

CXWORX **39**

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

04. STANDING STRENGTH 2

BONUS

05. CORE STRENGTH 2

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MUSIC

- 01

One Touch (3:22)

Jess Glynne & Jax Jones

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Written by: Emenike, Bennet, Glynne, Lam, Ralph
- 02

Playing with Fire (4:01)

RIVRS

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Written by: Kemp, Mallory, New, Page
- 03

Goin' Harder (3:21)

Crystal Fighters feat. Bomba Estéreo

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Written by: Dickson, Pringle, Vierich, Saumet
- 04

This Is How We Do It (4:50)

Montell Jordan

Courtesy of the Universal Music Group.

Written by: Oji, Jordan, Walters
- 05

Young (4:40)

Jaded

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Written by: Nariman
- 06

Making Moves (4:53)

Oh The Larceny

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Written by: Wells, Burnett
- BONUS 04

Pon De Replay (3:59)

Rihanna

Courtesy of the Universal Music Group.

Written by: Rogers, Sturken, Brooks, Nobles
- BONUS 05

Good To Go (5:07)

Danger Twins

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Written by: Unknown



L-R: Martine Matapo-Kolisk, Corey Baird, René Vogel and Dan Cohen

If integrating multiple muscles, full-range movements, fun, core strength and stability was the game plan, then CXWORX Release 39 hits the spot perfectly.

Release 39 has some incredible standout moments. Track 2 showcases jumping Planks that will ignite the core, at the same time teaching the core muscles to fire and freeze to help stabilize the trunk, creating a carry-over effect to life-training.

Track 3 has a new Lunge Chop which will fire the slings fast, all set to the incredible sound of *Goin' Harder*. Participants favorite was throwback: *This Is How We Do It* for Track 4 – the song will take away some of the sting.

Track 5 has a Circuit feel: 3 exercises = 2 rounds = 6 sets of work – all to chisel the obliques!

We can't forget the fun and Cool Bonus tracks this round. If you're looking for extra intensity, these are the tracks!

As always, let us know what you think!

Enjoy this workout,
CXWORX team

RELEASE FEEDBACK

Tell us what you think of this release.
Visit lesmills.com/release-feedback

CREDITS

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

PRESENTERS

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Corey Baird (New Zealand) is a CXWORX Trainer and BODYBALANCE/BODYFLOW Instructor/Presenter. He is based in Auckland, where he is also a personal trainer and Pilates instructor.

Martine Matapo-Kolisk (New Zealand) is a CXWORX, BODYATTACK, BODYSTEP and LES MILLS TONE Instructor. She is based in Dunedin.

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

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

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	2x8	Set up Double Leg Lift. Lie on back, facing L side, arms at sides, palms up, knees over hips	16	
0:13	V1 / Promise	A	4x8 Double Leg Lift 2/2 Lower legs to floor Lift legs B to start position	4 4	4x
0:28	PC / Never	A ¹	4x8 Double Leg Lift 1/3 Lower legs to floor Hold Lift legs B to start position	2 2 4	4x
0:43	C / Touch _	B	4x8 Cross Crawl F&B, start with knees over hips Twist to front, fingertips to temples Center Twist to B Center	2 2 2 2	4x
0:59	C / Touch _	B ¹	4x8 Cross Crawl w. Leg Extension F&B Twist to front, L leg extend B to center, L leg in Twist to B, R leg extend B to center, R leg in	2 2 2 2	4x
1:15	V2 / When	C	4x8 Crunch 2/2 Crunch up Lower down	4 4	4x
1:30	PC / Never	C ¹	4x8 Crunch w. Arms 1/3 Crunch up, arms reach past knees Hold Lower down, arms O/H	2 2 4	4x
1:45	QC / Touch _	B	4x8 Cross Crawl F&B	8	4x
2:01	C / Touch _	B ¹	4x8 Cross Crawl w. Leg Extension F&B	8	4x
2:16	Br / _ Hold me		8x8 Bridge Lift R knee towards ceiling Lower down Lift L knee towards ceiling Lower down	16 4 4 4 4	3x
2:47	Rep / Touch _		8x8 C-Crunch and Cross Crawl F&B Crunch up Lower down Twist to front, L leg extend B to center, L leg in Repeat to B Crunch up and hold	2 2 2 2 8	4x



01. ONE TOUCH 3:22 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. 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. Remember: This is your time to get everyone into the core mindset, so approach with a positive, enthusiastic attitude.

DOUBLE LEG LIFT

KEY COACHING FOCUS

Engaging abs to press lower back towards the floor

LAYER 1

- Arms at sides, palms up
- Anchor shoulders to the floor
- Knees directly over hips
- **Abs braced to keep lower back pressed towards the floor**
- Toes tap lightly
- Shins stay parallel



CROSS CRAWL / CROSS CRAWL WITH LEG EXTENSION

KEY COACHING FOCUS

Lift shoulder towards opposite knee

LAYER 1

- Fingertips to temples
- **Chin tucked in**
- **Lift shoulder towards opposite knee**
- Keep elbows wide and off the floor
- Twist to the front, then to the back
- Rotate from the center of the chest
- Big press of the leg (with Leg Extension)

LAYER 2

- Lift the shoulders off the floor a little more, take the elbows even wider – great way to warm up the muscles of our core

CROSS CRAWL



CROSS CRAWL WITH LEG EXTENSION





01. ONE TOUCH 3:22 mins

TECHNIQUE & COACHING

CRUNCH / CRUNCH WITH ARMS

KEY COACHING FOCUS

Squeezing ribs to hips

LAYER 1

- Crunch up, squeezing **ribs to hips**
- **Tuck chin in**
- Eye gaze between knees
- Arms to knee line
- Up, up, down, down
- Keep lower back close to the floor as the arms go overhead

LAYER 2

- Lift a little bit higher
- Taking the arms overhead will help mobilize the spine



ALTERNATING SINGLE-LEG HIP BRIDGE

KEY COACHING FOCUS

Activating glutes to lift hips

LAYER 1

- Feet come close to butt
- Arms by sides
- **Squeeze glutes to lift hips**
- **Hips and pelvis parallel**

LAYER 2

- Keep the glutes squeezed to help warm up and engage the muscles of the glutes and hamstrings





02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to enjoy building core strength as they challenge themselves, no matter what level they are doing in the Hover and Plank work.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Hover, facing R. Elbows under shoulders, fists together, knees outside hip-width, lift hips up in line with shoulders OPTIONS: On knees or toes	16	
0:08	V1 / Passion	4x8	A Hover	32	
0:28	PC / You're	4x8	A ¹ Moving Hover F&B Weight Shift F Weight Shift B OPTION: Hover on knees	4 4	4x
0:47	C / Fire _	4x8	A ² Moving Hover F&B w. Leg Lift L&R Weight Shift F, lift L leg to 45° Hold Weight Shift B, lower L leg to Hover Weight Shift F, lift R leg to 45° Hold Weight Shift B, lower R leg to Hover OPTION: On knees	1 1 2 1 1 2	4x
1:06	Instr /	2x8	Transition to Plank. Hands under shoulders, feet hip-width apart.	16	
1:16	V2 / Passion	8x8	B Moving Plank and Pullback Weight Shift F Pullback, knees off floor OPTION: On knees; stay still	4 4	8x
1:54	C / Fire _	4x8	B ¹ Moving Plank and Pullback w. Jump Jump F, lift L leg to 45° Hold Pullback, knees lightly touch floor Jump F, lift R leg to 45° Hold Pullback, knees off floor OPTION: On knees, Leg Extension L&R	1 1 2 1 1 2	4x
2:14	V3 / Waiting	2x8	Transition to floor. Lie on back, arms out wide to sides, knees over hips or legs extend out to 45°, palms up	16	
2:23	V4 / Make	10x8	Scissor Drop and Pulse Crunch Combo 4x Scissor legs to floor 4x Scissor legs up 3x Pulse Crunch Return to start position OPTION: Bend knees in Scissor Drop	4 4 6 2	5x
3:11	Br / _ All I see	2x8	Transition back to Plank position	16	
3:21	Br / Fire	2x8	B Moving Plank and Pullback	8	2x
3:31	Instr	6x8	B ¹ Moving Plank and Pullback w. Jump	8	6x



02. PLAYING WITH FIRE 4:01 mins

TECHNIQUE & COACHING

WHY

Turning the fingertips toward the corner of the room may make weight bearing through the wrists more comfortable for some participants. This alters the alignment in the weight bearing surfaces which can reduce joint compression.

COACHING

This was one of the highlight tracks during filming week. This track is all about playing with Fire; being playful in your teaching attitude; seeing potential in everyone; tuning participants into what their bodies are capable of. The key to setting alignment for the Moving Plank is to coach “turning fingers to the corner of the room”. This creates external rotation of the shoulder and therefore great shoulder stability gains. In the Scissor Drop, coach extra intensity to go wider as well as challenging the depth. 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 / WITH LEG LIFT

KEY COACHING FOCUS

Strong abdominal brace, keep back long and straight

LAYER 1

- Elbows under shoulders, fists together and knees hip-width apart
- **Lift hips to shoulder height so back is long and straight**
- **Brace abs and keep hips and shoulders level to floor**
- If you're on your knees, hold hover
- On toes, pull shoulders forward of hands
- Then shoulders back over elbows
- Push forward off your toes
- Press heels to back wall
- Squeeze butt
- Pull shoulders away from ears
- Lift leg out to corner
- **Lift heel to hip height**

LAYER 2

- Pushing down through your forearms so you feel the shoulder girdle engaged
- Squeeze the muscles of your leg as you push your weight forward and back



LEVEL

↴ To decrease intensity, Hover on knees; stay still



02. PLAYING WITH FIRE 4:01 mins

TECHNIQUE & COACHING

MOVING PLANK & PULLBACK / WITH JUMP

KEY COACHING FOCUS

Brace abs and keep hips level to the floor

LAYER 1

- Come up to Plank
- Hands under shoulders, shoulder-width apart
- Fingers turn to the corners of the room
- **Abs braced**
- Pull chest forward of hands
- Then knees down or just off the floor
- Lift heel to hip height (in Jump)
- Leg is straight
- **Keep hips level to the floor by bracing abs**
(as you jump forward and lift the leg)

LAYER 2

- As you pull back, stop shoulders over hands; that way, you keep your shoulders and abdominals loaded
- Grip the floor with your fingers and try and pull yourself even further forward
- Really pull forward and challenge your core strength
- When you pause here (in the jump) feel your abs light up like a big red stop sign, pausing the movement and stiffening around your spine so you have control



LEVELS

⇩ To decrease intensity, Plank on knees; stay still

⇧ To increase intensity, keep knees off floor in Pullback

SCISSOR DROP & PULSE CRUNCH COMBO

KEY COACHING FOCUS

Abs engaged to keep lower back pressed towards the floor

LAYER 1

- Lie on back
- Arms wide
- Knee over hips or to 45 degrees for more load
- Scissor legs to floor
- 4, 3, 2, 1
- Scissor legs up
- **Abs braced to keep lower back towards the floor**
- **Squeeze ribs to hips**
- **Tuck in chin**

LAYER 2

- Let's play with fire – go wider and bigger; really work your inner thighs as you squeeze
- Crunch so high that you get the burn in your belly
- Feel your inner thighs squeeze and work your abs to control the movement



LEVEL

⇩ To decrease intensity, bend knees



03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to understand how to execute the Lunge Chop through my precise coaching.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up for Alternating Lunge. Hold weight plate like a steering wheel, elbows out, feet under hips, bend knees bent OPTION: Use SMARTBAND™ doubled at chest	32	
0:11	Instr / (Guitar)	4x8	A Alternating Lunge L&R Step R leg B into Lunge R leg step in Step L leg B into Lunge L leg step in	2 2 2 2	4x
0:24	V1 / Deeper	8x8	A ¹ Atlas Chop in Lunge R&L Step R leg B into Lunge, punch plate F Plate to R thigh Plate up to L diagonal R leg in, plate to chest Step L leg B into Lunge, punch plate F Plate to L thigh Plate up to R diagonal L leg in, plate to chest	2 2 2 2 2 2 2 2	4x
0:49	PC / Tonight	12x8	A ² Triple Atlas Chop in Lunge R&L Step R leg B into Lunge, punch plate F Plate to R thigh, plate up to L diagonal x3 R leg in, plate in to chest Step L leg B into Lunge, punch plate F Plate to L thigh, plate up to R diagonal x3 L leg in, plate to chest	2 12 2 2 12 2	3x
1:27	Rap / Listen	4x8	Transition to Around The World R. Plate down. Step L foot onto middle of the band, hold both handles at the material sides. Step feet out wide. Handles up at chest OPTION: Hold one handle	32	
1:41	Rap / See	4x8	B Around The World R Push hands out from R to L in circular motion	8	4x
1:53	Instr / (Guitar)	8x8	B ¹ Diagonal Press and Around The World R Bend R knee, L leg straight, press plate to R diagonal Return to start position Bend R knee, L leg straight, press plate to R diagonal Return to start position Around The World R	2 2 2 2 8	4x
2:18	Rep / Go hard	4x8	Transition to Around The World L. Step R foot onto middle of the band, hold both handles at the material sides. Step feet out wide. Handles up at chest level	32	
2:31	Ref / Love you	4x8	B Around The World L Push hands out from L to R in circular motion	8	4x
2:44	Instr / (Guitar)	8x8	B ¹ Diagonal Press and Around The World L	16	4x



03. GOIN' HARDER 3:21 mins

TECHNIQUE & COACHING

WHY

This track encourages full integration of the upper body, lower body and the core. Whenever we are driving out of the legs with resistance in the upper body, the core engages to transmit load and stabilize the trunk. This provides a great stimulus to improve functional core strength.

COACHING

The Lunge Chop is an excellent exercise that activates your sling system to create and support optimal movement. By implementing a heavy plate during a Chop; it integrates a group of muscles lying along a particular sling rather than isolating single muscles. This is an organic foundation for daily movement that helps you feel and function better from head to toe.

"Think about throwing a big atlas stone over your shoulder." Encourage your participants to grab a heavy plate to increase the force diagonally across your torso. Coach the importance of a square shoulder and hip alignment first and emphasize the rotation from the center of the chest. Focus on everybody understanding the target zones in the Lunge Chop before you add intensity when the beat drops. It's game time! How can you externally motivate to accelerate the plate? René used the Strongman games for a little competition. What are you up for?

We are moving with control and smoothly – while we hit all corners during our Around The World move and we go straight into two fast Diagonal punches. This combo allows you to play around with Layer 2 and 3 cues, educating and motivating together, both physically and verbally. When you challenge yourself and show this enjoyment and intensity this provides intrinsic motivation to our participants – go for it!

ATLAS CHOP IN LUNGE

KEY COACHING FOCUS

Brace abs to keep hips square to front

LAYER 1

- Grab medium/heavy plate
- Feet under hips
- Punch plate forward, drop, up and across
- Long step back into Lunge
- **Brace abs to keep hips and shoulders square to front**
- Elbows wide
- **Chest up**
- Drop plate to hip level inside your front knee, across the mid-line and stop on top of your opposite shoulder
- Front thigh parallel to floor
- Targets – hip and shoulder to work cross slings

LAYER 2

- Set the base, sink down into your legs and accelerate the plate
- Imagine you are holding a big big weight and you are an athlete in the Strongman competition



LEVEL

↕To decrease intensity, use single band



03. GOIN' HARDER 3:21 mins

TECHNIQUE & COACHING

AROUND THE WORLD KEY COACHING FOCUS

Brace abs to keep hips square to the front
Rotate from the center of the chest

LAYER 1

- Step foot into band
- Single or double band, hold material
- Draw a circle with your arms
- **Hinge forward from the hips**
- Keep hips facing forward
- **Brace the abs to keep hips square to front**
- **Rotate from the center of the chest**
- **Lift the chest**

LAYER 2

- Press the handles away from you as far as possible, while using all of your strength to fight against the tension in the band, keeping strong proud posture



LEVEL

⇩ To decrease intensity, use single band

DIAGONAL PRESS AND AROUND THE WORLD

KEY COACHING FOCUS

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

LAYER 1

- Diagonal Push Press
- Out, in, out, in and circle around
- Drive with your legs
- **Brace abs to keep hips square to the front**
- **Rotate from the center of your chest**
- **Lift the chest**

LAYER 2

- Step your foot on the gas pedal as you do the Diagonal Push Press with speed, then brace your abs as tightly as you can to put the handbrake on while you drift around the world



LEVEL

⇩ To decrease intensity, use single band



04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to be able to follow me easily, by coaching clear execution of the movements, enabling them to have intensity and fun in this track.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / _ This is	1x8	Set up for Single Leg Squat Step both feet onto SMARTBAND, cross handles high up at waist. Feet under hips OPTION: No band	8	
0:04	Instr / _ This is	4x8	A Single Leg Squat L&R L leg B to 45°, lower down Lift up Lower down L leg in R leg B to 45°, lower down Lift up Lower down R leg in	1 1 1 1 1 1 1 1	4x
0:23	V1 / This is	8x8	B Squat w. Side and Back Tap L L leg Tap out to side L leg Tap B Last rep, step L foot in on last 2 cts	2 2	16x
0:59	C / Kind	4x8	A Single Leg Squat R&L	8	4x
1:18	V2 / This is	8x8	B Squat w. Side and Back Tap R	4	16x
1:55	C / Kind	4x8	A Single Leg Squat L&R	8	4x
2:13	C / Kind	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	
2:32	Rap / Once upon	4x8	C Horse Stance Leg Kick L L leg extends out to 45° L knee in	2 2	8x
2:51	C / Ohhh I'm	9x8	C ¹ Triple Pulse Leg Kick L 3x Leg Kick out to 45° L knee in	6 2	9x
3:32	C / Money	1½x8	Transition to Horse Stance Leg Kick R L thumb hooks center of the band	12	
3:39	V3 / Once upon	4x8	C Horse Stance Leg Kick R R leg extends out to 45° R knee in	2 2	8x
3:58	C / Ohhh I'm	10x8	C ¹ Triple Pulse Leg Kick R	8	10x



04. THIS IS HOW WE DO IT 4:50 mins

TECHNIQUE & COACHING

WHY

Maintaining alignment of our trunk is the key component of core control. We explore this in 2 ways in this track. The first is maintaining our mid-line, in relation to our weight bearing foot, in the standing sequences. This is followed by a similar type of control in Horse Stance. Keeping the trunk centered in these challenging moves is a great way to improve lateral stabilizer control and prevent injury.

COACHING

Early pre-cueing and coaching the timing and transitions of these moves will help participants follow the choreography successfully and achieve positive results. Tipping 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 to the 45 degree alternating legs. Focus on coaching the front knee to push out for knee tracking and engagement of the front glute. The Squat with the Back and Side Taps is super challenging even for the regular members in your classes. Coach to bracing the abdominals tightly to keep hips and shoulders square to the front and avoid side leaning. It's ok to decrease range to maintain great alignment! We know this is how we get stronger! Finally, keep the same principles of stability through the Horse Stance work and especially at the end of the track when fatigue kicks in... OUCH!

Lastly, empower participants by giving them the benefits of the movements – the WHY! Show your love of the workout through genuine physical role-modeling of working out to music. Find the balance so you are actually team-teaching with the music – this allows the music to have a voice, as we know the music is part of driving the workout motivation and enjoyment.

SINGLE LEG SQUAT

KEY COACHING FOCUS

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

LAYER 1

- Step onto SMARTBAND
- Place feet directly under hips
- Cross handles high up at waist level
- **Brace abs to keep hips square**
- Leg to corner, 2 Taps down and change, step in
- **Tip forward from the hips, nose is forward of toes**
- **Lift chest**
- **Keep bracing abs to avoid leaning**
- Keep pressing heel to corner

LAYER 2

- Center of chest inside the line of the big toe
- Squeeze glutes as you stand up
- Keep driving the leg to the corner (Single Leg Squat)
- Really take nose forward of the toes (to get bigger range and add more tension)



LEVEL

↕ To decrease intensity, no SMARTBAND



04. THIS IS HOW WE DO IT 4:50 mins

TECHNIQUE & COACHING

SQUAT WITH SIDE AND BACK TAP

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to front

LAYER 1

- Side Tap then corner tap
- **Brace abs to keep hips square and stable**
- **Lift chest to keep shoulders level**
- Straight back leg
- Bend supporting knee to avoid side leaning
- Push your front knee out for knee alignment and to keep the glute engaged
- Pull shoulder blades back
- Keep tension in the band

LAYER 2

- Can you take a little more weight on the supporting leg? What would happen if you kept your foot off the floor?
- Minimize the movement to stop hip and shoulder sway, especially as we fatigue



LEVEL

↓ To decrease intensity, no SMARTBAND

HORSE STANCE LEG KICK / TRIPLE PULSE

KEY COACHING FOCUS

Brace abs to keep hips and shoulders level to the floor

LAYER 1

- Come down to the floor
- Put one handle onto middle of each foot
- Come to Horse Stance
- Band sits between the knees
- Thumb into the band
- **Abs braced, hips and shoulders level to the floor**
- Leg to corner
- **Heel to hip height**
- **Squeeze your butt as the heel goes long**
- Press evenly through both hands to keep hips and shoulders square to the floor

LAYER 2

- Push hands into the floor to help stabilize your shoulders
- Drive out to the corner to work more muscles of the glutes and hip abductors
- Push out of the supporting hip to then stabilize your hips to allow you to keep your abs and spine really strong in that position
- On the Triple Pulse, hold the third one, and resist on the way in, and then kick again



LEVEL

↓ To decrease intensity, no SMARTBAND



05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to enjoy and feel the effects of circuit training; encourage maximum effort to maximize results.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up Side Hover Crunch w. Plate L R elbow under shoulder, R knee bent, lift hip L leg extended Plate in L hand, arm vertical OPTION: No plate	16	
0:08	V1 / Sippin'	4x8	A	Side Hover Crunch w. Plate 2/2 L Crunch L knee and L arm in Extend leg out and arm vertical	4 4	4x
0:27	PC / It won't	5x8	A ¹	Triple Pulse Side Hover Crunch w. Plate L 3x Pulse Crunch Extend leg out, L arm reaches O/H	6 2	5x
0:50	V2 / Bank	1x8		Transition to Plank position, facing R OPTIONS: On knees or toes	8	
0:54	V2 / If you	3x8	B	Mountain Climber L L knee to L elbow Return to start position	2 2	6x
1:08	PC / It won't	5x8	B ¹	Mountain Climber Sequence L L knee to L elbow L knee to R elbow L knee to L elbow Return to start position OPTION: Keep L foot off the floor	2 2 2 2	5x
1:31	PC / Hands in	1x8		Transition to Crunch Lie on back, plate O/H, knees bent, feet on floor	8	
1:36	PC / Poppin'	1x8	C	Crunch Crunch up Lower down	1 1	4x
1:41	C / Fun	4x8	C ¹	Crunch Sequence Crunch to front Lower down Crunch center Lower down Crunch to B Lower down Crunch center Lower down Plate to chest on last 4 cts	1 1 1 1 1 1 1 1	4x
1:59	Rep / Do whatever	4x8	D	Cross Crawl w. Plate F&B Cross Crawl F, L leg extend Cross Crawl B, R leg extend	2 2	8x
2:19	Instr /	2x8		Set up Side Hover Crunch w. Plate R L elbow under shoulder, L knee bent, lift hip, R leg extended. Plate in R hand, arm vertical	16	
2:28	V3 / Sippin'	4x8	A	Side Hover Crunch w. Plate 2/2 R	8	4x
2:47	PC / It won't	5x8	A ¹	Triple Pulse Side Hover Crunch w. Plate R	8	5x
3:09	V4 / Bank	1x8		Transition to Plank position, facing L	8	
3:14	V4 / _ If you	3x8	B	Mountain Climber R	4	6x
3:28	PC / It won't	5x8	B ¹	Mountain Climber Sequence R	8	5x



05. CORE STRENGTH 2

MUSIC			EXERCISE		CTS	REPS
3:51	PC / Hands in	1x8	Transition to Crunch position		8	
3:56	PC / Poppin'	1x8	C	Crunch	2	4x
4:00	C / Fun	4x8	C'	Crunch Sequence	8	4x
4:19	Rep / Do whatever	4x8	D	Cross Crawl w. Plate F&B Cross Crawl F and hold	4	8x



05. YOUNG 4:40 mins

TECHNIQUE & COACHING

WHY

Each phase of this circuit ensures that we train the obliques in each of the three planes of movement. Maintaining hips and shoulders, square to the front, in the side hover, challenges our obliques in the frontal plane. The straight plank movements and crunches use the obliques bilaterally in the sagittal plane. The rotating crunches and cross crawls hit the transverse plane. This illustrates the importance of these muscles in terms of core strength. They provide input in each direction of movement.

COACHING

Welcome to our oblique circuit training: 3 different exercises – 2 rounds = 6 sets of work. The sets of work are simple, short and intense and the transitions are quick, so this provides a circuit feel to this training as we target the obliques with different feels.

Coach clear Layer 1 cues of Position and Execution in each exercise to set everyone up well; only say what you need to. Remind and encourage participants to really “go for it” on their chosen level to maximize their results. Just as the body starts to fatigue we switch exercises, so motivate them to hang on during each set of work.

Your goal is for participants to feel successful and encouraged to do their best with your playful side of teaching. The playfulness comes from the song. Hook into the lyrics, work the highs and lows of the music to create the contrast, and enhance the experience for your class participants.

SIDE HOVER CRUNCH WITH PLATE

KEY COACHING FOCUS

Keep hips square to the front

LAYER 1

- Lie side-on
- Right elbow directly under shoulder
- Bottom knee down
- **Bottom hip lifts**
- Top leg straight
- Plate to vertical
- **Abs braced**
- **Hips square to the front**
- Think knee and elbow coming together
- **Top rib crushing towards hip**
- **Elbow forward of the face**
- Knuckles face rear

LAYER 2

- Challenge – try to touch your elbow with your knee
- Keep lifting the bottom hip as high as you can to work the obliques
- Try and reach your arm as long as you can for more intensity

LEVEL

⇩To decrease intensity, no plate

SIDE HOVER CRUNCH WITH PLATE



TRIPLE SIDE HOVER CRUNCH WITH PLATE





05. YOUNG 4:40 mins

TECHNIQUE & COACHING

MOUNTAIN CLIMBER

KEY COACHING FOCUS
Back long and straight

LAYER 1

- Plank position
- Hands shoulder-width apart
- Knees or toes
- Front leg in and out
- Bring knee to outside of elbow
- **Back long and straight**
- **Abs braced**
- **Shoulders square to the floor**

LAYER 2

- As you drive the knee in towards the opposite elbow, have a slight rounding of the upper back and feel how much more core activation this will give you (Mountain Climber Sequence)



LEVELS

⇩ To decrease intensity, on knees

⇧ To increase intensity, keep foot off floor in between

CRUNCH / CRUNCH SEQUENCE

KEY COACHING FOCUS
Squeeze ribs to hips

LAYER 1

- Roll onto your back
- Plate or no plate
- Start crunching
- **Squeeze ribs to hips**
- Front, center, back, center
- **Lift shoulder up and across**
- Lock your arms
- Drive the weight plate to the corners

LAYER 2

- Feel the squeeze through the obliques; we love this waistline training



LEVEL

⇩ To decrease intensity, no plate

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**
- **Lift shoulder up and across to the opposite knee**
- Pull the elbow back as you rotate
- We are pulling and twisting
- **Brace abs to stabilize hips and pelvis**

LAYER 2

- Can you feel your obliques wringing out? That's us getting stronger



LEVEL

⇩ To decrease intensity, no plate



06. CORE STRENGTH 3

TRACK FOCUS

I want my participants to understand the execution of the Standing Cobra work, along with which muscles they are working, and the great benefits of this type of training.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Standing Cobra L. SMARTBAND under L foot, R leg B, L knee bent, hold handles, palms F OPTION: 2x plates, one in each hand		32	
0:15	V1 / _ She like	4x8	A	Standing Cobra 2/2 L Tip forward from hips, lift arms B Lift up, lower arms	4 4	4x
0:29	PC / I ain't	2x8	A ¹	Standing Cobra 1/3 L Lift arms B Hold Lower arms	2 2 4	2x
0:37	C / Moves	4x8	A ²	Triple Pulse Cobra L 3x Pulse, lift arms B Lift up, lower arms	6 2	4x
0:51	Rep / Moves	5x8	A ³	Balance Cobra 2/2 L Cobra, lift R leg Lower arms and R leg	4 4	5x
1:09	PC / I ain't	2x8	A ⁴	Balance Cobra 1/3 L Lift arms B, lift R leg Hold Lower arms & R leg	2 2 4	2x
1:17	C / Moves	8x8	A ³	Triple Pulse Balance Cobra L 3x Pulse arms and R leg B Lower arms and leg OPTION: R foot on floor	6 2	8x
1:46	Instr / Moves	4x8		Set up Standing Cobra R	32	
2:00	V2 / _ She like	4x8	A	Standing Cobra 2/2 R	8	4x
2:15	PC / I ain't	2x8	A ¹	Standing Cobra 1/3 R	8	2x
2:22	C / Moves	4x8	A ²	Triple Pulse Cobra R	8	4x
2:37	Rep / Moves	5x8	A ³	Balance Cobra 2/2 R	8	5x
2:55	PC / I ain't	2x8	A ⁴	Balance Cobra 1/3 R	8	2x
3:02	C / Moves	8x8	A ⁵	Triple Pulse Balance Cobra R	8	8x
3:31	Rep / Moves	2x8		Set up for Parachute. Face front, lie prone, arms out wide, palms facing down. Knees wide, heels together	16	
3:39	Br / Yeah	8 ½x8	B	Parachute Lift thighs and chest up Lower down OPTION: Fingertips on floor Hold, fingertips on floor	2 2 4	16x
4:10	C / Moves	10x8	B ¹	Triple Pulse Parachute 3x Pulse Parachute Lower down Lift up and hold	6 2 16	8x



06. MAKING MOVES 4:53 mins

TECHNIQUE & COACHING

WHY

Mid and lower trapezius are key stabilizers of the shoulder girdle. The Cobra and Parachute sequence accesses these muscles due to the retraction of the shoulder blades and lateral rotation at the shoulder.

COACHING

The song will make you work hard and stay with the load... making moves! Standing Cobra work: use the band or you can option with plates. The key is to brace abs and tip forward from the hips so nose is forward of toes.

The mid-trapezius and rhomboids are key stabilizers of the shoulder girdle and thoracic spine. To activate these muscles in a Cobra, the trunk has to be inclined forward far enough so that the load moves into the posterior muscles. Keeping the chest elevated as we do this will ensure we are training the postural mechanisms that support the shoulder girdle and thoracic spine – we all need this! We also have the challenge of adding stability and balance for extra demand when one leg is taken off the floor. Coach to flexing back foot so its facing the floor; this will help keep hips square to control the movement. The added big bonus in this movement is that the outer hip, inner thigh and core work super hard to keep the pelvis level. This creates fantastic engagement of the lower limb. It's tough, so physically practise this movement to make sure you can role-model and coach it well. The finisher is the Parachute move with a lift in the chest and thighs – it's super tough and a great way to finish the class... ENJOY!

STANDING COBRA / BALANCE COBRA

KEY COACHING FOCUS

Tip forward from the hips. Squeeze shoulder blades together

LAYER 1

- Palms face forward
- **Tip forward from the hips so nose is forward of toes**
- **Squeeze shoulder blades together**
- Keep chest lifted
- Hips face forward
- Eye gaze about 6 feet (3 meters) forward to help you balance
- **Abs braced, hips are square**
- Arms straight
- Bend standing leg, then straighten it
- Feel all the weight on the front leg (Balance Cobra)
- Flex back foot towards the knee, facing the floor. That will help you keep your hips square to control the movement

LAYER 2

- Feel butt squeeze to lift the back leg and rip at the band
- Feel all the muscles of the core synchronizing to control the movement. When you have control you have stability
- Strong ab brace, hips square, tipping forward from the hip to maximize the glute work
- Keep constant tension on the band and feel the strength in your upper back. How still can you keep your upper body? It's a competition
- Feel the outer hip work with your inner thigh and core to keep your pelvis level. This is awesome training for running to improve your stability
- Let's make our bodies strong; feel the whole posterior chain – upper back, glutes and hamstrings – getting strong



LEVEL

⇓ To decrease intensity, keep back foot on the floor



06. MAKING MOVES 4:53 mins

TECHNIQUE & COACHING

PARACHUTE
KEY COACHING FOCUS
Squeeze glutes

LAYER 1

- Lie on belly
- Arms wide, legs bent
- Heels together, feet turned out slightly
- Chest and thighs lift up and down
- **Squeeze glutes**
- **Squeeze shoulder blades together**
- **Tuck chin in**

LAYER 2

- How high can you lift?
- Squeeze your butt and heels tighter – get even more out of your hip extensors
- Feel it begin to bite in all the anti-slouch muscles in your back. Helps you keep lifted and strong against gravity



LEVEL

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



BONUS

04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to follow me easily by coaching clear execution of the combination to bring intensity and fun in this track.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Side-Step Feet hip-width apart. Wrap SMARTBAND around thighs a fist-length 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 collarbones, bend knees, feet hip-width apart OPTION: No plate		16	
0:08	C / Come Mr.	4x8	Side Step L&R 2x Side Step L 2x Side Step R		4	
					4	4x
0:27	V1 / One by	6x8	A Side Tap and Kickback L&R Side Tap L Side Tap R Kickback 45° L Kickback 45° R		2	
					2	
					2	
					2	6x
0:55	C / Come Mr.	8x8	A ¹ Side Step Side Tap / Jack, Kickback Combo 2x Side Step L, plate O/H 2x Side Step R, plate O/H Side Tap L, plate at collarbones Side Tap R Kickback 45° L Kickback 45° R OPTION: After 2 reps, 2x Jack instead of Side Tap		4	
					4	
					2	
					2	
					2	
					2	4x
1:33	V2 / One by	6x8	B Back Tap L&R 2x Back Tap 45° L 2x Back Tap 45° R		4	
					4	6x
2:02	C / Come Mr.	8x8	A ¹ Side Step, Side Tap / Jack, Kickback Combo OPTION: Side Tap instead of Jack		16	4x
2:39	Br / Ok	4x8	B Back Tap L&R		8	4x
2:58	C / Come Mr.	4x8	A ¹ Side Step, Side Tap / Jack, Kickback Combo OPTION: Side Tap instead of Jack		16	2x
3:17	Instr /	2x8	Transition to Plank position, facing R side Preview Plank w. Jack and Leg Lift		8	
					8	
3:26	Outro / (Instr)	6x8	Plank w. Jack and Leg Lift L&R 2x Jack out and in Lift L foot Lift R foot OPTION: Tap to side instead of Jack		4	
					2	
					2	6x



BONUS

04. PON DE REPLAY 3:59 mins

TECHNIQUE & COACHING

WHY

This track challenges control of our side glutes. As coached in the track, if we get deeper in our squat pattern, we increase the demand on these muscles and drive the intensity.

COACHING

We set up this track with the band around the thighs for our dance anthem! It's an oldie but a goodie... Remember to educate your participants on why we do this band set-up and what benefits they will receive. Our hip abductors (side glutes) help control knee alignment and the position of our pelvis during weight-bearing activities. Pushing outward against the band wrapped around our thighs enables us to generate more input from these muscles during our movement patterns. These exercises are therefore great for improving movement precision and reduce the potential for injury during activities such as running. So we leave the band on for the entire track!

The standing work forms into a combination; use simple coaching so it's easy to follow. This combination repeats many times with an option to Tap or Jack, matching the song perfectly. Encourage everyone to give the Jack a try – it's a down feel and feels good. The key is to pre-cue "keep the band on" when transitioning to the floor for the same move just on hands and feet... CXWORX 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 to connect with to your class. Make eye contact, play around and keep it simple. How will you pick up this sound and feel?

SIDE STEP

KEY COACHING FOCUS

Keep chest lifted. Avoid leaning to the side

LAYER 1

- Wrap band around thighs, fist-length above knees, cross band behind, bring handles F, L handle threads through R handle, R handle threads through L handle
- Option: No plate
- 2 steps to the side
- **Abs braced**
- **Chest lifted**
- **Knees pressed out over toes**
- Keep tension on the band
- **Elbows forward of the face** (while holding plate over head)
- **Avoid leaning to the side**

LAYER 2

- Pushing the knees out as you side-step while keeping tension on the band will ignite the muscles of the glute



LEVEL

⇩ To decrease intensity, no SMARTBAND



BONUS

04. PON DE REPLAY 3:59 mins

TECHNIQUE & COACHING

SIDE STEP & KICKBACK COMBO

KEY COACHING FOCUS

Brace abs to keep hips facing forward

LAYER 1

- Tap to the side and kickback
- **Abs braced**
- Chest lifted
- **Hips square to the front**
- Push heel back to 45 degrees (Kickback)
- Avoid leaning to the side
- Options: Jack or Tap
- Keep pushing knees out to activate the glutes, whatever option you're doing

LAYER 2

- Keep center of chest inside line of big toe
- In the Jack, we focus on the down, stay low and don't pop it! Challenging – right? We focus on the down to keep the burn on in the glutes



BACK TAP

KEY COACHING FOCUS

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

LAYER 1

- Push heel back to 45 degrees
- **Tip forward from the hips so nose is forward of toes**
- Chest up
- **Abs braced to keep hips facing forward**
- Tap lightly on floor

LAYER 2

- Keep center of chest inside the line of the big toe
- Get way down and bend heels into the thigh so you can strengthen your thigh and glutes
- When your foot goes back, feel the tension of the band on the outside of the hip to strengthen the glutes



LEVEL

⇩To decrease intensity, no SMARTBAND

PLANK WITH JACK AND LEG LIFT

KEY COACHING FOCUS

Brace abs to keep back long and straight. Hips and shoulders square to the floor

LAYER 1

- Keep band on and come down to the floor, come into plank, knees or toes
- Two Jacks and two Kickbacks
- **Abs braced**
- **Hips and shoulders square to the floor**
- **Keep back long and straight**
- Small jump to minimize hip movement



LEVEL

⇩To decrease intensity, no SMARTBAND



BONUS

05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to understand how to execute the Side Lunge with Oblique Crunch through my clear coaching and motivation.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up for Standing Oblique Crunch Feet hip-width apart. Wrap SMARTBAND around thighs, fist-width 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 collarbones, bend knees, feet hip-width apart OPTION: No plate	32	
0:19	V1 / Come	4x8	A Standing Oblique Crunch 2/2 L&R Oblique Crunch L, L Knee Lift Return to start position Side Bend R, R Knee Lift Return to start position	2 2 2 2	4x
0:39	C / You	2x8	A ¹ Standing Oblique Crunch 1/1 L Oblique Crunch L, L Knee Lift Return to start position	1 1	4x
0:50	You	2x8	A ¹ Standing Oblique Crunch 1/1 R Side Bend R, R Knee Lift Return to start position	1 1	4x
0:59	V2 / Come	4x8	A Standing Oblique Crunch 2/2 L Standing Oblique Crunch 2/2 R	4 4	4x 4x
1:20	C / You	4x8	A ¹ Standing Oblique Crunch 1/1 L Standing Oblique Crunch 1/1 R	2 2	8x 8x
1:40	Br / You	1x8	Set up for Side Bend with plate O/H. Bend knees, push plate up O/H, elbows forward of face	8	
1:45	We doin'	3x8	B Side Bend w. Plate O/H L&R (Slow) Side Bend L, plate O/H Return to start position Side Bend R, plate O/H Return to start position Last 2 cts bring plate down into R hand, L fingertips to temple	2 2 2 2	3x
2:00	Rep / Woo	2x8	B ¹ Side Crunch R Side Bend R Return to start position Last 2 cts, switch plate to L hand, R fingertips to temple	1 1	8x
2:10	C / You	2x8	B ¹ Side Crunch L Side Bend L Return to start position	1 1	8x
2:21	Rep / Woo	2x8	B ¹ Side Crunch R	2	8x
2:31	Instr / (Guitar)	2x8	B ¹ Side Crunch L	2	8x



BONUS

05. CORE STRENGTH 2

MUSIC		EXERCISE		CTS	REPS
2:41	Woah	2x8	Set up for Side Lunge Oblique Crunch Take off band. Pick up one plate in each hand, hold on either side of shoulders, stand in Wide Squat position OPTION: No plate	16	
2:51	V3 / Come	4x8	C Side Lunge Oblique Crunch L&R (Slow) Side Lunge L, Side Bend L Back to Wide Squat position Side Lunge R, Side Bend R Back to Wide Squat position	2 2 2 2	4x
3:11	C / _ You	4x8	C ¹ Side Lunge Oblique Crunch w. Arm Reach O/H L&R Side Lunge L, Side Bend L, R Arm Reach O/H Back to Wide Squat position, plates at shoulders Side Lunge R, Side Bend R, L Arm Reach O/H Back to Wide Squat position, plates at shoulders	2 2 2 2	4x
3:31	V4 / _ Come	4x8	C ² Side Lunge Oblique Crunch Pulse L&R 3x Side Lunge Oblique Crunch Pulse L Return to Wide Squat position 3x Side Lunge Oblique Crunch Pulse R Return to Wide Squat position	6 2 6 2	2x
3:51	C / You	2x8	C ¹ Side Lunge Oblique Crunch w. Arm Reach O/H L&R	8	2x
4:02	Instr /	2x8	C ³ Side Lunge Oblique Crunch L&R (Fast)	4	4x
4:12	QC / _ You	4x8	C ² Side Lunge Oblique Crunch Pulse L&R	16	2x
4:32	Instr / Whoa	2x8	C ¹ Side Lunge Oblique Crunch w. Arm Reach O/H L&R	8	2x
4:42	C / _ You	4x8	C ³ Side Lunge Oblique Crunch L&R (Fast)	4	8x



BONUS

05. GOOD TO GO 5:07 mins

TECHNIQUE & COACHING

WHY

This track focuses on training our obliques in the frontal plane. When using side flexion, the key is to lift the spine up and over to the side, digging the ribs down into the hip. This ensures we are side-flexing the trunk rather than simply shearing to the side, which is what happens if the shoulders stay parallel to the floor.

COACHING

This track is full of innovation and super effective oblique training movements while standing. We have some new feels, so jump in front of the mirror to master your precision. The track starts with the Standing Oblique Crunch where we side-crunch; think top rib to hip connection and extra engagement for the obliques with the band around the thighs! The challenge is to keep the hips square through the Side Bend with plate over head to ensure your participants are in a stable position.

When you hit the Side Lunge Combo it's fun and challenging at the same time. You have plenty of time to introduce your class to the new move. It's all about the weight shift from side to side with a beautiful side flexion in our spine. The key is: Drive out of the supporting leg as you side lunge; at the same time you side-flex, bring your inside elbow towards your thigh, loading both the glutes and the obliques for maximum power. When your participants are

GOOD TO GO – GO FOR IT!

STANDING OBLIQUE CRUNCH

KEY COACHING FOCUS

Hips square to the front. Squeeze top rib towards hip

LAYER 1

- Wrap SMARTBAND around thighs, fist-length 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 collarbones, bend knees, feet hip-width apart
- Option: No plate
- First move; Side Crunch
- Knees press out to corners
- **Hips square to the front**
- **Drive top elbow down towards bottom hip**
- **Brace the abs**
- Keep chest lifted

LAYER 2

- Squeeze top rib down towards your bottom hip and feel that crush
- Having the band around the thighs creates more engagement for the obliques



LEVEL

⇅ To decrease intensity, no plate



BONUS

05. GOOD TO GO 5:07 mins

TECHNIQUE & COACHING

SIDE BEND WITH PLATE OVER HEAD

KEY COACHING FOCUS

Hips square to front, chest up, elbows forward of face

LAYER 1

- Feet hip-width apart
- Knees slightly bent
- Side bend, right and center
- **Hips square to the front**
- **Abs braced**
- Chest up
- **Elbows forward of face**

LAYER 2

- Drive knees out wide
- It's an up-and-over feeling – so pull up and across



LEVEL

⇩ To decrease intensity, no plate

SIDE CRUNCH

KEY COACHING FOCUS

Keep hips still

LAYER 1

- Down and up
- Set feet outside hips
- Drive the weight plate to ankle but **keep hips still**

LAYER 2

- Imagine you're pulling your top rib up
- Feel that fire in the waistline as we chisel our obliques



LEVEL

⇩ To decrease intensity, no plate



BONUS

05. GOOD TO GO 5:07 mins

TECHNIQUE & COACHING

SIDE LUNGE OBLIQUE CRUNCH / WITH ARM REACH

KEY COACHING FOCUS

Chest up, strong ab brace

LAYER 1

- Take the band off your legs
- You need 2 small weight plates
- Side Lunge, then Squat
- Bring your top rib down towards your hip
- **Chest up**
- **Strong ab brace**
- **Top rib to bottom hip**
- **Try to extend the arm overhead**
- **Elbows forward of face**
- Move from center of your chest

LAYER 2

- It feels like a nice morning stretch
- Drive out of the supporting leg as you Side Lunge at the same time as dropping your upper body to the side, bringing your inside elbow towards your thigh to load both the glutes and the obliques for maximum power



LEVEL

⇩ To decrease intensity, no plates



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.

