

LES MILLS CORE

47

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

45-MINUTE FORMAT / BONUS 01 – 30-MINUTE FORMAT

WARM-UP 45

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

STANDING STRENGTH 3

45-MINUTE FORMAT / BONUS 06 – 30-MINUTE FORMAT

GLUTE ISOLATION / ISOLATION

45-MINUTE FORMAT

STRETCH

DECLARATION OF INTENT

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MUSIC

- 01

I'm In Love (4:19)

Paul Oakenfold feat. Aloe Blacc

© 2021 Perfecto Records LLC (Courtesy of Liberator Music).

Written by: Oakenfold, Cruz, Pearson, Blacc
- 02

bad guy (2:30)

Billie Eilish

Courtesy of the Universal Music Group.

Written by: F. O'Connell, B. O'Connell
- 03

1 2 3 (4:38)

Estevo

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Written by: Bryarly, Abadie
- 04

Siliwa Hay (4:56)

Steve Aoki, Chemical Surf & Zafrir
feat. Max-Africana

© 2021 Dim Mak Records (Courtesy of Liberator Music).

Written by: Aoki, H. Gonzalez,G. Gonzalez, Ifrach
- 05

On My Mind (4:57)

Jonasu & JC Stewart

© 2021 3Beat Productions Ltd.

Written by: Kröper, C. Lee, Stewart, Baskcomb, R. Lee
- 06

Jolene (Destructo Remix) (2:12)

Dolly Parton

© 2021 Sony Music Entertainment.

Written by: Parton

Jolene (Destructo Remix) (1:46)

Dolly Parton

© 2021 Sony Music Entertainment.

Written by: Parton

- 07

Alien (3:36)

Galantis, Lucas & Steve x ILIRA

© 2021 SpinninRecords.com.

Written by: de Wert, Jansen, Karlsson, Jonback, Omar, Boss, Kiermaier, Gashi
- 08

Sun With Me (5:07)

Heyder

© 2019 Frequency Music.

Written by: Eliyev
- 09

Daddy Cool (4:18)

Cognivore

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Written by: Farian, Reyam
- 10

Across The Room (Yung Heat Rendition) (5:09)

ODESZA feat. Leon Bridges

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Written by: Knight, Mills, L. Bridges, T. Bridges



LES MILLS CORE 47



L-R: Natasha Vincent, Vili Fifita, Corey Baird, Erin Maw, Otto Prodan

PRESENTERS

Vili Fifita (New Zealand) is a LES MILLS CORE, BODYCOMBAT™, BODYPUMP™, LES MILLS TONE™, LES MILLS CEREMONY™, LES MILLS CONQUER™ and a LES MILLS SPRINT™ Instructor and a LES MILLS GRIT™ Trainer/Presenter. He lives in Auckland.

Corey Baird (New Zealand) is a LES MILLS CORE Trainer and BODYBALANCE™/BODYFLOW® Instructor/Presenter. He is based in Auckland, where he is also a personal trainer and international online trainer.

Otto Prodan (Brazil) is a LES MILLS CORE, LES MILLS THE TRIP™, LES MILLS GRIT, LES MILLS TONE, BODYSTEP™ and an RPM™ Instructor. He lives in Auckland and has been a Les Mills Instructor for seven years.

Erin Maw (New Zealand) is a LES MILLS CORE, LES MILLS GRIT, LES MILLS TONE, BODYCOMBAT and BODYJAM™ Trainer/Presenter and the Lead Creative for LES MILLS GRIT. She is a Marketing Co-ordinator at Les Mills International in Auckland and is also a Les Mills Ambassador for BODYCOMBAT, LES MILLS TONE and LES MILLS GRIT.

Natasha Vincent (New Zealand) is a BODYCOMBAT and LES MILLS GRIT Trainer/Presenter and a LES MILLS CEREMONY and LES MILLS CONQUER Instructor. She is based in Auckland and is the Group Fitness Manager at Auckland City for LES MILLS CEREMONY, LES MILLS CONQUER and LES MILLS GRIT.

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

Original – the word used to describe “the first or something unique.”

Release 47 truly is original. The combinations throughout this workout have such an incredible ‘first-time feel’ yet, have been created with the ease and brilliance of movement patterns that flow into one another perfectly.

This workout not only challenges the core stabilizers and strengthens the body, but also improves cardiovascular fitness, core control and conditioning. The progressive pace added in Release 47 sets us all up for a high level of success.

Whether it's 3 identical rounds in the Hover sequencing, power High Pulls, Air Jacks, or even banded Kickbacks, this will surely leave each participant thrilled and excited to come back for more. Look out for the new Glute Isolation track in the 45-minute format and please feel free to send us your feedback.

Enjoy LES MILLS CORE 47.

The CORE team



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

EXPRESS FORMATS

Hey instructors, we heard you loud and clear! We know that worldwide, the primary format focus is the 30-minute class not the 45-minute format (yet). So, we want to give you BONUS tracks from the 45-minute format to switch out after you launch the new release.

With that in mind, below you will see the BONUS tracks that can be switched out in **bold** to add longevity to your classes and give a new 'vibe' and feel to the class. It is recommended that if you are doing the Bonus Standing Strength 3 you use Warm-up 45, which has more integrated exercises so the participants will be better prepared for this type of training.

30-MINUTE FORMAT

Track 01	Warm-up 30 / Warm-up 45
Track 02	Core Strength 1
Track 03	Standing Strength 1 / Standing Strength 3
Track 04	Standing Strength 2
Track 05	Core Strength 2
Track 06	Core Strength 3 / Glute Isolation
Total Time	27:49

If you are teaching the 45-minute format, we again heard you! You now have a NEW Glute Isolation track to bring more focus to the posterior chain. You still have the option to use the Isolation/Warm-up 30 track here as well. Enjoy!

45-MINUTE FORMAT

Track 07	Warm-up 45
Track 02	Core Strength 1
Track 03	Standing Strength 1
Track 04	Standing Strength 2
Track 08	Standing Strength 3
Track 09	Glute Isolation / Isolation
Track 05	Core Strength 2
Track 06	Core Strength 3
Track 10	Stretch
Total Time	41:40



30-MINUTE FORMAT

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 ready for the workout ahead.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	2x8	Lie on back, side-on, feet hip-width apart, arms out wide	16	
0:15	V / I've known	8x8 A	Hip Bridge and Crunch (slow) Lift hips up Lower down Crunch up, hands reach past knees Return to start position	8 8 8 8	2x
0:47	C / Take my dark	4x8 A ¹	Hip Bridge and Crunch (faster) Lift hips up Lower down Crunch up, hands reach past knees Return to start position	4 4 4 4	2x
1:03	Oh-ooh	4x8 A ²	Hip Bridge and Crunch (1/3) Lift hips up Hold Lower down Crunch up, hands reach past knees Hold Return to start position	2 2 4 2 2 4	2x
1:19	V / I'm waiting	8x8 B	C-Crunch and Alt Toe Tap C-Crunch, reach hands past knees Lower shoulders down, arms out to sides 4x Alt Toe Tap	4 4 8	4x
1:51	C / Take my dark	4x8 B ¹	Pike Crunch & Leg Lift Sequence Pike Crunch – legs to vertical, arms reach towards toes Lower down, knees bent 4x Alt Leg Extension	4 4 8	2x
2:07	Oh-ooh	4x8 B ²	3x Pulse Pike Crunch & Leg Lift Sequence 3x Pulse Pike Crunch Lower down, knees bent 4x Alt Leg Extension	6 2 8	2x
2:23	Br / Oh won't	4x8 C	Oblique Crunch Clasp hands together, reach outside front knee (feet on floor) Return to center, hands stay clasped above chest Reach outside B knee Return to center	4 4 4 4	2x
2:39	Oh won't	4x8 C ¹	Oblique Crunch w. Leg Extension (slow) Reach outside front knee, extend front leg Return to center, lower front leg Reach outside B knee, extend B leg Return to center, lower B leg	4 4 4 4	2x



30-MINUTE FORMAT

01. WARM-UP 30

MUSIC			EXERCISE		CTS	REPS
2:55	C / Oh-oo	4x8	C ²	Oblique Crunch w. Leg Extension (fast) Reach outside front knee, extend front leg Return to center, lower front leg Reach outside B knee, extend B leg Return to center, lower B leg	2 2 2 2	4x
3:11	Br / Oh won't	2x8		Set up for Hip Bridge. Arms wide, feet close to butt. Lift hips up	16	
3:19	Oh won't	2x8	D	Hip Bridge	16	
3:27	Oh won't	4x8	D ¹	Hip Bridge w. Walking Feet (slow) Front foot walk out B foot walk out Front foot in B foot in B foot walk out Front foot walk out B foot in Front foot in	4 4 4 4 4 4 4 4 4	1x
3:43	C / Oh-oo	8x8	D ²	Hip Bridge w. Walking Feet (fast) Front foot walk out B foot walk out Front foot in B foot in B foot walk out Front foot walk out B foot in Front foot in	2 2 2 2 2 2 2 2 2	4x



30-MINUTE FORMAT

01. I'M IN LOVE 4:19mins

TECHNIQUE AND COACHING

COACHING

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. Along with this focus, we start the track with a primer move to activate the core muscles of the front and back of the body with Hip Bridges and Crunches.

Remember, this is your time to get everyone into the core mindset, so use simple coaching with a positive enthusiastic attitude to set the scene for the workout ahead.

HIP BRIDGE AND CRUNCH

KEY COACHING FOCUS

Squeeze glutes – Hip Bridge. Ribs to hips – Crunch

LAYER 1

- Feet come close to butt
- **Squeeze glutes to lift hips**
- Roll down through the spine
- Crunch up, hands reach to feet
- **Squeezing ribs to hips**
- Palms up as you lie down
- **Tuck the chin in as you crunch**
- Let's move faster

LAYER 2

- Feel the glutes activate in the Hip Bridge
- Feel the upper abs activate on the Crunch
- Feel how the speed of the movement warms the core fast

C-CRUNCH AND ALTERNATING TOE TAPS

KEY COACHING FOCUS

Ribs to hips – Crunch. Brace abs to keep lower back close to the floor – Toe Taps

LAYER 1

- C-Crunch
- Everything comes off the floor
- Feet stay up
- Toe Tap for 4 counts
- **Knees over hips, shins parallel** to the floor
- Crunch up and reach past toes
- On the Toe Taps, **brace abs to keep lower back close towards the floor**
- **Ribs to hips on the Crunch**
- Straighten legs to ceiling
- Triple pulse, chin tucks in

LAYER 2

- Bend or straighten the legs to get us warmer faster

LEVEL

↓To decrease intensity, bent or straight legs

OBLIQUE CRUNCH

KEY COACHING FOCUS

Rotate from the center of the chest

LAYER 1

- Clasp hands
- Reach to outside thigh
- Now to the back
- **Rotate from the center of the chest**
- Try lifting the opposite leg
- **Brace abs to stabilize hips and pelvis**
- **Shoulder to opposite knee**
- Let's move faster

LAYER 2

- Warming up the rotational muscles of the body, the obliques and the brain
- We are crunching and twisting

LEVEL

↓To decrease intensity, no Leg Lift



30-MINUTE FORMAT

01. I'M IN LOVE 4:19mins

TECHNIQUE AND COACHING

HIP BRIDGE WITH WALKING FEET

KEY COACHING FOCUS

Squeeze glutes

LAYER 1

- Arms wide
- Feet come close to butt
- **Squeeze glutes to lift hips**
- Walk the feet out slowly
- **Keep the pelvis level and hips high**
- **Strong abdominal brace**
- We are walking faster

LAYER 2

- We are activating the back body; press shoulders down, squeeze shoulder blades to lift chest
- Can you feel your glutes firing? If not, take smaller steps or hold the feet still
- You should be feeling the whole back of the body, ready for the workout ahead



02. CORE STRENGTH 1

TRACK FOCUS

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

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro /	4x8	Set up for Hover. Facing front, elbows under shoulders, fists together. Knees slightly wider than hips. Lift hips to shoulder height, tuck chin in, abs braced OPTIONS: Knees or toes	32	
0:14	V / White shirt	4x8	A Hover	32	
0:29	Bruises	4x8	A ¹ Hover w. Alt Knee Drop (slow) L Knee Drop, R knee straight R Knee Drop, L Knee Lift ↓OPTION: On knees, Alt Knee Lift	4 4	4x
0:43	C / A tough guy	4x8	A ² Hover w. Alt Knee Drop (fast) L Knee Drop, R knee straight R Knee Drop, L Knee Lift	2 2	8x
0:57	Bad guy	1x8	Transition to Plank. Hands under shoulders. On knees, or feet out wide	8	
1:01	Duh _	4x8	B Sliding Plank L&R Shift weight to L side Shift weight to R side	8 8	2x
1:15	V / I like it	1x8	Transition to Hover. Elbows under shoulders. On knees, or toes	8	
1:18	Even if	3x8	A Hover	24	
1:29	My mommy	4x8	A ¹ Hover w. Alt Knee Drop (slow)	8	4x
1:43	C / A tough guy	4x8	A ² Hover w. Alt Knee Drop (fast)	4	8x
1:58	Bad guy	1x8	Transition to Plank. Hands under shoulders. On knees, or feet out wide	8	
2:01	Duh _	8x8	B ¹ Sliding Plank w. Leg Lift L&R Shift weight to L side, R Leg Lift Shift weight to R side, L Leg Lift ↓OPTION: On knees with Leg Lift	8 8	4x
2:29	(Silence)	2½x8	Come down into Childs Pose	20	
2:39		2x8	Transition to Hover. Elbows under shoulders. On knees or toes	16	
2:45	V / White shirt	4x8	A Hover	32	
3:00	Bruises	4x8	A ¹ Hover w. Alt Knee Drop (slow)	8	4x
3:14	C / A tough guy	4x8	A ² Hover w. Alt Knee Drop (fast)	4	8x
3:28	Bad guy	4x8	B ¹ Sliding Plank w. Leg Lift L&R	16	2x



02. CORE STRENGTH 1

MUSIC		EXERCISE		CTS	REPS
3:46	V / I like it	1x8	Transition to Hover. Elbows under shoulders. On knees or toes		
3:49	Even if	3x8	A	Hover	24
4:00	My mommy	4x8	A ¹	Hover w. Alt Knee Drop (slow)	8 4x
4:14	C / A tough guy	4x8	A ²	Hover w. Alt Knee Drop (fast)	4 8x
4:28	Bad guy	1x8	Transition to Plank. Hands under shoulders. On knees, or feet out wide		
4:32	Duh _	8x8	B ¹	Sliding Plank w. Leg Lift L&R	16 4x



02. BAD GUY 5:01mins

TECHNIQUE AND COACHING

WHY

One of the key connections in our muscular slings is the integration of our obliques with serratus anterior which stabilizes the shoulder blade. Focus on driving your hand into the floor as you transfer across in the Sliding Plank. This will activate this connection. You should feel this gluing the scapula into the rib cage.

COACHING

This track is super challenging because we work from a Hover to a Plank sequence. It doesn't let up, so spend some time getting core fit for this one!

The Knee Drop provides the perfect coaching opportunity for participants. If the knees don't touch, the hips have lifted. The Plank focus is to keep everything square to the floor, so give the levels to your class early on as this movement requires strength and control – especially if we are adding the Leg Lift. This can be added in after a few weeks of participants practicing great technique with the Sliding Plank.

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

HOVER WITH ALTERNATING KNEE DROP

KEY COACHING FOCUS

Brace abs to square the body to the floor, back long and straight

LAYER 1

- **Elbows under shoulders**, fists together
- Knees hip-width apart
- On knees or toes
- Let's focus on the abdominal brace
- **Draw the belly in and brace the abs to keep everything square to the floor**
- **Back long and straight**
- Move from the knees, right and left
- If you're on your knees, lift one knee with the same timing

LAYER 2

- We are working hard for the results
- Goal is to keep the pelvis level
- Feel how much your abdominals have to work to stabilize you
- Knees touch down on the floor softly to keep the load in the abdominals
- Round two of four – work hard for recovery
- Can you make your core brace even more rigid?
- Hold that rigid position as you walk and drop the knees; the abs are working even harder as we run
- Take control of your core strength

LEVEL

↓ To decrease intensity, on knees



02. BAD GUY 5:01mins

TECHNIQUE AND COACHING

SLIDING PLANK

KEY COACHING FOCUS

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

LAYER 1

- Let's set up a Plank
- **Hands shoulder-width apart**
- Knees hip-width apart
- On knees or toes
- Feet outside hip-width to stabilize you
- Slide the Plank across
- **Hips and shoulders stay level to the floor**
- **Brace abs tightly**
- **Back long and straight**
- If you feel the load more in the back, drop to knees
- This time, as you slide across, lift the opposite leg
- **Squeeze glute** to keep the leg at hip level
- If you're on your knees, continue to Leg Lift

LAYER 2

- Push hands down hard into the floor to feel lifted out of the shoulders
- Your goal is to keep your hips and shoulders square to the floor as you move, for great functional results
- Push the range as this set is short
- As you slide across, feel the abdominals working hard to avoid the hips moving

LEVEL

↓ To decrease intensity, on 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 Execution and Motivation.

MUSIC			EXERCISE		CTS	REPS
			Preview SMARTBAND™ option ↓OPTION: Using SMARTBAND, fold in half and place under L foot, hold handles in R hand ↓↓OPTION: Using SMARTBAND, fold in half and place under L foot, hold one handle in R hand			
0:00	V / 1, 2, 3	4x8		Set up Single-Leg Squat L w. Cross-Body High Pull R . Feet hip-width apart. Plate in R hand, High Pull position, L hand out to side	32	
0:16	1, 2, 3	4x8	A	Single-Leg Squat L w. Cross-Body High Pull R R arm reaches down to L knee, R foot steps B Return to start position	4 4	4x
0:31	Instr / (Trumpet)	4x8	A ¹	Single-Leg Squat L w. Row and Cross-Body High Pull R R arm reaches down to L knee, R foot steps B R arm Row R arm reaches down to L knee High Pull, return to start position	2 2 2 2	4x
0:46	1, 2, 3	4x8	A	Single-Leg Squat L w. Cross-Body High Pull R	8	4x
1:01	Instr / (Trumpet)	4x8	A ¹	Single-Leg Squat L w. Row and Cross-Body High Pull R	8	4x
1:17	Br / 1, 2	2x8		Transition to Around the World. Step L foot into middle of the SMARTBAND, single or double handles, hold up high at chest, step feet wide	16	
1:25	Rep / We party	6x8	B	Around The World R	8	6x
1:48	1, 2, 3	1x8		Set up and preview Side Lunge R w. Row R	8	
1:51	1, 2, 3	7x8	C	Side Lunge R w. Row R	4	14x
2:18	1, 2, 3	4x8		Set up Single-Leg Squat R w. Cross-Body High Pull L . Feet hip-width apart. Plate in L hand, High Pull position, R hand out to side	32	
2:34	1, 2, 3	4x8	A	Single-Leg Squat R w. Cross-Body High Pull L	8	4x
2:49	Instr / (Trumpet)	4x8	A ¹	Single-Leg Squat R w. Row and Cross Body High Pull L	8	4x
3:04	1, 2, 3	4x8	A	Single-Leg Squat R w. Cross-Body High Pull L	8	4x
3:20	Instr / (Trumpet)	4x8	A ¹	Single-Leg Squat R w. Row and Cross-Body High Pull L	8	4x
3:35	Br / 1, 2	2x8		Transition to Around the World. Step R foot into middle of the SMARTBAND, single or double handles, hold up high at chest, step feet wide		
3:43	Rep / We party	6x8	B	Around The World L	8	6x
4:06	1, 2, 3	1x8		Set up and preview Side Lunge L w. Row L	8	
4:10	1, 2, 3	7x8	C	Side Lunge L w. Row L	4	14x



03. 1 2 3 4:38mins

TECHNIQUE AND COACHING

WHY

The key lower limb stabilizers maintain alignment via rotation, providing lateral stability. When these muscles work together, power muscles like the glutes, hamstrings and quads can drive the legs through flexion and extension more effectively. These side-to-side movements are a great way to train our stabilizers which will ultimately improve our leg strength.

COACHING

You have time to set up the Position and Execution of the Single-Leg Squat High pull move slowly before the beat kicks in and you are moving faster. Focus on keeping the elbow high and wide as you High Pull and coach the target of the knee just outside for the Single Squat move. Look out at your participants and see what their needs are. Practice in front of the mirror and master the move so you can role-model well. The coaching focus for all moves is about stabilizing the hips and pelvis through strong core activation to be able to execute rotation from the chest. 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, so you don't leave anyone behind. When you focus participants into the feeling of the working muscles and back into their bodies, it helps them to fight fatigue and ensures everyone stays committed to the end.

SINGLE-LEG SQUAT WITH CROSS-BODY HIGH PULL

KEY COACHING FOCUS

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

LAYER 1

- Plate or band
- Band: Step halfway into the band and anchor under the right foot, handles into the left hand, Wide Upright Row position
- Plate in left hand
- Start in Upright Row position
- **Brace abs**
- Plate to the opposite knee, stand for the High Pull
- Sliding left leg back
- **Hinge forward from the hips**
- **Chest lifted**
- **Brace abs tightly to keep hips square to front**
- Pull the elbow high and wide
- **Rotate from the center of the chest**
- Stay down, one Row and one High Pull
- As you stand up, take the arm forward to get more rotation

LAYER 2

- Loading the front leg to hit the quads and glutes the second time through, you know where you're going – let's get more rotation
- Every time you pull the elbow wide, you squeeze the shoulder blade
- Plate to the outside of the knee for more core activation
- Sending out positive energy into the workout

LEVEL

↓To decrease intensity, use a single band



03. 1 2 3 4:38mins

TECHNIQUE AND COACHING

AROUND THE WORLD

KEY COACHING FOCUS

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

LAYER 1

- Quickly grab your band, place one end under your right foot
- Grab the other end, hold to chest
- Around The World
- We circle with arms straight as you move corner to corner
- **Chest lifted, abs braced to square hips to front**
- Push your hips back as you weight-shift and use the leg power

LAYER 2

- Challenge the obliques by pressing the band away from you as far as you can
- Like stirring a big pot

LEVEL

↓ To decrease intensity, use a single band

SIDE LUNGE WITH ROW

KEY COACHING FOCUS

Brace abs to keep hips forward

LAYER 1

- Step in, left hand grabs the handles
- We step out and row
- **Brace abs to square hips to the front**
- Loading up the legs and pulling the shoulder blade to the spine as you row

LAYER 2

- Bend the knees when you step in to load the leg power
- Energy is shooting out – feel it

LEVEL

↓ To decrease intensity, use a single band



04. STANDING STRENGTH 2

TRACK FOCUS

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

MUSIC			EXERCISE		CTS	REPS
			Feet hip-width apart. Find middle of SMARTBAND, wrap around front of thighs, a fist-length above knees; cross band behind, bring handles F, L handle threads through R handle, R handle threads through L handle. Go down to floor and set up in Horse Stance, knees under hips, hands under shoulders ↓OPTION: No SMARTBAND			
0:00	V / Ana eli eli ah	2x8	Horse Stance		16	
0:09	Ana eli eli ah	8x8	A	Scorpion & Fire Hydrant Combo L Scorpion L (Bent knee, kick up) Fire Hydrant L (Bent knee open to side)	8 8	4x
0:39	C / Sili wa hay	8x8	A ¹	Triple Pulse Scorpion & Fire Hydrant Combo L 3x Pulse Scorpion L Lower down 3x Pulse Fire Hydrant L Lower down	6 2 6 2	4x
1:09	V / Ana eli eli ah	10x8	A	Scorpion & Fire Hydrant Combo R	16	4x
1:47	C / Sili wa hay	8x8	A ¹	Triple Pulse Scorpion & Fire Hydrant Combo R	16	4x
2:17	Rep / Sili wa	3½x8	Transition to standing. Pick up weight plate. Hold at collarbones ↓OPTION: Fold band in half and hold across chest		28	
2:31	Instr / (Building beat)	4x8	Squat w. Plate (slow) Squat down Stand up		4 4	4x
2:47	B up / (Tempo & chanting)	3x8	Squat w. Plate (tempo change) Squat and stand in time with music Hold at bottom of Squat			5x
3:00	PC / Oya	1x8	Preview Back Tap R		4	
3:05	C / Sili wa hay	20x8	Back Tap L&R Step R leg B to 45° Return to start position Step L leg B to 45° Return to start position ↑OPTION: After 8 reps, sit lower into Squat		2 2 2 2	20x
4:17	PC / Oya	2x8	Set up for 45° Kickback . Stand up, shift weight onto R leg and bend knee, turn L foot and knee out to 45°		16	
4:25	C / Sili wa hay	4x8	45° Bent Kickback w. Bent Knee Pulse L Lift up Tap down ↑OPTION: Hold plate out in front ↑OPTION: No Tap Change legs		1 1	16x
4:40	Outro / Sili wa hay	4x8	45° Bent Kickback w. Bent Knee Pulse R		2	16x



04. SILIWA HAY 4:56mins

TECHNIQUE AND COACHING

WHY

4 point kneeling (Horse Stance) is a great position to train our stabilizers. When we take away the base of support, our stabilizers immediately engage. Maintaining square and level hips and shoulders trains precision and control.

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 great for improving movement precision and reduce the potential for injury during activities such as running. So we leave the band on for the entire track!

Early pre-cueing and coaching the timing and transitions is vital to help participants follow the choreography successfully.

Coaching Layer 2 cues will help them to manipulate the Intensity. We can do this through internal and external focuses for the moves. These types of cues can make a huge difference to physical performance. Getting the glutes to optimally engage does not come naturally to many people. Cues such as "squeeze the glutes to push the heel back" provide an internal focus (of the body-part involved) while "stretch the band towards the side of the room" provides an external focus (by directing the energy outside the body). People learn differently – so mix up your coaching cues to cater to all the different types of people in your classes.

Lastly, remember: you can't coach everything, so pick one focus to help all levels and stay with that one. Then, choose a different focus next week.

SCORPION & FIRE HYDRANT COMBO

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to front

LAYER 1

- Wrap the band around thighs, fist-distance above knees, cross band behind, bring handles F, L handle threads through R handle, R handle threads through L handle
- Set up in Horse Stance
- Hands shoulder-width apart, **knees hip-width apart**
- Right leg moving, 1 Scorpion and 1 Fire Hydrant
- **Brace the core to square hips and pelvis**
- Just the leg is moving
- Foot is flexed to push through the heel
- **Squeeze the butt as you push up**
- Triple Pulse now
- Roll on up to standing

LAYER 2

- Focus is on squaring the body to the front by bracing the abs tightly – we want to focus on good alignment to get stronger
- We are hitting the intensity now
- Maintaining great technique and feeling the fire in the core
- Feel the vertical and lateral drive
- Lifting under control, targeting the glute muscles

LEVEL

↓To decrease intensity, no band



04. SILIWA HAY 4:56mins

TECHNIQUE AND COACHING

SQUAT WITH PLATE

KEY COACHING FOCUS

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

LAYER 1

- Plate or band
- Take the feet wide, outside hip-width
- **Plate at collarbones**
- **Hips go back and down**
- **Knees press out** against the band
- **Aiming for 90 degrees at the hips and knees**
- **Brace abs and keep chest lifted**
- Little faster now
- Stay down, hold and watch
- Alternating Back Taps
- 45 degrees – tap to back corner
- **Brace the abs to square hips to the front to avoid twisting**

LAYER 2

- Ceiling has dropped – focusing on the target muscles
- Positive benefits – posterior powerhouse
- Counting down doesn't make it any easier

LEVEL

↓To decrease intensity, no band

45-DEGREE BENT KICKBACK

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to front

LAYER 1

- Stand up, plate to chest
- Load through left leg
- Set up for right leg, Bent Kickback
- Lift and lower
- **Squeeze butt as you lift**
- **Brace abs to keep body square to the front**
- Plate pushes forward for more of a challenge

LAYER 2

- Balance and strength challenge
- Count down to finish

LEVEL

↓To decrease intensity, no band



05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to understand how to execute the moves precisely, and how this will add intensity to all of the movements.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Come down to the floor, lying side-on (facing L), feet hip-width apart. Clasp hands above shoulders	32	
0:17	PC / Oh ohh	4x8	A Oblique Crunch w. Leg Extension Combo F&B Crunch to front, front leg extends Return to start position Crunch to center Return to start position Crunch to B, B leg extends Return to start position Crunch to center Return to start	2 2 2 2 2 2 2 2	2x
0:33	C / My mind	8x8	A ¹ Oblique Crunch w. Split Leg Combo F&B Crunch to front, front leg up, B leg extends F Return to start position Crunch to center Return to start Crunch to B, B leg up, front leg extends F Return to start position Crunch to center	2 2 2 2 2 2 2	4x
1:03	V / _ Yeah you	4x8	Set up for Mermaid Pose L Roll to front. R elbow under R shoulder, bend knees up and roll onto R side of buttock. Lift up through chest, L hand on floor behind. Feet off the floor	32	
1:18	PC / Oh ohh	4x8	B Mermaid Pose w. Split Legs L (slow) Extend both legs out Split legs (bottom leg F, top leg B) Feet together Draw knees in	4 4 4 4	2x
1:33	C / My mind	8x8	B ¹ Mermaid Pose w. Split Legs L (fast) Extend both legs out Split legs (bottom leg F, top leg B) Feet together Draw knees in ↓OPTION: Bottom knee on floor	2 2 2 2	8x
2:04	(Silence)	4½x8	Set up for Oblique Crunch . Lie on back, facing R side. Feet hip-width apart. Clasp hands over shoulders	36	
2:21	PC / Oh ohh	4x8	A Oblique Crunch w. Leg Extension Combo F&B	16	2x
2:36	C / My mind	8x8	A ¹ Oblique Crunch w. Split Leg Combo F&B	16	4x
3:07	V / _ Yeah you	4x8	Set up for Mermaid Pose R Roll to front. L elbow under L shoulder, bend knees up and roll onto L side of butt. Lift up through chest, R hand on floor behind. Feet off the floor	32	
3:22	PC / Oh ohh	4x8	B Mermaid Pose w. Split Legs R (slow)	16	2x



05. CORE STRENGTH 2

	MUSIC			EXERCISE	CTS	REPS
3:37	C / My mind	8x8	B ¹	Mermaid Pose w. Split Legs R (fast)	8	8x
4:07	Low / My mind	2x8		Transition to Plank, facing L side. Hands under shoulders OPTIONS: On knees or toes		
4:15	B up / My mind	2x8	C	Mountain Climber & Bolt Sequence (slow) Front knee to B elbow Return to start position Repeat B leg Pull hips B Plank	2 2 4 4 4	1x
4:23	My mind	8x8	C ¹	Mountain Climber & Bolt Sequence (slow) Front knee to B elbow Return to start position Repeat B leg Pull hips B Plank ⬆️OPTION: 4x fast Mountain Climber after 4 reps	1 1 2 2 2	8x



05. ON MY MIND 4:57mins

TECHNIQUE AND COACHING

WHY

Core exercises fall into 2 main categories – stability and dynamic. Stability exercises are where we use the core to keep the spine very still as the legs (and sometimes the arms) move. Dynamic exercises actively move the spine. In this track, the Mermaid sequence is a great example of a stability exercise, while the Oblique Crunch Combo is dynamic.

COACHING

The oblique muscles need to be strong in order to support us for everyday activities. Physically practice this track so you can role-model all the levels – high and low, as well as coaching how to execute the movements with precision to add intensity to your participants' workout. The Oblique Crunch with Leg Extension brings intensity and load quickly to get us strong. Emphasize to participants the abdominal brace focus to stabilize the hips and pelvis. The Mermaid Pose with Split Legs is back. Again, coach to precision and control to build strength. The final exercise is the Mountain Climbers & Bolt Sequence. Coach to level up and down so everyone is successful no matter what level they are working at. 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.

OBLIQUE CRUNCH WITH LEG EXTENSION COMBO

KEY COACHING FOCUS

Brace abs to stabilize. Rotate from the center of the chest

LAYER 1

- Come on down to the floor; lie side-on
- Clasp hands over your shoulders
- Lock your arms straight
- **Brace abs**
- Oblique Crunch to outside front leg
- Front leg kicks up
- **Twist from the center of the chest**
- Head and shoulders touch down in between the reps
- Split the legs, one leg up, one leg out
- Whole upper body to move as one

LAYER 2

- This will take a lot of brain power and when you get it, your core will love you for it
- Check that your hands are staying in line with your shoulders and chest as you move, to keep you stable
- Your lats are locking the arms into place
- Imagine you've got a heavy medicine ball in your hands – can you get close to your knees?
- Fire your obliques by punching as you come up

LEVEL

↓To decrease intensity, kick one leg, one foot still



05. ON MY MIND 4:57mins

TECHNIQUE AND COACHING

MERMAID POSE WITH SPLIT LEGS

KEY COACHING FOCUS

Brace abs. Lift side waist and chest

LAYER 1

- Roll to the front
- Elbow under shoulder
- Bend your knees up
- **Roll onto the meaty part of the butt, just off the hip**
- **Side waist lifts to keep the spine straight**
- **Arm comes behind you to lift the chest high**
- Feet off the floor
- Extend the legs long, Split, front leg forward
- Feet together, knees bend
- **Brace abs to hold this position and stabilize your spine**
- Let's move faster
- Reduce the load and keep one foot anchored

LAYER 2

- Feel your chest – keep it lifted for great posture and to work the obliques effectively
- Your abdominals are doing 2 things: keeping your spine straight and stopping it from rotating

LEVEL

↓To decrease intensity, one foot anchored to the floor

MOUNTAIN CLIMBER & BOLT SEQUENCE

Brace abs to keep hips and shoulders square to the floor

LAYER 1

- Come over for Mountain Climber
- Roll into Plank position
- **Hands shoulder-width apart**
- On knees or toes
- Front knee to back elbow and pull back
- **Feel the strong abdominal brace keeping everything square to the floor**
- On knees to reduce range
- **Back long and straight**

LAYER 2

- Push down through your hands
- Super-charge your obliques – we move faster

LEVEL

↓To decrease intensity, on knees



06. CORE STRENGTH 3

TRACK FOCUS

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Guitar)	4x8		Set up for Alt Back Taps. Feet under hips Preview Alt Back Tap L&R OPTIONS: Plate in each hand at sides, palms face out or no plates	24 8	
0:15	Rep / Jolene	4x8	A	Alt Back Tap w. Cobra L&R Back Tap L. Cobra Arms Return to start position Back Tap R. Cobra Arms Return to start position	2 2 2 2	4x
0:31	C / Jolene	12x8	A ¹	Alt Back Tap w. Balancing Cobra L&R Back Tap L. Cobra Arms Return to start Back Tap R. Cobra Arms Return to start Balance on R leg, lift L leg and tip F from hips Return to start position Repeat on other side	2 2 2 2 4 4 16	3x
1:17	Instr / (Guitar)	2x8		Transition to floor for Airplane. Face F, lie prone, arms wide palms down	16	
1:25	V / Beauty	12½x8	B	Airplane w. Leg Lift and 3x Back Extension L&R Airplane L, R Leg Lift Lower down 3x Back Extension Repeat to R	4 4 12 20	2½x8
2:11	C / Jolene	2½x8		Transition to back, facing L side. Set up Hip Bridge. Feet on floor, hip-width apart Lift hips	12 8	
2:21	V / If you had	8x8	C	Single-Leg Hip Bridge F&B Lift F knee Extend F leg (Kick out) F knee in Lower F leg down Repeat to B ↑OPTION: Lift heels off floor On last 8 cts, preview Leg Extension and lower down	2 2 2 2 8	4x
2:51	Talks about	8x8	C ¹	Single-Leg Hip Bridge w. Kick Out F&B Lift front knee Extend front leg to ceiling (kick up) Lower front leg down Repeat on other side	2 2 4 8	4x
3:22	Instr /	½x8		Lower hips to floor. Pick up weight plate and place on hips	4	
3:25	C / Jolene	8½x8	C ²	Hip Bridge Pulse Hold last rep up	2	33x



06. JOLENE (DESTRUCTO REMIX) 3:58mins

TECHNIQUE AND COACHING

WHY

Optimal strength endurance in our extensor muscles is key to preventing lower back pain. When these muscles tire, our alignment suffers and we expose our spine to increased joint stress. This is particularly important when seated at a desk for sustained periods of time.

COACHING

This track starts in standing position with Alternating Back Taps with Cobra, building to a Balancing Cobra to target the core and postural muscles. Bracing the abs tightly is key to keeping the trunk stable and the pelvis still.

We then progress to the Airplane with Back Extension for strength and mobility. This 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.

We finish with a Hip Bridge (with or without a plate) for strength and power training.

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 BACK TAP WITH COBRA

KEY COACHING FOCUS

Tip forward from the hips. Brace abs and lift chest. Squeeze shoulder blades together

LAYER 1

- Feet under hips, light plate in each hand
- Turn knuckles to the rear, **lift chest**
- Alternating Back Taps
- Leg goes to 45 degrees
- **Tip forward from the hips, keeping chest lifted**
- **Brace abs to keep hips square to the front**
- **Squeeze shoulder blades together** in the Cobra
- Balance challenge
- We tap and then we balance

LAYER 2

- Let's activate the mid and upper back muscles by squeezing the shoulder blades together as you stand
- When you push your hips back further you feel your abs work even harder
- We are activating the posterior chain now!

LEVEL

↓To decrease intensity, keep the foot on the floor



06. JOLENE (DESTRUCTO REMIX) 3:58mins

TECHNIQUE AND COACHING

AIRPLANE WITH LEG LIFT AND BACK EXTENSION

KEY COACHING FOCUS

Squeeze butt

LAYER 1

- Equipment down
- Come to the floor and lie on your belly
- Opposite arm and leg lift off the floor for Airplane
- 3 lifts in the middle
- **Squeeze butt**
- **Turn from center of chest**

LAYER 2

- Working the muscles of the back body – the muscles that hold us up all day
- Challenge the range of motion – take the arm and leg wider

LEVEL

↓To decrease intensity, hands on the floor

SINGLE-LEG HIP BRIDGE

KEY COACHING FOCUS

Squeeze butt

LAYER 1

- On your back
- Feet hip-width apart
- **Squeeze butt and lift hips**
- Drive out of heels
- **Hips and pelvis level**
- Single knee to chest and extend to 45 degrees
- Drop hips and pick up the plate
- Top-range Pulses to the end

LAYER 2

- Focus on keeping the hips level and high
- Constant tension to build strength and endurance in the glutes

LEVEL

↓To decrease intensity, no plate



45-MINUTE FORMAT / BONUS 01 – 30-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 ready for the workout ahead.

	MUSIC		EXERCISE	CTS	REPS
0:05	Intro / No you	2x8	Set up for C-Crunch. Lie on floor, facing L side, feet on the floor, hip-width apart	16	
0:14	V / When I	4x8	A C-Crunch 2/2	8	4x
0:29	PC / Can't believe	8x8	A ¹ C-Crunch w. Oblique Twist L&R C-Crunch Twist to front knee, tap B foot on floor Return to center Lower down Repeat to other side ↑OPTION: After 2 reps, extend leg on Twist Leave knees up on last rep	2 2 2 2 8	4x
1:01	V / _ There ain't	8x8	B Oblique Knee Drop F&B Lower knees to front Return to center Lower knees to B Return to center ↑OPTION: Extend top leg when lowering to F&B	4 4 4 4	4x
1:32	C / Run Run Run	8x8	B ¹ Oblique Knee Drop w. Triple Kick F&B Kick R, L, R to front Bend knees and lower legs to B Kick L, R, L to B Bend knees and lower legs to front	4 4 4 4	4x
2:03	QC / Run run run	2x8	Set up for Tricep Pushup. Grab behind knees and sit up. Facing R side on knees, hands under shoulders	16	
2:10	Someone	2x8	C Bolt and Tricep Pushup (slow) Pull hips B Return to start position Tricep Pushup	4 4 8	1x
2:18	Run run run	8x8	C ¹ Bolt and Tricep Pushup (fast) Pull hips B Return to start position Tricep Pushup ↑OPTION: On toes after 4 reps	2 2 4	8x
2:49	Run run run	2x8	Transition to standing. Pick up weight plate, hold at collarbones, step feet wide ↓OPTION: Use a band – fold in half	16	
2:57	Someone	2x8	D Lunge & Plate Sequence (slow) L&R Step L leg B into Lunge, drop plate towards R thigh Step L leg in and Squat, plate to collarbones Repeat to R	4 4 8	1x
3:05	Outro / Run run run	8x8	D ¹ 2x Pulse Lunge & Plate Sequence (fast) L&R 2x Pulse Lunge L, drop plate towards R knee Step L leg in and 2x Pulse Squat, plate at collarbones Repeat to R Hold in Squat position at the end	4 4 4 8	4x



45-MINUTE FORMAT / BONUS 01 – 30-MINUTE FORMAT

ALIEN 3:36mins

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 weight 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 to the levels in all exercises so participants understand they have choices with all movements, giving them control over their workout. We have a mix of integrated and isolated exercises to warm up fast. Set the scene with a positive, encouraging coaching style, especially using this standing work to make connection early on in the class. This is our point of difference from the 30-minute Warm-up.

C-CRUNCH WITH OBLIQUE TWIST

KEY COACHING FOCUS

Engage abs to press lower back towards the floor (Leg Lift)

LAYER 1

- **Lower back presses towards the floor and brace the abs to hold this position**
- Fingertips to temples
- C-Crunch
- Lifting legs and shoulders
- Knees directly over hips, shins parallel
- **Abs braced to keep lower back pressed towards the floor, especially as you lower the legs**
- Toes tap lightly
- C-Crunch with a Twist
- Twist to the front, center and down
- **Shoulder lifts up and across**
- **Twisting from the center of the chest**
- More load – extend legs to 45 degrees

LAYER 2

- We are switching the muscles on

LEVEL

↓To decrease intensity, bend legs

OBLIQUE KNEE DROP

KEY COACHING FOCUS

Anchor shoulders to the floor

LAYER 1

- Knees drop to the front
- **Shoulders anchored to the floor**
- Feel your waist muscles lower you to the floor
- Then feel the muscles contract to pull you back up
- Extend the top leg
- Triple Kick is coming

LAYER 2

- How close to the floor can you lower the knees?
- The obliques are in their prime when we move fast like this; they are the power muscles

LEVEL

↓To decrease intensity, bend legs

BOLT AND TRICEP PUSHUP

KEY COACHING FOCUS

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

LAYER 1

- Grab the back of legs and roll up
- Set up Plank
- **Hands under shoulders**
- On knees or toes
- **Brace abs to square body to floor**
- 1x Bolt and 1x Tricep Pushup
- **Chest to elbow height**
- **Brace abs to square body to floor**
- **Back long and straight**
- Push your hands firmly into the floor

LAYER 2

- Feel the core engage

LEVEL

↓To decrease intensity, stay on knees



45-MINUTE FORMAT

ALIEN 3:36mins

TECHNIQUE AND COACHING

LUNGE & PLATE SEQUENCE

KEY COACHING FOCUS

Long step (Lunge). Brace abs to keep hips square to the front. Rotate from the center of the chest (Twist)

LAYER 1

- Standing up, grab your band or plate
- **Feet under hips**
- **Long Lunge back**
- Step in and squat
- Plate to outside thigh
- **Twist from center of chest**
- **Brace abs, chest lifted**
- Double Pulse the Lunge and Squat

LAYER 2

- Challenge the stabilizers
- Integrated move

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 so they understand what level is right for them to choose.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Piano)	2x8	Set up for Double Pulse Squat. Feet outside hip-width, hold plate or band at chest	16	
0:09	V / Hey	4x8 A	Double Pulse Squat & Lunge Combo L&R Double Pulse Squat Double Pulse Lunge L Double Pulse Squat Double Pulse Lunge R	4 4 4 4	2x
0:23	PC / So _	4x8 A ¹	Double Pulse Squat & Lunge w. Leg Lift Combo L&R Double Pulse Squat Pulse Lunge L, lift L leg, tap down Double Pulse Squat Pulse Lunge R, lift R leg, tap down	4 4 4 4	2x
0:40	(Distorted chant)	4x8 A ²	Double Pulse Squat & Lunge w. Leg Lift & Plate Press Combo L&R Squat and jump up, tap feet together Pulse Lunge L, lift L leg and press plate out and in Squat and jump up, tap feet together Pulse Lunge R, lift R leg and press plate out and in ↓OPTION: Double Pulse Squat Step feet wide on the last 2 cts	4 4 4 4	2x
0:55	Instr / (Beat)	12x8 A ³	Squat & Air Tap, Lunge w. Leg Lift & Plate Press Combo L&R Squat and jump up, tap feet together Pulse Lunge L, lift L leg and press plate out and in Squat and jump up, tap feet together Pulse Lunge R, lift R leg and press plate out and in ↓OPTION: Double Pulse Squat Step feet wide on the last 2 cts	4 4 4 4	6x
1:41	V / Hey	12x8 B	Halo R&L Arms half circle above head to R Arms half circle above head to L	8 8	6x
2:27	(Distorted chant)	4x8 B ¹	Halo and Knee Lift L&R Arms half circle above head to R Knee Lift R Arms half circle above head to L Knee Lift L	6 2 6 2	2x
2:42	(Distorted chant)		Halo and Knee Lift w. Plate Punch L&R Arms half circle above head to R Knee Lift R w. Plate Punch Arms half circle above head to L Knee Lift L w. Plate Punch	6 2 6 2	4x
3:13	Instr / (Low)	2x8	Set up for Double Pulse Squat	16	



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

STANDING STRENGTH 3

MUSIC		EXERCISE		CTS	REPS
3:21	V / Hey	4x8	A ²	Double Pulse Squat & Lunge w. Leg Lift & Plate Press + Halo & Knee Lift Combo L&R	
			+		
			B ¹	Double Pulse Squat	4
				Double Pulse Lunge L	4
				Double Pulse Squat	4
				Double Pulse Lunge R	4
				Arms half circle above head to R (Halo)	6
				Knee Lift R	2
				Arms half circle above head to L (Halo)	6
				Knee Lift L	2
3:36	PC / So _	20x8	A ³	Squat & Air Tap, Lunge w. Leg Lift & Plate Press + Halo & Knee Combo L&R	
			+		
			B ¹	Squat and jump up, tap feet together	4
				Pulse Lunge L, lift L leg and press plate out and in	4
				Squat and jump up, tap feet together	4
				Pulse Lunge R, lift R leg and press plate out and in	4
				Arms half circle above head to R (Halo)	6
				Knee Lift R	2
				Arms half circle above head to L (Halo)	6
				Knee Lift L	2



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

SUN WITH ME 5:07mins

TECHNIQUE AND COACHING

WHY

Each spinal region has a different degree of mobility depending on the orientation of the joints. For example, the thoracic region has a lot more rotation than the lumbar spine. This is why we constantly remind participants to rotate from the center of our chests. Rotating through the waist (lumbar region) would generate excessive disc stress.

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 levels 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.

The 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!'

DOUBLE PULSE SQUAT & LUNGE COMBO

KEY COACHING FOCUS

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

LAYER 1

- **Feet outside hip-width**
- Double Squat Pulse and Double Pulse Lunge
- **Long step back in the Lunge**
- **Hips back and down on the Squat**
- **Brace abs, chest lifted**
- **Keep body square to the front**
- Add the Leg Lift in the Lunge
- **Squeeze the butt as you lift the leg**
- Timing is down, up, down
- Corner push out with plate
- **Rotating from the center of the chest**
- Add the Air Tap if you want to

LAYER 2

- Go for the Air Tap if it feels good – great Reactive Core Training

LEVEL

↓To decrease intensity, no plate



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

SUN WITH ME 5:07mins

TECHNIQUE AND COACHING

HALO AND KNEE LIFT

KEY COACHING FOCUS

Hips back and down (Squat) brace abs, chest lifted, (Halo)

LAYER 1

- **Feet wide**
- Slow Halo around the head
- **Elbows stay forward as we do the Halo**
- Stick the plate to chest and do a Quarter Turn
- **Keep pressing the knees out in the squat**
- **Brace abs, lift chest**
- Let's add on the Knee Lift
- Let's slow down the Halo for strength
- Plate Press to the corner on the Knee Lift

LAYER 2

- Hold the lower body rock solid
- Get more explosive
- Land and stabilize us for the next rep

LEVEL

↓To decrease intensity, no plate



45-MINUTE FORMAT / BONUS 06 – 30 MINUTE FORMAT

09. GLUTE ISOLATION / ISOLATION

TRACK FOCUS

My participants will feel the strength and mobility work in their posterior chain through my clear set-up and Education cues.

MUSIC		EXERCISE		CTS	REPS
		Use a band and a medium to heavy weight plate in this track			
		Set up in Horse Stance, facing front. Feet in band handles, knees hip-width apart. Both thumbs hook into center of the band. For less resistance, only use one hand. Hands shoulder-width apart on floor			
		↓OPTION: No band			
0:00	Intro /	2x8	A	Horse Stance	16
0:08	V / _ She's crazy	8x8	A ¹	Horse Stance Leg Kicks L	
		L leg extends to 45°		2	
		L knee in		2	16x
		Hold foot out on last count			
0:39	B up / Crazy , crazy	4½x8	A ²	Horse Stance Leg Lift Pulse L	
		L leg extends out to 45°, lift up		1	
		Lower halfway down		1	18x
0:56	Instr / (Synth)	8x8	A ¹	Horse Stance Leg Kicks L	16x
1:27	C / Daddy	4x8	A ²	Horse Stance Leg Lift Pulse L	16x
1:43	(Music stops)	2½x8		Set up for Horse Stance Leg Kicks R	16
1:52	V / _ She's crazy	8x8	A ¹	Horse Stance Leg Kicks R	16x
2:23	B up / Crazy , crazy	4½x8	A ²	Horse Stance Leg Lift Pulse R	16x
2:41	Instr / (Synth)	8x8	A ¹	Horse Stance Leg Kicks R	16x
3:12	C / Daddy	4x8	A ²	Horse Stance Leg Lift Pulse R	16x
3:27	B up / Crazy , crazy	2½x8		Roll handles off. Transition to standing. Pick up weight plate. Feet wide, hold plate in between legs in front	20
3:37	Daddy	2x8	B	Pulse Squat	8x
3:45	Outro / She's	8x8	B ¹	3x Pulse Squat and Leg Lift L&R	
		3x Squat Pulse		6	
		Lift L leg		1	
		Squat down and up		1	
		Repeat to other side		8	4x



45-MINUTE FORMAT / BONUS 06 – 30 MINUTE FORMAT

09. DADDY COOL 4:18mins

TECHNIQUE AND COACHING

WHY

The gluteals are a key component of our core muscles. They are also one of the muscle groups that tend to disengage during functional activities which makes them a common target for rehab programs. These exercises will help to ensure these muscles remain strong and active when we need them.

COACHING

You asked for it and we responded! This is our NEW Glute Isolation track which is to be used in the 45-minute format (check the formats) OR you can use it as a Bonus Core Strength 3 (Track 6 in the 30-minute format).

Why are we doing this? This track brings more posterior chain recruitment into the 45-minute format and provides an opportunity to focus solely on the glutes, which is such a key element of core conditioning and often a problem area for many.

We set up this track with the handles under the feet for the Horse Stance work. Give participants the choice at the start of the track for either both thumbs in the band or one thumb for less intensity – this is a super challenging track.

When participants start to fatigue, encourage them to take one thumb out so they can maintain great technique and build their glute strength over a few weeks.

The music is super cool – have some fun with it!

HORSE STANCE LEG LIFT / KICKS

KEY COACHING FOCUS

Squeeze butt, brace abs to square hips and shoulders to the floor

LAYER 1

- Come down to the floor
- Place the middle of the foot into the handle
- Roll the band forward to secure
- **Knees under hips**
- Start in Pointer position
- For high resistance, both thumbs hook under or for less resistance, one thumb
- Right leg goes out to 45 degrees, in and out
- **Knee stops under your hips**
- **Feel your abdominal brace that is keeping your hips and shoulders square and level to the floor**
- Hold the leg out and lift the leg up and down
- **Squeezing glutes the whole time**
- This time, knee to elbow

LAYER 2

- We are going to hit the sweet spot for the glutes
- Small isolated movement which will turn into a 'rip-roaring fire'
- Try and keep the knee high so the hip stays loaded – glute med working with glute max
- Take one thumb out for less resistance to keep the work in the glutes
- Every rep is hitting the bull's-eye

LEVEL

↓ To decrease intensity, no band



45-MINUTE FORMAT / BONUS 06 – 30 MINUTE FORMAT

09. DADDY COOL 4:18mins

TECHNIQUE AND COACHING

PULSE SQUAT

KEY COACHING FOCUS

Brace abs to square hips to front, chest lifted

LAYER 1

- Quick transition, handles off
- Grab your plate
- **Feet wide**, hold plate low
- Bend knees and Pulse
- **Hips go back and down**
- **Chest lifted, abs braced**
- 3x Pulses and Leg Lift

LAYER 2

- Try and stay low when you lift the leg

LEVEL

↓To decrease intensity, no plate



45-MINUTE FORMAT

STRETCH

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
0:00	Intro / (Instr)	1x8	Standing side-on, facing R. Tip F from hips into Flat Back Extend	8
0:09		3x8 A	Flat Back Extend ↑OPTION: Reach hands down to shins	24
0:26	V / _ I look across	4x8 B	Intense Twist Bend knees, hips come back, B arm across front thigh, extend front arm behind you Repeat to B	16 16
0:50	PC / Your friends	4x8 C	Down Dog Walk hands out in front, feet under hips, press down into heels For an active stretch – gently walk the feet in	32
1:13	C / _ Good time	4x8 D	Swan Pose R Bring R leg F and bend at 90°, B leg straight. Roll hips down and lift chest, shoulders square to front ↓OPTION: 90/90	32
1:37	_ Good time	4x8 D ¹	Quadricep Stretch L Pull L heel in towards butt, square hips B to F	32
2:00	V / _ The scent of	4x8 C	Down Dog	32
2:23	PC / Your friends	4x8 D	Swan Pose L Bring L leg to front and bend at 90°, B leg straight. Roll hip down and lift chest, shoulders square to F	32
2:47	Oh, ah, oh	4x8 D ¹	Quadricep Stretch R Pull R heel in towards butt	32
3:10	Oh, ah, oh	1x8 C	Down Dog	8
3:16	Oh, ah, oh	3x8 A	Flat Back Extend Walk feet in, hands to thighs or shins	24
3:33	V / _ The scent of	4x8 E	Hip Flexor Stretch L Face front, step L foot B into Kneeling Lunge 90/90. Tuck pelvis under Lift L arm up and O/H, towards R side	16 16
3:57	PC / Your friends	4x8 E ¹	Psoas to Lunge and Twist L Shift weight F, L arm across R thigh, extend R arm behind	32
4:20	Oh, ah, oh	4x8 E	Hip Flexor Stretch R Switch legs, R leg B. Kneeling Lunge 90/90 R Lift R arm up and O/H towards L side	16 16
4:44	Oh, ah, oh	4x8 E ¹	Psoas to Lunge and Twist R Shift weight F, R arm across L thigh, extend L arm behind Bring hands F, step B foot in, roll up to standing	32



45-MINUTE FORMAT

ACROSS THE ROOM (YUNG HEAT RENDITION) 5:09mins

TECHNIQUE AND COACHING

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.

FLAT BACK EXTEND TO INTENSE TWIST

KEY COACHING FOCUS

Heel to groin for knee safety

LAYER 1

- Standing side-on
- Bend knees
- Hands to shins or higher
- Flat Back Extend
- **Long spine**
- Intense Twist
- Bend knees
- Back arm on front thigh, extend arm back
- Rotate through shoulders

LAYER 2

- Feel the stretch through the spine and hamstrings
- Breathe through the stretches
- Gain more mobility through your hips for spinal mobility to enhance core strength

DOWN DOG

KEY COACHING FOCUS

Hips high

LAYER 1

- Walk out to Down Dog
- Lift hips high
- Walk out the feet

LAYER 2

- Pressing your chest towards thighs

SWAN POSE

KEY COACHING FOCUS

Heel to groin

LAYER 1

- Back leg through to 90/90 or Swan Pose
- Heel to groin
- Square hips to front
- Same arm reaches back to pick up the foot
- Square hips and shoulders to side wall

LAYER 2

- Big breath to drop evenly through both hips

LEVEL

↓To decrease intensity, 90/90

PSOAS TO LUNGE AND TWIST

KEY COACHING FOCUS

Tuck tail bone under (Psoas), Long Spine (Twist)

LAYER 1

- Step back for Hip Stretch
- **Tuck tail bone under**
- C-shape up and over
- Take the Twist
- **Turn from the shoulders, spine long**
- Drop into your hips to anchor the lower body
- Hand over knee

LAYER 2

- Feel the stretch lengthening in your body



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

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

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

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

situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue.

We are here, doors open, ready to listen and learn.

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

