

LES MILLS CORE 42

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

02. CORE STRENGTH 1

45-MINUTE FORMAT

WARM-UP 45

45-MINUTE FORMAT STANDING STRENGTH 3/ BONUS 3 30-MINUTE FORMAT

STANDING STRENGTH 3

45-MINUTE FORMAT

STRETCH

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MUSIC

01

Something's Got To Give (3:53)

Labrinth

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Written by: Malik, Evigan, McKenzie, Poole

02

A Little Less Conversation (5:38)

Nebbra feat. The Great Escape

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Written by: Scott, Strange

03

All Around The World (La La La) (4:55)

R3HAB & A Touch Of Class

Courtesy of the Universal Music Group.

Written by: Christensen, Koenemann, Potekhin, Zhukov

04

Pretty Savage (4:40)

BLACKPINK

Courtesy of the Universal Music Group.

Written by: Johnson, Chung, J. S. Lee, S. J. Lee, Park, Unknown

05

Never Change (5:41)

Crystal Skies feat. Gallie Fisher

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Written by: Dawson, Holcomb, Eastburg

06

Mas Que Nada (3:15)

Sergio Mendes

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Written by: Jor

BONUS

02

Naked

(With My Headphones On) (4:57)

Rat City & Kiesza

© 2019 Soundbay Music AS.

Written by: Ellestad, Hosten, Michelsen, C. Sundberg, K. Sundberg

45-MINUTE FORMAT

Let Me Love You (DAZZ Remix) (3:34)

Calvo

Courtesy of the Universal Music Group.

Written by: Houff, Storch, Smith

Murda (5:45)

Snavs & Fabian Mazur

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Written by: Holdø, Mazur

Come Over (5:24)

Rudimental feat. Anne-Marie & Tion Wayne

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Written by: Devine, Rolle, Izadkhah, Dryden, Aggett, Nicholson



L-R: Antoine Sagne, Diana Archer Mills, Kylie Gates, Otto Prodan, Ash Cameron

The key to building core strength, endurance and stability lays within the secret of LES MILLS CORE release 42.

Power Twisting, Plated Cobras, Halo Slams & resisted clams are just some of the brilliant exercises you'll get to perform, enjoy & master.

When training the muscle of the core, it's important to focus on great form, following the options and alternatives given is a really smart way to building core stability strength and endurance.

The Hover variations in this work out have been designed to challenge you whilst making you enjoy every beat the music is pumping at you, standing up using banded resistance or weight plates allows you to move to a range that requires control stability as well as explosiveness.

Core 42 has some amazing motivational and uplifting music, look out for the bonus tracks and give the full 45-minute format a go, it's challenging yet achievable.

Thanks for the feedback and please keep it coming.

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** – Fenella Bowater

PRESENTERS

Diana Archer Mills (New Zealand) is choreographer for LES MILLS TONE, LES MILLS CORE and LES MILLS BARRE, Creative Director for BODYPUMP, BODYJAM and RPM and co-Program Director for BODYBALANCE/ BODYFLOW. She is based in Auckland.

Kylie Gates (Australia) is a Creative Director for LES MILLS CORE, BODYBALANCE/BODYFLOW, BODYATTACK, LES MILLS BARRE, LES MILLS TONE and SH'BAM and the Head Program Coach for BODYPUMP. She is based in Auckland.

Antoine Sagne (Senegal) is a LES MILLS CORE Presenter and a BODYCOMBAT, LES MILLS GRIT AND LES MILLS CONQUER Trainer and Instructor. He is a Personal Trainer and lives in Auckland.

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

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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

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45-MINUTE FORMAT FEEDBACK

Tell us what you think of this 45-minute format structure.
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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
0:08	Intro / _ You know	2x8	Set up Double Leg Lift. Lie on back, facing L side, arms at sides, palms up	16	
0:17	V1 / _ I got my	6x8 A	Double Leg Lift 2/2	8	6x
0:42	Instr / (Piano)	4½x8 A¹	Alternating Single Leg Lift F&B ⬆️OPTION: Extend legs to vertical after 4 reps	4	9x
1:02	C / Little more	6x8 A²	Alternating Single Leg Lift & Double Pulse Crunch Alternating Single Leg Lift F&B, Double Pulse Crunch	4	6x
			Alternating Single Leg Lift F&B, lower down Knees over hips on last 2cts	4	
1:29	V2 / Hey I've	4x8 B	Oblique Leg Drop F&B Lower knees F	4	2x
			Return to center	4	
			Lower knees B	4	
			Return to center	4	
1:46	Never chose	4x8 B¹	Oblique Leg Drop & Kick F&B Lower knees F, top leg extend	4	2x
			Bend knee, return to center	4	
			Lower knees B, top leg extend	4	
			Bend knee, return to center	4	
2:03	C / Down	8½x8 B²	Oblique Leg Drop & 3x Kick F&B Knees drop to F	4	4x
			3x Kicks	4	
			Reset, lower knees to B	4	
			3x Kicks	4	
			Reset to start	4	
2:40	Instr / (Electric Guitar)	4x8 C	Hip Bridge Opener Combo Lower hips and feet down to floor	4	12x
			Lift hips up	4	
			Open knees out to sides	1	
			Close knees	1	
2:58	C / More	4½x8 C¹	Hip Bridge & Alternating Leg Extend Hip Bridge, F leg extend	2	4x
			F leg return to start	2	
			Hip Bridge, B leg extend	2	
			B leg return to start	2	
			Lower hips and feet to ground	4	
3:18	Say it	4x8 A¹	Alternating Single Leg Lift F&B ⬆️OPTION: Extend leg to vertical	4	8x
3:35	Outro / Say it	4x8 A³	Alternating Single Leg Lift & Pulse Crunch Stay with the Pulse Crunch until the end	4	8x



01. SOMETHING'S GOT TO GIVE 3:53 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. Learn the music well so you can nail the transitions. 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.

DOUBLE LEG LIFT

KEY COACHING FOCUS

Engaging abs to press lower back towards the floor

LAYER 1

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

ALTERNATING SINGLE LEG LIFT / DOUBLE PULSE CRUNCH

KEY COACHING FOCUS

Engaging abs to press lower back down towards the floor

Ribs to hips (crunch)

LAYER 1

- Single leg lift
- Either bent legs or straighten to 45°
- Lightly touching down
- **Press the lower back down towards the floor and brace to hold the back position**
- Add the Double Pulse Crunch
- Head goes down in between
- **Tuck the chin in**
- **Squeeze ribs to hips**

LAYER 2

- Upper abs getting warm
- Crunch up and stay up
- We love it when a Warm-up comes together
- Shoulders and shoulder blades off the floor

LEVELS

⇓ Decrease intensity with bent legs



01. SOMETHING'S GOT TO GIVE 3:53 mins

TECHNIQUE AND COACHING

OBLIQUE LEG DROP / KICK

KEY COACHING FOCUS

Anchor both shoulders to the floor

LAYER 1

- Knee drop to the front
- Rolling from one side to the other
- **Anchor the shoulders** again
- Only go as far as you can keeping the shoulders anchored down
- Top leg extends
- **Brace abs** harder now
- 3 Kicks now
- Top, bottom, top then switch

LAYER 2

- Brace abs endlessly through this workout today
- Lets give a little extra as we know the results are worth it
- Challenge it by dropping your knees lower, big push

HIP BRIDGE OPENER COMBO

KEY COACHING FOCUS

Squeeze glutes to lift hips

LAYER 1

- Feet come close to butt
- **Squeeze glutes to lift hips**
- Open and close the knees
- Feet are flat
- Keep the hips level
- Extend 1 leg at a time – out on the 45°

LAYER 2

- Engage the glutes and fire into the back body
- Challenge is to keep the hips high
- Go for length, go long



02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to understand the precise execution of the Hover Knee Drop Combo so they can build strength endurance. Once they have the base level they can challenge and progress to the next level.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8		Set up for Hover. Facing R side, elbows under shoulders, knee or toes	16	
0:09	V1 / A little	4x8	A	Hover	32	
0:30	Instr / (Trombone)	4x8	A ¹	Hover Knee Drop Combo (Slow)		
				Step L foot out to side	2	
				Step R foot out to side	2	
				Double Knee Drop	2	
				Lift knees up	2	
				Step L foot in	2	
				Step R foot in	2	
				Double Knee Drop	2	
				Lift knees up	2	2x
				⇅OPTION: Hover Knee Drop		
0:50	PC / Come	3x8	A ²	Hover Knee Drop Combo (Fast)		
				Step L foot out to side	1	
				Step R foot out to side	1	
				Double Knee drop	1	
				Lift knees up	1	
				Step L foot in	1	
				Step R foot in	1	
				Double Knee Drop	1	
				Lift knees up	1	3x
1:05	C / A little	4x8	A ³	Hover Knee Drop Combo (Faster)		
				Step L foot out to side	½	
				Step R foot out to side	½	
				Double Knee Drop	½	
				Lift knees up	½	
				Step L foot in	½	
				Step R foot in	½	
				Double Knee Drop	½	
				Lift knees up	½	8x
1:25	V2 / Baby	2x8		Set up for Leg Drop Sequence. Lie on back facing R side. Arms out to sides, legs to vertical	16	
1:35	A little less	6x8	B	Leg Drop Sequence		
				L leg drops, R leg bends	2	
				Both legs to vertical	2	
				Circle legs down, out to sides and up to vertical	4	
				R leg drops, L leg bends	2	
				Both legs to vertical	2	
				Circle legs down, out to sides and up to vertical	4	3x
				Preview Crunch last 4cts		
2:06	B up / It's getting late	8x8	B ¹	Leg Drop & Crunch Sequence		
				L leg drops, R leg bends	2	
				Both legs to vertical	2	
				Circle legs down, out to sides	2	
				Legs to vertical, Crunch up, R arms towards feet, palms facing	2	
				Repeat other side	8	4x
2:46	(Quiet)	2x8		Transition to Hover	16	
2:56	V3 / A little	4x8	A ¹	Hover Knee Drop Combo (Slow)	16	2x



02. CORE STRENGTH 1

MUSIC		EXERCISE		CTS	REPS
3:16	Instr / (Trombone)	4x8	A ²	Hover Knee Drop Combo (Fast)	8 4x
3:36	PC / Come	3x8	A ³	Hover Knee Drop Combo (Faster)	4 6x
3:52	C / A little less	4x8	A ⁴	Hover Knee Drop Combo (w. Jack) Jack both feet out Double Knee Drop Jack both feet in Double Knee Drop	1 1 1 1 8x
4:12	V4 / Baby	2x8		Transition to B. Set up for Leg Drop Sequence	16
4:22	A little less	7x8	B	Leg Drop Sequence ⤴OPTION: Add Hip Lift when legs go to vertical after 2 reps Last 2cts preview Crunch	16 3½x
4:57	C / A little	4x8	B ¹	Leg Drop & Crunch w. Hip Lift Sequence	16 2x
5:17	Satisfy me	3x8	C	Pike Pulse Legs vertical, Crunch up reach fingertips to toes Lower down Hold the last one	1 1 13x



02. A LITTLE LESS CONVERSATION 5:38 mins

TECHNIQUE AND COACHING

WHY

Research in the Les Mills Lab has demonstrated that adding dynamic, balance challenges to a Hover pattern raises the intensity. The progressions through this track will tailor the workout to the level of challenge each individual seeks in your class.

COACHING

The Hover Combo will challenge everyone starting small and gradually getting bigger as participants progressively develop confidence.

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.

The Leg Drop Sequence requires strength from the lower abdominals and hip mobility, again start small, give options for participants with tight hamstrings.

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.

HOVER KNEE DROP COMBO

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor

LAYER 1

- Lie on belly
- **Elbows under shoulders**, fists together
- Knees outside hips
- Lift hips to shoulder height
- Your on knees or toes
- **Brace abs super hard**
- **Back long and straight**
- If you're on your knees you can reverse knee drop
- If your're on your toes lets take a walk
- Walk out, out, knee drop and rise
- **Brace abs to keep shoulders and hips level to the floor**
- Can we speed it up
- Gently touch the knees
- Even faster now
- One more level – Jack with both feet moving at the one time

LAYER 2

- Feel the rhythm of the movement
- Keep the movement super light like the floor is lava
- Barely grazing the floor with your knees
- Press down though your forearms to stabilize your body
- You're completely in control

LEVELS

⇩ Decrease intensity – on knees



02. A LITTLE LESS CONVERSATION 5:38 mins

TECHNIQUE AND COACHING

LEG DROP SEQUENCE

KEY COACHING FOCUS

Lower back towards floor (Leg Drop) Squeeze ribs to hips (on the Crunch) lower back towards floor (Leg Extension)

LAYER 1

- Roll over to your back
- Arms wide, feet in the air
- **Lower back locked in towards the floor**
- Front leg bends and hip circle
- If your lower back starts to lift, reduce range to keep the work in the lower abs
- Add the Crunch
- **Chin tucks in** as you reach for your feet
- **Squeeze ribs to hips** as you Crunch
- See if you can lift your tail bone off the floor
- Lets finish with the Pulse Crunch – on or off the beat

LAYER 2

- If your lower back is staying down then try and take your legs lower – challenge yourself
- We came to get stronger – lets put these intensions into place
- Lets get out of our comfort zone and grow our strength

EVELS

⇩ Decrease intensity – bend knees



03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to feel rotational power. My precise coaching of rotating through the thoracic will enable them to feel this in their bodies.

MUSIC		EXERCISE		CTS	REPS
			Set up for Single Leg Squat & Alternating Row. Fold SMARTBAND in half. Holding handles in L hand. Step L foot onto middle of SMARTBAND 1 foot width in from the end. Split handles OPTION: Use 2x weight plates		
0:00	Intro / (Instr)	2x8	Step R leg B	16	
0:07	V1 / Kisses	4x8	A Single Leg Squat & Alternating Row L (Slow) Row R arm Row L arm	4 4	4x
0:23	C / La la la	4x8	A ¹ Single Leg Squat & Alternating Row (1/1/2) L Row R arm Hold Row L arm	2 2 4	4x
0:38	La la la	8x8	A ² Single Leg Squat & Alternating Row w. Leg Lift L Row R arm, open hip and lift R leg Row L arm, R leg & arm lower	2 2	16x
1:09	V2 / Now the	2x8	Using 1 or 2x weight plates, set up for Lunge & Squat Combo. Hold plate/s at collarbone	16	
1:16	I don't know	2x8	B Lunge & Squat Combo Knee Lift L leg L leg step B into Lunge Knee Lift L leg L leg step wide into Squat Repeat R leg	2 2 2 2 8	1x
1:24	C / La la la	8x8	B ¹ Lunge & Squat Combo w. Woodchop Arms Knee Lift L leg L leg step B into Lunge, cross plate over R thigh Knee Lift L leg, plate return to start L leg step wide into Squat Repeat R side	2 2 2 2 8	4x
1:55	La la la	8x8	B ² Lunge & Squat Combo w. Arms O/H Knee Lift L leg L leg step B into Lunge, reach plate O/H then cross plate over R thigh Knee Lift L leg, plate return to start L leg step wide into Squat Repeat R side	2 2 2 2 8	4x
2:25	(Silence)	2½x8	Set up for Single Leg Squat & Alternating Row Fold SMARTBAND in half, holding handles in R hand. Step R foot towards middle of the SMARTBAND. Split handles, step L leg B	16	
2:34	V3 / Kisses	4x8	A Single Leg Squat & Alternating Row (Slow) R	8	4x
2:49	C / La la la	4x8	A ¹ Single Leg Squat & Alternating Row (1/1/2) R	8	4x
3:05	La la la	8x8	A ² Single Leg Squat & Alternating Row w. Leg Lift R	4	16x



03. STANDING STRENGTH 1

MUSIC			EXERCISE		CTS	REPS
3:35	V4 / Now the	2x8	Set up for Woodchop using plate Feet wide, bend L knee, plate by L knee		16	
3:43	I don't know	2x8	C	Woodchop w. Halo Side Lunge (Slow) Woodchop R Return to start Step L leg under hip, arms half circle above head (Halo) Wide lunge R, plate diagonally towards R knee	4 4 4 4	1x
3:51	QC / La la la	16x8	C ¹	Woodchop w. Halo Side Lunge (Fast) Woodchop L Return to start Step L leg under hip, arms half circle above head (Halo) Wide lunge R, plate diagonally towards R knee Repeat R Woodchop L and hold at top last 2cts	2 2 2 2 8	8x



03. ALL AROUND THE WORLD (LA LA LA) 4:55 mins

TECHNIQUE AND COACHING

WHY

Our core muscles transmit power from our legs through to the upper body. Training this mechanism with exercises such as Woodchops and Halos will give us more strength when pushing and lifting objects in daily life.

COACHING

The key coaching focus to achieve rotational power is coaching participants to rotate from the centre of the chest and we do this in both the Single Leg Squat with Rows, the Lunge Squat Combination and the Woodchop/Halo Sequence.

In the Alternating Row, before the beat kicks in coach the importance of 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 feel & control the landing!

The Lunge Squat Sequence requires co-ordination, balance and control – the key is to start light - this will become a great challenge that participants can build up to.

The Woodchop/Halo Sequence builds Core stability promotes movement control, we cue to brace the abs to keep the hips and pelvis square, effectively eliminating lumbar rotation as you twist from the center of your chest, promoting thoracic rotation.

These types of movements help us get stronger and therefore minimize our risk of injury when we perform our daily activities. You have time to space out your cues, one at a time, this way you don't leave anyone behind. When participants focus on the feeling of the working muscles, and back into their bodies, it helps to fight fatigue and ensures everyone stays committed to the end.

SINGLE LEG SQUAT & ALTERNATING ROW

KEY COACHING FOCUS

Tip forward so nose is over toes. Brace abs so hips & shoulders open as one.

LAYER 1

- Double the SMARTBAND and put under right foot
- Leave 1 foot-width distance of the band outside the shoe
- Separate the handles
- Long step back
- **Tip forward from the hips so nose is over toes**
- **Chest lifted**
- Left arm Row, then right arm Row
- Pick up the chest 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)

LAYER 2

- Bottom knee pushes out for good alignment
- Feel it in the cross slings and glutes
- If you want more resistance take your hands further forward as you Row
- 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



03. ALL AROUND THE WORLD (LA LA LA) 4:55 mins

TECHNIQUE AND COACHING

LUNGE & SQUAT COMBO

KEY COACHING FOCUS

Brace abs to square hips. Rotate from center of the chest (lunge). Plate stops outside thigh at knee level. Elbows forward as you press

LAYER 1

- Pick up up one or both plates
- Plate at collarbones
- Knee lift, lunge, knee, squat, switch
- Add the arms, cross it over the front thigh
- **Brace abs to keep hips square to the front**
- **Turn from the center of the chest**
- Add load, plate goes overhead
- **Elbows forward of the face**
- **Plate stops at knee level**

LAYER 2

- Great balance work
- Working the stabilizers
- Fully integrated strength work

LEVELS

↕Decrease Intensity - Band

WOODCHOP W. HALO SIDE LUNGE

KEY COACHING FOCUS

Brace abs to keep Hips facing forward. Rotate from the center of the chest (Woodchop), elbows forward (Halo)

LAYER 1

- Keep your band and double it over or grab a heavy plate
- Slow Woodchop and step in a Halo
- Chop to the corner **turning from the center of the chest**
- **Brace abs to keep hips forward**
- Hips sit back on the Side Lunge
- Elbows forward as you halo overhead
- **Plate outside the thigh at knee level**

LAYER 2

- 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

LEVELS

↕Decrease Intensity - Band



04. STANDING STRENGTH 2

TRACK FOCUS

I want my class participants to feel the isolated glute and oblique floor work, through my precise execution coaching. The standing work requires control, balance and a fun attitude.

MUSIC			EXERCISE		CTS	REPS
				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		
0:00	Intro / (Piano)	4x8		Go down to floor, side on. Sit on L side of butt, knees F and bent, heels inline with hips. Elbow under shoulder, lift L hip up	32	
0:12	Instr / (Beat drops)	4x8	A	Clam R 2/2 Open top knee Close knee	4 4	4x
0:25	V1 / This	8x8	A ¹	Clam Pulse R 3x Pulse (Open top knee) Close knee	6 2	8x
0:50	Ohhhh oh	5x8	A	Clam R 2/2	8	4x
1:06	Savage _	4x8	A ¹	Clam Pulse R	8	4x
1:18	(Silence)	4½x8		Change sides. Sit on R side of butt, knees F and bent, heels inline with hips. R elbow under shoulder, lift R hip up	32	
1:33	Instr / (Beat drops)	4x8	A	Clam L 2/2	8	4x
1:45	V2 / This	8x8	A ¹	Clam Pulse L	8	8x
2:10	Ohhhh oh	4x8	A	Clam L 2/2	8	4x
2:26	Savage _	4x8	A ¹	Clam Pulse L	8	4x
2:39	_ All my	4x8		Transition to standing. Pick up 1x weight plate in each hand. Feet hip-width apart.	32	
2:52	V3 / This	4x8	B	Alternating Back Tap w. Plate Curl Tap L leg B to 45°, arms open out to sides Step L leg in & Half Squat, Bicep Curl arms to halfway Repeat R	4 4 8	2x
3:04	Ohhhh oh	5x8	B ¹	Alternating Leg Lift w. Plate Curl L leg extend B at 45°, arms open out to sides Step L leg in & Half Squat, Plate Curl arms to halfway Repeat R	4 4 8	2½x
3:20	Instr / (Beat drops)	4x8	B ²	Alternating Leg Lift w. Plate Curl (Fast) L leg extend B at 45°, arms open out to sides Step L leg in & Half Squat, Plate Curl arms to halfway Repeat R	2 2 4	4x
3:33	_ Imma	4x8	B ¹	Alternating Leg Lift w. Plate Curl	16	2x
3:45	Br / Pretty girl	8x8	B ³	Alternating Leg Lift w. Plate Curl (Slower) L leg extend B at 45°, arms open out to sides Step L leg in & Half Squat, Plate Curl arms to halfway Repeat R	8 8 16	2x
4:11	Outro / Savage	8x8	B ²	Alternating Leg Lift w. Plate Curl (Fast) Squat down and hold last 2cts	8	8x



04. PRETTY SAVAGE 4:40 mins

TECHNIQUE AND COACHING

WHY

One of the advantages of the Clam is that it works both left and right hip abductors simultaneously. The top glutes work hard to abduct and laterally rotate the hip, while the bottom ones drive the knee into the floor to keep the hip lifted.

COACHING

This is the opportunity to work hard together and have a little banter, with this cool song.

We set up this track with the band around the thighs. The benefit of using the band in this way provides strength gains to our hip abductors (side glutes) helping control knee alignment and the position of our pelvis during weight-bearing activities.

Clam : Coach the position for feet, knees, hips and elbow. Use imagery around keeping the feet together to initiate the movement from the top knee. When feet are together the movement comes from the top knee, therefore recruiting and isolating the muscles in the glutes necessary for hip abduction. Lifting bottom hip off the floor is going to recruit the obliques for isometric isolation.

For the standing sequence, start by coaching body part, direction and alignment to set the foundation for the move. For the upper body, explain why the arms press forwards to load the shoulder and core.

CORE 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?

CLAM

KEY COACHING FOCUS

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

LAYER 1

- **Elbow under shoulder**
- Knees forward of hips
- **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
- Keep lifting the bottom hip high being savage with the band
- If you want the cake – you better bake

LEVEL

↕ To decrease intensity, no SMARTBAND, bottom hip stays down



04. PRETTY SAVAGE 4:40 mins

TECHNIQUE AND COACHING

ALTERNATING BACK TAP W. PLATE CURL

KEY COACHING FOCUS

Brace abs to keep hips forward

LAYER 1

- Bring yourself up to standing
- Grab your plates, 1 in each hand
- Alternating Back Taps and Half Squat
- Leg goes back to the 45°
- **Square hips and brace abs**
- Try lifting the leg off now
- **Squeeze butt** as you Kickback
- **Chest up** and grow into your strong posture
- Arms are pressing forward to engage the core

LAYER 2

- Square posture to train the stabilizers
- Squeeze the shoulder blades
- Feel how much harder your abs have to work here
- Stronger than you think

LEVEL

↓ To decrease intensity – no plates



05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to understand how to engage the obliques in each move through my precise execution coaching. Allow space for the inspirational music to shine through.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8	Lie down on back, facing L side. Feet on floor, arms wide, bring knees over hips. OPTION: Use small weight plate	16	
0:11	V1 / _ You know	9x8	A Oblique Leg Drop Sequence F&B Drop knees to F Extend top leg Bring legs to center Bend top knee Repeat B ↑OPTION: Double Leg Extend after 2 reps	2 2 2 2 8	4½x
1:09	C / Crazy	8x8	B Cross Crawl F&B Bring knees over hips and arms out to sides	4 4	15x
1:34	_ Ba ba	4x8	A Oblique Leg Drop Sequence F&B OPTION: Knees bent or extend legs	16	2x
2:00	V2 / _ I know	2x8	Set up for Side Hover L Grab the back of the legs, swing them around to other side. Lie on L side, bottom knee bent, top leg extended. R arm to vertical ↑OPTION: Use weight plate in R arm	16	
2:13	And now	2x8	B Side Hover L Lift hips up OPTION: Knees or scissored feet	16	
2:26	PC / Dangerous	5x8	B¹ Rolling Side Hover L R arm thread plate through L elbow R arm B to vertical, Side Hover	4 4	5x
2:57	C / Crazy	4x8	B² Side Hover w. Hip Lift L Lift hip up Lower down Lie on side, legs extend, L arm out to side, R fingertips to temple	1 1 4	14x
3:23	Say	4x8	C Side Oblique Crunch R Side Crunch, both knees in, R arm reaches towards R foot Return to start ↑OPTION: Top knee in, bottom leg stays extended	1 1	16x
3:49	V3 / _ I know	2x8	Set up for Side Hover R Lie on R side, bottom knee bent, top leg extended. L arm to vertical	16	
4:02	And now	2x8	B Side Hover R	16	
4:14	PC / Dangerous	5x8	B¹ Rolling Side Hover R	8	5x
4:46	C / Crazy	4x8	B² Side Hover w. Hip Lift R Lie on side, legs extend, R arm out to side, L fingertips to temple	4	8x
5:12	Say	4x8	C Side Oblique Crunch L	2	16x



05. NEVER CHANGE 5:41 mins

TECHNIQUE AND COACHING

WHY

Excessive "give" in the lumbar region during rotation activities is a common contributor to disc injury.

Training the body to move as one in a Rotating Hover helps prevent this and increases strength during rotation activities.

COACHING

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

We start with the Leg Drops - This move really strengthens the waistline. Emphasize that the rear shoulder needs to be anchored to achieve strength gains. When the beat drops the Cross Crawls kick in hard & fast.

The Rolling Side Hovers bite hard, so offer all levels so everyone is successful and, of course, give the option of with or without resistance. The challenge and the motivation. Focus on coaching the whole body to move as one strong connected unit.

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

OBLIQUE LEG DROP

KEY COACHING FOCUS

Anchor shoulders to the floor

LAYER 1

- Arms out wide
- Knees over hips
- **Anchor the shoulders down**
- knee drop to front
- Extend top leg
- Circle up and set knees over hips
- **Brace abs** hard to control
- Try both legs now

LAYER 2

- This is going to challenge us but we have the most inspiring music – tune into the feels and use it to motivate you
- Single or double – do what you can do well
- When we put the effort in that means results

LEVEL

↕ To decrease intensity, stay on single leg

CROSS CRAWL

KEY COACHING FOCUS

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

LAYER 1

- Fingertips to temples
- Knees over hips
- Legs bent or straight
- **Twist from the center of your chest**
- **Lift shoulder up and across to the opposite knee**
- Pull the elbow back as you rotate
- **Chin tucked in**
- **Brace abs to stabilize hips** and pelvis

LAYER 2

- We are crunching and twisting

LEVEL

↕ To decrease intensity, bend knees



05. NEVER CHANGE 5:41 mins

TECHNIQUE AND COACHING

ROLLING SIDE HOVER / HIP LIFT

KEY COACHING FOCUS

Brace abs so shoulders and hips move as one

LAYER 1

- Challenge with small plate
- Side Hover
- **Elbow under shoulder**
- Press the plate up
- Either bend the bottom leg or scissor
- **Brace the abs**
- **Lift the bottom hip away from the floor**
- Pivot on the feet, to **square the body to the floor**
- **Hips and shoulders moves are one**
- Plate goes to the back elbow
- Side hip lift

LAYER 2

- It's intense – let's elevate our core fitness
- Let's isolate this work

LEVEL

⇓ To decrease intensity, no plate, bend knees

SIDE OBLIQUE CRUNCH

KEY COACHING FOCUS

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

LAYER 1

- Plate comes down
- Side on
- Extend the bottom arm out
- 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 strengthen the muscles in your waistline

LEVEL

⇓ To decrease intensity - single leg extension



06. CORE STRENGTH 3

TRACK FOCUS

I want my participants to understand how to do the base Tabletop execution then progress to the swing back for more core engagement.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8	Set up for Alternating Tabletop Tap. Sit facing L side, knees bent, feet on floor. Hands shoulder-width apart just behind butt, fingertips face out to sides. Pull shoulders back then lift hips up	32	
0:11	C / Oaria	8x8 A	Alternating Tabletop Leg Lift F&B Extend F leg Bring hips B under the shoulders Lift hips up, extend B leg Bring hips B under the shoulders	8 8 8 8	2x
0:33	V1 / Mas que nada	8x8 A ¹	Alternating Tabletop Leg Lift & Swing Back F&B Extend F leg (fast), hold Swing hips B and down through hands Extend B leg (fast), hold Swing hips B and down through hands	8 8 8 8	2x
0:55	V2 / Mas que nada	12x8 A ²	Alternating Tabletop Leg Lift Pulse & Swing Back F&B Extend F leg, 3x pulse Swing hips B and down through hands Extend B leg, 3x pulse Swing hips B and down through hands	12 4 12 4	3x
1:27	V3 / Mas que nada	4x8	Set up Horse Stance Pointer. Facing front, hands shoulder-width apart. L arm and R leg out to 45° OPTION: Use weight plate in L hand	32	
1:38	Br / Este samba	16x8 B	Horse Stance Pointer Leg Lift R&L Lift R leg up. L arm at stays out at 45° R leg lower Change to other side Lift L leg up. R arm at stays out at 45° L leg lower	2 2 8 2 2	15x 15x
2:21	V4 / Mas que nada	4x8	Set up Back Extension Sequence Lie on belly facing F. Lift chest up, arms F	32	
2:31	Br / Este samba	16x8 C	Back Extension Sequence 2x pulse, arms F 2x pulse, arms out to sides 2x pulse, arms behind 45° 2x pulse, arms by thighs Childs Pose	8 8 8 8	4x



06. MAS QUE NADA 3:15 mins

TECHNIQUE AND COACHING

WHY

The Horse Stance exercise trains strength endurance and movement precision. The target is our posterior sling - specifically the connection between opposite shoulder and hip via the lats and gluts. This is a great way to strengthen the connections to the thoraco-lumbar fascia which acts like a corset around the lumbo pelvic region.

COACHING

Short track so encourage your class to work hard throughout for postural gains.

The first block of work is the Alternating Tabletop Sequence. This is a fantastic bodyweight movement that drives great glute engagement. As you master the swing back of the hips, you can load the core more. Also, great mobility work for the thoracic and shoulder areas!

The middle block works from Horse Stance providing great stability and strength gains working the cross slings.

The last block finishes with back extension work that helps improve scapula control, an important component of improving shoulder stability, as well as all the postural benefits that make us feel and look strong. The key to this track is to coach all levels so everyone is included. Know your participants and know their goals so you can help motivate them to success!

ALTERNATING TABLETOP

KEY COACHING FOCUS

Squeeze butt. Hips level to the floor

LAYER 1

- **Hands under shoulders, fingers to the side**
- Heels slightly forward of knees
- Lift the butt off and open the chest
- **Squeeze butt as you lift hips towards knee line**
- **Keep chin tucked in**
- Drive hips
- Extend leg forward and long
- Squeeze shoulder blades together as you lift
- Butt pulls back between arms (Swing back)
- OPTION: If shoulders are fatiguing, touch butt down gently in between

LAYER 2

- When you lift your hips up and swing them back it forces your abdominals to work harder
- Challenge: Try straightening your legs as you swing through
- Keep driving from the bottom, push through the heel

LEVEL

⇩ To decrease intensity – touch hips down in between



06. MAS QUE NADA 3:15 mins

TECHNIQUE AND COACHING

HORSE STANCE POINTER LEG LIFT

KEY COACHING FOCUS

Squeeze butt. Hips and shoulders square to the floor.

LAYER 1

- Pointer, all fours
- Plate is option
- Leg and opposite arm out on 45°
- Pulse the leg
- Keep the plate & arm still
- **Squeeze butt**
- **Squeeze the shoulder blade into spine**

LAYER 2

- Small controlled movement
- Feel the butt squeeze lift the leg
- Feel the connection from the front shoulder to the opposite butt cheek – connecting your sling muscles

LEVEL

⇩ To decrease intensity – no plate

BACK EXTENSION SEQUENCE

KEY COACHING FOCUS

Squeeze butt squeeze shoulder blades

LAYER 1

- Lay down on your belly
- Bring your feet together
- **Squeeze butt hard**
- Reach arms forward
- Lift chest and lift arms off the floor
- 2 pulse rhythm
- Forward, side, 45° and all the way back
- Arms close to thigh

LAYER 2

- Big postural muscles that we are working so keep squeezing the glutes hard and the shoulder blades

LEVEL

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



BONUS

02. CORE STRENGTH 1

TRACK FOCUS

I want my class participants to try different levels of intensity in each working block. This track has 5 blocks that get progressively harder if participants choose to do so.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	1½x8	Set up for C-Crunch. Lie down on back, facing L side. Feet on floor, elbows bent arms/plate at forehead OPTION: Use weight plate	10	
0:08	V1 / _ Are	8x8 A	C-Crunch & Extension Sequence C-Crunch Arms and feet extend to ceiling (Pike Crunch) Open arms and legs out to 45°	2 2 4	8x
0:53	C / Headphones on	2x8 A¹	Pike Pulse Crunch Pike Pulse arms and legs Hold last rep up	2	8x
1:07	V2 / _ I ain't	2x8	Set up for Hover. Facing front, on knees, elbows under shoulders OPTION: Knees or toes	20	
1:19	_ You can't	2x8 B	Hover	16	
1:30	PC / _ If you're	4x8 B¹	Hover Alternating Toe Tap Tap L foot out to side Return to start Repeat R OPTION: On knees, Alternating Knee Lift	1 1 2	8x
1:52	C / Headphones on	2x8 B²	Hover Alternating Toe Tap w. Arm Reach Tap L foot out to side, R arm reach out to 45° Return to start Tap R foot out to side, L arm reach out to 45° Return to start	1 1 1 1	4x
2:04	Br / Oh, I'm	2x8	Roll over to B facing L side. Set up for C-Crunch	16	
2:15	Oh	4x8 A	C-Crunch & Extension Sequence ⬆️OPTION: Add Tail bone lift in Pike Crunch	8	4x
2:38	C / Headphones on	4x8 A¹	Pike Pulse Crunch Hold last rep up	2	16
3:00	Br / Oh, I'm	2x8	Roll over, set up Hover Alternating Toe Tap	20	
3:11	Oh	4x8 B¹	Hover Alternating Toe Tap	4	8x
3:34	C / Headphones on	4x8	Hover Alternating Toe Tap w. Arm Reach Hold last rep out	4	8x
3:57	Br / Oh, I'm	2x8	Roll over to B facing L side. Set up for C-Crunch	16	
4:08	Oh	4x8 A	C-Crunch & Extension Sequence	8	4x
4:31	C / Headphones on	4x8 A¹	Pike Pulse Crunch Hold	2	16x



BONUS

02. NAKED (WITH MY HEADPHONES ON) 4:57 mins

TECHNIQUE AND COACHING

WHY

Driving the forearm into the floor in the Hover with hand reach fires up the shoulder stabilisers. Not only is this great shoulder prehab - it also assists in keeping the chest square, training precision.

COACHING

The key move in this track is the Hover with Arm & Leg Tap. This will challenge everyone starting small and gradually getting bigger as participants progressively develop confidence in their ability.

The focus is to brace the abs so the hips and shoulders are square to the floor. When we Hover we use the sling muscles, which refers to the interconnections between our core muscles of the upper and lower limbs. This improves functional strength.

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

C-CRUNCH EXTENSION SEQUENCE

KEY COACHING FOCUS

Squeeze ribs to hips (C-Crunch) lower back towards the floor (extension)

LAYER 1

- Grab a plate
- Lay on your back
- Bring the plate to the forehead
- C-Crunch in, press legs and arms up, open to 45 degrees
- **Press the lower back towards the floor and brace the abs hard**
- If you feel the lower back lifting, keep legs higher or lose the plate
- **Feel the ribs slide towards the hips on the Crunch**
- Lets go for the Pike Crunch
- Lift the shoulders off the floor

LAYER 2

- When we move well we move strong and get results
- If you haven't felt the challenge – go for the plate
- Try the tail bone lift – use the lower abs to scoop and lift the tail bone and hips off the floor overloading the core
- Don't tap out – keep pressing everything to the ceiling
- When they say every rep counts, its true – when you want to stop that's when you get the results

LEVEL

⇓ To decrease intensity - no plate



BONUS

02. NAKED (WITH MY HEADPHONES ON) 4:57 mins

TECHNIQUE AND COACHING

HOVER ALTERNATING TOE TAP W. ARM REACH

KEY COACHING FOCUS

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

LAYER 1

- **Elbows under shoulders**, fists together
- Knees outside hips
- **Abs braced to support lower back**
- Lift hips to shoulder level, knees or toes
- **Back long and straight**
- Tap out and reset
- No tapping reverse knee drop
- **Brace abs to keep shoulders and hips level to the floor**
- Add the arm reach out on the 45°

LAYER 2

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

LEVEL

↕ To decrease intensity - on knees or to add stability, take feet wider



45-MINUTE FORMAT

WARM-UP 45

TRACK FOCUS

I want my participants to feel the connection to the core. Through my coaching my participants will know the what, why and how of all movements. This track is the foundation for the 45-min workout: it has isolation and integration for total body conditioning!

MUSIC		EXERCISE		CTS	REPS
0:05	Intro	2½x8	Set up Alternating Single Leg Lift. Lie on back, facing L side, feet on floor. Arms at sides, palms up. Have a weight plate and SMARTBAND nearby	20	
0:14	_ You don't	2x8 A	Alternating Single Leg Lift F&B (Slow)	8	2x
0:22	If I was	4x8 A¹	Alternating Single Leg Lift F&B (Fast)	4	8x
0:38	C / Love	4x8 A¹	Rocking Horse		
			Single Leg Lift F. Crunch up, hands reach F	2	
			Single Leg Lift B. Lower down Fingertips to temples last 2cts	2	8x
0:53	Instr	8x8 B	Cross Crawl F&B Extend legs after 8 reps	4	16x
1:24	Listen _	2x8	Set up Hip Bridge. Feet on floor, close to butt, lift hips up	16	
1:31	_ Everywhere	6x8 C	Hip Bridge w. Alternating Single Leg Lift		
			Lift F leg up (knee to ceiling)	2	
			Lower hips halfway, F foot to floor	2	
			Lift B leg up (knee to ceiling)	2	
			Lower hips halfway, B foot to floor	2	6x
1:55	C / Love	4x8	Set up Hover. Roll over to knees, elbows under shoulders OPTION: Knees or toes	32	
2:10	Instr	8x8 D	Hover Double Knee Drop ⇓OPTION: Knee Lift	4	16x
2:41	(Silence)	2½x8	Stand up and set up for Woodchop & Halo. Use weight plate or SMARTBAND. Feet wide, bend L knee, plate above L knee	20	
2:50	Pro tection	2x8	Woodchop & Halo Slow (Preview)		
			Woodchop R, Side Lunge R	4	
			Return plate to L knee	4	
			Plate diagonally towards R, half circle above head (Halo)	4	
			Plate diagonally towards R knee	4	
2:58	Let me _	8x8 E	Woodchop & Halo L&R (Faster)		
			Woodchop L, Side Lunge L	2	
			Return plate to R knee, Side Lunge R	2	
			Plate diagonally towards L, half circle above head (Halo)	2	
			Plate diagonally towards L knee	2	
			Repeat other side	8	4x



45-MINUTE FORMAT

LET ME LOVE YOU (DAZZ REMIX) 3:34mins

TECHNIQUE AND COACHING

WHY

Focusing on replicating the feeling of core activation in the standing phase of this track helps condition our neural system for what lies ahead.

COACHING

We want our participants to understand the abdominal brace and to move well early in the workout. Transitions are fast, so coach with a purpose and keep it simple. To simplify the coaching try using body part and direction followed by safety cues. There are opportunities in the longer Hip Bridge and Plank Sequences to add a little challenge if the class is ready for it. For the standing Woodchop and Halo Sequences the focus is on coaching the difference between the Side Lunge and Wide Squat stances.

ALTERNATING SINGLE LEG LIFT / ROCKING HORSE

KEY COACHING FOCUS

Engaging abs to press lower back towards the floor

LAYER 1

- Arms at sides, palms up
- Anchor shoulders to the floor and **brace abs**
- Alternating leg lift
- Knees directly over hips
- **Abs braced to keep lower back pressed towards the floor**
- Toes tap lightly
- Shins stay parallel
- Rocking Horse, lift shoulders up and down
- **Ribs to hips as you crunch**

LAYER 2

- We are prepping and priming the muscles for this workout

CROSS CRAWL

KEY COACHING FOCUS

Opposite shoulder to opposite knee.

LAYER 1

- Cross Crawl front & back
- Fingertips to temples
- **Chin tucks in**
- **Opposite shoulder coming up and across**
- Elbows wide
- Extend the legs long 45 degrees

LAYER 2

- When the Warm-up is good the workout is amazing
- Feeling the obliques warming up

LEVEL

⇅ To decrease intensity - bend knees

HIP BRIDGE W. ALTERNATING SINGLE LEG LIFT

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**
- Alternating leg lift
- Hips up and halfway down
- **Hips and pelvis level**

LAYER 2

- Drive the knee to ceiling to fire the posterior chain



45-MINUTE FORMAT

LET ME LOVE YOU (DAZZ REMIX) 3:34mins

TECHNIQUE AND COACHING

HOVER DOUBLE 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**
- Knees or toes
- Lift hips up inline with shoulders
- **Back long and straight**
- **Abs braced**
- **Keep hips level to the floor**
- Double knee drop
- If you're on your knees, reverse the Knee Drop

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

WOODCHOP & HALO

KEY COACHING FOCUS

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

LAYER 1

- Plate or band
- Side lunge to start
- Woodchop and Halo
- Side lunge and squat
- Press the knees out, hips sit back and down
- **Chest lifted**
- **Brace abs to keep pelvis facing forward**
- **Twist from the center of your chest**
- **Plate stops at knee level outside thigh**

LAYER 2

- We are integrating the whole body ready for this workout

LEVEL

To decrease intensity - band



45-MINUTE FORMAT

STANDING STRENGTH 3 / BONUS 3 – 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
0:00	Intro	2x8	Feet wide, Half Squat. Relax shoulders, hands clasped together	16	
0:12	Instr / (Faster beat)	2x8 A	Halo Slam (Slow) Circle hands L around head to O/H (Halo) Strike down the middle (Slam) Repeat R	2 2 4	2x
0:25	(Distorted lyrics)	4x8 A ¹	Halo Slam (Fast) Circle hands L around head to O/H (Halo) Strike down the middle (Slam) Repeat R OPTION: Lift heels on Halo after 4 reps	1 1 2	8x
0:51	(Clapping)	2x8 B	Lunge & Twist (Slow) Step L leg B into Lunge, elbows out fingertips facing down Twist over F knee & back Hold Step L leg in Repeat R leg	2 2 2 2 8	1x
1:04	(Synth beat drops)	4x8 B ¹	Lunge & Twist L&R (Fast) Step L leg B into Lunge, elbows out fingertips facing down Twist over F knee & back Hold Step L leg in Repeat R leg Step feet wide last 2cts	1 1 1 1 4	4x
1:29	(Quiet)	8x8 C	Halo Slam & Lunge Twist Combo 2x Halo Slam L&R (Fast) 2x Lunge & Twist L&R (Fast)	8 8	4x
2:20	(Clapping)	8x8 C ¹	Halo Slam & Lunge Drop Twist Combo 2x Halo Slam L&R (Fast) Step L leg B into Lunge. Twist over F knee & back Step L leg in Repeat R leg Repeat L leg Repeat R leg	8 1 1 2 2 2	4x
3:12	(Keyboard low)	4x8 D	Burpee (Slow) Squat down Hands to floor Step L leg B to Plank Step R leg B to Plank Step L leg in Step R leg in Squat Stand up	2 2 2 2 2 2 2 2	2x



45-MINUTE FORMAT

STANDING STRENGTH 3 / BONUS 3 – 30-MINUTE FORMAT

STANDING STRENGTH 3

MUSIC		EXERCISE		CTS	REPS
3:37	(Distorted lyrics)	4x8	D ¹	Burpee (Faster)	
				Squat down	1
				Hands to floor	1
				Jump both legs out to Plank	2
				Jump both legs into Squat	2
				Stand up	2
4:02	(Synth B up)	16x8	D ²	Burpee & Rotating Side Plank	
				Squat down	2
				Hands to floor, jump both legs out to Plank	2
				R arm opens to vertical, roll onto side of L foot, R leg lifts	2
				Return to Plank position	2
				L arm opens to vertical, roll onto side of R foot, L leg lifts	2
				Return to Plank position	2
				Jump feet into Squat	2
				Stand up	2
				⇓OPTION: Side Plank on knee	
				⇑OPTION: Lift top leg on Side Plank after 4 reps	



45-MINUTE FORMAT STANDING STRENGTH 3 / BONUS 3 – 30-MINUTE FORMAT

MURDA 5:45 mins

TECHNIQUE AND COACHING

WHY

Reactive core training increases the sensitivity of our core during dynamic movements. Core stability is all about timing and precision - knowing how much and when to contract our core muscles is the key to injury prevention.

COACHING

We hope you love and are enjoying this unique track 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 its best. These movements not only work the core, they build muscle strength and endurance in both lower and upper body and all the mobility gains as well!!!

What's unique about this track is there is 2 halves; the standing work & the floor work. The Halo Slam will force the core to react & respond especially with the heel lift engaging more of the posterior chain. The Burpee is a progression so add on as your class is ready for it. 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. Focus is on control the entire time and you and your participants will build strength and mobility fast. Remember, allow the music to drive the experience.

HALO SLAM & LUNGE TWIST COMBO

KEY COACHING FOCUS

Brace abs & chest up in squat (Slam) rotate from the center of the chest (Lunge Twist)

LAYER 1

- **Feet wide Squat position**
- Circle round the head
- Slam down into the Squat
- Chest up, **abs braced** as you land into the Squat
- Lift the heels as you Halo
- Squeeze glutes & drive hips forward & up
- Right leg Lunge and Twist
- **Rotate from the center of the chest**
- **Square hips and brace abs**
- Put the moves together
- Halo Squat 4 times
- Lunge and Twist
- **Long step back on the lunge**

LAYER 2

- Strike in the middle
- Create the stability then find your balance
- As you move you can feel the progression
- Slam it down – feel your core react



45-MINUTE FORMAT STANDING STRENGTH 3 / BONUS 03 – 30-MINUTE FORMAT

MURDA 5:45 mins

TECHNIQUE AND COACHING

BURPEE

KEY COACHING FOCUS

Brace the abs as you step back into plank.

LAYER 1

- Burpee slow
- 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 or jumping
- **Brace the abs hard in the Plank**
- **Back long and straight**

LAYER 2

- Feel the integrated strength

LEVELS

↕ Decrease intensity - no jump back

BURPEE & ROTATING SIDE PLANK

KEY COACHING FOCUS

Brace abs, chest up (Squat). Brace abs, back long and straight (Plank). Bottom hip lifts away from the floor (Side Plank)

LAYER 1

- Lets add on the progression
- Stay down in the Plank
- **Brace abs hard**
- Rotate to Side Plank
- **Brace abs so the body moves as one**
- **Lift bottom hip from the floor**
- Inside knee down for option
- Scissor the feet and pivot on the heels
- Stand up then do again
- Next progression, small lift of the top leg

LAYER 2

- Focus on the strong abdominal brace as you roll from one side to the other
- Push down through your hand on the floor to stabilize the shoulder
- Whole body integration and core control
- Master your core, master your body
- All about balance control and stability

LEVELS

↕ Decrease intensity - No jump in the Burpee, knee down on the Side Plank



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 / _ Just come over	4x8	Set up for Frog. On floor, open knees out wide and outside hips, heels just outside of knees	32
0:13	V1 / _ You're	4x8	A Frog Stretch Come down to elbows, directly under shoulders	32
0:28	I had to	12x8	A1 PNF Frog Stretch Squeeze knees in towards floor and breathe in Release	16 16
1:12	_ I miss what	4x8	Come up and press into hands. Turn to L side. Set up Swan Pose. Bring L knee to front 90° and bend R to 90°. Roll hip down and chest square to front	32
1:26	PC / _ I had to	8x8	B Swan Pose L ⬆️OPTION: Straighten B leg. Reach hands F	64
1:55	C / _ Just come	4x8	B1 Quadricep Stretch R Pull R heel in towards butt ⬆️OPTION: From Swan Pose, kick R foot up and pull in towards body	32
2:10	Rap / My loves like	4x8	Set up for Hip Flexor Stretch R. Kneeling Lunge 90/90. Tuck pelvis under	32
2:25	Me First	12x8	C Hip Flexor Stretch R Lift R arm over head R arm crosses over L thigh, L hand on hip	32 64
3:08	Instr / (Silence)	4½x8	Change sides. Set up for Swan Pose L	32
3:24	PC / _ I had to	8x8	B Swan Pose R	64
3:53	C / _ Just come	4x8	B1 Quadricep Stretch L	32
4:08	Rap / My loves like	4x8	Set up for Psoas Stretch L. Kneeling Lunge 90/90. Tuck pelvis under	32
4:23	Me First	12x8	C Psoas L Lift L arm over head L arm crosses over R thigh, R hand on hip Stand up	32 64



45-MINUTE FORMAT

COME OVER 5:24 mins

TECHNIQUE AND COACHING

WHY

These stretches enhance core stability by mobilising the joints of the hips and thoracic spine.

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.

FROG STRETCH

KEY COACHING FOCUS

Brace abs to support spine

LAYER 1

- Knees wide
- Kick feet out
- Ankles inline with knees
- Come down to the elbows
- **Brace abs to support back**
- Pull your knees in and together for PNF
- Hold the contraction and then let it go

LAYER 2

- Maintain neutral spine
- Use your breath to release and deepen the stretch
- Quick way to get mobility

SWAN POSE

KEY COACHING FOCUS

Heel to groin for 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 as you come forward
- Quad stretch, pick up the back foot

LAYER 2

- Turn shoulders to side wall to deepen the hip stretch
- Stretching is tough at the start but so worth it

LEVELS

↕ Decrease – 90/90

PSOAS

KEY COACHING FOCUS

Knee under hip

LAYER 1

- Come up to a Lunge to stretch the Psoas
- Knee over ankle
- Pull back and align shoulders over hips
- Squeeze glutes to tuck tail bone
- Reach the arm up and over
- Lets twist, top arm over the knee
- Turn shoulders

LAYER 2

- Such a great stretch if we spend a lot of time at a desk
- Breath into your stretch to feel it up your side body
- So good for us to stretch like this as its proven that it improves our core functionality and next time you hit the workout you can get more core gains



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 honouring 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, colour 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.

