

LES MILLS CORE

45

MUSIC

30-MINUTE FORMAT

01. WARM-UP 30 / ISOLATION

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 STANDING STRENGTH 3 / BONUS 03 30-MINUTE FORMAT

STANDING STRENGTH 3

45-MINUTE FORMAT

STRETCH

RELEASE FOCUS

DECLARATION OF INTENT

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



MUSIC

- 01

Mr. Brightside (3:52)

Don Diablo

© 2020 HEXAGON.

Written by: Stoermer, Vannucci, Keuning, Flowers
- 02

Lady (Hear Me Tonight) (5:26)

Black Caviar

© 2016 Armada Music B.V.

Written by: Edwards, Rodgers, Destagnol, Tranchart
- 03

What You Mean (4:45)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
- 04

Fuego (4:38)

The Tramp Dusters

© 2022 Les Mills Music Licensing Ltd.

Written by: Dziejwulski, El-Ghoul, Tebaldi
- 05

Giants (Sam Feldt Remix) (2:27)

Dermot Kennedy

Courtesy of the Universal Music Group.

Written by: Kennedy, Friedman, Kozmeniuk
- 06

Giants (Sam Feldt Remix) (2:30)

Dermot Kennedy

Courtesy of the Universal Music Group.

Written by: Kennedy, Friedman, Kozmeniuk
- 06

Scared Of The Dark (4:43)

Blackout Bars

© 2022 Les Mills Music Licensing Ltd.

Written by: Izquierdo, Griffin, Rodriguez, Onfroy, Diehl, Martin, Carter
- BONUS 05

Fade Away (5:01)

Morgan Page & VIVID

© 2020 Armada Music B.V.

Written by: Page, Hood, Hoogwerf, Henriques, Fisher

45-MINUTE FORMAT

- 08

Lasting Lover (Tiësto Remix) (3:30)

Sigala & James Arthur

© 2020 Ministry of Sound Recordings Limited/ B1 Recordings GmbH. a Sony Music Entertainment Company.

Written by: Sanders, Capaldi, Fitton
- BONUS 03

Lasting Lover (Tiësto Remix) (1:40)

Sigala & James Arthur

© 2020 Ministry of Sound Recordings Limited/ B1 Recordings GmbH. a Sony Music Entertainment Company.

Written by: Sanders, Capaldi, Fitton
- BONUS 03

Holy Matrimony (5:57)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
- STRETCH 10

Nothing Burns Like The Cold (1:53)

Snoh Aalegra feat. Vince Staples

Courtesy of the Universal Music Group.

Written by: K. Hassan, T. Hassan, Staples, Aalegra, Hayes
- 05

Nothing Burns Like The Cold (3:30)

Snoh Aalegra feat. Vince Staples

Courtesy of the Universal Music Group.

Written by: K. Hassan, T. Hassan, Staples, Aalegra, Hayes



LES MILLS CORE 45



Corey Baird

Release 45!

Whether you’re brand-new, trying this workout in a club, at home with limited equipment, or you have all that you need, this release covers some incredible modifications that will promise to leave you feeling empowered to challenge yourself in every track.

Extended Hover combinations, Discus throwing, glute and hip strengthening, Bolt Climbers and Back Extensions are some of the most favorable core moves that science backs! And CORE 45 has them ALL, giving YOU a full 360-degree well-balanced abdominal training class.

The music, simplicity and the close-ups will have you able to follow and understand even the intricate details needed to improve all areas of technique, stability and balance.

Enjoy CORE Release 45 and enjoy the 45-minute format as well.

The LES MILLS CORE team

CREDITS

Choreography – Dan Cohen and Diana Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director and Program Coach – Kylie Gates

Technical Consultant – Bryce Hastings

Production Coordinator – Laura Jackson

PRESENTER

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 international online trainer.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: Here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to Layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press.

We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective “make that bar fly” creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue “squeeze the chest” in a Chest Press followed by “try and bend the bar” both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice – good luck!



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

30-MINUTE FORMAT

Track 01	Warm-Up 30 / Isolation
Track 02	Core Strength 1
Track 03	Standing Strength 1
Track 04	Standing Strength 2
Track 05	Core Strength 2
Track 06	Core Strength 3
Total Time	28:21

45-MINUTE FORMAT

Track 08	Warm-Up 45
Track 02	Core Strength 1
Track 03	Standing Strength 1
Track 04	Standing Strength 2
Track 09	Standing Strength 3
Track 01	Warm-Up 30 / Isolation
Track 05	Core Strength 2
Track 06	Core Strength 3
Track 10	Stretch
Total Time	44:51



30-MINUTE FORMAT

01. WARM-UP 30 / ISOLATION

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:07	Intro / (Instr)	2x8	Lie on back side-on, feet hip-width apart, arms wide. Lower back pressed towards the floor	16	
0:14	V / _ Coming out	8x8 A	Double-Leg Lift 2/2 Fingertips to temples on last 8cts	8	8x
0:44	PC / Chest now	4x8 B	C-Crunch Knees over hips, arms wide on last 2cts	4	8x
1:00	_ I just can't	4x8 C	Oblique Knee Drop w. Half Circle F&B (slow) Knees drop to front Knees draw in and B to center (half circle) Knees drop to B Knees draw in and B to center (half circle)	8 8 8 8	1x
1:15	C / Jealousy	8x8 C ¹	Oblique Knee Drop w. Half Circle F&B (fast) Knees drop to front Knees draw in and B to center (half circle) Knees drop to B Knees draw in and B to center (half circle)	4 4 4 4	4x
1:46	Instr / (Beat drop)	8x8 C ²	Oblique Knee Drop w. Half Circle Combo F&B Knees drop to front Knees draw in and B to center (half circle) Knees drop to B Knees draw in and B to center (half circle) Knees drop to front Knees draw in and B to center (half circle) Repeat to B	2 2 2 2 4 4 16	2x
2:16	_ And I just	4x8	Set up for Single-Leg Hip Bridge. Feet on floor Lift hips up and hold	8 24	
2:32	C / Jealousy	12x8 D ¹	Single-Leg Hip Bridge F&B Lower down Lift up, front knee to ceiling Lower down Lift up, back knee to ceiling Feet on floor, fingertips to temples	4 4 4 4 8	5½x
3:17	Instr / (Beat drop)	4x8 C	C-Crunch	4	8x
3:33	I never	5x8 B ¹	Triple Pulse C-Crunch w. Extension 3x Pulse Crunch, arms reach towards feet Extend legs to 45°, fingertips to temples ⇓ OPTION: Bend knees and toe tap	6 2	5x



01. MR BRIGHTSIDE 3:52mins

TECHNIQUE AND COACHING

COACHING

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

DOUBLE-LEG LIFT

KEY COACHING FOCUS

Engage abs to press lower back down towards the floor

LAYER 1

- Lie side-on, feet hip-width apart
- **Brace abs to keep lower back towards the floor**
- **Knees over hips, shins parallel**
- Lightly touch down with your feet
- **Press the lower back down and brace abs to hold the back position**

C-CRUNCH

KEY COACHING FOCUS

Ribs to hips

LAYER 1

- Fingertips to temples
- We move faster now
- **Chin tucks in**
- **Ribs to hips as we crunch**

LAYER 2

- Feel the 6-pack getting warm

OBLIQUE KNEE DROP WITH HALF CIRCLE

KEY COACHING FOCUS

Shoulders anchor to floor

LAYER 1

- New move, arms wide
- New drop, front slow with a circle
- Knees move away
- **Shoulders are anchored firmly to the floor**
- As you come forward extend the top leg

LAYER 2

- The circles are the size of a soccer ball
- Anchor the shoulders more as we go faster

SINGLE-LEG HIP BRIDGE

KEY COACHING FOCUS

Activate glutes to lift hips

LAYER 1

- Feet come close to butt
- **Squeeze glutes to lift hips**
- Up and all the way down
- Feet are flat on the floor
- Triple pulse

LAYER 2

- You should feel your glutes dominating the movement with every rep – if you can't feel them, then give them a prod and wake them up
- The other way to activate the glutes is to press through your heels



02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to understand the precise execution of the movements through clear coaching and enjoy the challenge, no matter what level they are doing.

MUSIC		EXERCISE		CTS	REPS
0:03	C / Lady	8x8	Set up for Hover. Facing front, elbows under shoulders, fists together. Knees slightly wider than hips Lift hips to shoulder height, tuck in chin, abs braced OPTION: On knees or toes	32 32	
0:34	Lady	4½x8	A Hover Alt Toe Tap L&R Tap L foot to corner L foot in Repeat to R Hold Hover	4 4 8 4	2x
0:52	Lady	16x8	A¹ Hover Alt Toe Tap w. Arm Reach L&R Tap L foot to corner, R arm reach out to 45° Return to start position Tap R foot to corner, L arm reach out to 45° Return to start position	4 4 4 4	8x
1:54	Lady	4x8	Set up Pike Crunch & Scissor Leg Combo Lie on back side-on. Plate on chest, knees over hips, feet extend to 45°, plate extends behind head	32	
2:10	Lady	12x8	B Pike Crunch & Scissor Leg Combo Crunch up, legs and arms to vertical (plate over shoulders) Front leg lower, return B leg lower, return Return to start position ⇓ OPTION: Bend knees, toe tap	4 4 4 4	6x
2:57	Your eyes	1x8	Set up for Scissor Legs. Head on floor, plate to chest, elbows out to sides	8	
3:01	Lady	4x8	B¹ Scissor Legs Front leg lower, B leg vertical B leg lower, F leg vertical ⇓ OPTION: Bend knees and toe tap	2 2	8x
3:16	Lady	4x8	B² Cross Crawl and Scissor Legs Front leg lower, B leg vertical, twist to B B leg lower, F leg vertical, twist to front ⇓ OPTION: Bend knees and Toe Tap	2 2	8x
3:32	Lady	4x8	Set up Hover Alt Toe Tap w. Arm Reach R&L, facing front	32	
3:47	Lady	8½x8	A¹ Hover Alt Toe Tap w. Arm Reach R&L Hold Hover	16 4	4x
4:21	Lady	16x8	C Alt Plank Hover and Mountain Climber Transition to Plank (L, R) 4x Mountain Climber Knees (L, R, L, R) Transition back to Hover (L, R) Repeat to R	4 8 4 16	4x



02. LADY (HEAR ME TONIGHT) 5:26mins

TECHNIQUE AND COACHING

WHY

One of the key elements of core stability is the ability of our core muscles to coordinate their contraction with those of the upper and lower limbs.

Research shows that when we combine an ab brace with movements of the arm and leg, such as in a Hover with Alternating Toe Tap and Arm Reach, we see more core engagement than we do in isolated exercises such as a Crunch.

COACHING

This track is challenging in both moves: the Hover Sequence and the lower back work. It doesn't let up, so spend some time getting core-fit for this one!

The Hovers focus is to keep everything square to the floor, so give the options to your class early on as this movement requires strength, control and mobility. When we revisit this move at the end it is designed to be a challenge. What will you say and do to help participants get to the final move?

The lower abdominal work is challenging as we work with long levers. Again, coach the levels to build confidence in the movement as these require coordination as well.

The final move pops out at the end so this way there is no checking out of the track! It's brain fitness with control. Pushing up to Plank and Mountain Climbing is tough – set the options early so participants know their choices and can build up their fitness levels!

Lastly, in these moves, participants are not looking at the stage, so try use powerful imagery to bring these focuses to life, selling the benefits of this type of training.

HOVER ALTERNATING TOE TAP WITH ARM REACH

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 hip-width
- Lift hips to shoulder height
- You're on knees or toes
- **Brace abs super tightly**
- **Back long and straight**
- Right leg taps to the corner and in
- Then left side
- New move, opposite arm and leg tap out
- **Your goal is to keep your hips and shoulders square to the floor as you move**

LAYER 2

- Imagine you have a tray of marbles on your back. You've got to keep everything square and level otherwise they will roll off
- Anti-rotation training – the core muscles are working super hard to avoid any rotation through the spine
- Helps injury prevention
- How lightly can you tap the arm and leg? Like you're on thin ice
- Feel how much harder your abdominals are working when we do this

LEVEL

⇓ To decrease intensity, on knees



02. LADY (HEAR ME TONIGHT) 5:26mins

TECHNIQUE AND COACHING

PIKE CRUNCH & SCISSOR LEG COMBO

KEY COACHING FOCUS

Ribs to hips (Crunch), lower back towards the floor (Extension)

LAYER 1

- Roll over onto your back
- For extra load, grab the plate, and place on chest
- Knees over hips
- Legs to 45 degrees
- **Back towards the floor, brace abs**
- Plate goes over head
- Crunch up, front leg down, back leg down
- **Ribs to hips on the Crunch**
- **Lower back down towards the floor as you reach away**
- Option to bend the knees anytime

LAYER 2

- Plate stays over your shoulders to keep the load on the core
- How high can you crunch up?
- Challenge yourself

LEVEL

⇩ To decrease intensity, bend knees

CROSS CRAWL AND SCISSOR LEGS

KEY COACHING FOCUS

Brace abs to keep lower back towards the floor. Turn from the center of the chest (Cross Crawl)

LAYER 1

- New move – legs up, head down, scissor the legs
- **Keep the lower back towards the floor by bracing the abs tightly**
- Bend the knees to decrease the intensity
- Plate to chest
- Twist in the Cross Crawl
- **Drive the rotation from the center of the chest**

LEVEL

⇩ To decrease intensity, bend knees

ALTERNATING PLANK HOVER AND MOUNTAIN CLIMBER

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor

LAYER 1

- Climb up and mountain climb for 4 counts
- Keep alternating your arms as you come up
- **Brace abs to keep hips and shoulders square to the floor**
- Hips are low in the Climber to keep the back straight
- Drop to your knees if you are losing control of the movement

LAYER 2

- Controlled movement and brain fitness at the same time

LEVEL

⇩ To decrease intensity, work from knees



03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to understand the execution of the moves to enhance rotational power through my precise coaching of Position and Execution. Focus on early pre-cues for success!

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / _ Yeah	4x8		Set up for Discus L. Hold handle in L hand, step L foot onto middle of the SMARTBAND™, place plate in L hand, step into Wide Squat, bend knees, R hand up to R corner ⬆️ OPTION: No plate, both handles in L hand ⬆️ OPTION: No plate, one handle in L hand	32	
0:14	V / Know I	8x8	A	Discus 2/2 L L arm rotates up towards R corner, R arm swings towards B, stand up Return to start position	4 4	8x
0:41	C / Ah, what	7x8	A ¹	Discus 1/3 L L arm rotates up towards R corner, R arm swings towards B, stand up Hold Return to start position	1 3 4	7x
1:07	Intervene	1x8		Set up for Single-Arm Row R. Switch plate and handle to R hand, bend L knee, R hand to L knee, L arm at side	8	
1:11	Intervene	4x8	B	Single-Arm Row R Side Lunge R, Row R elbow to R corner, L arm extends Shift weight L, R hand towards L knee, L arm lowers	2 2	8x
1:25	V / _ See them	4x8	B ¹	Single-Arm Row w. Step R Side Lunge R, Row R elbow to R corner, L arm extends Shift weight L, step R foot in. R hand towards L knee, L arm lowers	2 2	8x
1:40	C / Ah, what	4x8		Set up for Single-Leg Squat L and Alt Row. Step out of band. Fold in half, holding handles in L hand. Step L foot onto middle of band 1 foot-width in from the end. Split handles. R leg long step B, tip F from hips	32	
1:54	_ What you	4x8	C	Single-Leg Squat L and Alt Row w. Leg Lift (slow) Row R arm, open hip and lift R leg Row L arm, R arm and leg lower	4 4	4x
2:08	Intervene	4x8	C ¹	Single-Leg Squat L and Alt Row w. Leg Lift (fast) Row R arm, open hip and lift R leg Row L arm, R arm and leg lower Hold last rep	2 2	8x
2:22	Instr / (Low)	4x8		Set up for Discus R. Hold handle in R hand, step R foot onto middle of the band, place plate in R hand, feet wide, bend knees, L hand up to L corner	32	
2:36	V / Know I	8x8	A	Discus 2/2 R	8	8x



03. STANDING STRENGTH 1

MUSIC		EXERCISE		CTS	REPS
3:04	C / Ah , what	7x8	A ¹	Discus 1/3 R	8 7x
3:29	<i>Intervene</i>	1x8		Set up for Single-Arm Row L	8
3:33	<i>Intervene</i>	4x8	B	Single-Arm Row L	4 8x
3:47	_ See them	4x8	B ¹	Single-Arm Row w. Step L	4 8x
4:01	C / Ah , what	4x8		Set up for Single-Leg Squat R and Alt Row. Step out of band. Fold in half, holding handles in R hand. Step R foot onto middle of band 1 foot-width in from the end. Split handles. L leg long step B, tip F from hips	32
4:15	_ What you	4x8	C	Single-Leg Squat R and Alt Row w. Leg Lift (slow)	8 4x
4:29	<i>Intervene</i>	4x8	C ¹	Single-Leg Squat R and Alt Row w. Leg Lift (fast) Hold last rep	4 8x



03. WHAT YOU MEAN 4:45mins

TECHNIQUE AND COACHING

WHY

Sitting for long periods can result in a lack of mobility in the thoracic spine.

The exercises in this track help to regain this mobility with muscle control.

Restoring this range of motion helps prevent shoulder injuries as we don't have to over-extend the arm when reaching behind us.

COACHING

The Discus is a sports-inspired move that comes from track and field. In this move, we use a band and optional plate to transfer the power from the lower body to the upper body. Give participants choices if you have the equipment options available.

We focus on the ability to keep the pelvis and hips square to the front while rotating from the center of the chest. This is a key role of the core.

The oblique muscles allow us to create a firm foundation by stabilizing the pelvis to develop a platform for upper body rotation. We use this when throwing or pushing powerfully with one arm. Make time in your schedule to practice this move so you can inspire through your role-model Technique.

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 you allow participants to focus on their bodies and the feeling of the working muscles, it helps to fight fatigue and ensures everyone stays committed to the end.

DISCUS

KEY COACHING FOCUS

Rotate from the center of the chest

LAYER 1

- Step right foot halfway onto band
- If using a plate, add it to the handle or double the band
- **Feet wide, toes turned out slightly**
- Hand to the outside of the hip
- Opposite arm aims to the corner
- Bring your left arm forward
- Now throw your discus
- **Twist from the center of your chest (aim the plate/band handle to the corner of the room)**
- **Hips face forward as you throw**
- **Hips sit back and down on the Squat**
- **Brace abs when you squat and throw**
- **Keep chest lifted**

LAYER 2

- Drive directly up, squeeze the glutes out of the bottom of the move, rotate on the way back – that will prevent you from leaning
- The key is to keep tension in the band at the peak of the throw and let the band go slack at the bottom. This allows you to unload the muscles in the shoulder, enabling you to explode again
- Lock shoulder blades back, lock position, butt back and down, and drive straight up
- Feel your core acting like a bridge to transfer the power from legs to arms

LEVEL

↕ To decrease intensity, single the band



03. WHAT YOU MEAN 4:45mins

TECHNIQUE AND COACHING

SINGLE-ARM ROW WITH STEP

KEY COACHING FOCUS

Brace abs to keep hips forward. Twist from the center of the chest

LAYER 1

- Dynamic Row – change everything into the other hand, hand to knee
- Weight shift out and in
- Feel the elbow pull it wide
- If you need more resistance, grab the bottom band
- **Brace the abs tightly to keep hips square to front**
- **Turning from the chest**
- Step the foot in and out

LAYER 2

- Feel the shoulder blade squeeze into the spine
- Feel the hand rip at the band and plate to fire more muscles
- Balance the muscles out by strengthening the upper back

LEVEL

↴ To decrease intensity, single the band

SINGLE-LEG SQUAT AND ALTERNATING ROW WITH LEG LIFT

KEY COACHING FOCUS

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

LAYER 1

- New move – Alternating Row, plate down
- Grab the band, double it up
- Place it under the foot with a palm-width loop
- Separate the handles
- **Tip forward from the hips, nose over toes**
- We row, alternating arms
- Open the leg and hip as one strong unit
- **Brace the abs to stabilize the hips**
- **Focus on turning from the center of the chest to control the rotation**

LAYER 2

- Keep tipping until you feel the glutes load
- Feel the abdominals keeping your spine rigid to give you complete control
- Punch the elbows to the ceiling

LEVEL

↴ To decrease intensity, single the band



04. STANDING STRENGTH 2

TRACK FOCUS

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

MUSIC			EXERCISE		CTS	REPS
				Feet hip-width apart. Wrap band around thighs, a fist-length above knees, cross band behind, bring handles F, L handle threads through R handle, R handle threads through L handle. Knees bent. Pick up a weight plate in each hand ⇓ OPTION: No weight plates	16	
0:00	Intro / (Instr)	6x8		Arms straight, palms face F. Shift weight to R leg, L heel pushes to back corner	48	
0:24	C / Fuego	4x8	A	Kickback L Lift up Lower down Hold foot down on last 2cts	1 1	16x
0:41	V / _ Spark	8x8	A ¹	Staggered Hip Circle L Lift L knee Open knee out to side Knee and heel to B corner (keep knee at 90°) Hold	4 4 4 4	4x
1:13	PC / On the	8x8	A ²	Kickback w. Bent Knee L Lift up Lower down	1 1	32x
1:45	(Fade out)	6x8		Reset feet under hips. Arms straight, palms face front Shift weight to L leg, R heel pushes to back corner	48	
2:10	C / Fuego	4x8	A	Kickback R	2	16x
2:27	V / _ Spark	8x8	A ¹	Staggered Hip Circle R	16	4x
2:59	PC / On the	8x8	A ²	Kickback w. Bent Knee R	2	32x
3:32	Br / How much	2x8		Set up for Squat Step feet wide, stack plates and hold them at collarbones	16	
3:39	I'm to advanced	2x8	B	Alt Squat and Tap B (slow) Squat down L foot taps B L foot taps in, wide Stand up	4 4 4 4	1x
3:47	Give me that	12x8	B ¹	Alt Squat and Tap B (fast) Squat down R foot taps B R foot taps in, wide Stand up Repeat to other side Squat down and hold	2 2 2 2 8 2	6x



04. FUEGO 4:38mins

TECHNIQUE AND COACHING

WHY

Standing on one leg without leaning the body towards the weight-bearing side requires a lot of gluteus medius control. Training this mechanism helps us run and walk with stability in our hips and pelvis.

COACHING

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

We start with the Straight-Leg Kickback, building to the Staggered Hip Circle then finishing with the Bent-Knee Kickback – all on one leg, woohoo! This is challenging, so build up your participants' strength by offering levels to decrease and increase intensity. Foot can go down, plates can drop; start with small range and build up as they gain more confidence with the moves. Remember, as instructors, we practice the moves before launch and go to class CORE ready. The best instructor's are the ones who include everyone in the workout no matter what level they are doing. Participants might even do this track with no band and just plates to help with posture – the options are endless... And the results from this sort of training are phenomenal! Teach to the people in front of you.

KICKBACK

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to front. Lift chest

LAYER 1

- Wrap band around thighs, fist-distance above knees, cross band behind, bring handles forward, left handle threads through right handle, right handle threads through left handle
- If you're using plates, grab them now
- Palms forward, arms straight
- Shift the weight into the left leg
- Right leg to the back corner, on or off the floor
- **Squeeze the butt**
- Kickback with straight leg
- **Brace abs and lift chest**
- Tap the floor down or keep the foot off the floor
- Focus on the glute squeeze for the burn

LAYER 2

- Stay tall as we are improving our postural muscles with the plates
- External rotators are engaged to improve the posture

LEVEL

⇩ To decrease intensity, no band



04. FUEGO 4:38mins

TECHNIQUE AND COACHING

STAGGERED HIP CIRCLE

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to front. Avoid leaning to the side

LAYER 1

- Knee comes forward
- To the side
- And now take the knee and heel to the back corner
- **Brace abs and lift chest**
- **Shoulders back and down**
- Tap down to regain balance anytime

LAYER 2

- Bring the knee high to challenge hip strength
- Feel the hip flexors power you up, hip abductors to the side and glute max as you power back

LEVEL

⇓ To decrease intensity, no band

KICKBACK WITH BENT KNEE

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to front. Avoid leaning to the side

LAYER 1

- Hold the leg at the back
- Ready for the Bent-Knee Kickback
- **Focus on the abdominal brace to keep hips and shoulders square to front; that way we avoid leaning to the side**
- Bend your supporting leg as that glute is working as well

LAYER 2

- Push your knee to the back corner as much as you can to challenge the glute strength
- Single-leg training – forcing the core to work hard
- We are creating balance in the body

LEVEL

⇓ To decrease intensity, no band

ALTERNATING SQUAT AND TAP BACK

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to front. Lift chest. Avoid leaning to the side

LAYER 1

- Stack the plates and place on collarbones
- **Feet wide**
- Squat down, right foot tap back, step wide and stand up
- The plates want to pull you forward – don't let them
- **Brace abs tightly and keep chest lifted**

LAYER 2

- Squat deeper – every time you squat, feel the resistance of the band getting stronger

LEVEL

⇓ To decrease intensity, no band



05. CORE STRENGTH 2

TRACK FOCUS

I want to take my participants to mastery for each move in this track – Halos, Penguins and Knee Drops – through my precise coaching layers of each movement.

	MUSIC			EXERCISE	CTS	REPS
0:02	V / _ The hope	4x8		Set up for Squat w. Alt Halo Use a medium to light weight plate. Step feet out wide, with toes turned out slightly. Sit down into Squat just above knee height. Hold plate at chest, elbows to sides	32	
0:19	C / Giants	4x8	A	Squat w. Alt Halo Arms half circle O/H L Plate to chest Twist to L Arms half circle O/H R Plate to chest Twist to R	4 2 2 4 2 2	2x
0:37	Giants	4x8	A ¹	Squat w. Alt Halo and 3x Twists Arms half circle O/H L Twist L, R, L Arms half circle O/H R Twist R, L, R PREVIEW: 2x Knee Lifts on last rep	4 4 4 4	2x
0:55	Giants	4x8	A ²	Squat w. Alt Halo, Twists and Knee Lifts Arms half circle O/H L 2x Twist and Knee Lift R Arms half circle O/H R 2x Twist and Knee Lift L	4 4 4 4	2x
1:13	V / _ I knew	4x8	A	Squat w. Alt Halo	16	2x
1:30	C / Giants	4x8	A ¹	Squat w. Alt Halo Twists	16	2x
1:48	Giants	4x8	A ²	Squat w. Alt Halo, Twists and Knee Lifts	16	2x
2:24	Giants	3x8		Set up for Penguin Crunch R&L Lie on floor facing side R side. Knees bent, feet on floor, hip-width apart. Fingertips to temples	24	
2:37	V / _ But I knew	6x8	B	Penguin Crunch R&L Crunch up Front hand reaches towards calf Back to center Lower down Repeat to other side	2 2 2 2 8	3x
3:04	B up / Giants	4x8	B ¹	Double Pulse Penguin Crunch R&L Crunch up 2x Pulse Crunch Reach Lower down Repeat to other side	2 4 2 8	2x



05. CORE STRENGTH 2

MUSIC		EXERCISE		CTS	REPS
3:22	Giants	4x8	B ² Double Pulse Penguin Crunch w. Leg Extension R&L Crunch up 2x Pulse Crunch Reach, extend opposite leg Lower down Repeat to other side	2 4 2 8	2x
3:39	V / _ I knew from	4x8	C Oblique Knee Drop w. Half Circle F&B (slow) Knees drop to front Knees draw in and B to center (half circle) Knees drop to B Knees draw in and B to center (half circle)	4 4 4 4	2x
3:57	Giants	4x8	C ¹ Oblique Knee Drop w. Half Circle F&B (fast) Knees drop to front Knees draw in and B to center (half circle) Knees drop to B Knees draw in and B to center (half circle)	2 2 2 2	4x
4:15	Giants	8x8	C ² Oblique Leg Drop Combo (F&B) Knees drop to front Knees draw in and B to center (half circle) Knees drop to B Knees draw in and B to center (half circle) Extend legs and drop to front Circle B to center, bend knees Repeat to B	2 2 2 2 4 4 16	2x



05. GIANTS (SAM FELDT REMIX) 4:57mins

TECHNIQUE AND COACHING

WHY

Our obliques rotate the ribs in relation to the pelvis, but they also rotate the pelvis in relation to the ribs. In this track, we use both of these mechanisms. The Halo pattern rotates the ribs while the Leg Drops rotate the pelvis. This is a great way to challenge the obliques. The varied action mixes up the muscular demand; this means we can keep the intensity high.

COACHING

Make sure you physically practice the new feels of the Halo Sequence so you can role-model all the levels and the visual previews to ensure participants' success. Great Integrated Training!

We visit the 'brain gym' with the Penguins – practice this new move and coach to crunch up to engage the upper abdominals then side crunch as you reach for the calf. When we bring the leg into the mix it adds extra load and feel.

The final move is the Knee Drop – revisited from the Warm-Up. Be super clear to allow the music to come through so participants can enjoy the challenge and the motivation for their obliques. Lastly, empower participants by giving them the benefits of the movements – the WHY! Show your love of the workout through genuine physical role-modeling of working out to music.

SQUAT WITH ALTERNATING HALO, TWISTS AND KNEE LIFTS

KEY COACHING FOCUS

Brace abs. Rotate from center of chest. Elbows forward (Halo)

LAYER 1

- Grab your light to medium plate
- **Take a Wide Squat**
- **Butt just above knee level**
- **Brace abs and lift chest** for great posture
- Halo around the head slowly and then twist
- **Elbows stay forward** as you halo
- Add on 3 Twists
- We are going to keep doing this and add 2 Knee Lifts
- Drop back into the Squat
- **Twist from the center of the chest**
- Can you feel your obliques working as you twist?
- Mobility as you halo

LAYER 2

- We want to get the legs working as well
- Glue the plate into the chest like you're resisting someone trying to take it off you
- Feel the strength in your obliques

LEVEL

⇓ To decrease intensity, use a band



05. GIANTS (SAM FELDT REMIX) 4:57mins

TECHNIQUE AND COACHING

PENGUIN CRUNCH WITH LEG EXTENSION

KEY COACHING FOCUS

Ribs to hips as you side crunch

LAYER 1

- Lie down, feet hip-width apart, fingertips to temples
- **Chin tucked in**
- Crunch up, hand to calf and lower
- Feel the **ribs squeeze towards the hips** as you side flex
- Add the Double Pulse
- Add the opposite leg to 45 degrees as we pulse

LAYER 2

- Keep the knees still to stabilize
- Back to 'brain gym' training as we strengthen our obliques

OBLIQUE KNEE DROP WITH HALF CIRCLE

KEY COACHING FOCUS

Anchor shoulders to floor

LAYER 1

- Slowly lowering the knees to the front and circling to the back
- **Anchor the shoulders**
- Combo – 2 quick and 1 slow with straight legs

LAYER 2

- Your obliques are on fire
- Keep it all in the waist with the shoulders anchored

LEVEL

↓ To decrease intensity, keep knees bent



06. CORE STRENGTH 3

TRACK FOCUS

I want my participants to understand which muscles they are working and the great benefits of all the 4 different exercises to work strength and mobility for postural gains.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Piano)	2x8	Set up Standing Cobra Step into the band, feet hip-width apart. Arms straight, knuckles face the B		16	
0:12	C / I'm not scared	4x8	A	Standing Cobra Tip F from hips Return to start position	4 4	4x
0:35	Scared	4x8	A ¹	Standing Cobra 2/2 Tip F from hips Return to start position	2 2	8x
1:00	V / _ I ain't	8x8	A ²	Standing Cobra Combo Tip F, from hips 2x Pulse arms to B Sweep arms F, then B to start position	4 4	8x
1:48	C / I'm not scared	1x8	Set up for Single-Arm Wide Row Come down to knees, fold band in half, extend band out in front at shoulder height		8	
1:54	Running	3x8	B	Alt Single-Arm Wide Row 2/2 Wide pull L arm, R arm straight Return to start position Repeat to R	2 2 4	3x
2:12	I'm not scared	4x8	B ¹	Alt Single-Arm Wide Row Pulse 2x 2x Wide Row Pulse L, R arm straight Return to start Repeat to R	3 1 4	4x
2:36	V / Okay, put my	4x8	Set up for Back Extension Lie on belly, facing R. Feet together, arms in a 'V', thumbs up. Tuck in chin and lift chest and arms off floor		32	
3:00	C / I'm not scared	8x8	C	Back Extension w. Arms 2x Pulse, lift up and down – thumbs down Arms sweep B to thighs – thumbs down Return to start position	4 2 2	8x
3:47	(Silence)	2½x8	Set up for Hip Bridge Roll over onto back. Feet hip-width apart, knees bent. Arms wide to sides Lift hips to ceiling		20	
4:02	I'm not scared	2x8	D	Single-Leg Hip Bridge F&B Lower down Lift up, front knee to ceiling Lower down Lift up, B knee to ceiling	2 2 2 2	2x
4:14	I'm not scared	4x8	D ¹	Single-Leg Hip Bridge & Pulse F&B Lower down Lift up Lower down Lift up, front knee to ceiling Repeat to B	1 1 1 1 4	4x



06. SCARED OF THE DARK 4:43mins

TECHNIQUE AND COACHING

WHY

Hip hinging, as we see in the Cobra pattern, is a very important component of core stability. Keeping the chest elevated as we tip forward isolates the movement to the hips. This means when we bend forward in day-to-day activities we naturally protect the spine and absorb load through the hip muscles.

COACHING

This track starts standing in Cobra position. When the combination of Pulses and circles hit, emphasize a lifted chest in the hip hinge to create stability. Remember to offer options to decrease range until participants gain strength.

We have Kneeling Alternating Wide Rows with the band. Participants don't have to double the band: they can start with a single and build up to the double band. Invite your participants into the feeling of the scapula retraction into the spine and build up in the levels – that way they create the mind-body connection for postural results.

The 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 final move is the Hip Bridge. This brings focus to strong glute engagement to develop power and strength, which has a carry-over into everyday life.

STANDING COBRA COMBO

KEY COACHING FOCUS

Brace abs. Squeeze shoulder blades together to keep chest lifted

LAYER 1

- Grab your band
- Step into the band
- Feet under hips
- Knuckles face the back of the room
- Cobra – **tip forward from the hips with slight knee bend**
- **Squeeze shoulder blades together to keep the chest lifted**
- **Brace abs** to support your lower back
- Squeeze glutes to stand, stopping hips under shoulders
- Add on 2 Pulses and circle

LAYER 2

- Can you get the knuckles higher and really fatigue the back muscles?
- When we fight back against the band, we strengthen the upper and lower back for great posture results

ALTERNATING SINGLE-ARM WIDE ROW

KEY COACHING FOCUS

Brace abs to keep hips square to front. Squeeze shoulder blade to spine

LAYER 1

- Come to the floor on knees, hip-width apart
- Fold the band in half
- Extend arms forward
- One arm pulls wide
- One arm stays straight
- **Squeeze shoulder blade to spine**
- Let's intensify – add the Pulse

LAYER 2

- Feel the inner range; the Pulses make your shoulders and back work harder

LEVEL

↕To decrease intensity, use a single band



06. SCARED OF THE DARK 4:43mins

TECHNIQUE AND COACHING

BACK EXTENSION WITH ARMS

KEY COACHING FOCUS

Squeeze butt and squeeze shoulder blades together

LAYER 1

- Lie down on your belly
- Feet together, **squeeze glutes**
- Arms in a 'V' shape, tuck chin in
- Lift the chest and arms off the floor
- Shoulder blades down to back ribs to engage mid traps
- 2 lifts and circle
- **Feel the shoulder blades squeeze**

LAYER 2

- We are strengthening our back muscles
- Thumbs up on the lift and turn the thumbs down as you circle

LEVEL

⇩ To decrease intensity, both hands on the floor

SINGLE-LEG HIP BRIDGE

KEY COACHING FOCUS

Squeeze butt

LAYER 1

- Roll over onto your back
- Feet hip-width apart
- Arms wide
- **Squeeze glutes and lift hips to ceiling**
- Single-Leg Hip Bridge
- **Hips stay level**

LAYER 2

- Feel the glute squeeze with every lift. Glutes love the power



BONUS

05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to feel empowered to understand the execution through my clear coaching language. I will use a mix of motivational language to help them achieve their working potential.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8	Set up for Oblique Leg Drop. Lie on back, facing L side. Arms to sides, knees above hips	16	
0:08	V / _ You remember	8x8	A Oblique Leg Drop F (slow) Lower knees to front Extend legs out and in Return to center Extend legs out and in ⇩ OPTION: Extend top leg only	4 4 4 4	4x
0:38	PC / _ A hundred miles	6x8	A ¹ Oblique Leg Drop F (fast) Lower knees to front Extend legs out Return legs B to center Bend knees Fingertips to temples on last 2cts	2 2 2 2	6x
1:03	(Instr)	4x8	B Cross Crawl F&B OPTIONS: Extend legs or toe tap	4	8x
1:19	V / Well I've been	2x8	Set up for Bolt w. Firefly Transition to Plank, hands under shoulders OPTION: On knees or toes	16	
1:26	_ So I keep	6x8	C Bolt w. Firefly F&B (slow) Pull B to crouch Push F to Plank Front knee to F elbow Return to start position Repeat to other side	4 4 4 4 16	1½x
1:50	PC / _ A hundred miles	6x8	C ¹ Bolt w. Firefly F&B (fast) Pull B to crouch Push F to Plank B knee to B elbow Return to start position Repeat to other side	2 2 2 2 8	3x
2:13	(Instr)	5x8	C ² Bolt w. Firefly F&B (faster) Pull B to crouch Push F to Plank, B knee to B elbow Pull B to crouch Push F to Plank, front knee to front elbow	2 2 2 2	5x
2:28	(Fade out)	2½x8	Set up for Oblique Leg Drop B Roll over to back, facing L side. Arms to sides, knees above hips	16	
2:39	V / _ You remember	8x8	A Oblique Leg Drop B	16	4x
3:10	PC / _ A hundred miles	6x8	A ¹ Oblique Leg Drop B (fast)	8	6x
3:34	(Instr)	4x8	B Cross Crawl F&B	4	8x



BONUS

05. CORE STRENGTH 2

MUSIC			EXERCISE		CTS	REPS
3:49	V / Well I've been	2x8	Set up for Bolt w. Firefly Transition to Plank, hands under shoulders OPTIONS: On knees or toes		16	
3:57	_ So I keep	6x8	C	Bolt w. Firefly F&B (slow)	32	1½x
4:20	_ A hundred miles	6x8	C¹	Bolt w. Firefly F&B (fast)	16	3x
4:43	Outro / (Instr)	4x8	C²	Bolt w. Firefly (faster)	8	4x



BONUS

05. FADE AWAY 5:01mins

TECHNIQUE AND COACHING

WHY

Driving the hands into the floor in Plank moves such as the Bolt With Firefly ignites the scapula stabilizers. This generates a connection between the obliques and serratus anterior to enhance integrated core and shoulder strength and control.

COACHING

This is a cool song to work the obliques. The first part of the track allows us to focus on levels in the Knee/Leg Drops and Cross Crawl so everyone feels oblique engagement. Then we strengthen the whole body with the Bolt, starting slowly and building speed for mastery. Offer all levels and emphasize to your participants to push down through the hands and bring shoulders over the wrists to achieve the amazing strength gains. This is a great move to bring imagery and motivation to 'bolt' to the finish line!

OBLIQUE LEG DROP

KEY COACHING FOCUS

Anchor shoulders to the floor

LAYER 1

- Lie on your back, side-on
- Arms wide, palms up
- **Anchor shoulders to the floor**
- Knees above hips
- Drop knees to front, extend legs, center, and extend to ceiling
- Less load – extend single leg
- **Brace the abs** when you extend the legs
- Let's move faster and circular

LAYER 2

- How low can you go without lifting the back shoulder off the floor? It keeps all the work in the obliques and makes them work harder
- Keep pushing the range

LEVEL

⇓ To decrease intensity, single-leg only

CROSS CRAWL

KEY COACHING FOCUS

Rotate from the center of the chest

LAYER 1

- Fingertips to temples
- Twist to the front and back
- **Rotate from the center of the chest**
- Crunch up high
- Pull elbows back to twist more
- **Chin tucked in**

LAYER 2

- Fire up the obliques and make them super strong
- Pull your elbows wide and squeeze the obliques

LEVEL

⇓ To decrease intensity, bend legs

BOLT WITH FIREFLY

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor

LAYER 1

- Hands under shoulders
- On knees or toes
- Pull hips back, come forward to Plank, knee to elbow
- **Brace abs to keep hips and shoulders square to floor**
- You can drop to knees if this is too difficult
- Let's go faster now

LAYER 2

- When you press your hands into the floor you stabilize the body
- Notice how your abs are working hard to stiffen your spine; you can then work freely from your hips and shoulders
- Feel your shoulder blades hug your ribcage for extra stability
- There is a lion chasing you from behind and we have to BOLT!

LEVEL

⇓ To decrease intensity, on knees



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 feeling ready for the workout ahead.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / (Instr)	2x8	Set up for C-Crunch. Lie on back, facing L side, feet on floor, hip-width apart, fingertips to temples	16	
0:13	V / I don't	12x8 A	C-Crunch Pulse & Single-Leg Lift Combo Crunch up, knees over hips Lower down, halfway down Crunch up Lower head and feet to floor 4x Single-Leg Lift F&B	2 2 2 2 8	6x
0:54	C / _ Let go	8x8 A ¹	C-Crunch Pulse & Cross Crawl Combo Crunch up, knees over hips Lower down half way down Crunch up Lower head and feet to floor 4x Cross Crawl F&B	2 2 2 2 8	4x
1:30	(Beat drop)	8x8 A ²	Triple C-Crunch Pulse & Cross Crawl Combo 3x C-Crunch Pulse, arms reach F Lower head and feet to floor 4x Cross Crawl F&B	6 2 8	4x
2:00	V / (Fade out)	4½x8	Set up Hip Bridge, pull heels in towards butt Lift hips up	8 24	
2:17	PC / Caught in	4x8 B	Alt Hip Bridge w. Knee Lift and Leg Extend F&B (slow) Lift front knee up Extend leg Lower leg down Bend knee return to start position Repeat to B leg	4 4 4 4 16	1x
2:32	C / _ Let go	8x8 B ¹	Alt Hip Bridge w. Knee Lift and Leg Extend F&B (faster) Lift front knee up Extend leg Lower leg down Bend knee return to start positon Repeat to B leg	2 2 2 2 8	4x
3:02	(Beat drop)	8x8 A ²	Triple C-Crunch Pulse & Cross Crawl Combo ⬆ OPTION: Extend legs on Cross Crawl	16	4x
3:33	V / (Fade out)	4½x8	Set up Hover. Roll over on to belly, facing R side, elbows under shoulders Lift hips to shoulder height	24 8	
3:50	PC / Caught in	4x8 C	Hover OPTIONS: On knees or toes	32	
4:06	C / _ Let go	6x8 C ¹	Hover w. Firefly F&B Front knee to front elbow Front leg return to start position Repeat to B leg OPTION: On knees or toes	4 4 8	3x



45-MINUTE FORMAT

WARM-UP 45

MUSIC		EXERCISE		CTS	REPS
4:28	Feel like	2x8	Set up Squat. Come to standing, pick up weight plate. Feet wide, hold weight plate at chest	16	
4:36	(Beat drop)	4x8	D Squat and Twist L&R		
			Squat down	2	
			Lift up and twist L, L knee up	2	
			Squat down	2	
			Lift up and twist R, R knee up	2	4x
4:51	Outro /	4x8	D ¹ Squat and Twist w. Plate Press L&R		
			Squat down	2	
			Lift up and twist L, L knee up, push plate to L corner	2	
			Squat down	2	
			Lift up and twist R, R knee up, push plate to R corner	2	4x
			Squat down and hold		



45-MINUTE FORMAT

LASTING LOVER (TIËSTO REMIX) 5:10mins

TECHNIQUE AND COACHING

WHY

This dynamic Warm-up helps prepare the neuromuscular connections needed for the athletic format.

COACHING

Pre-cue a small to medium plate for the end of the track. Focus on bringing your participants into the correct position 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 the levels in all exercises so participants understand they have options with all movements, giving them autonomy over their workout. We have a mix of integrated and isolated exercises to warm fast. Set the scene with a positive, encouraging coaching style. The standing work allows us to establish a strong connection early on in the class – this is a key point of difference in the 30-minute Warm-up.

C-CRUNCH PULSE & CROSS CRAWL COMBO

KEY COACHING FOCUS

Engage the abs to press lower back towards the floor (Leg Lift), ribs to hips (Crunch)

LAYER 1

- Arms at sides, palms up
- Fingertips to temples
- C-Crunch up x2 and 4x Leg Lifts
- **Tuck chin in**
- **Ribs to hips** on the Crunch
- **Lower back towards the floor on the Leg Lifts**
- **Knees are over hips and shins parallel** on the C-Crunch
- We are adding on the Cross Crawls
- **Rotate from the center of the chest**
- More intensity – Triple Pulse now

LAYER 2

- Can you feel this working into your obliques now?
- Notice on the Crunch how the lower back pushes down so you can reach higher
- Can you feel your abs needing to work harder with the long levers?

ALTERNATING HIP BRIDGE WITH KNEE LIFT AND LEG EXTEND

KEY COACHING FOCUS

Squeeze glutes

LAYER 1

- Hip Bridge
- **Squeeze butt** and lift hips to ceiling
- Front knee lifts to ceiling
- Lift up, extend to the ceiling and lower with control
- **Keep hips square to floor**

LAYER 2

- Can you keep your hips level to the floor to avoid any spinal twisting?

HOVER WITH FIREFLY

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor, back long and straight

LAYER 1

- Roll onto belly for Hover
- **Elbows under shoulders**, fists together
- Hips shoulder height, **abs braced**
- **Back long and straight**
- On knees or toes
- Front knee to front elbow
- **Hips and shoulders square to the floor**
- Start easy, we are just warming up

LEVEL

⇩ To decrease intensity, stay on knees



45-MINUTE FORMAT

LASTING LOVER (TIËSTO REMIX) 5:10mins

TECHNIQUE AND COACHING

SQUAT AND TWIST WITH PLATE PRESS

KEY COACHING FOCUS

Brace abs to keep hips square to the front. Sit hips back and down (Squat), rotate from the center of the chest (Plate Press)

LAYER 1

- Stand up, grab your band or plate
- **Feet outside hip-width**
- Squat and Knee Lift
- **Hips sit back and down on the Squat**
- **Twist from the center of the chest**
- **Brace abs, lift chest**
- Press the plate to the corner

LAYER 2

- Warming up the whole body now
- We are prepped and primed for a challenging workout ahead

LEVEL

⇩ To decrease intensity, use a single band



45-MINUTE FORMAT / BONUS 03 – 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 feeling ready for the workout ahead.

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro / Oooh	2x8	Set up Side Lunge w. Side Crunch. Feet under hips	16	
0:09	V / Tell me how can I	4x8	A Side Lunge w. Side Crunch L Side Lunge L, L arm reach to floor, R fingertips to temple Step L foot in	4 4	4x
0:28	Honestly	4x8	A ¹ Side Lunge w. Side Crunch & Lunge Combo L Side Lunge L, L arm reach to floor, R fingertips to temple Step L foot in Step L foot B, 2x Pulse Lunge On last 2cts, step L foot in, Wide Stance	2 2 4	4x
0:47	PC / I will chase	2x8	B Burpee (slow) Squat down Hands to floor Step L foot B Step R foot B L leg in R leg in Chest up Stand up	2 2 2 2 2 2 2 2	1x
0:56	Callin'	2x8	B ¹ Burpee (fast) Squat down Hands to floor Step L foot B Step R foot B L leg in R leg in Chest up Stand up ⬆️ OPTION: Jump both feet out and in	1 1 1 1 1 1 1 1	2x
1:05	C / Nobody like me	8x8	B ² Burpee, Shoulder Tap & Rolling Side Plank Combo Squat down Hands to floor Jump feet B Tap R shoulder with L hand Return to Plank position Side Plank (open L arm to ceiling) Return to Plank position Jump feet in Chest up Stand up	1 1 2 2 2 2 2 2 1 1	4x
1:43	PC / I will chase	16x8	A ¹ + B ² Side Lunge w. Side Crunch, Lunge, Burpee, Shoulder Tap and Side Plank Sequence L 2x Side Lunge w. Side Crunch, Lunge, Burpee, Shoulder Tap and Side Plank Sequence L 1x Burpee, Shoulder Tap & Rolling Side Plank Combo	16 16	4x



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

STANDING STRENGTH 3

	MUSIC			EXERCISE	CTS	REPS
2:57	C / Nobody like me	2x8		Set up Side Lunge w. Side Crunch, Lunge, Burpee, Shoulder Tap and Side Plank Sequence R. Feet under hips	16	
3:06	V / Tell how can I	4x8	A	Side Lunge w. Side Crunch R	8	4x
3:25	Honestly	4x8	A ¹	Side Lunge w. Side Crunch & Lunge Combo R	8	4x
3:44	PC / I will chase	2x8	B	Burpee (slow)	16	1x
3:53	Callin'	2x8	B ¹	Burpee (fast)	8	2x
4:03	C / Nobody like me	8x8	B ²	Burpee, Shoulder Tap & Rolling Side Plank Combo	1	
				Squat down	2	
				Hands to floor	2	
				Jump feet B	2	
				Tap L shoulder with R hand	2	
				Return to Plank position	2	
				Side Plank (open R arm to ceiling)	2	
				Return to Plank position	2	
				Jump feet in	2	
				Chest up	1	
				Stand up	1	4x
4:38	PC / I will chase	16x8	A ¹ + B ²	Side Lunge w. Side Crunch, Lunge, Burpee, Shoulder Tap and Side Plank Sequence R	32	4x



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

HOLY MATRIMONY 5:57mins

TECHNIQUE AND COACHING

WHY

Standing, dynamic core training is one of the unique components of LES MILLS CORE. These exercises allow us to train our core stabilizers where we need them most. It is this approach that helped runners shave 66 seconds off a 5km time trial by doing LES MILLS CORE 3 times a week for just 6 weeks.

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 its best. These movements not only work the core, they also build muscle strength and endurance in both the lower and upper body and all the mobility gains as well!

There are so many options that people can choose 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 choreography layers as your participants build strength levels – starting slowly then building up faster – over a few weeks of teaching the track.

Focus is on control the entire time and you and your participants will build strength and mobility fast.

Remember, listen to the music 'it's wicked!'

SIDE LUNGE WITH SIDE CRUNCH, LUNGE, BURPEE, SHOULDER TAP AND SIDE PLANK SEQUENCE

KEY COACHING FOCUS

Long step out (Side Lunge), ribs to hips (Side Bend). Long step back (Lunge), back long and straight (Burpee w. Shoulder Tap), body moves as one (Side Plank)

LAYER 1

- Feet under hips, bend knees
- Ready to spring like a leopard
- Left leg – Side Lunge to the side
- Feet under hips
- **Long step out**
- **Chest up** and we reach up and over for Side Crunch
- **Squeeze ribs to hips** as you side flex
- Fingertips to temples and reach hand towards floor
- Add on the long Lunge back with Pulse
- **Chest stays lifted** for great posture
- **Abs braced to keep hips forward**
- Slow Burpee – walking or jumping
- **Back long and straight to keep hips down**
- **Hit your Squat** every time, **chest up**
- Stay down, Shoulder Tap and Rolling Side Plank
- Go again
- Focus on the **ab brace to keep everything square to floor**
- Your **ab brace helps to move your body as one** in the Side Plank
- Let's put it all together
- Side Lunge, back Lunge, repeat again. Burpee, Shoulder Tap



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

HOLY MATRIMONY 5:57mins

TECHNIQUE AND COACHING

LAYER 2

- Bend into your legs to get strength in legs as well as core
- Channel your inner animal
- Leopards are fast and agile
- Reaching over a barbed-wired fence – up and over
- Keep the inside foot light to change direction quickly
- Brace abs to control the Burpee
- Press hand down as you shoulder tap
- The more rigid your core is, the more power in your body

LEVEL

↓ To decrease intensity, walk the Burpee



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 / (Piano)	1½x8	Set up in Childs Pose. Knees wide, feet together	12
0:10		3x8 A	Childs Pose Push hips B, stretch arms F, place forehead on floor	24
0:31	Ref / Can we talk	4x8 B	Swan Pose R Walk hands in L knee to front 90°, and bend R to 90°, facing L side. Roll hip down and lift chest, shoulders square to front ⬆ OPTION: R leg straight	32
0:59	C / _ Nothing	2x8 C	Quadricep Stretch R Pull R heel in towards butt	16
1:11	Ref / Can we talk	6x8 D	Seated Twist Pose R crosses over to L knee, hold R knee with L hand, R hand on floor behind	48
1:52	Instr / (Piano)	4½x8 A	Childs Pose	36
2:24	Ref / Can we talk	4x8 B	Modified Swan Pose L	32
2:52	C / _ Nothing	2x8 C	Quadricep Stretch L	16
3:05	Ref / Can we talk	6x8 D	Seated Twist Pose L crosses over to R knee, hold L knee with R hand, L hand on floor behind	48
3:46	V3 / _ Good morning	2x8	Set up Adductor Stretch. Facing front, feet out wide in a 'V'	16
4:00	Time bomb	4x8 E	Adductor Stretch Place hands in front, walk them F to deepen the stretch	32
4:27	Br / You know	2x8 F	Hamstring Stretch L Turn to L side, tip F from hips, chest over L knee	16
4:41	C / _ Nothing	2x8 F¹	Hamstring Stretch R Turn to R side, tip F from hips, chest over R knee	16
4:55	_ Nothing	2x8 G	Oblique Stretch R Sweep R arm O/H, roll R shoulder B OPTION: Roll shoulder F	16
5:08	Outro / (Scratching)	2x8 G¹	Oblique Stretch L Sweep L arm O/H, roll L shoulder B	16



45-MINUTE FORMAT

NOTHING BURNS LIKE THE COLD 5:23mins

TECHNIQUE AND COACHING

COACHING

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

CHILDS POSE

KEY COACHING FOCUS

Knees wide

LAYER 1

- Knees outside hip-width, toes together
- Stretch arms forward
- Breathe and feel the release into the lower back

LAYER 2

- Stretching out the lats for postural alignment

SWAN POSE WITH QUAD STRETCH

KEY COACHING FOCUS

Heel to groin for knee safety

LAYER 1

- Transition to Swan Pose
- Heel to groin
- Extend the back leg away
- Try and stay with a neutral spine
- Quad Stretch, pick up the back foot
- Turn shoulders to side wall to deepen the hip stretch
- Roll the hip towards the foot

LAYER 2

- Feel the stretch into the glutes
- Find your sweet spot – breathe and relax into the stretch

LEVELS

⇓Down in 90°/90° with bent legs

⇑Come to full Swan Pose

SEATED TWIST POSE

KEY COACHING FOCUS

Turn from the shoulders

LAYER 1

- Come into a Twist
- Sit bones down
- Foot crossed or in front
- Opposite arm wraps
- Turn shoulders to the side wall

LAYER 2

- Breathing for spinal mobility

ADDUCTOR STRETCH WITH HAMSTRING AND OBLIQUE STRETCH

KEY COACHING FOCUS

Chest up, long spine

LAYER 1

- Take the feet wide
- Knees bent or straight
- Chest up till you can feel the stretch
- Come to one side, chest towards knee
- Take a Side Bend now – C-shape

LAYER 2

- Be gentle with the stretch



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.

