

LES MILLS CORE

41

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

05. CORE 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

Blow Your Mind (Mwah) (3.02)

Dua Lipa
© 2017 Dua Lipa Limited under exclusive license to Warner Music UK Limited.
Written by: Levine, Christy, Lipa

02

Worship (4.46)

Lizzo
© 2016 Nice Life Recordings Company and Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Frederic, Fernandez Diaz, Spargur, Jefferson

03

The Fear (5.00)

The Score
Courtesy of the Universal Music Group.
Written by: Dover, Ramirez, Ormandy, Solomon

04

Amarillo (5.16)

J Balvin
Courtesy of the Universal Music Group.
Written by: Balvin, Belise, Adebiyi, Codet, Felicite, Dehbi, Philetas, Jeannot, Nubul, Johnson

05

Freedom (4.50)

Kygo, Zak Abel
© 2020 Kygo AS under exclusive license to Sony Music International Ltd.
Written by: Zilesnick, Cavazza, Martin, Gorvell-Dahll

06

French Toast (3.54)

FLOYD WONDER
© 2019 Position Music.
Written by: Nielsen

BONUS

05

Breaking Me (5.24)

Topic, A7S
Courtesy of the Universal Music Group.
Written by: Irvine, Miller, Topic, Stomberg

45-MINUTE FORMAT

This Will Be (An Everlasting Love) (4.21)

Natalie Cole
Courtesy of the Universal Music Group.
Written by: Jackson, Yancy

Shut Up! (4.51)

JessB
© 2020 JessB.
Written by: Bourke, Weernink

All Falls Down (5.24)

Alan Walker, Noah Cyrus & Digital Farm Animals
feat. Juliander
© 2018 MER under exclusive license to Sony Music Entertainment Sweden AB.
Written by: Blanchard, Boyle, Bowman, Walker, Greve, Boardman, Gale, Froen



L-R: Dan Cohen, Martine Matapo-Kolisko, Corey Baird

It's here and it's official! Welcome to the new program name change. Introducing Les Mills CORE, release 41. A fantastic design of core stability, endurance, "ouch my obliques", strength and mobility abdominal training. This release features your 30-minute format inclusive of Bonus Track 5 and the new 45-minute format. We would love you to try this release and continue giving us feedback.

Hover variations just got a whole lot more interesting with the new Commando Crawl. Have no fear with SMARTBAND™ work as Track 3 has a double strength component with resisted Single Arm Rows and weighted Oblique Squats. Sky Divers, glute and hip abductor challenges, Bolt Plank Climbers are all exercises in this program designed to challenge the muscles of the core to help develop a healthy and powerful body. Enjoy the new Track 3 Standing Strength with the 'fast paced skuttle'. It will ensure your core muscles are reacting super fast.

- The 45-minute format for this release is:
- 1: Warm-Up 45
 - 2: Core Strength 1
 - 3: Standing Strength 1
 - 4: Standing Strength 2
 - 5: Standing Strength 3 (you can swap for Bonus Standing Strength 3)
 - 6: Warm-Up 30 (known as isolation track)
 - 7: Core Strength 2
 - 8: Core Strength 3
 - 9: Stretch

Enjoy!

The Les Mills CORE team

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 Andrew Newmarch
- Production Coordinator** – Lily Roelofs

PRESENTERS

- Dan Cohen** (United Kingdom) is co-Program Director for LES MILLS CORE and BODYCOMBAT and a passionate mixed martial artist based in Auckland.
- Corey Baird** (New Zealand) is a LES MILLS CORE Trainer and BODYBALANCE/BODYFLOW Instructor/Presenter. He is based in Auckland, where he is also a personal trainer and Pilates instructor.

Martine Matapo-Kolisko (New Zealand) is a LES MILLS CORE, BODYATTACK, BODYSTEP Presenter/Instructor and a 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

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 the transitions through my clear coaching, engaged with the music and feel ready for the workout ahead.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro	1x8	Set up for Double Leg Lift. Lie on back, arms out to sides, feet on floor	8	
0:08	V1 / _I	4x8 A	Double Leg Lift 2/2 Fingertips to temples last 4cts	8	4x
0:26	PC / Tell me	3x8 B	C-Crunch 1/1/2 Crunch up, reach hands past knees Hold Lower down, fingertips to temples	2 2 4	3x
0:39	If you	6x8 B ¹	C-Crunch 1/1	4	12x
1:06	PC / (Mwah, mwah)	5x8 C	Cross Crawl F&B (Slow)	8	5x
1:28	PC / Tell me	3x8 C ¹	Cross Crawl Combo Cross Crawl F Hold Back to center Cross Crawl B Hold Back to center	1 3 4 1 3 4	1½x
1:41	C / If you	6x8 C ²	Cross Crawl B&F (Fast) ⬆️OPTION: Extend legs after 8 reps	4	12x
2:07	PC / Tonight	2x8 D	Bridge Feet down Lift hips up and hold	4 12	
2:17	Tell me	4x8 D ¹	Bridge w. Knee Openers Knees out Knees in Lower hips to floor	2 2 4	7x
2:35	C / If you	4x8 B ¹	C-Crunch 1/1	4	8x
2:52	PC / Tonight	2x8 C ²	Cross Crawl F&B (Fast) ⬆️OPTION: Extend legs	4	4x



01. BLOW YOUR MIND 3:02 mins

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 enthusiastic attitude to set the scene for the workout ahead.

C-CRUNCH

KEY COACHING FOCUS

Squeeze ribs to hips

LAYER 1

- C-Crunch up and hold, arms to knee line
- Knees above hips
- Head and feet land softly
- **Squeeze ribs to hips**
- **Tuck chin in**
- Eye gaze between knees
- Reach for your toes
- Initiate the crunch by gently tucking chin in and looking between knees
- **Keep lower back close to the floor as the feet touch down**

LAYER 2

- Lift your shoulder blades off the floor for more crunch

DOUBLE LEG LIFT

KEY COACHING FOCUS

Engaging abs to press lower back towards the floor

LAYER 1

- Arms by 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

KEY COACHING FOCUS

Twist from center of chest

LAYER 1

- Fingertips to temples
- Slow twist to front knee
- **Twist from the center of the chest**
- Think about the twist and **lift the shoulder up and across to get the crunch** and twist
- Legs bent or straight

LAYER 2

- Fingertips light on temples so you don't pull on your neck
- Let's ramp up our obliques, and get even more rotation. Front elbow pulls back further to feel the rotation in your obliques

HIP BRIDGE

KEY COACHING FOCUS

Activating 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
- Keep feet flat and push our knees out and in

LAYER 2

- Warming glutes, hamstrings and lower back



02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to understand the precise execution of the Commando Crawl and enjoy the challenge no matter what level they are doing.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up for Hover, facing R side. Roll over onto belly. Elbows under shoulders, forearms parallel to each other. Knees outside hips, lift hips up in line with shoulders OPTION: On knees or toes	32	
0:14		3x8	A Hover	24	
0:26	PC / Woo	10x8	B Hover Commando Crawl F&B L arm & R leg F R arm & L leg F L arm & R leg F R arm & L leg F L arm, R leg B R arm & L leg B L arm & R leg B R arm & L leg B	4 4 4 4 4 4 4 4	2½x
1:04		1x8	Set up for Pike Crunch Drop to knees, roll onto back, legs to vertical, arms wide	8	
1:09	V1 / Lightning	6x8	C Pike Crunch Pike Crunch up, arms and legs to vertical Arms lower down to sides, legs lower to 45° ⇓OPTION: Bend knees ⇑OPTION: Lift tail bone on Crunch after 4 reps	4 4	6x
1:31	C / Hands	8x8	C¹ Pulse Pike Crunch Pulse Pike Crunch x2 Arms lower down to sides, legs lower to 45°	4 4	8x
2:02	_Here goes	3x8	Set up for Commando Crawl Roll onto belly, elbows under shoulders, forearms parallel to each other. Knees outside hips, lift hips in line with shoulders OPTION: On knees or toes	24	
2:14	Br / _Cuz	10x8	B Hover Commando Crawl F&B	32	2½x
2:52	Me_	1½x8	Set up for Pike Crunch	8	
2:57	V2 / Lightning	6x8	C Pike Crunch	8	6x
3:20	C / Hands	8x8	C¹ Pulse Pike Crunch	8	8x
3:50	Me_	3x8	Set up for Commando Crawl	24	
4:02	Br / _Cuz	10x8	B Hover Commando Crawl F&B	32	2½x



02. WORSHIP 4:46 mins

TECHNIQUE AND COACHING

WHY

The Hover Commando Crawl is a great way to stimulate the muscles that connect our upper limb, core and lower limb.

In this instance we are working diagonal connections across the body between opposite arm and leg. These types of patterns are used daily during walking, lifting, pushing and impact activities.

COACHING

The key move in this track is the Hover Commando Crawl Sequence. This is such a fun move but don't be fooled, it will challenge everyone!

The key to this move is sliding your body forward as you crawl, pushing off your back foot as you come forward so you achieve the sliding action. This will keep your hips low rather than bobbing hips up and down.

As you come forward you momentarily lift and land. You should feel the shoulder to the opposite hip connection, anterior sling, which has a crossover to walking and running. The focus is to brace the abs so the hips and shoulders are square to the floor and don't leave anyone behind. Practice what it feels like to do the Commando Crawl on the knees with just the arms moving.

Look at who's in front of you and offer the different levels to suit the needs of your class. Take time to coach Layer 2 cues, explaining how to improve execution and build the intensity through precision of movement. Try using powerful imagery to bring these focuses to life for participants and sell the benefits of this type of training.

HOVER COMMANDO CRAWL

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor

LAYER 1

- Lie on belly
- Elbows under shoulders, front forearm pivots in, back forearm runs parallel
- Knees outside hips
- Lift hips to shoulder height
- You're on knees or toes
- **Brace abs super hard**
- **Back long and straight**
- If you're on your knees hold here
- On your toes, join me for Commando Crawl
- Front arm and back foot move forward
- Change sides
- 4 forward and 4 back
- Put it in reverse
- Small steps sliding your body
- **Brace abs to keep shoulders and hips level to the floor**
- If you're on your knees try this – just the arms, 2 forward & 2 back
- Just moving your arms only

LAYER 2

- The key to this move is sliding your body forward as you crawl
- Push off your back foot as you come forward so you slide
- Push off the forearm
- Pretend you're a commando and sneak forward trying to keep hips at shoulder height
- If hips lift up and down, you will get spotted
- Can you feel the load on the core, long straight spine
- If the load shifts to lower back drop to knees and come up anytime
- This is where the challenge kicks in – we are getting a super strong core
- As you come forward you momentarily lift and land, feel the shoulder to the opposite hip, anterior sling, crossover to walking and running.

LEVEL

⇩ To decrease intensity, on knees



02. WORSHIP 4:46 mins

TECHNIQUE AND COACHING

PIKE CRUNCH

KEY COACHING FOCUS

Squeeze ribs to hips (Crunch), lower back towards floor (Leg Extension)

LAYER 1

- Roll over to your back
- Arms wide, feet in the air
- Slow crunch and legs to 45°
- **Squeeze ribs to hips as you crunch**
- Head goes down as the legs extend
- Reduce load by toe tapping
- See if you can lift your tail bone off the floor
- Eye gaze between knees and reach for your feet on the crunch
- **Feel your lower back press towards the floor as your legs extend**
- **Brace abs to hold that position**
- Add a double pulse
- How high can you lift your knees – straight up

LAYER 2

- If your lower back is staying down then try and take your legs lower
- Then you move faster as you have more range to cover
- How strong does your core feel?
- The abdominals do two things here, they flex the spine to work your 6 pack and they brace hard to keep your back close towards the floor

LEVEL

↕ To decrease intensity, Toe Tap & Knee Lift



03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to feel rotational power in the Around The World and Single Arm Row through my precise coaching of execution and motivation.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up for Around The World R. Step L foot into middle of the SMARTBAND™, single or double handles, hold up high at chest, step feet wide	32	
0:13	V1 / _Knocked	8x8 A	Around The World R Side Lunge R, circle arms from R to L and back to start	8	8x
0:40	PC / It's time	2x8 A ¹	Side Lunge & Press R Side Lunge R, Press arms F Return to start	2 2	4x
0:47	C / Fight	8x8 A ²	Side Lunge & Press, Around The World Combo R Side Lunge R, Press arms F Return to start Side Lunge R, Press arms F Return to start Around The World R	2 2 2 2 8	4x
1:14	V2 / Feel	2x8	Set up for Single Arm Row R. Step R foot in, hold single or double handles in R hand	16	
1:20	Nothing	4x8 B	Single Arm Row R (Slow) Side Lunge R, R elbow to R corner, L arm extends Shift weight L, R hand towards L knee, L arm lowers Side Lunge R, R elbow to R corner, L arm extends Step R foot in, reset	4 4 4 4	2x
1:34	C / Fight	8x8 B ¹	Single Arm Row R (Fast) Side Lunge R, R elbow to R corner, L arm extends Shift weight L, R hand towards L knee, L arm lowers Side Lunge R, R elbow to R corner, L arm extends Step R foot in, reset	2 2 2 2	8x
2:01	PC / Stand	4x8	Set up Alternating Lateral Squat. Pick up weight plate. Hold it high on the collarbone, feet hip-width apart. Hips square to front, knees slightly bent ⇩OPTION: Use SMARTBAND folded in half	32	
2:15	Stand	5x8 C	Alternating Lateral Squat Squat L. Drop weight plate towards L knee Step L foot in. Weight plate to chest Squat R. Drop weight plate towards R knee Step R foot in. Weight plate to chest NOTE: Last 2cts preview Weight plate O/H	2 2 2 2	5x
2:31	Rising	7x8 C ¹	Alternating Lateral Squat w. Weight plate O/H Squat L. Drop weight plate towards L knee Step L foot in. Weight plate O/H Squat R. Drop weight plate towards R knee Step R foot in. Weight plate O/H	2 2 2 2	7x



03. STANDING STRENGTH 1

MUSIC		EXERCISE		CTS	REPS
2:55	(Silence)	4½x8	Set up for Around The World L. Step R foot into middle of the SMARTBAND, single or double handles, hold up high at chest, step feet wide	32	
3:11	V3 / _Knocked	8x8 A	Around The World L	8	8x
3:37	PC / It's	2x8 A¹	Side Lunge & Press L	4	4x
3:44	C / _Fight	8x8 A²	Side Lunge & Press, Around The World Combo R	12	4x
4:12	_Feel	2x8	Set up for Single Arm Row L. Step L foot in, hold single or double handles in L hand	16	
4:18	Nothing	4x8 B	Single Arm Row R (Slow)	16	2x
4:31	C / _Fight	8x8 B¹	Single Arm Row R (Fast)	8	8x



03. THE FEAR 5:00 mins

TECHNIQUE AND COACHING

WHY

One of the key roles of our core muscles is controlling our mid-line and center of gravity during dynamic activities. To enhance this control we move laterally with a load that is off center. The accumulated effect of this sequence of exercises is better core control and precision during lateral movements.

COACHING

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, hips sit back, corner-to-corner targets as you go Around The World. When the presses come in you are sliding the hips side-to-side and punching straight forward. You have time to set up the position and execution of the Rows, slow before the beat kicks in and you are moving fast. Focus on keeping the elbow high and wide as you pull. Try using imagery to hook your participants into the Bow & Arrow feeling.

The last move is the Lateral Squat. What will help participants achieve the movement well is to coach to the Wide Squat position with the knees out, hips back and down and chest lifted. Once they have the lower body foundation, coach to the weight plate stopping at the thighs, stopping at knee level and the elbows staying forward of the face as you Press overhead.

AROUND THE WORLD

KEY COACHING FOCUS

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

LAYER 1

- Grab your SMARTBAND
- Step your right foot into the SMARTBAND
- Single or double SMARTBAND, hold material
- Take feet wide
- Hit left corner, right corner, circle up and around the world
- **Hinge forward from the hips**
- **Brace the abs to keep hips square to front**
- **Rotate from the center of the chest**
- **Lift the chest**
- Try and keep handles in the middle of the chest
- Press and Side Lunge, then Around The World

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 SMARTBAND, keeping a strong and proud posture
- Activating obliques, back muscles and arms to feel it in the right places
- Fight the resistance
- Can you sit the hips back even more?

LEVEL

↕ To decrease intensity, drop SMARTBAND to single handle



03. THE FEAR 5:00 mins

TECHNIQUE AND COACHING

SINGLE ARM ROW

KEY COACHING FOCUS

Chest lifted, hips square, elbow pulled wide

LAYER 1

- Step in, double or single handles
- Step out and row, shift weight then step in
- Same thing moving quicker
- 2 rows, 1 step
- **Chest lifted**
- **Pull elbow wide**
- **Keep hips square to the front**
- **Brace abs**
- **Squeeze shoulder blades into spine**

LAYER 2

- Pull the handle higher towards the chest to increase tension on the SMARTBAND, to load our pulling muscles
- See if you can get more range by pulling your elbow right back and squeezing your abs to rotate
- When you row, feel the quads and the glutes drive you up out of the floor
- Your focus is to stay upright to get the waist muscles working

LEVEL

↴ To decrease intensity, single handle SMARTBAND

ALTERNATING LATERAL SQUAT

KEY COACHING FOCUS

Twist from the center of your chest. Brace abs to keep hips facing forward. Weight plate to thigh, stops at knee level

LAYER 1

- Double up your SMARTBAND or use weight plate
- Weight plate at collarbone
- Feet under hips
- Squat right, then left
- **Weight plate drops down to thigh stopping at knee level**
- **Brace abs to keep pelvis facing forward**
- **Twist from the center of your chest**
- Let's add intensity
- **Arms forward of face** as we lift the arms overhead
- Take your hips back and down
- **Chest stays lifted**

LEVEL

↴ To decrease intensity, SMARTBAND



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 build intensity and fun in this track.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up for Side Step L. Feet hip-width apart. Wrap SMARTBAND around thighs, a fist-length above knees, cross SMARTBAND behind, bring handles F, L handle threads through R handle, R handle threads through L handle. Knees bent. Pick up weight plate and hold at collarbone	32	
0:20		12x8	A Side Step & Back Tap Combo L&R x4 Side Step L x4 Kickback L leg x4 Repeat R ⬆️OPTION: Weight plate O/H after 2 reps	8 8 16	3x
1:23		6x8	B Staggered Hip Circle (Slow) Lift L knee up Open leg out to L side Push L heel directly B Extend L leg L leg B to start Repeat R leg	4 4 4 2 2 16	1½x
1:54		8x8	B¹ Staggered Hip Circle (Fast) Lift R knee up Open leg out to R side Push R heel directly B Extend R leg R leg B to start Repeat L leg	2 2 2 1 1 8	4x
2:36	Silence	2½x8	Set up for Side Step R	20	
2:48	Dose	8x8	A Side Step & Kickback Combo R&L x4 ⬆️OPTION: Weight plate O/H	32	2x
3:29		6x8	A¹ Side Step & Kickback Combo x2 Side Step R x2 Kickback R leg x2 Repeat L	4 4 8	3x
4:00		1½x8	Transition to floor for Hip Bridge Clam, weight plate down. Lie on back. Feet hip-width apart, squeeze glutes to lift hips	12	
4:08		4½x8	C Hip Bridge Clam (Slow) Open knees Return to start	2 2	9x
4:32		4x8	C¹ Hip Bridge Clam (Fast) Open knees Return to start	1 1	16x
4:52	_Yah	4x8	C² Hip Bridge Clam Pulse	1	32x



04. AMARILLO 5:16 mins

TECHNIQUE AND COACHING

WHY

Not only do these exercises improve movement precision while running, they are also a key component to driving performance. A recent study on runners found that they reduced their 5 kilometer run time by an average of 66 seconds after 6 weeks of regular classes.

Glute control is great for running performance and injury prevention.

COACHING

We set up this track with the SMARTBAND around the thighs. 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. We leave the SMARTBAND on for the entire track!

The staggered Hip Circle will be a great challenge for everyone. Focus on coaching a strong core brace to keep hips square and still. Clams are back but in a Hip Bridge position, bringing the whole posterior chain alive. Enjoy!

SIDE STEP & BACK TAP COMBO

KEY COACHING FOCUS

Keep chest lifted. Avoid leaning to the side. Brace abs to keep hips forward (Back Tap)

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
- Weight plate to collarbone
- 4 steps to the side and 4 taps back
- **Abs braced to keep hips forward**
- **Chest lifted**
- **Knees pressed out over toes**
- Keep tension on the SMARTBAND
- **Squeeze butt** as you kickback
- **Elbows forward of the face** (while holding weight plate overhead)
- **Avoid leaning to the side**

LAYER 2

- Take small steps and feet stay wide
- Pushing the knees out as you Side Step while keeping tension on the SMARTBAND will ignite the glute muscles
- Bend your stabilizing knee even more and sit the hips back and down
- Loading core and glutes – so good

LEVEL

↴ To decrease intensity, no SMARTBAND



04. AMARILLO 5:16 mins

TECHNIQUE AND COACHING

STAGGERED HIP CIRCLE

KEY COACHING FOCUS

Brace abs to keep hips facing forward, chest lifted

LAYER 1

- New move coming
- Right knee lifts
- Take to side, then back,
- Straighten leg and switch
- **Brace core to keep hips square**
- **Chest up**
- Little faster now

LAYER 2

- Can you feel the strength and stability you are creating and this move is so good for mobility in the hips

LEVEL

⇩ To decrease intensity, no SMARTBAND

HIP BRIDGE CLAM

KEY COACHING FOCUS

Squeeze glutes to lift hips

LAYER 1

- Come down to the floor
- Feet hip-width, close to butt
- **Squeeze glutes to lift hips**
- Slow Clam, out and in
- Feet flat
- Drive the knees out against the SMARTBAND

LAYER 2

- Best exercise to strengthen the glutes, strong glutes means great hip stability

LEVEL

⇩ To decrease intensity, no SMARTBAND



05. CORE STRENGTH 2

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	Set up for Oblique Leg Drop facing L side. Lie on back, arms wide, knees over hips		
0:17	V1 / I was	8x8 A	Oblique Leg Drop w. 2x Kick Lower knees to F Extend top leg x2 Return to center Repeat B	4 8 4 16	2x
0:50	C / Freedom	12x8 A ¹	Oblique Leg Drop w. 3x Kick Lower knees to F Extend top leg x3 Return to center Repeat B ⬆️OPTION: Extend both legs after 1 rep	2 12 2 16	3x
1:41	V2 / _I didn't	4x8	Set up Side Hover Crunch L. Lie on R side, R elbow under shoulder, pick up weight plate in L hand. R knee bent, lift hip, L leg extended, L arm to vertical ⬆️OPTION: R hip on floor		
1:58	PC / You	4x8 B	Side Hover Crunch Sequence L (Slow) L knee in L elbow in L knee hold, L arm to vertical Extend L leg, L arm extend O/H	4 4 8	2x
2:16	C / Freedom	4x8 B ¹	Side Hover Crunch Sequence L (Fast) L knee in L elbow in L knee hold, L arm to vertical Extend L leg, L arm O/H	2 2 4	4x
2:33	Me	4x8 B ²	Side Hover Pulse Crunch Sequence Pulse Crunch L knee to L elbow x3 L knee hold, L arm to vertical Extend L leg, L arm O/H	6 1 1	4x
2:50	C / Freedom	5x8 B ³	Side Hover Crunch L knee and L elbow crunch in Extend L leg, L arm O/H Crunch & Hold	2 2 8	8x
3:16	V3 / I didn't	5x8	Set up Side Hover Crunch R. Lie on L side, L elbow under shoulder, pick up weight plate in R hand. L knee bent, lift hip, R leg extended, R arm to vertical ⬆️OPTION: L hip on floor	40	
3:32	PC / Something	4x8 B	Side Hover Crunch Sequence R (Slow)	16	2x
3:49	C / Freedom	4x8 B ¹	Side Hover Crunch Sequence L (Fast)	16	4x
4:06	Freedom	4x8 B ²	Side Hover Pulse Crunch Sequence	8	4x
4:23	Freedom	5½x8 B ³	Side Hover Crunch Crunch & Hold	4 12	8x



05. FREEDOM 4:50 mins

TECHNIQUE AND COACHING

WHY

Driving out of the forearm in the Side Hover fires up the scapula stabilizers. These muscles help to stabilize the shoulder and take stress off the smaller intrinsic muscles.

These muscles are often weakened through rounded postures and are a common cause of shoulder dysfunction.

COACHING

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

The Oblique Leg Drop with the 3 Kicks returns. This move really strengthens the waistline. Emphasize to participants that the rear shoulder is anchored to achieve the strength gains.

The Side Hovers bite hard so offer all levels so everyone is successful. Give the option of with or without resistance. Be super clear to allow the music to come through so participants can enjoy the challenge and the motivation.

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 twice
- Return knees to center
- Repeat to the back
- **Brace abs to control the movement**
- 1 drop and kick 3 times
- Try both legs now
- Legs straight or bent

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, stay on single leg



05. FREEDOM 4:50 mins

TECHNIQUE AND COACHING

SIDE HOVER CRUNCH SEQUENCE

KEY COACHING FOCUS

Keep hips square to the front

LAYER 1

- Lay side-on
- Option to use a weight plate
- Elbow directly under shoulder
- Bottom knee down
- Top leg straight
- Hips down or up
- Weight plate up and leg extends out
- Bring elbow to knee slowly
- Leg still, punch arm up
- Open everything slowly
- **Keep the underside hip lifted**
- **Brace abs**
- **Hips square to the front**

LAYER 2

- Push out of the forearm to help you stabilize the muscles of the shoulder
- If your hips are down that's OK, just lift the chest so the obliques are firing
- Keep squeezing elbow to knee

LEVEL

↓ To decrease intensity, no weight plate



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	2x8	Set up for Bicep Curl & Cobra Combo Step into SMARTBAND. Feet under hips OPTION: Cross or uncross the SMARTBAND	16	
0:08	V1 / Vatican	4x8 A	Standing Bicep Curl & Cobra Combo Bend knees & tip F from hips, Bicep Curl Cobra Bicep Curl Stand and lower arms	2 2 2 2	4x
0:26	C / Thing	4x8 A ¹	Standing Bicep Curl & Cobra Bend knees & tip F from hips, Bicep Curl Cobra	2 2	8x
0:45	Thing	1x8	Transition to Horse Stance facing F	8	
0:50	V2 / Bragging	4x8 B	Horse Stance Diagonal Pointer L&R Extend L arm to L corner, R leg to R corner Return to start Change sides on last 2cts Extend R arm to R corner, L leg to L corner Return to start Change sides on last 2cts	4 4 4 4	2x 2x
1:09	C / Thing	5x8 B ¹	Horse Stance Diagonal Pointer Pulse L&R Extend L arm to L corner, R leg to R corner & Pulse Change sides Extend R arm to R corner, L leg to L corner & Pulse Change sides	8 8	2½x
1:32	Thing	2x8	Transition to Parachute. Lie on belly facing F. Knees out wide, heels together. Arms out to sides, lift thighs and chest off the floor	16	
1:41	_Ahh	2x8 C	Skydiver Take arms B Return to start	4 4	2x
1:50	Thing	6x8 C ¹	Skydiver Combo Pulse up & down x3 Take arms B & return to start Hold up at the end	6 2	6x
2:18	Thing	1x8	Transition to Horse Stance facing F	8	
2:23	V3 / Bragging	4x8 B	Horse Stance Diagonal Pointer L&R	32	
2:41	C / Thing	5x8 B ¹	Horse Stance Diagonal Pointer Pulse	16	2½x
3:04	Thing	2x8	Transition to Parachute	16	
3:13	(French)	2x8 C	Skydiver	8	2x
3:22	C / Thing	6x8 C ¹	Skydiver Combo	8	6x



06. FRENCH TOAST 3:54 mins

TECHNIQUE AND COACHING

WHY

A Horse Stance with a Diagonal Pointer is a great way to improve rotation control of the lumbar spine and pelvis.

As we lift the arm and leg we feel the pelvis and lumbar region wanting to twist. Contracting our core muscles to eliminate this, teaches us how to protect our lumbar spines from uncontrolled rotation which is a common cause of disc injury.

COACHING

The track starts with the Standing Bicep Curl & Cobra sequence. Coach a lifted chest while hip-hinging to keep the load in the back muscles. It's short so encourage participants to challenge themselves.

We then move to Pointer & Skydiver work which repeats itself, helping participants to acquire more precision in the final block. Pointer work is one of the best stability exercises we can do and back extension work helps improve scapula control, an important component of improving shoulder stability, as well as all the postural benefits that make us feel and look strong. The key to this track is to coach all levels so everyone is included. Know your participants and know their goals so you can help motivate them to success!

STANDING BICEP CURL & COBRA COMBO KEY COACHING FOCUS

Tip forward from the hips. Squeeze shoulder blades together

LAYER 1

- Step onto your SMARTBAND, feet hip-width apart
- Cross handles if you want more resistance
- Palms forward, chest up
- **Tip forward from the hips**
- Bend arms, straighten, bend and stand
- Bicep Curl and Cobra
- **Chest lifted for great posture**
- **Brace abs to support lower back**
- **Squeeze shoulder blades together**
- Bend standing leg, then straighten it
- Feel all the weight on the front leg (Balance Cobra)

LAYER 2

- Let's get that postural thing going on

LEVEL

⇅ To decrease intensity, don't cross the SMARTBAND handles



06. FRENCH TOAST 3:54 mins

TECHNIQUE AND COACHING

HORSE STANCE DIAGONAL POINTER KEY COACHING FOCUS

Abs braced to square hips and shoulders to floor

LAYER 1

- Come down for Horse Stance
- Hands under shoulders, knees under hips
- Opposite arm and leg extend and in
- Thumb up and shoulder down into back ribs
- Arm and leg to shoulder height
- Hand and knee stop just short of the floor
- **Abs braced to square body to floor**
- **Keep squeezing butt**
- Pulsing, 1 inch movement
- **Squeeze shoulder blade down in towards the spine**

LAYER 2

- Imagine you've got a broomstick on your back, don't worry we've taken the head of it off, so it's just the stick part. It's touching your head, upper back and butt. See if you can balance as you change?
- Feel the lower back against the stick, there's a small gap. If you lift the leg to high you take the work out of the glutes and into the lower back so keep the movement controlled

SKYDIVER KEY COACHING FOCUS

Squeeze butt

LAYER 1

- Come on down for Skydiver
- Take your feet wide
- Bend knees, heels together
- **Squeeze butt**
- Lift thighs and chest
- Hands slice back to ankles, and then reach wide
- **Shoulder blade squeeze**

LAYER 2

- Small controlled movement
- Feel the butt lift the thighs and lower down with control
- Keep squeezing heels together
- How far can you reach up and back?

LEVEL

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



BONUS

05. CORE STRENGTH 2

TRACK FOCUS

My participants will understand the execution of the Side Climber position, we focus on a high chest position to keep the abdominals under load.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / La la	3x8	Set up Plank, facing R side. Hands under shoulders, on knees or toes	24	
0:11	V1 / Fallin'	2x8 A	Plank Climber (Slow) L knee to L elbow Return to start Repeat B leg	4 4 8	1x
0:19	PC / Wanna	4x8 A ¹	Plank Climber (Fast) L knee to L elbow Return to start Repeat B leg	2 2 4	4x
0:34	C / La la la	4x8 B	Bolt Sequence (Slow) Pull B Plank L knee to L elbow (in & out) Repeat B leg	4 4 8 16	1x
0:50	Dancin'	4x8 B ¹	Bolt Sequence (Fast) Pull B Plank L knee to L elbow (in & out) Repeat B leg	2 2 4 8	2x
1:06	La la la	4x8 B ²	Bolt Sequence (Faster) Pull B Plank, L knee to L elbow (in & out) Pull B Plank, R knee to R elbow (in & out) ⬆️OPTION: Jump knee	2 2 2 2	4x
1:22	V2 / You can	4x8	Transition to Side Climber. On side of R buttock, knees bent or legs extended. R elbow under shoulder, L hand on floor behind. Lift chest, knees off floor	32	
1:37	PC / Wanna	16x8 C	Side Climber F&B Side Climber to F (slow on last one) x3 Roll to B Side Climber (slow on last one) to B x3 Roll to F ⬆️OPTION: Extend legs to ceiling after 2 reps	12 4 13 4	4x
2:41	(Silence)	2½x8	Set up for Plank Climber facing R		
2:50	V3 / Fallin'	2x8 A	Plank Climber (Slow)	16	
2:58	PC / Wanna	4x8 A ¹	Plank Climber (Fast)	8	4x
3:14	C / La la la	4x8 B	Bolt Sequence (Slow)	32	1x
3:30	Dancin'	4x8 B ¹	Bolt Sequence (Fast)	16	2x
3:46	C / La la la	4x8 B ²	Bolt Sequence (Faster)	8	4x
4:02	V4 / You can	4x8	Transition to Side Climber	32	
4:17	PC / Wanna	16x8 C	Side Climber F&B	32	4x



BONUS

05. BREAKING ME 5:24 mins

TECHNIQUE AND COACHING

WHY

The core muscles need to be effective in both open and closed chain activities. Open chain is where we are weight bearing, whereas, closed chain is where we control our limbs moving through space.

The plank sequence in this track trains mainly closed chain activation while the side climber challenges our open chain control.

COACHING

This is a catchy, cool, song to work the obliques. The first part of the track brings focus to strengthening the whole body with different levels of the Plank Climber/Bolt sequence. Offer all levels and emphasize to your participants to push down through hands and bring shoulders over wrists to achieve the amazing strength gains.

The focus for the Side Climber is to maintain a high chest position, especially when we roll elbow-to-elbow and butt-to-butt. Encourage this focus on alignment to maintain great technique and be sure to offer the levels so everyone can achieve success.

PLANK CLIMBER / BOLT SEQUENCE

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor

LAYER 1

- Let's find Plank
- Hands shoulder-width apart
- Knees or toes
- Front knee to front elbow slow
- Little faster as we alternating
- **Brace abs hard to keep shoulders and hips square**
- **Back long and straight**
- Push through hands
- New move: Pull back, hips high
- Come to Plank, knee to elbow
- Same move, faster
- **Square hips to the floor**
- Option: On knee
- Even faster and drive the knee

LAYER 2

- Keep hips low in the plank and work on firing the core as you propel forward to plank
- Round through the upper spine to engage upper abs more and feel more core goodness and touch elbow

LEVEL

⇩ To decrease intensity, on knees



BONUS

05. BREAKING ME 5:24 mins

TECHNIQUE AND COACHING

SIDE CLIMBER

KEY COACHING FOCUS

Brace abs, chest lifted

LAYER 1

- Come down onto your side
- Elbow under shoulder
- **Reach other arm back and lift chest high**
- Bend knees and brace abs hard
- Triple Side Climber
- Extend the legs 3 times, bend and roll
- Roll elbow-to-elbow and glute-to-glute
- Try legs to 45 degrees to intensify

LAYER 2

- The focus is maintaining this high chest position to keep the abdominals under load
- We use the side climber to chisel and tone the obliques
- Ultimate waistline training

LEVEL

⇩ To decrease intensity, keep knees bent as you roll



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 (Piano)	6x8	Set up Alternating Single Leg Lift. Lie on back facing L side, arms at sides, palms up feet on floor	48	
0:27	Instr (Trumpet)	6x8 A	Alternating Single Leg Lift F&B	4	12x
0:49	_I'm so	4x8 B	C-Crunch	8	4x
1:04	Lovin'	4x8 B ¹	C-Crunch w. Leg Extension (Vertical) C-Crunch Hold, extend legs to vertical Bend legs Release down ⇅OPTION: C-Crunch	2 2 2 2	4x
1:19	_This will	7x8 B ²	C-Crunch w. Leg Extension (45°) C-Crunch Hold, extend legs to 45° Bend legs Release down	2 2 2 2	7x
1:35	_This will	8x8 C	Cross Crawl ⇅OPTION: Extend legs after 8 reps	4	16x
2:14		3x8	Transition to Hover. Flip over and lie on belly, elbows under shoulders, lift hips. On knees or toes		
2:25	Now on	5x8 D	Hover with Knee Drop OPTION: On knees (Alternating Knee Lift)	4	10x
2:44	Silence	4½x8	Set up for Alternating Lateral Squat. Stand up, pick up weight plate. Feet hip-width apart, knees soft, weight plate at collarbone OPTION: Use a SMARTBAND folded in half	36	
3:01	_This will	7x8 E	Alternating Lateral Squat w. Atlas Drop Squat L, drop weight plate towards L knee Return to start Squat R, drop weight plate towards R knee Return to start	2 2 2 2	7x
3:27	_This will	6x8 F	Alternating Tap Back Tap L leg B, hold weight plate at collarbone x3 Change legs Tap R leg B, hold weight plate at collarbone x3 Change legs Preview Knee Lift last 4cts	6 2 6 2	3x
3:49	Yeah yeah	8x8 F ¹	Alternating Tap Back w. Knee Lift Tap L leg B, weight plate at collarbone x3 Knee Lift L, weight plate O/H Return to start Tap R leg B x3 Knee Lift R, weight plate O/H Return to start	6 1 1 6 1 1	4x



45-MINUTE FORMAT

THIS WILL BE (AN EVERLASTING LOVE) 4:21mins

TECHNIQUE AND COACHING

COACHING

Pre-cue a medium-large weight plate for the end of the track. 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. Coach to the levels in all exercises so participants understand they have choices with all movements 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 on in the class. This is our point of difference to the 30-minute Warm-Up.

ALTERNATING SINGLE LEG LIFT

KEY COACHING FOCUS

Engaging abs to press lower back towards the floor

LAYER 1

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

C-CRUNCH WITH LEG EXTENSION

KEY COACHING FOCUS

Ribs to hips (Crunch) lower back presses down towards the floor

LAYER 1

- C-Crunch
- Lift knees and shoulders
- Reach towards feet
- **Ribs to hips as you crunch**
- **Lower back presses down as you lower feet**
- Let's extend the legs to sky
- Chin in

LAYER 2

- If you want more challenge take legs to 45°

LEVEL

⇓ To decrease intensity, Toe Tap down



45-MINUTE FORMAT

THIS WILL BE (AN EVERLASTING LOVE) 4:21mins

TECHNIQUE AND COACHING

CROSS CRAWL

KEY COACHING FOCUS

Rotate from the center of the chest

LAYER 1

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

LAYER 2

- Starting to feel the obliques warming up

LEVEL

⇩ To decrease intensity, bent legs

HOVER WITH KNEE DROP

KEY COACHING FOCUS

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

LAYER 1

- **Elbows under shoulders**
- Fists together
- **Feet hip-width apart**
- Knees or toes
- Lift hips up in line with shoulders
- **Back long and straight**
- **Abs braced**
- **Keep hips level to the floor**
- Alternate the knee drops

LAYER 2

- Press the forearms into the floor to stabilize the shoulders
- Brace the core even more so you don't bounce

LEVEL

⇩ To decrease intensity, on knees

LATERAL SQUAT WITH ALTAS DROP

KEY COACHING FOCUS

Chest lifted abs braced. Twist from the center of the chest

LAYER 1

- Weight plate or SMARTBAND
- Lateral Squat
- Hips sit back and down
- **Chest lifted**
- **Weight plate drops down to thigh stopping at knee level**
- **Brace abs to keep pelvis facing forward**
- **Twist from the center of your chest**

LAYER 2

- Press the forearms into the floor to stabilize the shoulders
- Brace the core even more so you don't bounce

LEVEL

⇩ To decrease intensity, use SMARTBAND instead of weight plate

TAP BACK WITH KNEE LIFT

KEY COACHING FOCUS

Tip forward nose over toes, brace abs, chest up

LAYER 1

- Feet under hips
- 3 Tap Backs and change
- Single Leg Squat
- **Tip forward, nose over toes**
- **Brace abs hard and keep chest lifted**
- Add the weight plate press as you lift the knee
- **Elbows forward as you press**

LAYER 2

- We want to engage all the posterior chain so keep tipping forward



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

STANDING STRENGTH 3

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
0:00	Intro	2x8	Set up Squat. Take feet wide, fingertips to temples, elbows out wide	16	
0:07	V1 / _Shut up	4x8 A	Squat & Side Bend Squat center Side Lunge & Side Bend L Squat center Side Lunge & Side Bend R	4 4 4 4	2x
0:23	In it	8x8 A ¹	Squat & Side Bend Double Pulse Squat center Double Pulse Side Lunge & Side Bend L Double Pulse Squat center Double Pulse Side Lunge & Side Bend R	4 4 4 4	4x
0:55	C / Listen	8x8 B	Inch Worm (Slow) Walk arms F (R, L, R, L) Plank Walk arms B (R, L, R, L) Squat & stand up	6 2 6 2	4x
1:27	V2 / Been	8x8 B ¹	Inch Worm (Fast) Walk arms F (R, L, R, L) Plank Walk arms B (R, L, R, L) Squat & stand up	4 4 4 4	4x
1:59	I will	8x8 B ²	Inchworm, Jack & Mountain Climber Walk arms F (R, L, R, L) Fast Plank w. Jack x2 (in, out, in, out) Mountain Climber x4 Walk arms B (R, L, R, L) Squat & stand up	4 4 4 2 2	4x
2:31	(Silence)	2x8	Transition to Standing for Double Pulse Squat & Side Bend		
2:40	_Shut up	32x8 C	Squat & Side Bend, Inchworm Combo Double Pulse Squat center Double Pulse Side Lunge & Side Bend L Double Pulse Squat center Double Pulse Side Lunge & Side Bend R Walk arms F (R, L, R, L) Fast Plank w. Jack x2 (in, out, in, out) Mountain Climber x4 Walk arms B (R, L, R, L) Squat & stand up	4 4 4 4 4 4 4 2 2	8x



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

SHUT UP! 4:51 mins

TECHNIQUE AND COACHING

WHY

These movement sequences focus on reactive core training. This is where we take the isolated strength components from our floor tracks and apply them in a dynamic setting.

This trains our core to react to the variety of movements we use day-to-day.

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 strength and endurance in both the lower and upper body, and all the mobility gains as well!

There are so many levels that people can chose to take and feel successful in the track so look out and see what your participants need.

The great news is you can add in the Jack & Climber as your participants build strength levels. Starting slow, then building up faster over a few weeks of teaching the track.

Focus is on control the entire time. You and your participants will build strength and mobility fast. Remember, listen to the music it's wicked!

SQUAT & SIDE BEND SEQUENCE

KEY COACHING FOCUS

Brace abs, chest up, ribs to hips as you side bend

LAYER 1

- Feet super wide
- Fingertips to temples
- Squat and side bend
- Chest lift up and over
- **Squeeze ribs to hip as you side bend**
- **Chest up and brace abs**
- As you go into side lunge, straighten leg out

LAYER 2

- Think about your posture, pull your elbows back and squeeze shoulder blades together

INCH WORM

KEY COACHING FOCUS

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

LAYER 1

- Squat down and walk slowly to plank
- **Come through squat as you rise**
- Bend knees as you do that
- **Brace abs tight for spinal stability**
- Push your hands down so you don't hang off your shoulder girdle
- Come to the full plank, **hips shoulders level, back long and straight**
- Skuttle out fast
- Fast hands
- Add on 2 Jacks and 4 Climbers
- **Brace abs on the Jack and Climber**
- Option to go slower, 1 jack, 2 climbers

LEVEL

↕ To decrease intensity, slow down Jack and Climber



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

SHUT UP! 4:51 mins

TECHNIQUE AND COACHING

SQUAT & SIDE BEND, INCH WORM COMBO

KEY COACHING FOCUS

Brace abs, chest up, ribs to hips, back long and straight

LAYER 1

- Let's put it all together, Squat & Inch Worm sequence
- Squat Pulse with Side Bend
- Feel the **ribs to hips**
- Ready to skuttle
- Jacks and climbers fast or slow
- Skuttle back
- **Brace abs hard on the Jack and Climber**
- Drive knees close to the floor to keep hips low

LAYER 2

- It's like you're on a mini tramp and your legs
- If you start to fatigue have a breather, go slower or fight for a stronger core
- Feel the music in your body
- Let's make it automatic so you can push the range
- This will make you move faster
- Your muscles have to work harder so we get stronger
- Heart rate is up, you're getting fitter
- Mobility, core strength, everything is on

LEVEL

⇩ To decrease intensity, Slow down Jacks and Climbers. Recover



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	V1 / Trick	1x8	Facing L side	8
0:04	Things	4x8	A Hip Flexor Stretch R L leg F in Lunge position, R knee on floor Push hips F, hands on floor on either side of L foot	32
0:19	Point	4x8		32
0:39	C / All	7½x8	C Psoas Stretch R Bring L foot in, ankle under knee Tuck tail bone Inhale, F arm reach to ceiling Exhale, L hand grabs R thumb and pull towards L side	8
				8
				12
				32
1:18	V2 / Fight	½x8	Transition to sitting position facing L diagonal	4
1:21	Say	8x8	D Modified Half Lotus Pose, PNF Stretch L Bring L foot to R calf or on floor in front R hand on floor to side, L hand on L knee Inhale, place L hand on L knee – inhale Exhale, press knee into hand to feel inner thigh contract Inhale, release press Exhale, push knee down to deepen stretch Repeat	64
1:58	C / Fine	4x8		
				32
2:17	V3 / Trick	1x8	Transition to other side. Facing R side	8
2:21	Things	3x8	A Hip Flexor Stretch R L leg F in lunge position, R knee on floor Push hips F, hands on floor on either side of L foot	24
2:37	Point	4x8		32
2:57	C / All	8x8	C Psoas Stretch L	64
3:36	V4 / Fight	½x8	Transition to sitting position facing R diagonal	4
3:38	Say	8½x8	D Modified Half Lotus Pose, PNF Stretch R	68
4:15	Fine	4x8	D¹ Modified Half Lotus Pose w. Twist R	32
4:34	Br / Fine	8x8	E Seated Star Pose PNF Soles of feet together, hands hold feet Inhale, place elbows on inner thighs Exhale, push legs up into elbows to feel inner thighs contract Inhale, release push Exhale, push elbows into thighs for a deeper stretch Repeat	64
5:13	Fine	4x8	E¹ Seated Star Pose Place hands behind on floor Inhale, lift chest up Exhale, pull knees towards floor Repeat	32



45-MINUTE FORMAT

ALL FALLS DOWN 5:34 mins

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.

HIP FLEXOR / HAMSTRING / PSOAS

KEY COACHING FOCUS

Drop hips (for Flexor), knee over hips (Psoas)

LAYER 1

- Come to Kneeling Lunge
- **Drop into the hips**
- Hands inside front foot
- Breathe and lift chest
- Pull hips back to stretch hamstring
- Pull front foot back
- Align knee under hip
- **Squeeze glutes for tail bone to tuck under**
- 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
- Push the knee on the floor down
- Move around in the stretch

MODIFIED HALF LOTUS POSE

KEY COACHING FOCUS

Long spine

LAYER 1

- Tuck the leg under, take a seat down on the floor
- Modified Half Lotus
- Either cross legs, or up on to calf
- Front arm lifts your chest
- Let's PNF stretch
- Back hand on knee
- Push your knee up into your hand to get the stretch
- Let's twist, opposite hand to knee and breathe turning shoulders

LAYER 2

- Use hand behind to give you a long spine and create great mobility for thoracic spine
- Use your breath to deepen the stretch

SEATED STAR POSE

KEY COACHING FOCUS

Long spine

LAYER 1

- Sole of feet together
- Place arms on legs
- This time, push legs into arms
- Hands behind and lift chest

LAYER 2

- Feel the muscles lengthening
- Pull your knees towards the floor and feel the inner thigh stretch as you open your shoulders & chest



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.

