

CXWORX **40**

MUSIC

30-MINUTE FORMAT

01. WARM-UP 30

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

45-MINUTE FORMAT

WARM-UP 45

45-MINUTE FORMAT / BONUS 3 30-MINUTE FORMAT

STANDING STRENGTH 3

45-MINUTE FORMAT

STRETCH

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MUSIC

- 01

Pour It (4:29)

Poorchoice, YNGBLOOD & Dynamite

© 2018 Rude Mood Records.

Written by: Tyril, Pierre, Dobbs, Braun, Morgan
- 02

Clint Eastwood (5:10)

Hats Hats Hats

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Written by: Albarn, Hewlett
- 03

Me Sueno (5:55)

Tom Staar feat. Martina Camargo

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Written by: Gonzalez, Ingamells
- 04

Arena (3:46)

Fabian Mazur & Snavs

© 2017 Lowly Palace.

Written by: Mazur, Holdø
- 05

Hold Me Close (4:03)

Sam Feldt feat. Ella Henderson

© 2020 Heartfeldt Records / SpinninRecords.com.

Written by: Henderson, Renders, Lyttle, Tweed-Simmons, Hammar, Hördegård, Roovers
- 06

About You (3:27)

Papa Zeus

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Written by: Jackson, Linnear, Delgado, Peniston, Perrin
- BONUS 04

Here I Go (5:28)

Lady Bri

© 2019 Palladium Records / Position Music.

Written by: Lake

45-MINUTE FORMAT

- Blast Off (Remix)** (5:18)

The Allergies feat. Andy Cooper

© 2016 Jalapeno Ltd.

Written by: Spencer, Volsen, Cooper
- We Out Here** (4:35)

Atomic Drum Assembly

© 2018 Island Life Recordings.

Written by: Serrell
- Take A Chance** (5:28)

Shining Stars

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Written by: Nagano, Willin, Bodin, Wirenstrand, Streten



L-R: Corey Baird and Ash Cameron

CXWORX moves closer to it's name change (LES MILLS CORE) and adds the 45-minute format structure in this release. The learnings from scientifically backed exercises, such as integrated core movements, has elevated both the feel and movement patterns in CXWORX 40.

With exercises such as the Reverse Cycle, Dynamic Bow and Arrow, balance challenges with over head weight plate work options and amazing animalistic hip escapes, this release really brought out the best in core activation, core strength and core stability.

Standing Strength 3, seen in the 45-minute format, is also the Bonus Track 3 used for the 30-minute format. Give it a try in your regular classes and see your participants enjoying the flow and the challenge of the track.

The CXWORX team

PRESENTERS

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.

Ash Cameron (New Zealand) is a CXWORX, SPRINT and LES MILLS GRIT Instructor and she is based in Wellington.

CREDITS

- Choreography** – Dan Cohen and Diana Archer Mills
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultants** – Bryce Hastings and Andrew Newmarch
- Production Coordinator** – Lily Roelofs

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

RELEASE FEEDBACK

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

45-MINUTE FORMAT FEEDBACK

Tell us what you think of this 45-minute format structure.
lesmills.com/cxworx45/



01. WARM-UP 30

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:05	Intro	2x8	Set up for Crunch. Lie on back, feet on floor		
0:14	V1 / Wind it	4x8	A Crunch 2/2		
			Crunch up, reach hands past knees	4	
			Lower down, fingertips to temples	4	4x
0:33	Girl	4x8	A ¹ C-Crunch 2/2	8	4x
0:53	_Give	4x8	A ² C-Crunch 1/1/2		
			Crunch up	1	
			Hold	1	
			Lower down	2	8x
1:12	C / Pour it_	4x8	A ³ Triple Pulse C-Crunch w. Double Leg Extension		
			C-Crunch Pulse x3	6	
			Double Leg Extension to 45°, arms out to sides	2	4x
1:31	(Quiet)	6x8	B Reverse Cycle		
			Scoop F leg down and back to start	4	
			Scoop B leg down and back to start	4	6x
2:00	V2 / Girl	4x8	B ¹ Reverse Cycle Combo		
			Scoop F leg down and B to start	2	
			Scoop B leg down and B to start	2	
			Scoop F leg down and B to start	4	
			Scoop B leg down and B to start	2	
			Scoop F leg down and B to start	2	
			Scoop B leg down and B to start	4	2x
2:19	C / Pour it_	8x8	B ² Reverse Cycle & Cross Crawl		
			Scoop F leg down and B to start. Cross Crawl B	2	
			Scoop B leg down and B to start. Cross Crawl F	2	
			Scoop F leg down and B to start. Cross Crawl B	4	
			Scoop B leg down and B to start. Cross Crawl F	2	
			Scoop F leg down and B to start. Cross Crawl B	2	
			Scoop B leg down and B to start. Cross Crawl F	4	4x
2:58	(Quiet)	2x8	C Hip Bridge		
			Feet on floor, lift hips up	8	
			Hip Bridge	8	
3:07	V3 / _Girl	4x8	C ¹ Hip Bridge Opener Combo (Slow)		
			Open knees out to sides	2	
			Close knees	2	
			Lower hips down halfway	2	
			Lift up	2	4x
3:26	Girl	4x8	C ² Hip Bridge Opener Combo (Fast)		
			Open knees out to sides	1	
			Close knees	1	
			Lower hips down halfway	1	
			Lift up	1	8x
3:46	C / Pour it_	8x8	A ³ Triple Pulse C-Crunch w. Double Leg Extension	8	8x



01. POUR IT 4:29mins

TECHNIQUE AND COACHING

COACHING

Focus on bringing your participants into the correct position straight from the beginning of the track. They should feel how the abdominal brace will help keep their lower back towards the floor as they move. Remember, this is your time to get everyone into the Core mindset so simple coaching with a positive and enthusiastic attitude to set the scene for the workout ahead.

CRUNCH / C-CRUNCH

KEY COACHING FOCUS

Squeeze ribs to hips

LAYER 1

- Lay down side on
- Feet close to butt, fingertips to temples
- Crunch up, arms to knee line
- **Squeeze ribs to hips**
- **Tuck chin in**
- Eye gaze between knees
- Up, up, down, down
- Add on the C-Crunch, same tempo
- Knees above hip
- Head and feet land softly
- Reach for your toes
- Initiate the Crunch by gently touching, tucking chin and looking between knees
- Lets move faster
- **Keep lower back close to the floor as the feet touch down**

LAYER 2

- Feel your abs getting warm
- Feel the abs act like a spring and then recoil on the way down



01. POUR IT 4:29mins

TECHNIQUE AND COACHING

TRIPLE PULSE C-CRUNCH WITH DOUBLE LEG EXTENSION

KEY COACHING FOCUS

Squeeze ribs to hips (Crunch). Lower back towards floor (Leg Extension)

LAYER 1

- We stay up for Triple Pulse and Shoot Out
- 3, 2, 1 and legs to 45°, head down
- **Abs braced to keep lower back towards the floor**
- **Keep squeezing ribs to hips**
- If your back is lifting, bend knees and Toe Tap

LAYER 2

- As you extend your legs out see if you can take them lower. Feel your abs bracing harder to stabilize your spine

LEVEL

↕ To decrease intensity, Toe Tap with knees bent

REVERSE CYCLE & CROSS CRAWL

KEY COACHING FOCUS

Lower back towards floor (Reverse Cycle). Twist from center of chest (Cross Crawl).

LAYER 1

- Reverse Cycle
- Front leg scoops down, out and back over hips
- **Focus on lower back pressing down towards floor**
- **Brace abs hard to stabilize hips and pelvis**
- Relax the neck and shoulders as much as you can
- Combination – 2 quick, 1 slow
- Let's add a Cross Crawl
- Fingertips to temples
- **Twist from the center of the chest**
- Think about the Twist, lift the shoulder up and across to get the Crunch and Twist

LAYER 2

- Can you feel the warmth in your abs?

LEVEL

↕ To decrease intensity, Toe Tap with knees bent

HIP BRIDGE

KEY COACHING FOCUS

Activate glutes to lift hips

LAYER 1

- Feet come close to butt
- **Squeeze glutes to lift hips**
- Tuck your tail bone under to fire up glutes
- Hips open, lower half way down and up
- Same move but faster

LAYER 2

- Warming glutes, hamstrings and lower back



02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to challenge themselves in the Hover Alternating knee drop sequence in whatever level they are doing.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	Set up Hover on knees or toes	16	
0:10	C / I'm happy	4x8	A Alternating Knee Drop F&B (Slow) OPTION: On knees, Knee Lift	4	8x
0:30	It's coming	1x8	A ¹ Alternating Knee Drop F&B (Fast)	2	4x
0:34	V1 / Finally	12x8	A ² Alternating Knee Drop & Firefly F&B Alternating Knee Drop F&B F knee to F elbow F leg return to start Repeat on B leg	8 2 2 4	6x
1:32	C / It's coming	1x8	Roll onto B. Knees over hips	8	
1:37	V2 / The	8x8	B Pulse Crunch w. Double Leg Extension Pulse Crunch x4. Hands reach towards feet Extend legs to 45°, arms out to sides Return to Crunch position	8 4 4	4x
2:15	C / I'm happy	4x8	B ¹ Pulse Crunch w. Double Leg Extension In & Out Pulse Crunch x4. Hands reach towards feet Extend legs to 45°, arms out to sides Return to Crunch position Extend legs to 45°, arms out to sides Return to Crunch position OPTION: Lift tail bone on Pulses	8 2 2 2 2	2x
2:34	(Quiet)	2x8	Transition to Hover. Knees or toes	16	
2:44	C / I'm happy	4x8	A Hover Alternating Knee Drop F&B (Slow)	4	8x
3:03	It's coming	1x8	A ¹ Hover Alternating Knee Drop F&B (Fast)	2	4x
3:08	V3 / Finally	12x8	A ² Hover Alternating Knee Drop & Firefly F&B	16	6x
4:05	C / It's coming	1x8	Roll onto B. Knees over hips	8	
4:10	V4 / The	8x8	B Pulse Crunch w. Double Leg Extension	16	4x
4:49	C / I'm happy	4x8	B ¹ Pulse Crunch w. Double Leg Extension In & Out	16	2x



02. CLINT EASTWOOD 5:10mins

TECHNIQUE AND COACHING

WHY

One of the most important components of core strength is rotation control. In simple terms this means keeping the pelvis and hips level during exercises like Knee Drops and Fireflies. This contributes greatly to injury prevention as uncontrolled rotation can increase disc stress.

COACHING

The key move in this track is the Alternating Knee Drop & Firefly. 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 and the muscles of the upper and lower limbs. This improves functional strength.

Look at who is 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.

ALTERNATING KNEE DROP & FIREFLY

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor

LAYER 1

- Down to Hover
- Elbows under shoulders, fists together
- Knees outside hips
- Lift hips to knees or toes
- **Brace abs super hard**
- Soft knee drop to start
- If you're on your knees you reverse up slower
- **Back long and straight**
- Combination – 8 Knee Taps and 2 Fireflies
- Knee Tap softly to keep the load in the abs
- Firefly – how close can you get the knee to the elbow?
- **Brace abs to keep shoulders and hips level to the floor**
- If you're finding your hips are lifting reduce the range on the Firefly
- If you're on your knees, reverse up for Knee Drop and knees for Firefly

LAYER 2

- We are teaching our abdominals to stabilize the spine while you keep your pelvis still and move from the hips
- Can you feel the load on the core? Long and straight spine
- If the load shifts to lower back, drop to knees and come up anytime
- Not only are we improving strength endurance for abs, we also get hip mobility
- This is where the challenge kicks in – we are getting a super strong core

LEVEL

⇅ To decrease intensity, on knees



02. CLINT EASTWOOD 5:10mins

TECHNIQUE AND COACHING

PULSE CRUNCH WITH DOUBLE LEG EXTENSION

KEY COACHING FOCUS

Squeeze ribs to hips (Crunch). Lower back towards floor (Leg Extension)

LAYER 1

- Roll over
- 4 Pulse Crunch with leg shoot out
- **Squeeze ribs to hips as you Crunch**
- Head goes down on the shoot out
- Eyes between knees, reach for your feet on the Crunch
- **Feel your lower back press towards the floor as your legs shoot out, brace abs to hold that position**
- Reduce load by Toe Tapping
- Let's progress, add a Knee Lift and double up on the shoot outs
- How high can you lift your knees?

LAYER 2

- Let's juice some oranges as you Crunch
- How low can you lower your legs? Keeping lower back close to the floor
- Control and small movement of the tail bone lift

LEVEL

↕ To decrease intensity, Toe Tap & Knee Lift



03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to feel rotational power in the Power Skier and Alternating Rows through my precise coaching.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up for Power Skier. Step L foot into middle of the SMARTBAND™, one handle in each hand, step feet wider than shoulders, bend L knee, hands down by L knee at hip height	32	
0:15	PC / Lo vi	8x8	A Power Skier R Hands across body to R Return to start Step R foot in on last 2cts	2 2	16x
0:45	C / Sueno	8x8	A ¹ Dynamic Power Skier R Hands to R corner, step R foot out Return to start	2 2	16x
1:15	(Chant) / _ Me	4x8	Set up Single Leg Squat & Alternating Row. Fold SMARTBAND in half, holding handles in L hand. Step L foot towards middle of the SMARTBAND. Split handles, step R leg B	32	
1:30	Le le _	4x8	B Single Leg Squat & Alternating Row L (Slow) Row R arm Row L arm	4 4	4x
1:44	Sueno	4x8	B ¹ Single Leg Squat & Alternating Row L (Fast) Row R arm Row L arm	2 2	8x
1:59	PC / Lo vi	8x8	B ² Single Leg Squat & Alternating Row Combo 1 L Row R arm Row L arm Row R arm, open hip and lift R leg Row L arm, R leg & arm lower	2 2 2 2	8x
2:29	C / Sueno	8x8	B ³ Single Leg Squat & Alternating Row Combo 2 L Row R arm, open hip and lift R leg Row L arm, R leg & arm lower	2 2	16x
3:00	Sueno	2x8	Set up Power Skier L	16	
3:07	PC / Lo vi	8x8	A Power Skier L	4	16x
3:37	C / Sueno	8x8	A ¹ Dynamic Power Skier L	4	16x
4:07	(Chant) / _ Me	4x8	Set up Single Leg Squat & Alternating Row R	32	
4:22	Le le _	4x8	B Single Leg Squat & Alternating Row R (Slow)	8	4x
4:37	C / Sueno	4x8	B ¹ Single Leg Squat & Alternating Row R (Fast)	4	8x
4:52	PC / Lo vi	8x8	B ² Single Leg Squat & Alternating Row Combo 1 R	8	8x
5:21	C / Sueno	8x8	B ³ Single Leg Squat & Alternating Row Combo 2 R	4	16x



03. ME SUENO 5:55mins

TECHNIQUE AND COACHING

WHY

Athletic core strength enables us to transfer power from the big leg muscles, through the core and into the upper body. We see this in action during wrestling, serving in tennis and throwing a shot put. Keeping these connections conditioned allows us to have dynamic strength when we need it.

COACHING

The Power Skier is back! The key coaching focus to achieve rotational power is coaching participants to rotate from the center of the chest, ideally keep the chest in between the handles. Coach to hit precision of movement, corner-to-corner targets as you set the Power Skier. As the movement becomes dynamic, we work to maintain the same targets without over rotating.

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

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

POWER SKIER / DYNAMIC POWER SKIER

KEY COACHING FOCUS

Rotate from the center of the chest. Abs braced to keep hips square

LAYER 1

- Grab your SMARTBAND
- Step your right foot into the SMARTBAND
- Take feet wide
- Bend into right knee
- Arms are straight at waist-height
- Corner-to-corner target
- **Chest up**
- **Abs braced to keep pelvis facing forward**
- **Aim to get the center of the chest moving from corner-to-corner to engage the obliques**
- If you want more resistance, bring the handles up to shoulder-height
- Let's get more dynamic, left foot steps in and out

LAYER 2

- Feel the rhythm. We go legs then arms
- Feel your abdominal brace controlling the movement
- It's helping us transfer the power from the legs all the way up to the core and to the upper body
- We can then control the range and direction
- Let's dance like a Matador – power with control
- Sink low in the legs to drive your cape across

LEVEL

⇓ To decrease intensity, drop handles to waist level



03. ME SUENO 5:55mins

TECHNIQUE AND COACHING

SINGLE LEG SQUAT & ALTERNATING ROW COMBO

KEY COACHING FOCUS

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

LAYER 1

- Double the SMARTBAND up and put under right foot
- Separate the handles
- **Tip forward from the hips so nose is forward of toes**
- **Chest lifted**
- Left arm Row, then right arm Row
- Pick up the chest more for great posture
- **Brace abs to keep hips facing forward**
- **Twist from the center of the chest** (when doing the Row without the Leg Lift)
- **Pull elbows high and squeeze shoulder blade into spine** (as you Row)
- **Brace abs so hips and shoulders move as one** (when lifting the back leg and opening hips and shoulders to side wall)
- Eye gaze 10 feet (3 meters) forward

LAYER 2

- If you want more resistance take your hands further forward as you Row
- Feel what happens to your waist muscles when you pull your elbow higher. Can you feel them and your upper back work harder?
- Core and outer hip muscles are working together to control you
- Feel the power of the music and let it fuel the movement
- If you feel unbalanced recruit more of your muscles, legs, arms, back, to help, especially as you land



04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to understand how to execute the Single Leg Squat with Knee Lift and enjoy the Weight Plate Overhead for an extra core challenge.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up Double Pulse Squat w. Kickback. Step both feet onto SMARTBAND, cross handles high up at waist level. Feet under hips, turn toes slightly out	32	
0:19	V1 / _ When	6x8 A	Double Pulse Squat w. Kickback Double Pulse Squat L leg Kickback at 45° Double Pulse Squat R leg Kickback at 45°	3 1 3 1	6x
0:48	(Drum build)	2x8	Transition to Single Leg Squat w. Knee Lift L. Pick up weight plate, hold at collarbones, bend L knee and straighten R leg behind OPTION: No weight plate or SMARTBAND	16	
0:57	C / Arena _	4x8 B	Single Leg Squat w. Knee Lift L Single Leg Squat x4 Knee Lift R Preview Weight Plate O/H on 4th rep	7 1	4x
1:16	Arena _	4x8 B ¹	Single Leg Squat w. Knee Lift w. Weight Plate O/H L Single Leg Squat. Weight Plate O/H x4 Knee Lift R. Weight plate to collarbones	6 2	4x
1:36	Arena _	2x8	Set up Double Pulse Squat w. Kickback	16	
1:45	(Low trumpet)	6x8 A	Double Pulse Squat w. Kickback	8	6x
2:14	(Drum build)	2x8	Transition to Single Leg Squat w. Knee Lift R. Pick up plate, hold at collarbones, bend L knee and straighten R leg behind	16	
2:24	C / Arena _	4x8 B	Single Leg Squat w. Knee Lift R	8	4x
2:43	Arena _	4x8 B ¹	Single Leg Squat w. Knee Lift w. Plate O/H R	8	4x
3:02	(Bass beat)	2x8	Set up for Alternating Single Leg Back Tap. Step both feet onto SMARTBAND, cross handles high up at waist level	16	
3:12	(Bass beat)	6x8 C	Alternating Single Leg Back Tap Back Tap L Tap L in Back Tap R Tap R in	1 1 1 1	12x



04. ARENA 3:46mins

TECHNIQUE AND COACHING

WHY

Movement control occurs when we can isolate motion to the right joint segment, hip hinging is a great example of this. This requires us to stabilize the trunk and confine the movement to the hip joint – an important component of the Single Leg Squat requiring input from the muscles of the core and the hip. As Corey mentions, this is even more challenging with a weight plate raised overhead.

COACHING

Early pre-cueing and coaching the timing and transitions will help participants follow the choreography successfully and not miss any reps. Maintaining alignment of our trunk is a key component of core control. We explore this in standing exercises; the first is maintaining our mid-line in relation to our weight-bearing foot in the standing sequences. Keeping the trunk centered in these challenging moves is a great way to improve lateral stabilizer control and prevent injury.

CXWORX is technical and precise. We have fun and play with the music. The lyrics and beats are phenomenal to hook into, 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?

DOUBLE PULSE SQUAT WITH KICKBACK

KEY COACHING FOCUS

Brace abs to keep hips facing forward

LAYER 1

- Step into the SMARTBAND
- **Feet wide of hips**
- Cross handles high onto the waist
- **Chest up**
- Pulse Squat and Kickback
- **Butt back and down on the Squat**
- **Push heel to back corner**
- **Brace abs to keep hips facing forward**
- **Squeeze butt as you Kickback**

LAYER 2

- We want to make the ground shake with your power
- Stand up tall so the hips finish under your shoulders
- Push down through your feet



04. ARENA 3:46mins

TECHNIQUE AND COACHING

SINGLE LEG SQUAT W KNEE LIFT

KEY COACHING FOCUS

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

LAYER 1

- Ready to transition – SMARTBAND down, weight plate at collarbones
- **Right leg back, nose forward of toes**
- If you’ve got the SMARTBAND, tension on it
- Squat, 4, 3, 2, 1 back leg comes through
- Hips finish under shoulders as you lift
- Tap lightly so the back leg is straight
- Chest up
- **Brace abs so you have the strong stable core**
- **Push the front knee out** for glute engagement
- For more challenge press weight plate forward
- **Elbows forward of face**

LAYER 2

- Feel how the weight plate wants to pull you forward? Keep the chest up high
- Feel the whole posterior chain lighting up – hamstrings, glutes, lower and upper-back
- Keep the back leg super light so all the load is in the front leg

LEVEL

⇓ To decrease intensity, use SMARTBAND instead of weight plate

ALTERNATING SINGLE LEG BACK TAP

KEY COACHING FOCUS

Tip forward from hips so nose over toes. Brace abs to keep hips facing forward

LAYER 1

- Grab the SMARTBAND for the last time
- Cross the handles
- Feet under hips
- Alternating taps to the corners
- **Push with the heels**
- **Keep tipping forward so nose over toes**
- **Brace the abs to keep the hips facing forward**

LAYER 2

- Feel your glutes and squeeze them as you stand
- Work the power house of the hip. Glute max to run faster, squat heavier and keep our butts looking good



05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to understand how to challenge themselves in the Cross Crawl Combo whilst crunching and twisting.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up Cross Crawl Leg Extension, facing L side, lie on back, extend legs to 45°. Fingertips to temples, lift shoulders off floor	32	
0:15	PC / _ I	4x8	A Cross Crawl Leg Extension R&L (Slow) Cross Crawl R, R knee in Back to center, R leg extends to 45° Cross Crawl L, L knee in Back to center, L knee extends to 45° OPTION: Knees bent, Toe Tap	4 4 4 4	2x
0:31	C / Hold me	4x8	A ¹ Cross Crawl Leg Extension R&L (Fast) Cross Crawl R, R knee in Back to center, R leg extends to 45° Cross Crawl L, L knee in Back to center, L knee extends to 45°	2 2 2 2	4x
0:47	Drop / Ooh	4x8	A ² Cross Crawl Combo Cross Crawl R, R knee in Cross Crawl L, L knee in Cross Crawl R, R knee in Cross Crawl L, L knee in Cross Crawl R, R knee in Cross Crawl L, L knee in OPTION: Knees bent, Toe Tap	1 1 2 1 1 2	4x
1:02	V2 / Doorbell	2x8	Set up for Oblique Crunch & Double Leg Extension L. Roll to R side facing F, extend bottom arm, both legs together and extended, F of the belly button Preview Oblique Crunch & Double Leg Extension	12 4	
1:11	Now I'm	5½x8	B Oblique Crunch & Double Leg Extension L Oblique Crunch L, L arm reaches towards ankles, knees in Return to start OPTION: Bottom leg on floor (Single Leg Extension)	2 2	11x
1:33	C / Hold me	½x8	Roll onto B, set up for Cross Crawl Leg Extension	4	
1:35	La la la	4x8	A ¹ Cross Crawl Leg Extension R&L (Fast)	8	4x
1:52	Drop / Ooh	4x8	A ² Cross Crawl Combo	8	4x
2:07	Br / Wanna stay	2x8	Set up for Oblique Crunch & Double Leg Extension R	16	
2:15	Wanna stay	5½x8	B Oblique Crunch & Double Leg Extension R	4	10x



05. CORE STRENGTH 2

	MUSIC		EXERCISE	CTS	REPS
2:37	C / Hold me	½x8	Roll onto B to set up for Cross Crawl Combo	4	
2:39	Drop / Ooh	4x8	A² Cross Crawl Combo	8	4x
2:56	PC / Voices	2x8	Set up for Oblique Leg Drop facing R side, arms out to sides, bring knees over hips	16	
3:04	Hold me	14x8	C Oblique Leg Drop		
			Drop knees to F	2	
			Extend top leg	2	
			Bring legs B to center	2	
			Bend top knee	2	
			Drop knees to B	2	
			Extend top leg	2	
			Bring legs B to center	2	
			Bend top knee	2	7x
			OPTION: Extend both legs after 3 reps		



05. HOLD ME CLOSE 4:03mins

TECHNIQUE AND COACHING

WHY

This track trains core stability in two planes of motion. The transverse plane (rotational patterns in the Cross Crawl) and the frontal plane (side movements in the Oblique Crunch).

Many core exercises focus on the sagittal plane (Such as Crunches) which can create imbalances and weakness in the other two planes of movement. This is why we refer to CXWORX as three-dimensional core training.

COACHING

The first part of the track is Cross Crawl city! We are holding a Crunch position with legs bent or on the 45° angle as you rotate. You are crunching, challenging and the long levers add major intensity so coach the levels so everyone feels successful.

The second part of the track is the Oblique Crunch with Leg Extension. Emphasize to your participants that knees and chest face forward during the move. Rather than lifting our upper body up high we're aiming to press the bottom waistline into the floor, while sliding the top ribs into our hips. That's the key to boost muscle activation in our obliques. This move can be done with a single leg or double leg.

The finisher is the Oblique Leg Drop, again with a single leg or double leg to chisel the waistline. This move challenges our obliques and their connection to the hip abductors. This connection is a key stability mechanism for the pelvis and helps to prevent injuries in this area.

CROSS CRAWL LEG EXTENSION

KEY COACHING FOCUS

Lift shoulder up and across towards opposite knee. Rotate from the center of the chest

LAYER 1

- Knees over hips or legs to 45°
- Fingertips to temples
- Crunch up, back pushes down
- Slow Cross Crawl
- Feet to center, twist to back
- **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 crunching and twisting
- **Chin tucked in**
- **Brace abs to stabilize hips and pelvis**
- Quick, quick, slow, for a challenge

LAYER 2

- Spread the elbows wide and feel your obliques powering you
- Crunch up as high as you can to force your abdominals to work and get stronger
- Can you keep your legs at 45°? If not, Toe Tap
- Rotate as much as you can

LEVEL

↕ To decrease intensity, knees over hips and Toe Tap



05. HOLD ME CLOSE 4:03mins

TECHNIQUE AND COACHING

OBLIQUE CRUNCH & DOUBLE LEG EXTENSION

KEY COACHING FOCUS

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

LAYER 1

- Bend the knees in and roll to front
- Both legs straight
- Roll the hips forward
- Single or double legs
- Crunch up and down
- **Squeeze ribs to hip**
- **Knees and hips face forward**
- **Bottom side waist stays on the floor as you Side Crunch**

LAYER 2

- Pull the bottom of the ribcage down to your hips to chisel your waistline

LEVEL

↕ To decrease intensity, Single Leg Extension

OBLIQUE LEG DROP

KEY COACHING FOCUS

Anchor shoulders to the floor

LAYER 1

- Arms out wide
- Knees over hips
- **Anchor the shoulders down**
- Slow Knee Drop to front
- Extend top leg, circle up
- Return knees to center
- **Brace abs**
- Anchor shoulders to the floor
- Single or double Knee 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

LEVEL

↕ To decrease intensity, Single Leg Drop



06. CORE STRENGTH 3

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up Kneeling Wide Row. SMARTBAND under knees, cross handles, shoulders B	32	
0:15	Ref / _ Finally	8x8	A Kneeling Wide Row 2/2 Tip F, Wide Row Return to start	4 4	8x
0:46	Br / If	4x8	A ² Kneeling Wide Row Pulse (Singles) Hold, Tip F, Wide Row Release halfway	1 1	16x
1:01	V1 / Seems	6x8	A Kneeling Wide Row 2/2	8	6x
1:23	Br / If	4x8	A ² Kneeling Wide Row Pulse (Singles)	2	16x
1:38	Describe	4x8	Set up Skydiver. Lie on belly, feet wide, heels together, one hand on top of the other, forehead on hands	32	
1:53	Br / If	8x8	B Skydiver Lift knees up Release down	2 2	16x
2:23	No	2x8	Set up Iguana. Arms out to sides, elbows point to ceiling, fingertips outside of shoulders	16	
2:31	Describe	4x8	C Iguana (Slow) Lower chest and feet towards floor Return to start	4 4	4x
2:46	Br / If	10x8	C ¹ Iguana (Fast) Lower chest and feet towards floor Return to start	2 2	20x



06. ABOUT YOU 3:27mins

TECHNIQUE AND COACHING

WHY

The thoracic extensors, which support the upper back, are often the weakest link in the posterior chain. As with many of these muscular connections, we are only as strong as the weakest link. Focusing on squeezing the shoulder blades together in the Row and the Iguana can help strengthen this area.

COACHING

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 Wide Row 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.

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

KNEELING WIDE ROW

KEY COACHING FOCUS

Tip forward from the hips. Squeeze shoulder blades together

LAYER 1

- Find middle of the SMARTBAND, stretch it and put knees on top
- Knees just outside hip-width
- Cross handles
- Feet together
- Arms out to sides
- 2/2 Row, elbows wide as we Row
- **Tip forward from hips**
- **Squeeze shoulder blades together**
- **Brace abs**
- **Push hips back towards heels**
- Squeeze glutes to rise
- Elbows high
- Stay down in the top half
- Chest high for good posture

LAYER 2

- Keep the tension on the muscles. Feel the burn!
- How high can you lift your elbows?
- Can you feel how that crushes your shoulder blades together
- Focus on the hip hinge to work the lower back getting it stronger

LEVEL

↕ To decrease intensity, uncross the handles



06. ABOUT YOU 3:27mins

TECHNIQUE AND COACHING

SKYDIVER

KEY COACHING FOCUS

Squeeze butt

LAYER 1

- Come on down to floor for Skydiver
- Take your feet wide
- Bend knees, Heels together
- **Squeeze butt**
- Stack hands, forehead down
- Lift thighs and lower
- Small controlled movement

LAYER 2

- Feel the butt lift the thighs and lower down with control
- Keep squeezing heels together

IGUANA

KEY COACHING FOCUS

Squeeze shoulder blades. Squeeze butt

LAYER 1

- Keep your legs where they are
- Take hands wide, up on fingertips
- Lift your chest
- Legs lower as chest lowers
- **Squeeze butt**
- **Squeeze shoulder blades**

LAYER 2

- We are training our posture to prevent slouching



BONUS

04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to engage and feel the glutes and hips working in the Clam and Scorpion moves through my precise coaching.

MUSIC		EXERCISE		CTS	REPS
			Set up Clam. 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		
0:00	Intro	2½x8	Transition to floor. Lie on L side, knees bent and forward of body, heels together, lift hips up	20	
0:09	Do	5x8	A Clam R Open top knee Close knee OPTION: L hip on floor	2 2	10x
0:29	C / Go	8x8	A¹ Clam Pulse R Top Half Pulse x3 Close Clam	7 1	8x
1:00	(Cymbals)	2x8	Transition to Horse Stance facing L	16	
1:07	Go getter	4x8	B Scorpion Pulse R R heel pulses up & down	2	16x
1:23	Reach up	5x8	B¹ Scorpion & Leg Extension Pulse R Extend R leg, pulse up & down x4 Scorpion, Pulse up & down x4	8 8	2½x
1:42	C / Go	½x8	Extend L arm to side, bend R knee into Scorpion	12	
1:44	_ Oh	8x8	B² Scorpion & Leg Extension Pulse w. Arm Extension R Scorpion Pulse up & down x4 Extend R leg, pulse up & down x4	8 8	4x
2:15	(Beat)	2x8	Set up Clam L	16	
2:22	V / I'm	5x8	A Clam L	4	10x
2:44	C / Here	8x8	A¹ Clam Pulse L	8	8x
3:15	(Beat)	2x8	Transition to Horse Stance facing R	16	
3:22	I'm	4x8	B Scorpion Pulse L	2	16x
3:38	You	5x8	B¹ Scorpion & Leg Extension Pulse L	16	2½x
3:58	Go getter	½x8	Extend R arm to side, bend L knee into Scorpion	4	
4:00	Instr / (Cymbals)	8x8	B² Scorpion & Leg Extension Pulse w. Arm Extension L	16	4x



BONUS

04. STANDING STRENGTH 2

MUSIC		EXERCISE		CTS	REPS
4:30	(Beat)	2x8	Transition to standing. Feet hip-width apart	16	
4:38	I'm	2x8	C Alternating Kickback & Squat		
			L leg Kickback, arms open out to sides	2	
			Squat, Bicep Curl Arms	2	
			R leg Kickback, arms open out to sides	2	
			Squat, Bicep Curl Arms	2	2x
4:46	Go getter	6x8	C ¹ Alternating Pulse Kickback & Squat		
			Pulse Kickback L x4, arms out to sides	7	
			Squat, Bicep Curl Arms	1	
			Pulse Kickback R x4, arms out to sides	7	
			Squat, Bicep Curl Arms	1	3x
5:09	Instr / (Cymbals)	4x8	C ² Alternating Pulse Kickback & Squat		
			Pulse Kickback L x8, arms out to sides	15	
			Squat, Bicep Curl Arms	1	
			Pulse Kickback R x8, arms out to sides	15	
			Squat, Bicep Curl Arms	1	1x



BONUS

04. HERE I GO 5:28mins

TECHNIQUE AND COACHING

WHY

One of the most common causes of knee stress is internal rotation of the femur during impact activities. This results in the knee deviating inward when we run, climb stairs and perform squatting activities. Training our lateral rotators in the Clam helps to strengthen these muscles which are often weak due to postural habits.

COACHING

We set up this track with the SMARTBAND around the thighs. Clam and Scorpion I hear you say!

Remember to educate your participants on why we do this SMARTBAND 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 SMARTBAND 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 SMARTBAND on for the entire track! Clam; in this move we work the lateral sling activation on under side, as well as side glutes and side flexors.

The key component of the top leg is maximizing outward rotation to bring in the posterior fibers of gluteus medius. Enjoy!

CLAM

KEY COACHING FOCUS

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

LAYER 1

- Wrap SMARTBAND around thighs, fist-length above knees, cross SMARTBAND behind, bring handles F, L handle threads through R handle, R handle threads through L handle
- Come down to the floor, side on
- Elbow under shoulder
- Knees forward from hips
- Feet together
- **Lift bottom hip up**
- Bottom foot stays down to floor to stabilize
- Top hip opens and closes
- **Hips and chest square to the front**
- Drive the forearm into the floor to support the shoulder

LAYER 2

- Try and get the outside of the knee facing the rear so you have outward rotation and more engagement in the glutes

LEVEL

↕ To decrease intensity, no SMARTBAND, bottom hip down



BONUS

04. HERE I GO 5:28mins

TECHNIQUE AND COACHING

SCORPION PULSE & LEG EXTENSION

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to floor

LAYER 1

- Come into Horse Stance
- Hands shoulder-width apart
- Knees under hips
- Scorpion the leg up and Pulse
- **Squeeze butt**
- **Brace abs to keep hips and shoulders square to floor**
- Combo – 4 Scorpions, 4 Leg Extensions
- Challenge: Take the back arm off the floor
- 45° angle, thumb up

LAYER 2

- Pull the shoulder blade down into the back ribs to create space from the shoulder to ear
- Press down hard into the floor with opposite hand to stabilize shoulders
- Working the cross slings from shoulder to opposite glute

LEVEL

⇓ To decrease intensity, hand on floor

ALTERNATING KICKBACK & SQUAT

KEY COACHING FOCUS

Brace abs to keep hips facing forward. Squeeze glute (Kickback)

LAYER 1

- Standing up
- Roll back and up
- Kick and squat
- Heel to 45°
- **Squeeze butt as you Kickback to avoid arching**
- **Brace abs to keep hips facing forward**

LAYER 2

- Think about standing tall every time you execute the Kickback
- Level the shoulders to avoid leaning to one side

LEVEL

⇓ To decrease intensity, no SMARTBAND



45-MINUTE FORMAT

WARM-UP 45

TRACK FOCUS

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

MUSIC			EXERCISE		CTS	REPS
0:05	Intro	2x8		Set up Double Leg Lift. Lie on back facing side, arms at sides, palms up, feet on floor	16	
0:14	PC / Four	6x8	A	Double Leg Lift Add tailbone lift after 4 reps	4	12x
0:41	V1 / Shoe	8x8	B	Oblique Leg Drop & Kick F&B (Slow) Lower knees F, extend top leg Bend knee, reset back to center Lower knees to B, extend top leg Bend knee, reset back to center	4 4 4 4	4x
1:19	PC / Four	6x8	B ¹	Oblique Leg Drop & Kick F&B (Fast) Lower knees F, extend top leg Bend knee, reset back to center Lower knees to B, extend top leg Bend knee, reset back to center	2 2 2 2	6x
1:46	V2 / _ Step	2x8	C	Crunch (Slow). Feet on floor	8	2x
1:56	And	6x8	C ¹	Crunch (Fast) Clasp hands together in between knees on last rep	4	12x
2:24	PC / Four	2x8	C ²	Crunch Sequence (Slow) Crunch F with clasped hands between knees Lower down Crunch with clasped hands outside F knee Lower down Crunch F with clasped hands between knees Lower down Crunch with clasped hands outside B knee Lower down	2 2 2 2 2 2 2 2	1x
2:33	C / And	4x8	C ³	Crunch Sequence (Fast) Crunch F with clasped hands between knees Lower down Crunch with clasped hands outside F knee Lower down Crunch F with clasped hands between knees Lower down Crunch with clasped hands outside B knee Lower down	1 1 1 1 1 1 1 1	4x
2:51	PC / Eight	4x8	D	Hip Bridge	32	
3:09	C / And	4x8	D ¹	Hip Bridge Pulse Lift up & down	2	16x
3:28	And	4x8	D ²	Hip Bridge w. Leg Extension Hold Hip Bridge up Extend F leg Return to start Extend B leg Return to start	2 2 2 2	4x



45-MINUTE FORMAT

WARM-UP 45

MUSIC		EXERCISE		CTS	REPS
3:46	And	1½x8	Stand up, pick up weight plate, hold in front of belly, elbows out to sides, feet wide	12	
3:56	And	4½x8	Plate Twist L&R	8	4½x
4:14	PC / Eight	4x8	E¹ Diagonal Plate Press & Adductor Lunge		
			Push weight plate out to L corner, Adductor Lunge L	2	
			Return to start	2	
			Push weight plate out to R corner, Adductor Lunge R	2	
			Return to start	2	4x
4:33	And	8x8	E² Diagonal Plate Press & Adductor Lunge w. Twist		
			Push weight plate out to L corner, Adductor Lunge L	1	
			Return to start	1	
			Plate Twist R&L	2	
			Push weight plate out to R corner, Adductor Lunge R	1	
			Return to start	1	
			Plate Twist L&R	2	8x
			Push weight plate out to L corner, Adductor Lunge – Hold		



45-MINUTE FORMAT

BLAST OFF 5:18mins

TECHNIQUE AND COACHING

COACHING

Pre-cue a medium – heavy weight plate for the end of the track. Focus on bringing your participants into the correct position straight from the beginning. They should feel how the abdominal brace will help keep their lower back towards the floor as they move. Coach to the levels in all exercises so participants understand they have options giving them autonomy over their workout. We have a mix of integrated and isolated exercises to warm up fast. Set the scene with a positive and encouraging coaching style, especially using this standing work to make connection early in the class. This is our point of difference to the 30-minute Warm-up.

DOUBLE LEG LIFT

KEY COACHING FOCUS

Brace 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

OBLIQUE LEG DROP & KICK

KEY COACHING FOCUS

Anchor shoulders to the floor

LAYER 1

- Lower knees to front
- Extend the top leg
- Return knees to center
- Now to the back
- Arms out wide to sides
- **Brace abs**
- **Anchor shoulders to the floor**

LAYER 2

- As you move faster, brace harder



45-MINUTE FORMAT

BLAST OFF 5:18mins

TECHNIQUE AND COACHING

CRUNCH SEQUENCE

KEY COACHING FOCUS

Squeeze ribs to hips. Twist from center of the chest

LAYER 1

- Feet down
- Fingertips to temples
- Crunch up and down
- **Chin tucked**
- **Ribs to hips**
- Clasp hands
- Crunch to the center, front, center, back
- **Twist from center of the chest**

LAYER 2

- Shoulders lift super high to engage the upper abs
- Hit the corners to fire the obliques

HIP BRIDGE

KEY COACHING FOCUS

Squeeze glutes to lift hips. Keep hips level

LAYER 1

- Feet come close to butt
- Arms by sides
- **Squeeze glutes to lift hips**
- **Hips and pelvis level**
- Let's do some pulses
- Extend leg out to 45°

LAYER 2

- Squeeze the glutes to heat them up even more
- Keep the hips level as you extend one leg

PLATE TWIST

KEY COACHING FOCUS

Twist from center of chest. Hips face forward

LAYER 1

- Stand up and grab your weight plate
- Keep the weight plate close to your body
- **Twist from the center of your chest**
- **Hips face forward**
- **Keep chest lifted**

DIAGONAL PLATE PRESS & ADDUCTOR LUNGE WITH TWIST

KEY COACHING FOCUS

Twist from the center of your chest. Hips face forward

LAYER 1

- Push the weight plate to the corner of the room
- Weight plate presses just above shoulder height
- **Twist from center of the chest**
- Weight shift in the legs when pressing weight plate
- **Brace abs hard to keep hips forward**

LAYER 2

- Can you feel your oblique muscles twisting you?
- Pull the weight plate close to the chest, like someone is trying to take it off you

LEVEL

↕ To decrease intensity, use SMARTBAND for less resistance



45-MINUTE FORMAT / BONUS 04 – 30-MINUTE FORMAT

STANDING STRENGTH 3

TRACK FOCUS

I want my participants to understand how to execute all the movements at a level that is suitable for them. Bring focus to control so participants gain the functional benefits of this training.

MUSIC		EXERCISE		CTS	REPS
0:01	Intro	2x8	Set up for Burpee	16	
0:10	(Beat)	6x8	A Burpee (Slow) Squat, hands out in front Hands on floor in front L leg B R leg B to Plank L leg in R leg in Squat, hands out in front Stand up, arms out to sides	2 2 2 2 2 2 2 2 2	3x
0:39	(Cow bell)	8x8	A ¹ Burpee (Fast) Squat, hands out in front Hands on floor in front L leg B R leg B to Plank L leg in R leg in Squat, hands out in front Stand up, arms out to sides OPTION: Jump legs out and in instead of walking, after 4 reps	1 1 1 1 1 1 1 1 1	8x
1:17	(Crash/Siren)	6x8	A ² Bear Jump Squat, hands out in front Hands on floor in front Jump both legs out Jump both legs in Jump both legs out OPTION: Walk legs in and out	1 1 2 2 2	1x 11x
1:45	(Cow bell)	4x8	B Escape (Slow) Hip escape R Back to center Hip escape L Back to center	4 4 4 4	2x
2:03	(Rep)	8x8	B ¹ Escape (Fast) Hip escape R Back to center Hip escape L Back to center	2 2 2 2	8x
2:40	(Rep/male chant)	4x8	Set up and preview Burpee, Bear Jump, Escape Combo	32	
2:59	(Cow bell)	20x8	C Burpee, Bear Jump & Escape Combo Squat, hands out in front Hands on floor in front Jump both legs out Jump both legs in Hip escape R Back to center Hip escape L Back to center Squat, hands out in front Stand up, arms out to sides OPTION: Hip escape, lift foot off	1 1 2 2 2 2 2 2 1 1	10x



45-MINUTE FORMAT / BONUS 03 — 30-MINUTE FORMAT

WE OUT HERE 4:35mins

TECHNIQUE AND COACHING

WHY

Athletic core strength enables us to control our trunk position during dynamic movements with precision. These exercises stimulate the muscles of the lower body, core and upper body to train these muscles to react quickly and efficiently during athletic movement patterns.

COACHING

What a track! We hope you love it as much as we do! You can use this Track as Bonus 3 in the 30-minute class. It is Standing Strength with integration at it's best. These movements not only work the core, they build muscle strength and endurance in both your lower and upper body. There are so many levels that people can choose to take and still feel successful in the track. Coaching all the levels in the Escape is something you can build up to over a few weeks of teaching the track. Focus on your control the entire time, you and your participants will build strength and mobility fast. Remember to let us know your feedback!

BURPEE

KEY COACHING FOCUS

Brace abs and chest up as you Squat. Brace abs and back long and straight in the Plank

LAYER 1

- **Feet outside hips**
- Squat
- Hands to the floor
- Step back into Plank
- Step feet outside hands
- Squat and stand
- **Hips sit back and down on the Squat**
- **Brace abs and chest up** as you Squat
- **Butt just above the knee line**
- As you rise up squeeze between the shoulder blades to open the chest
- You can try a little faster now, still stepping
- **Brace the abs hard in the Plank**
- **Back long and straight**
- Add a jump back if you want

LAYER 2

- Keep all your movements strong and stable from the core
- You can jump or step. If you're jumping brace hard to minimize bouncing
- Recruit your glutes and thighs

LEVEL

⇅ To decrease intensity, no jump



45-MINUTE FORMAT / BONUS 03 – 30-MINUTE FORMAT

WE OUT HERE 4:35mins

TECHNIQUE AND COACHING

BEAR JUMP

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor. Back long and straight

LAYER 1

- Jump in and out, or walk
- **Shoulders over hands**
- **Knees under hips**
- **Back long and straight**
- **Brace abs hard to keep body square to the floor**

LAYER 2

- Feel your core lighting up as you Bear

LEVEL

↴ To decrease intensity, Walk instead of Jump

ESCAPE

KEY COACHING FOCUS

Chest up, bottom arm pushes down to stabilize shoulder

LAYER 1

- Hip escape
- Back leg comes through to floor
- Come back to all fours
- Escape to the back
- Hip touches down softly
- **Bottom hand pushes down strong to stabilize**
- **Keep the chest up**

LAYER 2

- How controlled can you get on the landing to keep the load in the core
- Feel the strength in your core as you move
- Level up with your butt off the floor
- Push out of the floor to avoid collapsing into the shoulder

LEVEL

↴ To decrease intensity, butt and hip on floor

BURPEE, BEAR JUMP & ESCAPE COMBO

KEY COACHING FOCUS

Brace abs, chest up (Squat). Brace abs, back long and straight (Bear). Chest up, bottom arm pushes down to stabilize (Escape)

LAYER 1

- Let's put it all together
- Burpee, Bear and Escape
- Squat, Jump back, Bear and brace, Escape and again, stand up
- **Hand pushes down**, as you Escape
- **Keep the chest lifted**
- Butt down or up – your choice
- You can take a rest at any time
- Focus on bracing your core through all the movements now
- **Keep the chest up and abs braced as you Squat**

LAYER 2

- Time to level it up
- On the Escape keep the foot off the floor
- Functional training
- Loading up the core and shoulder girdle
- Strengthen the core
- Improve our mobility

LEVEL

↴ To decrease intensity, hip and foot on floor



45-MINUTE FORMAT

STRETCH

TRACK FOCUS

I want my participants to feel the stretches, helping to increase mobility in the hips and thoracic areas.

MUSIC		EXERCISE		CTS
0:00	Intro	4x8	Set up in Swan Pose. Push hips B	32
0:27	Quiet	4x8	A Swan Pose L Facing L, bring L knee to front 90° extend B leg out, roll hips down and chest square OPTION: 90°/90° Stretch	32
0:51	Be the	4x8	B Swan Pose with Quad Stretch L R hand holds the top of R foot, pull in towards body	32
1:11	(Melody rise)	4x8	A Swan Pose R	32
1:30	(Melody flute)	4x8	B Swan Pose with Quad Stretch R	32
1:47	(Build)	4x8	C Hip Flexor / Psoas L R leg F in Lunge position, L knee on floor Push hips F, L hand on floor	48
2:14	(Distorted beat)	4x8	D Hamstring Stretch R Pull B, hips directly over L knee L arm reach up and over to R side	32
2:40	_ You	1x8	Turn to L side	8
2:47	We're	6x8	C Hip Flexor / Psoas R R knee on floor, L leg F in Lunge position Push hips F, R hand on floor	48
3:09	Will you	4x8	D Hamstring Stretch L Pull B, hips directly over R knee R arm reach up and over to L side	32
3:36	(Distorted beat)	2x8	Stand up and move into low Squat position	16
3:48	(Distorted beat)	12x8	D Hindi w. Twist Sit lower, elbows inside knees, hands in prayer position. Rotate L, L arm reach up, R hand on floor inside R knee Rotate R, R arm reach up, L hand on floor inside L knee	32 32 32
4:49	(Melody flute)	2x8	E Roll body up into standing, clasp hands O/H, stretch to B	16
4:59	(Build)	4x8	Extended Mountain	32
5:19	Outro		Open arms out to sides and down, clasp hands behind back and stretch, shoulders open to the front	



45-MINUTE FORMAT

TAKE A CHANCE 5:28mins

TECHNIQUE AND COACHING

WHY

These stretches focus on mobilizing the hips and thoracic region so that we can reduce stress on our core stabilizers. When these areas are restricted, movement can be shunted into the lumbopelvic region creating instability.

COACHING

We spend time stretching hips, glutes and thoracic regions to enhance core function and strength. Encourage your participants to stay and stretch. Just like the core exercises, give levels so everyone feels included and successful. Educate them on the benefits of the stretches that will help and prepare them for their next class.

SWAN POSE WITH QUAD STRETCH

KEY COACHING FOCUS

Heel to groin for knee safety

LAYER 1

- Transition to Swan
- OPTION: down in 90/90 with bent legs, or come to full Swan
- **Heel to groin**
- Roll the hip towards the foot
- Extend the back leg away
- Try and stay in neutral spine
- Quad Stretch, pick up the back foot
- Turn shoulders to side wall to deepen the hip stretch

LAYER 2

- Keep rotating the hip down to stretch the glute, quad and all around the hip joints

LEVEL

↕ To decrease intensity, 90/90 with bend legs



TAKE A CHANCE 5:28mins

TECHNIQUE AND COACHING

HIP FLEXOR / PSOAS

KEY COACHING FOCUS

Drop hips (Hip Flexor), knee under hips (Psoas)

LAYER 1

- Come to Kneeling Lunge
- Drop into the hips
- Hands to the floor
- Breath and lift chest
- Pull back and align shoulders over hips
- Squeeze glutes to tuck tailbone
- Reach the arm up and over
- Grab the wrist to achieve the C-shape

LAYER 2

- Feel the deep stretch in the front of the hip

SWAN POSE

KEY COACHING FOCUS

Knees wide, hips back

LAYER 1

- Reach arms forward
- **Knees wide**
- Toes together
- **Hips back**

LAYER 2

- Gently soften shoulder blades down to the floor
- Feel the release into the hips, lower back and glutes

HINDI WITH TWIST

KEY COACHING FOCUS

Turn shoulders (Twist)

LAYER 1

- Sumo or Hindi Squat
- Lower hips down
- Hands to prayer to open the hips
- Lets take a twist to one side
- **Breath in, lift chest and turn shoulders**

LAYER 2

- Squeeze shoulder blades together
- Can you press the elbow into the knee to get more length

LEVEL

⇅ To decrease intensity, Sumo Squat

EXTENDED MOUNTAIN

KEY COACHING FOCUS

Shoulders away from ears

LAYER 1

- Hands down
- Turn feet in and roll up
- Extended mountain
- Arms overhead
- **Shoulders away from ears**
- Squeeze glutes
- Circle arms behind and clasp hands

LAYER 2

- Feel the whole upper body open



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

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 United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate

situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

