<br>OPTION: No plate / SMARTBAND | 56               |      |
| 0:26  | Instr / (Drum)          | 4x8      | A <b>Deadlift</b> 2/2                                                                                                                                                                                                                                                              | 8                | 4x   |
| 0:42  | (Deep bass)             | 4x8      | A <sup>1</sup> <b>Deadlift</b> 1/1                                                                                                                                                                                                                                                 | 4                | 8x   |
| 0:57  | (Electric horn)         | 4x8      | A <sup>2</sup> <b>Triple Pulse Deadlift</b><br>Triple Pulse Deadlift<br>Return to start position                                                                                                                                                                                   | 6<br>2           | 4x   |
| 1:12  | (Quiet)                 | 1x8      | Half Squat and transfer weight onto R leg<br>Plate at collarbones                                                                                                                                                                                                                  | 8                |      |
| 1:16  | (B up)                  | 12x8     | B <b>Squat &amp; Leg Circle</b> L&R<br>Take L leg B to 45°<br>Circle L leg to L side<br>Take R leg B to 45°<br>Circle R leg to R side<br>After 2 reps, lift foot off floor                                                                                                         | 4<br>4<br>4<br>4 | 6x   |
| 2:02  | (Deep bass)             | 4x8      | C <b>Single Leg Squat</b> R<br>L leg B to 45°, lower down<br>Lift up                                                                                                                                                                                                               | 2<br>2           | 8x   |
| 2:17  | (Electric horn)         | 4x8      | C <sup>1</sup> <b>Single Leg Squat w. O/H Press</b> R<br>Single Squat down, hold plate at collarbones<br>Lift up, press plate O/H                                                                                                                                                  | 2<br>2           | 8x   |
| 2:32  | (Quiet)                 | 1x8      | Set up for Deadlift                                                                                                                                                                                                                                                                | 8                |      |
| 2:36  | (Electric horn)         | 10x8     | A <b>Deadlift</b> 2/2                                                                                                                                                                                                                                                              | 8                | 10x  |
| 3:14  | (Deep bass)             | 4x8      | A <sup>1</sup> <b>Deadlift</b> 1/1                                                                                                                                                                                                                                                 | 4                | 8x   |
| 3:29  | (Electric horn)         | 4x8      | A2 <b>Triple Pulse Deadlift</b>                                                                                                                                                                                                                                                    | 8                | 4x   |
| 3:45  | (Quiet)                 | 1x8      | Half Squat and transfer weight onto L leg<br>Plate at collarbones                                                                                                                                                                                                                  | 8                |      |
| 3:48  | (B up)                  | 12x8     | B <b>Squat &amp; Leg Circle</b> R&L                                                                                                                                                                                                                                                | 16               | 6x   |
| 4:34  | (Deep bass)             | 4x8      | C <b>Single Leg Squat</b> L                                                                                                                                                                                                                                                        | 4                | 8x   |
| 4:49  | Outro / (Electric horn) | 4x8      | C <sup>1</sup> <b>Single Leg Squat w. O/H Press</b> L                                                                                                                                                                                                                              | 4                | 8x   |

# 04. DROP THAT LOW (WHEN I DIP) 5:09 mins

## TECHNIQUE & COACHING

### WHY

Our hip abductors (side glutes) help control knee alignment and the position of our pelvis during weight-bearing activities. Pushing outward against band wrapped around our thighs enables us to generate more input from these muscles during our Deadlift and Squat patterns. These exercises are therefore great for improving movement precision and reduce the potential for injury during activities such as running.

### COACHING

Make the time to practice the new band setup so everyone is successful from the very start of the track. Coach clear Layer 1 Position and Execution cues of the new feels with the band so everyone understands the basics. Once everyone is moving well, coaching Layer 2 cues will help participants to manipulate the intensity and results. 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 glutes as you stand up” and “drive out of heels” provide an internal focus (of the body-part involved), while “use the floor as you stand up” gives 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 focus, then choose a different one next week.

### DEADLIFT / TRIPLE PULSE DEADLIFT

#### KEY COACHING FOCUS

**Tip forward from the hips. Hips square to the front**

#### LAYER 1

- Wrap SMARTBAND around thighs, just above knees
- Hold weight plate at thigh height
- Feet outside hips
- Tension on the band
- **Tip forward from the hips**
- **Chest lifted**
- **Plate stops at knee line**
- Shoulders back and down
- **Nose forward of the toes**
- **Brace abs to keep hips square**

#### LAYER 2

- Keep both feet flat and then push the knees out to engage the glutes even more
- Squeeze glutes as you stand up and drive out of heels



#### LEVEL

⇅ To decrease intensity, no SMARTBAND / no plate



# 04. DROP THAT LOW (WHEN I DIP) 5:09 mins

## TECHNIQUE & COACHING

### SQUAT & LEG CIRCLE

#### KEY COACHING FOCUS

Brace abs. Square shoulders and hips to front

#### LAYER 1

- Shift weight to one leg
- Leg goes back and around slowly
- Then switch
- **Brace abs tightly to keep hips and shoulders square to front**
- **Chest up**
- **Avoid leaning to side**

#### LAYER 2

- Challenge with foot off the floor
- To create more stability, press weight into the supporting foot
- Challenge yourself by circling the leg wider
- Keep pressing knees outwards to maintain tension on glutes

#### LEVEL

↴To decrease intensity, no SMARTBAND / no plate



### SINGLE LEG SQUAT / WITH OVERHEAD PRESS

#### KEY COACHING FOCUS

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

#### LAYER 1

- **Brace abs**
- **Chest lifted**
- One leg squat is back
- Leg back at 45 degrees
- Squat down and up
- **Nose over toes**
- Square hips
- **Chest inside the line of the big toes**
- **Elbows forward as you press plate over head**

#### LAYER 2

- Push out of your heel as you rise, to help stabilize your balance and engage your glute muscles
- As you press the plate over head, drive plate to the ceiling, keeping plate forward of the face, then pull elbows back to start position with control



#### LEVEL

↴To decrease intensity, no SMARTBAND / no plate



# 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 for Side Hover w. Hip Lift L, facing L side, L elbow under shoulder, L knee on floor, bent and in line with hip, R leg extends. Plate in R hand at shoulder<br>OPTION: No plate |                                                                                                                                                                                                     | 32               |      |
| 0:17  | V1 / <b>Like</b> the      | 6x8  | A                                                                                                                                                                                      | <b>Side Hover w. Hip Lift L 2/2</b><br>Lift bottom hip up<br>Lower down<br>OPTION: Touch bottom hip to floor in between                                                                             | 4<br>4           | 6x   |
| 0:40  | C / <b>Feel</b>           | 8x8  | A <sup>1</sup>                                                                                                                                                                         | <b>Side Hover w. Hip Lift &amp; Plate Press L 1/3</b><br>Lift up, press plate to vertical<br>Hold<br>Lower down, plate to shoulder<br>OPTION: Scissor legs                                          | 2<br>2<br>4      | 8x   |
| 1:10  | Instr                     | 4x8  | A <sup>2</sup>                                                                                                                                                                         | <b>Side Hover w. Hip Lift &amp; Plate Hold L 1/1</b><br>Lift up, press plate to vertical<br>Lower hips halfway down                                                                                 | 2<br>2           | 8x   |
| 1:25  | Instr                     | 4½x8 | A <sup>3</sup>                                                                                                                                                                         | <b>Side Hover w. Hip Lift Pulse &amp; Plate Hold L</b><br>Lift up<br>Lower halfway down<br>Hold up last 4cts                                                                                        | 1<br>1           | 16x  |
| 1:42  | V2 / <b>Must</b> go       | 4x8  | Set up Side Hover w. Hip Lift R, facing R side<br>R elbow under shoulder, R knee bent and in line with hip, L leg extends. Plate in L hand at shoulder                                 |                                                                                                                                                                                                     | 32               |      |
| 1:57  | V3 / <b>Like</b> me       | 6x8  | A                                                                                                                                                                                      | <b>Side Hover w. Hip Lift R 2/2</b>                                                                                                                                                                 | 8                | 6x   |
| 2:20  | C / <b>Feel</b>           | 8x8  | A <sup>1</sup>                                                                                                                                                                         | <b>Side Hover w. Hip Lift &amp; Plate Press R 1/3</b>                                                                                                                                               | 8                | 8x   |
| 2:50  | Instr                     | 4x8  | A <sup>2</sup>                                                                                                                                                                         | <b>Side Hover w. Hip Lift &amp; Plate Hold R 1/1</b>                                                                                                                                                | 4                | 8x   |
| 3:05  | Instr                     | 4x8  | A <sup>3</sup>                                                                                                                                                                         | <b>Side Hover w. Hip Lift Pulse &amp; Plate Hold R</b>                                                                                                                                              | 2                | 16x  |
| 3:20  | V4 / <b>Like</b> the fact | 4x8  | Set up for Oblique Leg Drop w. 3x Kicks, facing L side<br>Lie on back, arms wide, knees over hips, plate in L hand (B hand)                                                            |                                                                                                                                                                                                     | 32               |      |
| 3:35  | Instr / (Quiet)           | 13x8 | B                                                                                                                                                                                      | <b>Oblique Leg Drop w. 3x Kicks F&amp;B</b><br>Lower legs to front, 3x Kicks<br>Return to start position<br>Repeat to B<br>Last 4cts, pick up plate and hold at chest, elbows wide, knees over hips | 4<br>4<br>8      | 6½x  |
| 4:24  | C / <b>Feel</b>           | 4x8  | C                                                                                                                                                                                      | <b>Cross Crawl w. Plate F&amp;B (Slow)</b><br>Cross Crawl F, R leg extend<br>Return to center, R leg in<br>Cross Crawl B, L leg extend<br>Return to center, L leg in                                | 2<br>2<br>2<br>2 | 4x   |
| 4:40  | Outro / Instr             | 8x8  | C <sup>1</sup>                                                                                                                                                                         | <b>Cross Crawl w. Plate F&amp;B (Fast)</b>                                                                                                                                                          | 4                | 16x  |

# 05. FALLING IN LOVE 5:11 mins

## TECHNIQUE & COACHING

### WHY

Controlling lateral deviations at the trunk and hip is a key component of injury prevention. Our obliques, quadratus lumborum, back extensors and side glutes all work in unison to minimize deviations and maintain trunk control during weight-bearing activities. The Side Hover with a Hip Lift activates these muscles in an integrated way, which mimics how they are engaged during functional activities.

### COACHING

Make sure you physically practice 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 Side Hovers bite hard, so offer all levels so everyone is successful and, of course, give the option of with or without resistance. Be super clear, to allow the music to come through so participants can enjoy the challenge and the motivation. The Leg Drops with the 3 Kicks returns from the Warm-Up track. This move really strengthens the waistline. Emphasize to participants that the rear shoulder is anchored to achieve the strength gains. The last move is the Cross Crawl with a plate variation to bump up the oblique gains!

### SIDE HOVER WITH HIP LIFT / PULSE

#### KEY COACHING FOCUS

**Keep hips square to the front**

#### LAYER 1

- Lie side-on
- Right elbow directly under shoulder
- Bottom knee down
- Top leg straight
- Plate to shoulder
- **Brace abs**
- **Bottom hip lifts**
- Up, up, down, down
- **Hips square to the front**

#### LAYER 2

- Push out of the forearm to help you stabilize the muscles of the shoulder
- Visualize a wall in front and behind you
- Push your top foot down in a way that supports your hip and creates a vice grip for your obliques



#### LEVELS

⇩ To decrease intensity, no plate

⇧ To increase intensity, scissor legs



# 05. FALLING IN LOVE 5:11 mins

## TECHNIQUE & COACHING

### OBLIQUE LEG DROP WITH 3x KICKS

#### KEY COACHING FOCUS

**Anchor shoulders to the floor**

#### LAYER 1

- Roll onto your back
- Knees over hips
- Arms out to sides
- **Anchor shoulders to the floor**
- Roll legs to front at 45 degrees, kick 3, 2, 1 and switch

#### LAYER 2

- Point the toes and squeeze the muscles in the quads as you're kicking the legs out; now feel how hard your abdominal muscles are working



#### LEVEL

↓ To decrease intensity, reduce range

### CROSS CRAWL WITH PLATE

#### KEY COACHING FOCUS

**Lift shoulders up and across**

#### LAYER 1

- Keep plate touching the chest
- Elbows out
- **Twist from the center of your chest**
- **Shoulder lifts up and across to the opposite knee**
- **Lower back towards floor, belly button to spine**

#### LAYER 2

- Take the elbows as wide as you can, to get more rotation
- Crunch and twist higher



#### LEVEL

↓ To decrease intensity, no plate



# 06. CORE STRENGTH 3

## TRACK FOCUS

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

| MUSIC |                       | EXERCISE |                                                                                                                                                        | CTS         | REPS       |
|-------|-----------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------------|
| 0:00  | Intro                 | 4x8      | Set up for Kneeling Cobra. SMARTBAND under knees, cross handles, shoulders B, arms out to sides                                                        | 32          |            |
| 0:18  | V1 / _ Don't try      | 6x8      | A <b>Kneeling Cobra</b> 1/3<br>Tip F from hips, Cobra Arms<br>Slowly bring arms B to start position                                                    | 2<br>6      | 6x         |
| 0:35  | C / <b>Hey</b> ya     | 11x8     | A <sup>1</sup> <b>Kneeling Cobra</b> 1/1                                                                                                               | 4           | 22x        |
| 1:07  | V2 / _ You think      | 3x8      | Set up Pushup<br>Knees outside hips, hands outside shoulders                                                                                           |             |            |
| 1:16  | V3 / _ We get         | 8x8      | B <b>Pushup</b><br>Drop down<br>Pushup<br>Last 4cts, L leg extends out                                                                                 | 4<br>4      | 8x         |
| 1:41  | C / <b>Hey</b> ya     | 11x8     | B <sup>1</sup> <b>Tripod Pushup</b> L&R (L leg extended)<br>Drop down halfway<br>Pushup<br>Change legs on last 4 cts<br>Tripod Pushup (R leg extended) | 2<br>2<br>4 | 11x<br>11x |
| 2:14  | Br / <b>Fellas</b>    | 2x8      | Set up for Back Extension<br>Lie prone, facing front, arms out wide to sides                                                                           | 16          |            |
| 2:20  | _ I can't hear        | 9x8      | C <b>Back Extension</b><br>Lift up<br>Lower down                                                                                                       | 2<br>2      | 18x        |
| 2:47  | Ref / <b>Shake</b> it | 12x8     | D <b>Flutter Kick</b> L&R<br>Forehead on back of hands                                                                                                 | 96          |            |
| 3:20  | C / <b>Hey</b> ya     | 10x8     | C <sup>1</sup> <b>Flutter Kick w. Back Extension</b><br>Lift upper body up and arms out to sides<br>Flutter Kick, thumbs up                            | 80          |            |

NOTE: The tempo changes quite frequently in this track. Go with the tempo within each movement and use the lyrical cues as your main guide.

# 06. HEY YA! 3:57 mins

## TECHNIQUE & COACHING

### WHY

Hip hinging (tipping forward from the hip without losing spinal neutral) is an important element of movement control. Improving this allows us to execute Squat and Deadlift patterns safely and effectively. The Kneeling Cobra creates a great opportunity to work on our hip hinge. The key is to maintain a high chest position, which activates our spinal extensors and stabilizes the trunk position so that all the movement occurs at the hip joints.

### COACHING

The first block starts with the Kneeling Cobra sequence; coach to a lifted chest while hip-hinging to keep the load in the back of the body. The common fault here is to not sit the hips back enough to load the gluteals. The second block of work is the Pushup, which has many levels. This is fantastic body weight training that not only drives glute engagement as the leg lifts but also loads the core, front and back.

The last block finishes with Back Extension work that helps improve scapula control – an important component of improving shoulder stability, not to mention all the postural benefits that make us feel and look strong. The key to this track is to coach to all levels so everyone is included. Know your participants and know their goals so you can help motivate them to success!

### KNEELING COBRA

#### KEY COACHING FOCUS

**Tip forward from the hips. Squeeze shoulder blades together**

#### LAYER 1

- Find middle of the band; stretch it and put knees on top
- Knees just outside hip
- Cross handles
- Arms out to sides, palms forward
- **Tip forward from hips**
- **Squeeze shoulder blades together**
- Knuckles face back (Cobra)
- **Brace abs**
- **Push hips back towards heels**
- Squeeze glutes to rise

#### LAYER 2

- Brace abs tighter to stabilize the trunk, lead with the elbows to keep tension in the shoulder muscles
- Start to move your handles back even further – it's so good for posture



#### LEVEL

↴ To decrease intensity, no SMARTBAND

# 06. HEY YA! 3:57 mins

## PUSHUP / TRIPOD PUSHUP

### KEY COACHING FOCUS

**Abs braced to keep hips and shoulders square to the floor**

#### LAYER 1

- Pushup position – knees just outside hips, hands outside shoulders
- **Chest to elbow level**
- **Abs braced to keep hips and shoulders square to floor**
- Back long and straight
- One leg up (Tripod Pushup)
- Foot hip level (Tripod Pushup)

#### LAYER 2

- Push the palms of the hands firmly into the floor to help stabilize the shoulders
- Point the toes of the lifted leg and squeeze the muscles of the quads and glutes. This will increase more core load and help to control the trunk as you drop down and push up.



#### LEVELS

↴To decrease intensity, Pushup on knees  
↱To increase intensity, on toes / Bottom Range Pulse

## BACK EXTENSION

### KEY COACHING FOCUS

**Squeeze glutes**  
**Squeeze shoulder blades together**

#### LAYER 1

- Come down to belly
- Arms wide, feet together on the floor
- **Squeeze butt**
- Chin tucked in
- **Squeeze shoulder blades together**

#### LAYER 2

- Can you lift one inch higher by squeezing your shoulder blades into your spine?



#### LEVEL

↴To decrease intensity, touch fingertips lightly to floor in between reps

## FLUTTER KICK

### KEY COACHING FOCUS

**Squeeze glutes**

#### LAYER 1

- Lie on belly
- Rest forehead on back of hands
- **Squeeze butt**
- Chin tucked in

#### LAYER 2

- Point the toes, squeeze the quads and try and lift the knees off the floor





BONUS

# 04. STANDING STRENGTH 2

## TRACK FOCUS

I want my participants to follow me easily by coaching clear execution to enable them to have intensity and fun in this track.

| MUSIC |                   |     | EXERCISE                                                                                                                             |                                                                                                                                                                                                                     | CTS                                  | REPS           |
|-------|-------------------|-----|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|----------------|
| 0:00  | Intro             | 4x8 | Set up for Single-Leg Back Tap and Knee Lift<br>Step both feet onto SMARTBAND, cross handles high up at waist level. Feet under hips |                                                                                                                                                                                                                     | 32                                   |                |
| 0:19  | V1 / _ Lights out | 4x8 | A                                                                                                                                    | <b>Single-Leg Back Tap &amp; Knee Lift</b> L&R<br>Tap L leg B at 45°<br>Knee Lift L<br>Tap L leg B at 45°<br>Return to start position<br>Repeat R leg                                                               | 2<br>2<br>2<br>2<br>8                | 2x             |
| 0:38  | C / _ I don't     | 2x8 | B                                                                                                                                    | <b>Step Out, Out, In, In (Slow)</b><br>Step L foot out to side<br>Step R foot out to side<br>Step L foot in<br>Step R foot in                                                                                       | 2<br>2<br>2<br>2                     | 2x             |
| 0:48  | _ I don't         | 2x8 | B <sup>1</sup>                                                                                                                       | <b>Step Out, Out, In, In (Medium)</b><br>Step L foot out to side<br>Step R foot out to side<br>Step L foot in<br>Step R foot in                                                                                     | 1<br>1<br>1<br>1                     | 4x             |
| 0:57  | Instr / (Synth)   | 4x8 | B <sup>2</sup>                                                                                                                       | <b>Cha-Cha Out, Out, In, In</b><br>Skip L foot out to side, Skip R foot out to side<br>Skip L foot in, Skip R foot in<br>After 8 reps, take feet out even wider                                                     | 1<br>1                               | 16x            |
| 1:16  | V2 / _ Touch      | 4x8 | C                                                                                                                                    | <b>Kickback</b> L&R<br>Extend L leg B to 45°<br>Tap L leg B<br>Extend L leg B to 45°<br>L leg F, Squat, change legs<br>Extend R leg B to 45°<br>Tap R leg B<br>Extend R leg B to 45°<br>R leg F, Squat, change legs | 1<br>1<br>1<br>1<br>1<br>1<br>1<br>1 | 4x             |
| 1:35  | PC / _ I'm under  | 6x8 | A                                                                                                                                    | <b>Single-Leg Back Tap &amp; Knee Lift</b> L&R<br>OPTION: Keep foot off floor during movement                                                                                                                       | 16                                   | 3x             |
| 2:04  | Instr / (Synth)   | 4x8 | B <sup>2</sup>                                                                                                                       | <b>Cha-Cha Out, Out, In, In</b><br>OPTION: Last 8 reps travel F then B                                                                                                                                              | 2                                    | 16x            |
| 2:24  | V3 / _ Touch      | 4x8 | C                                                                                                                                    | <b>Kickback</b> L&R                                                                                                                                                                                                 | 8                                    | 4x             |
| 2:43  | PC / _ I'm under  | 6x8 | A                                                                                                                                    | <b>Single-Leg Back Tap &amp; Knee Lift</b> L&R                                                                                                                                                                      | 16                                   | 3x             |
| 3:12  | Instr / (Synth)   | 4x8 | B <sup>2</sup>                                                                                                                       | <b>Cha-Cha Out, Out, In, In</b><br><b>Cha-Cha Out, Out, In, In</b> Travel F<br><b>Cha-Cha Out, Out, In, In</b> Travel B                                                                                             | 2<br>2<br>2                          | 8x<br>4x<br>4x |
| 3:31  | Outro / (Instr)   | 6x8 | C                                                                                                                                    | <b>Kickback</b> L&R                                                                                                                                                                                                 | 8                                    | 6x             |



BONUS

# 04. SMOOTH OPERATOR 4:01 mins

## TECHNIQUE & COACHING

### WHY

Improving lower limb control during dynamic activities such as walking, running, climbing stairs etc requires rapid activation of our hip stabilizers on foot strike. The Cha-Cha movement in this track will help to improve the reaction speed of these muscles and therefore improve our dynamic stability and movement precision.

### COACHING

The Single-Leg Back Tap and Knee Lift sequence is tough, so focus on simple coaching to make this easy to follow. Maintaining a tall and balanced position helps to keep the load in the standing leg and engage the glutes. The coolest part is the new Cha-Cha combo. Coach this sequence with the correct voice and feeling. CXWORX is technical and precise and we have FUN and play with the music. The lyrics and beats are phenomenal to hook into and this track gives you a great opportunity to connect with your class. Make eye contact, play around and keep it simple. How will you create this feel in your classes?

### SINGLE LEG BACK TAP & KNEE LIFT

#### KEY COACHING FOCUS

**Keep chest lifted. Avoid leaning to the side**

#### LAYER 1

- Step both feet onto SMARTBAND
- Cross handles high up at waist
- Feet under hips
- **Keep chest lifted**
- **Brace abs to keep hips facing forward**
- Right leg tap back, lift knee, tap back and switch
- Press heel to 45 degrees
- **Avoid leaning to the side**
- Hips back and down in the Squat

#### LAYER 2

- Take the balance challenge and float the foot. Balance with control – it takes a lot more from our core to keep the body still. It's a good motivator, isn't it?
- Flex the toes to help anchor the band around the side of the foot during the balance challenge



#### LEVEL

⇩ To decrease intensity, no SMARTBAND



BONUS

# 04. SMOOTH OPERATOR 4:01 mins

## TECHNIQUE & COACHING

### STEP OUT, OUT, IN, IN / CHA-CHA

#### KEY COACHING FOCUS

**Abs braced, chest lifted**

#### LAYER 1

- Right leg out, left leg out
- Right leg in, left leg in
- **Abs braced to keep hips facing forward**
- **Avoid leaning to the side**
- Shoulders square to front, elbows wide
- **Chest lifted**

#### LAYER 2

- Challenge yourself to have equal distance as you step out and in, to keep equal and greater load on the hip abductors



#### LEVEL

↓ To decrease intensity, no SMARTBAND

### KICKBACK

#### KEY COACHING FOCUS

**Brace abs to keep hips and shoulders facing forward**

**Avoid leaning to the side**

#### LAYER 1

- **Hips and shoulders face forward**
- **Chest lifted**
- **Abs braced** (for stability)
- Elbows wide, shoulder blades back
- **Avoid leaning to the side**
- Body still and tall
- Kick to the corner

#### LAYER 2

- Keep as much tension on the band throughout the exercise



#### LEVEL

↓ To decrease intensity, no SMARTBAND



BONUS

# 06. CORE STRENGTH 3

## TRACK FOCUS

My participants will feel the strength and mobility work in their posterior chain through my clear setup and education cues.

| MUSIC |                 | EXERCISE |                                                                                                                                                                                                                                       | CTS                   | REPS |
|-------|-----------------|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------|
| 0:00  | Intro           | 4x8      | Set up for Bentover Front Raise & Wide Row<br>Step both feet onto SMARTBAND, hip-width apart<br>Hold one handle in each hand, tip forward from the hips<br>OPTION: Use 2x plates                                                      | 32                    |      |
| 0:20  | Instr / (Piano) | 4x8      | A <b>Bentover Front Raise &amp; Wide Row (Slow)</b><br>Front Raise, thumbs up<br>Lower down<br>Double Pulse Wide Row<br>Lower down                                                                                                    | 4<br>4<br>6<br>2      | 2x   |
| 0:41  | C / _ Keep on   | 4x8      | A <sup>1</sup> <b>Bentover Front Raise and Wide Row (Fast)</b><br>Front Raise, thumbs up<br>Lower down<br>Double Pulse Wide Row<br>Lower down                                                                                         | 2<br>2<br>3<br>1      | 4x   |
| 1:01  | Instr / (Beat)  | 8x8      | A <sup>2</sup> <b>Bentover Circle Raise &amp; Wide Row</b><br>Front Raise<br>Circle arms out and B to start Position<br>Double Pulse Wide Row                                                                                         | 2<br>2<br>4           | 8x   |
| 1:42  | C / _ Keep on   | 2x8      | Set up for Alt Single-Leg Hip Bridge. Facing L side, lie on back, arms out to sides, feet on floor                                                                                                                                    | 16                    |      |
| 1:52  | _ Keep on       | 6x8      | B <b>Alt Single-Leg Hip Bridge</b> R&L (F&B)<br>Lift hips and R knee up<br>Extend R foot out to 45°<br>Bring R foot B in<br>Lower hips down<br>Repeat on other side                                                                   | 2<br>2<br>2<br>2<br>8 | 3x   |
| 2:23  | Instr / (Beat)  | 8x8      | B <sup>1</sup> <b>Alt Single-Leg Hip Bridge Pulse</b> R&L (F&B)<br>Lift hips and R knee up, 3x Pulse<br>Extend R foot out to 45°<br>Bring R foot B in<br>Lower hips down<br>Repeat on other side<br>OPTION: Keep hips up after 2 reps | 5<br>1<br>1<br>1<br>8 | 4x   |
| 3:05  | C / _ Keep on   | 2x8      | Set up for Back Extension w. Arms Sequence. Facing front, lie prone, arms at sides, palms down, feet together                                                                                                                         | 16                    |      |
| 3:15  | _ Keep on       | 6x8      | C <b>Back Extension w. Arms Sequence</b> (Slow)<br>Lift up, circle arms wide to O/H, thumbs up<br>Circle arms wide to B, palms down                                                                                                   | 8<br>8                | 3x   |
| 3:46  | Outro / Instr   | 8x8      | C <sup>1</sup> <b>Back Extension w. Arms Sequence</b> (Fast)<br>Lift up, circle arms wide to O/H thumbs up<br>Lower down, arms O/H<br>Lift up, circle arms wide to B, palms down<br>Lower down                                        | 2<br>2<br>2<br>2      | 8x   |



BONUS

# 06. KEEP ON LOVIN' 4:30 mins

## TECHNIQUE & COACHING

### WHY

Our lumbar extensors often dominate the posterior chain and can be over-active. This will often result in the thoracic extensors and gluteals to be weaker and less able to support the trunk and pelvis when required. This track addresses these 2 areas with the Bentover Front Raise, Wide Row and Circle Raise challenging the thoracic extensors while the Single-Leg Hip Bridge focuses on the gluteals.

### COACHING

This song is smooth and dreamy: *Keep On Lovin'*.

This track makes use of the SMARTBAND or two weight plates of the same weight.

In the Bentover Front Raise and Wide Row combo, keep tension on the band to fire up the rear deltoids and mid back. Be super clear on targets and execution cues for stability. When the Circle Raise kicks in, the feeling is big, circular and full upper body.

Alternating Single-Leg Hip Bridges take the glute and back training to a new level. Drive both the hip and knee directly up. This brings focus into how to engage the glute and develops power and strength which has a carry-over effect into everyday life. The last move focuses on Back Extensions using the music and breath to lift and circle to the finish line. Enjoy!

### BENTOVER FRONT RAISE & WIDE ROW / BENTOVER CIRCLE RAISE & WIDE ROW

#### KEY COACHING FOCUS

**Tip forward from the hips. Keep chest lifted**

#### LAYER 1

- **Tip forward from the hips**
- **Brace abs to support lower back**
- **Chest lifted**
- Thumbs up (Circle & Front Raise)
- Knuckles forward (Wide Row)
- **Squeeze shoulder blades together**

#### LAYER 2

- Keep the trunk really still so you get maximum load in the core
- Take the arms as wide as possible as long as you can maintain trunk control



#### LEVEL

⇩ To decrease intensity, reduce range



BONUS

# 06. KEEP ON LOVIN' 4:30 mins

## TECHNIQUE & COACHING

### ALTERNATING SINGLE-LEG HIP BRIDGE / PULSE

KEY COACHING FOCUS

**Squeeze butt**

#### LAYER 1

- **Keep hips level to the floor**
- **Squeeze butt**
- Use your glutes to drive your hips up
- Push the back of the arms and the shoulders to the floor
- Aim knee at the ceiling

#### LAYER 2

- Drive out of your heels
- If you want more challenge, keep the hips up in the Pulse
- Single-leg training for muscle balance



### BACK EXTENSION WITH ARMS SEQUENCE

KEY COACHING FOCUS

**Squeeze butt**

#### LAYER 1

- Lie on belly
- Feet together
- **Squeeze butt** (to support spine)
- **Squeeze shoulder blades together**
- Arms forward
- **Chin tucked in**
- Arms forward and back (when circling wide)

#### LAYER 2

- See if you can get that little lift every time your arms come out wide as this will fire all the muscles in your posterior chain





# 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.

