

# LES MILLS CORE

# 48

## 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

**When I'm Gone** (3:01)

Alesso & Katy Perry

Courtesy of the Universal Music Group.

Written by: Linblad, Perry, Cunningham, Garpestad, Gudmundsdottir, Sibley, Yacoub
- 02

**When I'm Gone** (1:22)

Alesso & Katy Perry

Courtesy of the Universal Music Group.

Written by: Linblad, Perry, Cunningham, Garpestad, Gudmundsdottir, Sibley, Yacoub
- 03

**Like A Prayer** (4:06)

Madism, Masove, Brendan Mills feat. Tess Burrstone

© 2021 Soave Records.

Written by: Ciccone, Leonard
- 04

**Booty (Vice Remix)** (1:33)

Jennifer Lopez feat. Iggy Azalea

Courtesy of the Universal Music Group.

Written by: Brown, Bryant, Gittus, Omerhodic, Pentz, Wilson, Lopez, Medina, Perez, Rooney
- 05

**Booty (Vice Remix)** (3:09)

Jennifer Lopez feat. Iggy Azalea

Courtesy of the Universal Music Group.

Written by: Brown, Bryant, Gittus, Omerhodic, Pentz, Wilson, Lopez, Medina, Perez, Rooney
- 06

**Genius** (1:21)

LSD feat. Sia, Diplo, Labrinth

© 2019 2019 RECORDS, LLC/Columbia.

Written by: McKenzie, Furler, Pentz
- 07

**Genius** (3:30)

LSD feat. Sia, Diplo, Labrinth

© 2019 2019 RECORDS, LLC/Columbia.

Written by: McKenzie, Furler, Pentz
- 08

**Bang Bang** (4:03)

Ocean Noise

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Written by: Koronowska, Ora, Zeikenov, Mballa, Waro, Faltermeyer
- 09

**Somebody That I Used To Know** (4:05)

Gotye feat. Kimbra

Courtesy of the Universal Music Group.

Written by: Bonfa, de Backer

## 45-MINUTE FORMAT

- 07

**Butter** (2:48)

BTS

© 2022 BIGHIT MUSIC.

Written by: Andrews, Bilowitz, Garcia, Grimaldi, Kim, Kirk, Perry
- 08

**Butter** (1:39)

BTS

© 2022 BIGHIT MUSIC.

Written by: Andrews, Bilowitz, Garcia, Grimaldi, Kim, Kirk, Perry
- 09

**You Know** (5:06)

EZ

Courtesy of Les Mills Music Licensing Ltd.

Written by: Martins
- 10

**Lingua** (1:47)

Sub Focus feat. Stylo G

Courtesy of the Universal Music Group.

Written by: Ralph, Macgillivray, Lane, McDermott, Douwma, Thomas
- ALT 03

**Lingua** (3:04)

Sub Focus feat. Stylo G

Courtesy of the Universal Music Group.

Written by: Ralph, Macgillivray, Lane, McDermott, Douwma, Thomas
- ALT 04

**Crazy** (4:23)

Wooli & Codeko feat. Casey Cook

© 2022 Ophelia Records.

Written by: Puleo, Clark, Cook, Sammons
- ALT 03

**Work, Work** (4:42)

Reversus

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 04

**Love of Mine** (4:51)

Lvly feat. Cleo Kelley

Courtesy of Epidemic Sound.

Written by: Unknown



# LES MILLS CORE 48



L–R: Corey Baird, Grace Stevens, Natasha Vincent, Vili Fifita

## PRESENTERS

**Vili Fifita** (New Zealand) is the Head Program Coach on the New Zealand TAP Team/Instructor for BODYCOMBAT™, a BODYPUMP™, LES MILLS TONE™, LES MILLS CEREMONY™, LES MILLS CONQUER™, 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.

**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.

**Thanks to** Grace Stevens (New Zealand)

## 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

LES MILLS CORE Release 48 has been designed to maximize movement control while building a super strong base.

Planks, dynamic Power Skiers, Glute Bridges and Bentover Rows are fundamental exercises in building a powerful body.

With some smart rhythm changes and small variations, this workout drives brilliance in stability, power and endurance and helps to develop balance.

Musically, this release will have you singing, smiling and moving with great control. The 45-minute format has been receiving lots of positive feedback, so take a look at the new Glute Isolation track and test your agility in the integrated Bonus Track 3.

Enjoy your core training.

The LES MILLS CORE crew



# KEY

|                |                  |            |                 |
|----------------|------------------|------------|-----------------|
| <b>Intro</b>   | Introduction     | <b>Br</b>  | Bridge          |
| <b>B up</b>    | Build up         | <b>C</b>   | Chorus          |
| <b>PC</b>      | Pre-chorus       | <b>V</b>   | Verse           |
| <b>Instr</b>   | Instrumental     | <b>Alt</b> | Alternating     |
| <b>B</b>       | Back             | <b>F</b>   | Forward         |
| <b>F&amp;B</b> | Forward and back | <b>HOH</b> | Hands on hips   |
| <b>L</b>       | Left             | <b>R</b>   | Right           |
| <b>O/H</b>     | Overhead         | <b>ROM</b> | Range of motion |
| <b>T&amp;B</b> | Top and Bottom   | <b>w.</b>  | With            |
| <b>↓</b>       | Low Level        | <b>↑</b>   | Advanced Level  |

## RELEASE FEEDBACK

Tell us what you think of this release.  
Visit [lesmills.com/release-feedback](https://lesmills.com/release-feedback)

# TEACHING THIS RELEASE

### How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.

# 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

|                   |                                           |
|-------------------|-------------------------------------------|
| <b>Track 01</b>   | Warm-up 30 / <b>Warm-up 45</b>            |
| <b>Track 02</b>   | Core Strength 1                           |
| <b>Track 03</b>   | Standing Strength 1 / Standing Strength 3 |
| <b>Track 04</b>   | Standing Strength 2                       |
| <b>Track 05</b>   | Core Strength 2                           |
| <b>Track 06</b>   | Core Strength 3 / <b>Glute Isolation</b>  |
| <b>Total Time</b> | 26:10                                     |

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

|                   |                             |
|-------------------|-----------------------------|
| <b>Track 07</b>   | Warm-up 45                  |
| <b>Track 02</b>   | Core Strength 1             |
| <b>Track 03</b>   | Standing Strength 1         |
| <b>Track 04</b>   | Standing Strength 2         |
| <b>Track 08</b>   | Standing Strength 3         |
| <b>Track 09</b>   | Glute Isolation / Isolation |
| <b>Track 05</b>   | Core Strength 2             |
| <b>Track 06</b>   | Core Strength 3             |
| <b>Track 10</b>   | Stretch                     |
| <b>Total Time</b> | 40:34                       |



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 / I'm <b>gone</b>   | 4x8   | Set up, ab brace, Lie on back, facing R side. Knees above hips. Place palms gently on thighs |                                                                                                                                                                                           | 32                         |      |
| 0:21  | V1 / _ Thought it         | 8x8   | A                                                                                            | <b>Alt Single-Leg Drop w. Arm Reach 2/2</b><br>Front leg taps to floor, front arm reaches O/H<br>Return to start position<br>Repeat to B                                                  | 4<br>4<br>8                | 4x   |
| 0:51  | C / I'm <b>gone</b>       | 4x8   | A <sup>1</sup>                                                                               | <b>Alt Single-Leg Drop w. Arm Reach 1/3</b><br>Front leg taps to floor, front arm reaches O/H<br>Hold out<br>Return to start position<br>Repeat to B                                      | 2<br>2<br>4<br>8           | 2x   |
| 1:07  | <b>Me</b> on              | 4x8   | A <sup>2</sup>                                                                               | <b>Alt Single-Leg Drop w. Arm Reach 1/1</b><br>F leg taps to floor, F arm reaches O/H<br>Return to start position<br>Repeat B<br>Arms out to sides on last 2 cts                          | 2<br>2<br>4                | 4x   |
| 1:22  | V2 / _ You're chasin'     | 4x8   | B                                                                                            | <b>Oblique Knee Drop F&amp;B</b><br>Lower knees to front<br>Return to center<br>Lower knees to B<br>Return to center                                                                      | 4<br>4<br>4<br>4           | 2x   |
| 1:37  | PC / <b>Late</b> nights   | 4x8   | B <sup>1</sup>                                                                               | <b>Oblique Knee Drop w. Leg Extension F&amp;B</b><br>Lower knees to front<br>Extend top leg<br>Return to center<br>Lower knees to B<br>Extend top leg<br>Return to center                 | 2<br>2<br>4<br>2<br>2<br>4 | 2x   |
| 1:52  | C / I'm <b>gone</b>       | 8x8   | B <sup>2</sup>                                                                               | <b>Oblique Knee Drop w. Leg Extension F&amp;B 1/3</b><br>Lower knees to front, extend top leg<br>Hold<br>Return to center<br>Lower knees to B, extend top leg<br>Hold<br>Return to center | 2<br>2<br>4<br>2<br>2<br>4 | 4x   |
| 2:23  | <b>Me</b> on              | 4x8   | C                                                                                            | <b>Triple Pulse C-Crunch</b><br>3x Pulse C-Crunch<br>Lower down, fingertips to temples                                                                                                    | 6<br>2                     | 4x   |
| 2:39  | I'm <b>gone</b> / (Pause) | 1/2x8 |                                                                                              | Feet down, arms at sides                                                                                                                                                                  | 4                          |      |



30-MINUTE FORMAT

01. WARM-UP 30

| MUSIC |                       | EXERCISE |                | CTS                                            | REPS |
|-------|-----------------------|----------|----------------|------------------------------------------------|------|
| 2:41  | V3 / _ You're chasin' | 8x8      | D              | Hip Bridge & C-Crunch Combo                    |      |
|       |                       |          |                | Lift hips up                                   | 4    |
|       |                       |          |                | Lower down                                     | 4    |
|       |                       |          |                | Crunch up, reach arms past knees               | 4    |
|       |                       |          |                | Lower down                                     | 4    |
| 3:11  | C / I'm gone          | 12x8     | D <sup>1</sup> | Hip Bridge, Knee Opener & Pulse C-Crunch Combo |      |
|       |                       |          |                | Lift hips up                                   | 2    |
|       |                       |          |                | Open knees                                     | 2    |
|       |                       |          |                | Close knees                                    | 2    |
|       |                       |          |                | Lower down                                     | 2    |
|       |                       |          |                | 3x Pulse C-Crunch                              | 6    |
|       |                       |          |                | Return to start position                       | 2    |
|       |                       |          |                | ↑OPTION: 3x Pike Pulse Crunch                  |      |
|       |                       |          |                |                                                | 6x   |



## 30-MINUTE FORMAT

# 01. WHEN I'M GONE 4:23mins

## 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 lower abdominals along with mobility of the upper body with the Alternating Leg Drop and Arm Reach.

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.

### ALTERNATING SINGLE-LEG DROP WITH ARM REACH

#### KEY COACHING FOCUS

**Brace abs, lower back towards the floor**

#### LAYER 1

- Come down to the floor
- Lie down on your back, side-on
- Let's set the ab brace
- **Lower back presses close towards the floor; brace the abs to hold the position**
- Knees over hips, shins parallel to the floor
- Hands on thighs
- Moving front arm then front leg
- Maintain 90 degrees as you move the leg
- Lightly touch the floor
- Gentle press on the thighs to engage the lats for more support as you move
- **Brace the abs as the leg moves away from you and focus on keeping the lower back close to the floor**
- Out fast and hold, slowly in
- Single time coming up to get the core warm

#### LAYER 2

- Arm reaches as far as you can, keeping shoulders down from the ears
- Now we are forcing the core to wake and fire up

### OBLIQUE KNEE DROP

#### KEY COACHING FOCUS

**Anchor shoulders to the floor. Brace abs as you move**

#### LAYER 1

- Arms wide
- Knee drops to the front and back
- **Anchor the shoulders to the floor**
- **Brace the abs as you move**
- Extend the top leg out
- Out fast and hold

#### LAYER 2

- Feel your waist muscles lower you to the floor
- Then feel the muscles contract to pull you back up

#### LEVEL

↓ To decrease intensity, keep knees bent

### TRIPLE PULSE C-CRUNCH

#### KEY COACHING FOCUS

**Ribs to hips as you crunch**

#### LAYER 1

- Knees over hips
- Triple Pulse C-Crunch
- Reach hands towards feet
- Feet stay up
- Head touches down
- **Chin tucked in on the Crunch**
- **Feel the ribs to hips**
- **Lower back towards the floor as you lower**

#### LAYER 2

- Lift your shoulder blades off the floor to get the upper abdominals ready for this workout



30-MINUTE FORMAT

# 01. WHEN I'M GONE 4:23mins

## TECHNIQUE AND COACHING

### HIP BRIDGE KNEE OPENER AND PULSE

### C-CRUNCH COMBO

### KEY COACHING FOCUS

**Squeeze glutes (Hip Bridge), ribs to hips (C-Crunch)**

### LAYER 1

- Feet come close to butt
- **Squeeze glutes to lift hips 2/2**
- C-Crunch 2/2
- That's our combo
- Drive through the heels on the Hip Bridge
- **Ribs to hips on the C-Crunch**
- New combo
- Hip Bridge up, open the knees and Triple Pulse C-Crunch
- Option to pike the legs for more activation

### LAYER 2

- Feel the activation in the glutes
- Working the back and front body
- Feet stay flat on the floor as we open the knees





# 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 | PC / <b>Life</b> is a mystery | 6½x8 |    | Set up for Hover. Lie on front, facing R side. Elbows under shoulders. Hands come to prayer position, knees hip-width apart, lift hips up<br>OPTIONS: On knees or toes                                                                                                                                                                                        | 52                           |      |
| 0:25 | C / _ When you call           | 4x8  | A  | <b>Moving Hover</b> F&B (slow)<br>↓OPTION: Hold Hover on knees                                                                                                                                                                                                                                                                                                | 8                            | 4x   |
| 0:40 | Instr / (Electric saxophone)  | 4x8  | A¹ | <b>Moving Hover</b> F&B (faster)                                                                                                                                                                                                                                                                                                                              | 4                            | 8x   |
| 0:56 | Br / _ I hear                 | 16x8 | A² | <b>Rolling &amp; Moving Hover Combo</b><br>Reset elbow position – knuckles face elbows, open front arm to Side Hover<br>Return to start, hands in prayer position<br>4x Moving Hover F&B<br>Open B arm to Side Hover<br>Return to start, hands in prayer position<br>4x Moving Hover F&B<br>↑OPTION: Alt Leg Lift when moving F in the Hover. (After 1st rep) | 8<br>8<br>16<br>8<br>8<br>16 | 2x   |
| 1:58 | PC / _ Like a child           | 4x8  |    | Transition to knees and sit back into Childs Pose.<br>Come up into Plank, hands under shoulders, on knees or toes                                                                                                                                                                                                                                             | 16<br>16                     |      |
| 2:13 | _ It's like                   | 4x8  | B  | <b>Firefly and Side Plank</b> F&B<br>Front knee to front elbow, return to start position<br>Front knee to front elbow, return to start position<br>Side Plank, open F arm to vertical<br>Return to Plank position<br>Repeat to B<br>↓OPTION: On knees                                                                                                         | 4<br>4<br>4<br>4<br>16       | 1x   |
| 2:29 | Instr / (Electric saxophone)  | 8x8  | B¹ | <b>Firefly, Side Plank w. Hip Lift</b> F&B<br>F knee to F elbow, return to start position<br>F knee to F elbow, return to start position<br>Side Plank – open front arm to vertical<br>3x Hip Lift Pulse<br>Return to Plank position<br>Repeat to B                                                                                                           | 2<br>2<br>4<br>6<br>2<br>16  | 2x   |
| 3:00 | _ Like a child                | 4x8  |    | Hold Plank<br>Come down onto elbows, hold Hover                                                                                                                                                                                                                                                                                                               | 8<br>24                      |      |
| 3:15 | PC / _ It's like              | 12x8 | A² | <b>Rolling &amp; Moving Hover Combo</b><br>↑OPTION: Alt Leg Lift when moving F in the Hover                                                                                                                                                                                                                                                                   | 64                           | 1½x  |



## 02. LIKE A PRAYER 4:06mins

### TECHNIQUE AND COACHING

#### WHY

Stabilizing the lower back during rotation patterns is a key function of our core muscles. Exercises like the Rolling Hover enhance this ability if we move the body as one unit.

This results in us stabilizing the lower back and protecting our discs when we perform rotation activities in every day life.

#### 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 and of course work with the music – it will tell you where to go!

Coach the levels early in the Rolling and Moving Hover Sequence so new participants understand what to do and know where they can build up to. The focus is on bracing the abs so the hips and shoulders are square to the floor as we move forward and back in the Hover. Be super clear on body-part and direction coaching (forearms crossed) as you set the Rolling Hover (Prayer Hands) and then move into the Moving Hover combination.

After a short reset, we progress to the Plank Sequence, which starts slow and then gets faster. The focus is on precision of movement – so look out at who's in front of you and offer the different levels to suit the needs of your participants.

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 your participants and sell them the benefits of this type of training.

#### ROLLING & MOVING HOVER COMBO

##### KEY COACHING FOCUS

**Brace abs to square body to floor. Back long and straight (Hover). Body moves as one (Rolling Hover)**

##### LAYER 1

- Lie on belly
- **Elbows under shoulders**, palms together in a prayer position
- Knees outside hip-width
- Lift hips to shoulder height
- **Brace abs super tightly**
- **Back long and straight**
- You're on knees or toes
- Moving forward – chest towards hands
- Shoulders over elbows as you push back
- If you're on your knees, hold here, come back up anytime
- Moving faster now
- Feel your abdominal brace, that's the cement holding your spine stable
- Add on a Rolling Hover
- Back arm sets forward
- Come into Side Hover
- **Lift the bottom hip**
- Roll slowly down
- Prayer Hover – rock forward and back
- Rolling to the back of the room
- Position the arm to set the elbow under shoulder
- **Hips and shoulders move as one**
- This time, as you come back into Hover, lift front and back leg
- **Squeeze butt to lift leg to hip level**
- Let's take a well-deserved rest

##### LAYER 2

- Look down towards your hands and pray your core is going to get you to the end of the track
- Feel the power of your core
- Make your shoulders and core work hard
- If you do this work consistently – you will get to the end of the track without praying!

##### LEVEL

↓ To decrease intensity, on knees



## 02. LIKE A PRAYER 4:06mins

### TECHNIQUE AND COACHING

#### FIREFLY AND SIDE PLANK

#### KEY COACHING FOCUS

**Brace abs to keep hips and shoulders square to the floor, back long and straight. Lift bottom hip (Side Plank)**

#### LAYER 1

- Let's set a Plank
- **Hands shoulder-width apart**
- On knees or toes
- Pull shoulder blades down into back ribs to activate the lats
- **Brace abs super tightly**
- **Back long and straight**
- Firefly – front knee comes in and out 2 times
- Turn to front to Side Plank
- **Lift bottom hip**
- Back leg, Firefly
- Let's go faster – more power
- 2 fast Fireflies
- Side Plank, hold here, 3 Pulses
- Level down by dropping the inside knee as you rotate

#### LAYER 2

- As you lift your hips in the Pulse, feel the bottom ribs squeeze the hips to strengthen your obliques
- Do you feel the strength and power of your core?

#### 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, Intensity and Motivation.

**Please note: This track contains explicit content. The alternative song can be use in its place. Please use *Work, Work* with the same choreography.**

| MUSIC |                           |      | EXERCISE       |                                                                                                                                                                                                                                                                                                     | CTS                              | REPS |
|-------|---------------------------|------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|------|
| 0:00  | Intro / <b>Big big</b>    | 4x8  |                | Set up for Power Skier R. Step L foot into middle of the SMARTBAND™, hold handle in each hand or ↓OPTION: Use one handle. Step feet outside shoulder-width, bend L knee. Hands at hip height above L knee. Light or medium weight plate nearby                                                      | 32                               |      |
| 0:11  | <b>Big big</b>            | 12x8 | A              | <b>Power Skier R</b><br>Move hands across body to R<br>Move hands across body to L<br>Move hands across body to R<br>Return to start position                                                                                                                                                       | 4<br>4<br>4<br>4                 | 6x   |
| 0:46  | PC / <b>All the</b>       | 8x8  | B              | <b>Resisted Single-Leg Airplane</b><br>Step R leg B, arms out to sides<br>Arms half circle to front<br>Arms half circle to side<br>Lower arms down, step R leg in<br>↑OPTION: Lift R leg off the floor                                                                                              | 4<br>4<br>4<br>4                 | 4x   |
| 1:10  | Instr / (Distorted siren) | 8x8  | A <sup>1</sup> | <b>Power Skier R</b> (fast)<br>Move hands across body to R<br>Move hands across body to L<br>Move hands across body to R<br>Step R foot in                                                                                                                                                          | 2<br>2<br>2<br>2                 | 8x   |
| 1:33  | (Pause)                   | 4¼x8 |                | Set up Power Skier L                                                                                                                                                                                                                                                                                | 34                               |      |
| 1:45  | C / <b>Big big</b>        | 12x8 | A              | <b>Power Skier L</b>                                                                                                                                                                                                                                                                                | 16                               | 6x   |
| 2:20  | PC / <b>All the</b>       | 8x8  | B              | <b>Airplane L</b>                                                                                                                                                                                                                                                                                   | 16                               | 4x   |
| 2:43  | Instr / (Distorted siren) | 8x8  | A <sup>1</sup> | <b>Power Skier L</b> (fast)                                                                                                                                                                                                                                                                         | 8                                | 8x   |
| 3:07  | V / _ Have you            | 4x8  |                | Set up Side Lunge. Arms straight, hold weight in front of thighs                                                                                                                                                                                                                                    | 32                               |      |
| 3:18  | <b>Thunder</b>            | 12x8 | C              | <b>Side Lunge w. Knee Lift and Plate O/H</b> (slow)<br>Side Lunge L, plate towards L knee<br>Come to standing, lift L knee and plate to O/H<br>Lower plate and foot to start position<br>Repeat to R                                                                                                | 4<br>4<br>8<br>16                | 3x   |
| 3:53  | <b>Throw up</b>           | 8x8  | C <sup>1</sup> | <b>Side Lunge w. Knee Lift and Plate O/H</b> (fast)<br>Side Lunge L, plate towards L knee<br>Lift L knee and plate to O/H<br>Lower plate and foot to start position<br>Repeat to R                                                                                                                  | 2<br>2<br>4<br>8                 | 4x   |
| 4:17  | <b>Throw up</b>           | 8x8  | C <sup>2</sup> | <b>Side Lunge w. Knee Lift &amp; Plate O/H Combo</b><br>Side Lunge L, plate towards L knee<br>Lift L knee and plate to O/H<br>Lower plate and foot to start position<br>Side Lunge L, plate towards L knee<br>Lift L knee and plate to O/H<br>Lower plate and foot to start position<br>Repeat to R | 2<br>2<br>4<br>2<br>2<br>4<br>16 | 2x   |



ALT

03. WORK, WORK 4:42mins

Please use this song in place of *Booty (Vice Remix)* when teaching Track 03.

| MUSIC |                 |      | EXERCISE       |                                                                                                                                                                                                                                                                                                     | CTS                              | REPS |
|-------|-----------------|------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|------|
| 0:00  | Intro /         | 4x8  |                | Set up for Power Skier R. Step L foot into middle of the SMARTBAND™, hold handle in each hand or ↓OPTION: Use one handle. Step feet outside shoulder-width, bend L knee. Hands at hip height above L knee. Light or medium weight plate nearby                                                      | 32                               |      |
| 0:11  | Who dat         | 12x8 | A              | <b>Power Skier R</b><br>Move hands across body to R<br>Move hands across body to L<br>Move hands across body to R<br>Return to start position                                                                                                                                                       | 4<br>4<br>4<br>4                 | 6x   |
| 0:46  | PC / Work, work | 8x8  | B              | <b>Resisted Single-Leg Airplane</b><br>Step R leg B, arms out to sides<br>Arms half circle to front<br>Arms half circle to side<br>Lower arms down, step R leg in<br>↑OPTION: Lift R leg off the floor                                                                                              | 4<br>4<br>4<br>4                 | 4x   |
| 1:10  |                 | 8x8  | A <sup>1</sup> | <b>Power Skier R (fast)</b><br>Move hands across body to R<br>Move hands across body to L<br>Move hands across body to R<br>Step R foot in                                                                                                                                                          | 2<br>2<br>2<br>2                 | 8x   |
| 1:33  | Work, work      | 4¼x8 |                | Set up Power Skier L                                                                                                                                                                                                                                                                                | 34                               |      |
| 1:45  | C / I, I, I     | 12x8 | A              | <b>Power Skier L</b>                                                                                                                                                                                                                                                                                | 16                               | 6x   |
| 2:20  | PC / Work, work | 8x8  | B              | <b>Airplane L</b>                                                                                                                                                                                                                                                                                   | 16                               | 4x   |
| 2:43  | Work, work      | 8x8  | A <sup>1</sup> | <b>Power Skier L (fast)</b>                                                                                                                                                                                                                                                                         | 8                                | 8x   |
| 3:07  | Work, work      | 4x8  |                | Set up Side Lunge. Arms straight, hold weight in front of thighs                                                                                                                                                                                                                                    | 32                               |      |
| 3:18  | Who dat         | 12x8 | C              | <b>Side Lunge w. Knee Lift and Plate O/H (slow)</b><br>Side Lunge L, plate towards L knee<br>Come to standing, lift L knee and plate to O/H<br>Lower plate and foot to start position<br>Repeat to R                                                                                                | 4<br>4<br>8<br>16                | 3x   |
| 3:53  | Work, work      | 8x8  | C <sup>1</sup> | <b>Side Lunge w. Knee Lift and Plate O/H (fast)</b><br>Side Lunge L, plate towards L knee<br>Lift L knee and plate to O/H<br>Lower plate and foot to start position<br>Repeat to R                                                                                                                  | 2<br>2<br>4<br>8                 | 4x   |
| 4:17  | Work            | 8x8  | C <sup>2</sup> | <b>Side Lunge w. Knee Lift &amp; Plate O/H Combo</b><br>Side Lunge L, plate towards L knee<br>Lift L knee and plate to O/H<br>Lower plate and foot to start position<br>Side Lunge L, plate towards L knee<br>Lift L knee and plate to O/H<br>Lower plate and foot to start position<br>Repeat to R | 2<br>2<br>4<br>2<br>2<br>4<br>16 | 2x   |



## 03. BOOTY (VICE REMIX) 4:42mins

### TECHNIQUE AND COACHING

#### WHY

One of the unique elements of this program is the opportunity to train our core muscles in standing. Not only does this help us engage our stabilizers when and how we need them, it also trains our brain to connect our lower limb, core and upper limb muscles to enhance our integrated strength.

#### COACHING

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.

We start the Power Skier slowly to set Position and Execution of the move. Encourage participants to use double handles, starting very low at hip level to transition easily into the Airplane move. As your participants get familiar with the Airplane move, encourage the balance with the leg lift off the floor – practice this move yourself so you can role-model. The key is to take the arms wide creating a big tension on the band to help counter-balance you. When we go back into the Power Skier, it's faster with the added dynamic step in.

Coach and challenge participants to lift arms to chest level, rotating from the center of the chest, powering out of the legs to feel their reactive core power!

The final move progresses from a slow-fast Side Lunge with another balance challenge – something we need every day to increase ankle, knee and hip stability.

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 have the participants focus on the feeling of working their muscles and being back in their bodies, it helps them to fight fatigue and ensures everyone stays committed to the end.

#### POWER SKIER

##### KEY COACHING FOCUS

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

##### LAYER 1

- Let's start with a band
- Step your right foot into the center of the band
- Hold the handles, double or single
- **Feet wide, outside hip-width**
- Bring your weight into the right leg and bend the knee
- **Brace abs and chest up**
- Slow Power Skier
- Arms low to start
- 3 times across and reset down to knee
- **Chest stays in between the handles**
- **Rotate from the center of the chest**
- Target aiming corner to corner
- Back to the Power Skier – faster this time with a step in

##### LAYER 2

- Transferring the power from the legs through the core – your super unique core
- Feeling the core activation now as you put the power on
- When you step out, use the core to catch the landing, activating the core even more with control

##### LEVEL

↓ To decrease intensity, use a single band



# 03. BOOTY (VICE REMIX) 4:42mins

## TECHNIQUE AND COACHING

### RESISTED SINGLE-LEG AIRPLANE

#### KEY COACHING FOCUS

**Brace abs to keep hips and shoulders square to the front**

#### LAYER 1

- Check out the new move
- Airplane with Arm Circle
- Left leg back as we open the arms, circle wide and reset
- **Chest lifted, abs braced to square hips to the front**
- **Tip forward from the hips – nose over toes**
- Left leg can come off the floor for a balance challenge

#### LAYER 2

- Feel how the abdominals need to switch on to balance you
- We are building strength in the core and posterior chain – glutes and back muscles
- Stay as wide as you can with the Circle to keep the tension on the band

#### LEVEL

↓To decrease intensity, feet on the floor

### SIDE LUNGE WITH KNEE LIFT AND PLATE OVER HEAD

#### KEY COACHING FOCUS

**Brace abs to keep hips forward. Rotate from the center of the chest. Plate stops outside thigh**

#### LAYER 1

- Band or plate
- Let's test balance, control and power
- Feet under hips, plate starts low
- Side Lunge to the right
- Plate outside knee
- Knee lift, plate over head and slowly lower
- Switch sides
- **Chest lifted, abs braced**
- **Plate stops at outer thigh**
- **Hinge forward from the hips**
- **Rotate from the center of the chest**
- **Elbows forward on the Overhead Press**
- Let's move faster
- Stay on the same side – 2 times now

#### LAYER 2

- It's OK if you lose balance – balance is something that challenges us every day so we need to work on and train it
- Feel how hard your core needs to work to respond and catch the plate
- Push from the outside foot and step wider for more challenge

#### LEVEL

↓To decrease intensity, use a 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.

**Please note: This track contains explicit content. The alternative song can be use in its place. Please use *Love of Mine* with the same choreography.**

| MUSIC     |                      | EXERCISE                                                                                                                                                                                                                                                                                                            |                | CTS                                                                                                                                                                                                                         | REPS                              |
|-----------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| Pre-track |                      | 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, palms facing up. Lift arms halfway up, hands out<br>↓OPTIONS: No plate or band |                |                                                                                                                                                                                                                             |                                   |
| 0:02      | Intro / I'm stupid _ | 4x8                                                                                                                                                                                                                                                                                                                 |                | Slide L foot B, heel lifted. Slightly bend standing leg. Lift chest                                                                                                                                                         | 32                                |
| 0:14      | I'm calling _        | 12x8                                                                                                                                                                                                                                                                                                                | A              | <b>Staggered Half Circle Tap L</b><br>Circle L foot to front<br>Circle L foot B to start position<br>↑OPTION: Foot off floor                                                                                                | 16<br>16<br>3x                    |
| 0:50      | C / Genius           | 8x8                                                                                                                                                                                                                                                                                                                 | A <sup>1</sup> | <b>Staggered Half Circle Tap L</b> (faster)<br>4x Tap traveling to the front<br>4x Tap traveling B to start position                                                                                                        | 8<br>8<br>4x                      |
| 1:14      | (Opera singing)      | 6x8                                                                                                                                                                                                                                                                                                                 |                | Set up Staggered Half Circle Tap R. Feet under hips. Palms facing up, lift chest, pull shoulders back and down<br>Slide R foot B, heel lifted. Slightly bend standing leg                                                   | 32<br>16                          |
| 1:32      | I'm calling _        | 12x8                                                                                                                                                                                                                                                                                                                | A              | <b>Staggered Half Circle Tap R</b>                                                                                                                                                                                          | 32<br>3x                          |
| 2:09      | C / Genius           | 8x8                                                                                                                                                                                                                                                                                                                 | A <sup>1</sup> | <b>Staggered Half Circle Tap R</b> (faster)                                                                                                                                                                                 | 16<br>4x                          |
| 2:33      | Like you             | 2x8                                                                                                                                                                                                                                                                                                                 |                | Set up Bent Knee Kickback. Stack weight plates, hold them at collarbones. Feet under hips                                                                                                                                   |                                   |
| 2:39      | See ya _             | 8x8                                                                                                                                                                                                                                                                                                                 | B              | <b>Staggered Knee Lift Circle w. 45° Bent-Leg Kickback</b> (slow)<br>Lift L knee up<br>Open knee out to L corner<br>Push L knee to back corner<br>Kickback<br>L foot B to start position<br>Repeat to R                     | 8<br>8<br>8<br>6<br>2<br>32<br>1x |
| 3:03      | V / Oh, my           | 16x8                                                                                                                                                                                                                                                                                                                | B <sup>1</sup> | <b>Staggered Knee Lift Circle w. 45 Bent Kickback</b> (fast)<br>Lift L knee up<br>Open knee out to L corner<br>Push L knee to back corner<br>Kickback<br>L foot B to start position<br>Repeat to R                          | 4<br>4<br>4<br>2<br>2<br>16<br>4x |
| 3:51      | C / Like you         | 2x8                                                                                                                                                                                                                                                                                                                 |                | Set up for Side Step. Feet under hips, bend knees                                                                                                                                                                           | 16                                |
| 3:57      | V / Oh, my           | 16x8                                                                                                                                                                                                                                                                                                                | C              | <b>Side Step and Circle Tap L&amp;R</b><br>2x Side Step L<br>Step L foot B<br>Circle L foot B to start position<br>2x Side Step R<br>Step R foot B<br>Circle R foot B to start position<br>↑OPTION: Plates O/H after 2 reps | 8<br>4<br>4<br>8<br>4<br>4<br>4x  |





ALT

04. LOVE OF MINE 4:51mins

Please use this song in place of *Genius* when teaching Track 04.

| MUSIC     |                                    |      | EXERCISE                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                             | CTS                         | REPS |
|-----------|------------------------------------|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|------|
| Pre-track |                                    |      | 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, palms facing up. Lift arms halfway up, hands out<br>↓OPTIONS: No plate or band |                                                                                                                                                                                                                             |                             |      |
| 0:02      | Intro / I don't wanna <b>die</b> _ | 4x8  | Slide L foot B, heel lifted. Slightly bend standing leg. Lift chest                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                             | 32                          |      |
| 0:14      | I saw you _                        | 12x8 | A                                                                                                                                                                                                                                                                                                                   | <b>Staggered Half Circle Tap L</b><br>Circle L foot to front<br>Circle L foot B to start position<br>↑OPTION: Foot off floor                                                                                                | 16<br>16                    | 3x   |
| 0:50      | C / Love of <b>mine</b>            | 8x8  | A <sup>1</sup>                                                                                                                                                                                                                                                                                                      | <b>Staggered Half Circle Tap L</b> (faster)<br>4x Tap traveling to the front<br>4x Tap traveling B to start position                                                                                                        | 8<br>8                      | 4x   |
| 1:14      |                                    | 6x8  | Set up Staggered Half Circle Tap R. Feet under hips. Palms facing up, lift chest, pull shoulders back and down<br>Slide R foot B, heel lifted. Slightly bend standing leg                                                                                                                                           |                                                                                                                                                                                                                             | 32<br>16                    |      |
| 1:32      | But, baby _                        | 12x8 | A                                                                                                                                                                                                                                                                                                                   | <b>Staggered Half Circle Tap R</b>                                                                                                                                                                                          | 32                          | 3x   |
| 2:09      | C / <b>Of</b> mine                 | 8x8  | A <sup>1</sup>                                                                                                                                                                                                                                                                                                      | <b>Staggered Half Circle Tap R</b> (faster)                                                                                                                                                                                 | 16                          | 4x   |
| 2:33      |                                    | 2x8  | Set up Bent Knee Kickback. Stack weight plates, hold them at collarbones. Feet under hips                                                                                                                                                                                                                           |                                                                                                                                                                                                                             |                             |      |
| 2:39      | Oh, love of mine _                 | 8x8  | B                                                                                                                                                                                                                                                                                                                   | <b>Staggered Knee Lift Circle w. 45° Bent-Leg Kickback</b> (slow)<br>Lift L knee up<br>Open knee out to L corner<br>Push L knee to back corner<br>Kickback<br>L foot B to start position<br>Repeat to R                     | 8<br>8<br>8<br>6<br>2<br>32 | 1x   |
| 3:03      | V / <b>Of</b> mine                 | 16x8 | B <sup>1</sup>                                                                                                                                                                                                                                                                                                      | <b>Staggered Knee Lift Circle w. 45 Bent Kickback</b> (fast)<br>Lift L knee up<br>Open knee out to L corner<br>Push L knee to back corner<br>Kickback<br>L foot B to start position<br>Repeat to R                          | 4<br>4<br>4<br>2<br>2<br>16 | 4x   |
| 3:51      |                                    | 2x8  | Set up for Side Step. Feet under hips, bend knees                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                             | 16                          |      |
| 3:57      | V / <b>Oh</b> , love of mine       | 16x8 | C                                                                                                                                                                                                                                                                                                                   | <b>Side Step and Circle Tap L&amp;R</b><br>2x Side Step L<br>Step L foot B<br>Circle L foot B to start position<br>2x Side Step R<br>Step R foot B<br>Circle R foot B to start position<br>↑OPTION: Plates O/H after 2 reps | 8<br>4<br>4<br>8<br>4<br>4  | 4x   |



# 04. GENIUS 4:51mins

## TECHNIQUE AND COACHING

### SIDE STEP AND CIRCLE TAP

#### KEY COACHING FOCUS

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

#### LAYER 1

- Bend your knees
- 2 lateral steps to the right
- Right leg back, lateral Circle
- Punch the plates over head, **elbows forward**
- **Push your knees out as you step with the chest lifted**
- **Brace the abs tightly to keep the hips and pelvis forward**

#### LAYER 2

- The plates want to pull you forward; lift the chest up to strengthen lower, mid and upper back
- Feel how hard the core is working with the plate over head and tension on the band

#### LEVEL

↓To decrease intensity, no band and no plates

### STAGGERED KNEE LIFT CIRCLE WITH 45-DEGREE BENT-LEG KICKBACK

#### KEY COACHING FOCUS

**Brace abs to keep hips and shoulders square to front**

#### LAYER 1

- Stack the plates high on collarbones
- Feet under hips, brace abs tightly and lift chest
- Load through left leg
- Right leg lifts off the floor and hold
- Push the knee to the side of the room and hold
- Push the knee to the back corner and hold
- **Squeeze glutes**, Bent-Leg Kickback
- Try the other side
- You can tap down any time for stability
- **Brace abs to keep body square to the front**
- Let's make the move faster

#### LAYER 2

- We work hip flexors, glute max and mobility in the hips
- Lift the knee higher to challenge your strength

#### LEVEL

↓To decrease intensity, no band and no plates



# 04. GENIUS 4:51mins

## TECHNIQUE AND COACHING

### WHY

Wrapping the band around the thighs helps us load and isolate the side glutes. Although a lot of focus is on the moving leg, the side glutes in the standing leg are also being challenged. The key to this is to keep the hips level throughout the movement and avoid leaning towards the weight-bearing side.

### COACHING

This track is a WOWSA! It will challenge everyone in the class – seasoned participants and new people. At the beginning of the track, advise new participants to try without the band and plates, helping them to feel successful! Remember, look out and teach to the needs of your class.

We set up this track with the band around the thighs. 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 have 3 different exercises: Staggered Half Circle Tap, Staggered Knee Lift with Bent-Leg Kickback and Side Step and Circle Tap – all focused on challenging the core, glutes, hips and posture.

The staggered Half-Circle work has a new feel, with the starting position from the back rather than starting on a 45-degree angle. As you physically take time to get alignment, avoid overarching in the back by keeping the foot on the floor and coach to this. As you build your 'endurance fitness' to teach this track, spend time on practicing your pre-cues; changes come quickly making the track super dynamic and powerful with awesome music.

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.

### STAGGERED HALF CIRCLE TAP

#### KEY COACHING FOCUS

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

#### LAYER 1

- Wrap band around thighs, fist-length above knees, cross band behind, bring handles forward, L handle threads through R handle, R handle threads through L handle
- Grab your weight plates – one in each hand
- Turn the plates upright and out to the corners of the room, elbows in, **chest lifted**
- Slide your right leg back behind you
- **Keep your hips square to the front**
- Standing leg bent and **knee pushes out** against the band
- Back leg is slightly lifted off the floor
- Circle your right foot out wide, skimming the floor – in line with the standing leg
- Then slowly circle the leg back to starting position
- **Brace abs and keep chest lifted as you move**
- Change the move – we are tapping down

#### LAYER 2

- Feel the abdominals bracing tightly to keep your pelvis facing forward and avoid overarching as you take the leg back. Shorten the range if you find you're overarching
- Imagine I'm pulling you up by your ears – that's going to keep the work in the standing glute
- Challenge yourself to go wider
- We also get the inner thighs firing on the standing leg – great for preventing groin strain

#### LEVEL

↓ To decrease intensity, no band and no plates



# 05. CORE STRENGTH 2

## TRACK FOCUS

I want my participants to understand how to execute the moves well through my precise coaching language, as well as empower them to keep challenging the Intensity.

|      | MUSIC                       |      | EXERCISE                                                                                                                                                                                                        | CTS              | REPS |
|------|-----------------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 0:00 | Intro / <b>Bang bang</b>    | 2x8  | Set up in Plank position, facing R<br>OPTIONS: On knees or toes                                                                                                                                                 | 16               |      |
| 0:07 | V / <b>Ooohh</b>            | 4x8  | A <b>Mountain Climber</b><br>L knee to L elbow<br>Return to start position<br>Repeat to R                                                                                                                       | 2<br>2<br>4      | 4x   |
| 0:23 | PC / <b>Ooohh</b>           | 12x8 | A <sup>1</sup> <b>Plank Side Climber w. Bolt</b><br>3x Pulse L knee to L elbow<br>Pull hips back<br>Repeat to R<br>↑OPTION: Jump into the first Mountain Climber,<br>Pulse after 5 reps                         | 6<br>2<br>8      | 6x   |
| 1:10 | V / <b>Ooohh</b>            | 2x8  | Set up for Standing Oblique Crunch w. Plate. Pick up weight plate, hold in L hand, arms at sides, palms face down. Step feet wide and sit down into Squat                                                       | 16               |      |
| 1:18 | <b>Ooohh</b>                | 2x8  | B <b>Oblique Side Crunch w. Plate L</b><br>Side Crunch L<br>Return to start position                                                                                                                            | 2<br>2           | 4x   |
| 1:25 | <b>Ooohh</b>                | 4x8  | B <sup>1</sup> <b>Oblique Side Crunch Pulse w. Plate L</b><br>Side Crunch L<br>Return to start position                                                                                                         | 1<br>1           | 16x  |
| 1:41 | C / <b>Bang bang</b>        | 8x8  | B <sup>2</sup> <b>Oblique Side Crunch Pulse &amp; Discus Combo L</b><br>4x Oblique Pulse Crunch, then hold the last 2 cts<br>Plate to R corner<br>Return to start position                                      | 8<br>4<br>4      | 4x   |
| 2:12 | V / <b>Ooohh</b><br>(Pause) | 2½x8 | Set up Oblique Side Crunch w. Plate R                                                                                                                                                                           | 20               |      |
| 2:21 | <b>Ooohh</b>                | 2x8  | B <b>Oblique Side Crunch w. Plate R</b>                                                                                                                                                                         | 4                | 4x   |
| 2:29 | <b>Ooohh</b>                | 4x8  | B <sup>1</sup> <b>Oblique Side Crunch Pulse w. Plate R</b>                                                                                                                                                      | 2                | 16x  |
| 2:45 | C / <b>Bang bang</b>        | 8x8  | B <sup>2</sup> <b>Oblique Side Crunch Pulse w. Plate R</b>                                                                                                                                                      | 16               | 4x   |
| 3:16 | (Quiet) / <b>Ooohh</b>      | 2x8  | Come down to floor, facing L. Lie on back, feet in towards butt and heels off the floor. Lift shoulders off the floor                                                                                           | 16               |      |
| 3:24 | B up / <b>Ooohh</b>         | 4x8  | C <b>Penguin Crunch F&amp;B (slow)</b><br>Reach front hand towards front ankle<br>Back to start position<br>Reach back hand towards back ankle<br>Return to start position                                      | 2<br>2<br>2<br>2 | 4x   |
| 3:39 | C / <b>Bang bang</b>        | 5¼x8 | <b>Penguin Crunch F&amp;B (fast)</b><br>Reach front hand towards front ankle<br>Back to start position<br>Reach back hand towards back ankle<br>Return to start position<br>↑OPTION: Alt Toe Taps on the Crunch | 1<br>1<br>1<br>1 | 10¼x |



# 05. BANG BANG 4:03mins

## TECHNIQUE AND COACHING

### WHY

Practicing rotating from the chest to create a C-shape when we Side Flex helps with movement precision. A common fault is to simply slide the shoulders to the side, keeping them level. This creates shear between the vertebrae and can contribute to disc injuries.

### COACHING

The oblique muscles need to be strong to support us for everyday activities. We start the track in Plank with Side Climbers and Bolts to start to fire up the obliques. It's a short set, so encourage participants to try and come onto toes for Plank.

Next, we stand and incorporate the sports-inspired Discus move with the Standing Side Bends to transfer the power from the lower body to the upper body. 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 NEW move so you can inspire others through role-modeling Technique.

Lastly, the track finishes with a short block of Penguin Crunches which are fun and bring the obliques to fatigue. You have time to space out your cues one at a time. This way, you don't leave anyone behind...

### PLANK SIDE CLIMBER WITH BOLT

#### KEY COACHING FOCUS

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

#### LAYER 1

- Hands under shoulders
- On knees or toes
- Right knee to outside of elbow
- Then left side
- **Brace abs so shoulders and hips stay square to floor**
- **Back long and straight**
- Triple Pulse Knee with the Bolt Pullback
- Hips high and spine long on the Pullback
- Let's add the small jump forward

#### LAYER 2

- Let's add more power and challenge – think about wrapping the knee around the outside of the elbow to encourage more strength in the obliques
- Push down through your hands
- Super-charge your obliques as we move faster
- The core muscles must work super hard to catch you in the Plank

#### LEVEL

↓To decrease intensity, on knees



# 05. BANG BANG 4:03mins

## TECHNIQUE AND COACHING

### OBLIQUE SIDE CRUNCH PULSE & DISCUS COMBO

#### KEY COACHING FOCUS

**Brace abs to stabilize lower body. Chest lifted.**  
**Rotate from the center of the chest (Discus).**  
**C-shape the spine (Side Crunch)**

#### LAYER 1

- Grab your plate in your right hand
- Take a Wide Squat, **feet outside hip-width**
- Hips back and down, **chest up, brace abs**
- Side Crunch up and over, slowly
- We pulse, feel the rib to hip connection
- **Feel the C-shape** you're making as you pulse
- Combo coming – pulse, hold down and Discus Throw
- **Rotate from the center of the chest**

#### LAYER 2

- The opposite oblique is working super hard to pull you back to reset
- This is a combination of power and control
- Power without control only gets you so far
- We need to bring focus to the acceleration and deceleration of the movement for athletic power

### PENGUIN CRUNCH

**Ribs to hips as you do the Side Crunch**

#### LAYER 1

- Lie down, feet hip-width apart, hands to feet
- **Chin tucked in**
- Crunch and reach side and center
- Feel the **ribs squeeze towards the hips** as you side-flex
- We are going faster
- Add the opposite leg as we do the Penguin Crunch

#### LAYER 2

- Stay in the strong Crunch position to isolate



# 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)  | 5x8  | Set up Standing Deadlift w. Side Raise. Step onto the middle of the band, feet hip-width apart. Arms at sides |                                                                                                                                                                                                                                  | 40               |      |
| 0:18  | V / _ Now and     | 8x8  | A                                                                                                             | <b>Standing Deadlift w. Front and Side Raise</b><br>Tip F from hips. Lift arms to front corners<br>Return to start position<br>Tip F from hips. Lift arms out to sides<br>Return to start position                               | 4<br>4<br>4<br>4 | 4x   |
| 0:48  | (Instr)           | 4x8  | B                                                                                                             | <b>Wide Bentover Row Pulse</b><br>2x Row Pulse<br>Return to start position                                                                                                                                                       | 4<br>4           | 4x   |
| 1:03  | <b>You</b> can be | 8x8  | A                                                                                                             | <b>Standing Deadlift w. Front and Side Raise</b>                                                                                                                                                                                 | 16               | 4x   |
| 1:33  | PC / _ But you    | 12x8 | B                                                                                                             | <b>Wide Bentover Row Pulse</b>                                                                                                                                                                                                   | 8                | 12x  |
| 2:17  | (Instr)           | 4x8  | Set up Y Lat Pull. Come down to floor, lie on belly, facing F. Arms out in front, thumbs up, feet together    |                                                                                                                                                                                                                                  | 32               |      |
| 2:32  | V / _ Now and     | 8x8  | C                                                                                                             | <b>Alt Y Lat Pull w. Leg Lift</b><br>Lat Pull L arm. Lift R leg<br>Return to start position<br>Lat Pull R arm. Lift L leg<br>Return to start position<br>⬆ Hands off floor                                                       | 4<br>4<br>4<br>4 | 4x   |
| 3:02  | _ But you didn't  | 12x8 | C <sup>1</sup>                                                                                                | <b>Double Y Lat Pull Down</b><br>3x Double Y Lat Pull down and reach F<br>Arms extend out to sides<br>Circle arms B to start position<br>On last 2 cts, hands on top of each other, forehead on hands. Heels together, knees out | 10<br>2<br>4     | 6x   |
| 3:46  | _ I used to know  | 4½x8 | D                                                                                                             | <b>Parachute</b><br>Lift knees up<br>Release down<br>Hold last rep up                                                                                                                                                            | 2<br>2           | 9x   |



# 06. SOMEBODY THAT I USED TO KNOW 4:05mins

## TECHNIQUE AND COACHING

### WHY

Spending long periods of time sitting can result in our back muscles constantly working in a stretched position. However, when we stand, we need them to work in a shortened position to keep us upright. Exercises like the Parachute help us train these muscles in their shortened position (inner range) and are therefore, great for improving postural control.

### COACHING

This track starts in standing with the Front and Side Raises as well as Double Wide Rows, targeting the core and postural muscles. Keeping the chest lifted and hinging from the hips is key to keeping the trunk stable. Coach for precise Execution rather than height, to build strength and control in movements.

We then progress to the floor for the back extension work 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 look and feel strong.

The key to this track is to coach all options so everyone is included. Know your participants and know their goals so you can help motivate them to success!

### STANDING DEADLIFT WITH FRONT AND SIDE RAISE

#### KEY COACHING FOCUS

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

#### LAYER 1

- Grab your band and step inside it, feet under hips
- We start with a Front Raise to the front corners, then to the side
- Pull the shoulder blades back and down
- Lock the core in before we start moving
- Handles go the front corners, thumbs up
- **Tip forward from the hips, chest lifted**
- Side Raise – palms down
- **Brace abs to keep hips square to the front**
- **Squeeze shoulder blades together**

#### LAYER 2

- Keep the shoulders away from the ears and down towards the ribs
- Working the muscles of the back body – the muscles that hold us up all day





# 06. SOMEBODY THAT I USED TO KNOW 4:05mins

## TECHNIQUE AND COACHING

### WIDE BENTOVER ROW PULSE

#### KEY COACHING FOCUS

**Chest lifted. Squeeze shoulder blades together**

#### LAYER 1

- Double Pull Wide and slowly stand up
- Push the butt back, hinging forward from the hip
- **Chest lifted** to keep the spine long
- **Brace the abs to square the hips to the front**
- Elbows draw wide and up
- **Focus on squeezing shoulder blades together**

#### LAYER 2

- Actively engaging the shoulder blades, starting to feel the burn in the muscles building the strength
- Focus on standing slowly, driving out of the heels to activate the glutes

### Y LAT PULL WITH LEG LIFT

#### KEY COACHING FOCUS

**Squeeze butt**

#### LAYER 1

- Lie on your belly
- Feet together, **squeeze glutes**
- Arms narrow into a 'Y' shape
- Opposite arm and leg lift
- Pull the elbow into the side ribs
- Hands on or off the floor
- Lift chest off the floor
- **Tuck in the chin** to release neck tension
- **Shoulder blade squeezes into spine**
- **Maintain the glute squeeze** the entire time
- Both arms reach out and pull in
- Hold and open and circle 3 times

#### LAYER 2

- Feel the lower back working super hard to keep the chest lifted



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 /                | 1x8      | Lie on back, side-on, feet hip-width apart, arms wide.<br>Lower back pressed towards the floor                                                                                                                 | 8   |      |
| 0:09  | V1 / <b>Smooth</b>     | 4x8      | A <b>Double-Leg Lift</b> 2/2                                                                                                                                                                                   | 8   | 4x   |
| 0:26  | PC / _ Ooh when        | 2x8      | B <b>C-Crunch</b> 1/3<br>Crunch up, reach hands past knees<br>Lower down                                                                                                                                       | 4   | 2x   |
|       |                        |          |                                                                                                                                                                                                                | 4   |      |
| 0:35  | C / A <b>side step</b> | 4x8      | B <sup>1</sup> <b>Triple Pulse Crunch</b><br>3x Pulse Crunch<br>Lower down                                                                                                                                     | 6   | 4x   |
|       |                        |          |                                                                                                                                                                                                                | 2   |      |
| 0:53  | V2 / <b>Smooth</b>     | 4x8      | C <b>Cross Crawl</b> F&B<br>Twist to front<br>Twist to B                                                                                                                                                       | 2   | 8x   |
|       |                        |          |                                                                                                                                                                                                                | 2   |      |
| 1:10  | PC / _ Ooh when        | 2x8      | B <b>C-Crunch</b> 1/3<br>Crunch up, reach hands past knees<br>Lower down<br>↑OPTION: Extend legs out                                                                                                           | 4   | 2x   |
|       |                        |          |                                                                                                                                                                                                                | 4   |      |
| 1:19  | C / A <b>side step</b> | 8x8      | B <sup>1</sup> <b>Triple Pulse Crunch</b><br>3x Pulse Crunch<br>Lower down                                                                                                                                     | 6   | 8x   |
|       |                        |          |                                                                                                                                                                                                                | 2   |      |
| 1:54  | Br / _ Ice on my       | 4x8      | C <b>Cross Crawl</b> F&B<br>↑OPTION: Extend legs out                                                                                                                                                           | 4   | 8x   |
| 2:11  | C / A <b>side step</b> | 8x8      | D <b>Oblique Knee Drop and Crunch</b> F&B<br>Knees drop to F<br>6x Oblique Pulse Crunch<br>Knees drop to B<br>6x Oblique Pulse Crunch                                                                          | 4   | 2x   |
|       |                        |          |                                                                                                                                                                                                                | 12  |      |
|       |                        |          |                                                                                                                                                                                                                | 4   |      |
|       |                        |          |                                                                                                                                                                                                                | 12  |      |
| 2:46  | (Silence)              | 2½x8     | Set up in Plank position facing front, on knees or toes                                                                                                                                                        | 20  |      |
| 2:57  | C / A <b>side step</b> | 8x8      | E <b>Plank w. Tap Sequence</b><br>Tap L foot out, and B<br>Tap R foot out, and B<br>Tap L foot out<br>Return L foot to start position<br>Repeat to other side<br>↑OPTION: Lift foot off the floor after 2 reps | 2   | 4x   |
|       |                        |          |                                                                                                                                                                                                                | 2   |      |
|       |                        |          |                                                                                                                                                                                                                | 3   |      |
|       |                        |          |                                                                                                                                                                                                                | 1   |      |
|       |                        |          |                                                                                                                                                                                                                | 8   |      |
|       |                        |          |                                                                                                                                                                                                                |     |      |
| 3:32  | Br / _ Ice on my       | 2x8      | Stand up and set up for Back Tap w. Cobra Arms.<br>Feet under hips. 1x light to medium weight plate in each hand. Arms at sides, knuckles facing B<br>↓OPTION: No weight plates                                | 16  |      |
| 3:40  | _ Fresh boy            | 2x8      | F <b>Back Tap w. Cobra Arms</b><br>Back Tap L. Cobra Arms<br>Return to start position<br>Back Tap R. Cobra Arms<br>Return to start position                                                                    | 2   | 2x   |
|       |                        |          |                                                                                                                                                                                                                | 2   |      |
|       |                        |          |                                                                                                                                                                                                                | 2   | 2x   |
|       |                        |          |                                                                                                                                                                                                                | 2   |      |
| 3:49  | C / A <b>side step</b> | 8x8      | F <sup>1</sup> <b>Back Tap w. Balancing Cobra</b><br>Back Tap L. Cobra Arms<br>Return to start position<br>Balance on R leg, lift L leg and tip F from the hips<br>Return to start position<br>Repeat to R     | 2   | 4x   |
|       |                        |          |                                                                                                                                                                                                                | 2   |      |
|       |                        |          |                                                                                                                                                                                                                | 2   |      |
|       |                        |          |                                                                                                                                                                                                                | 2   |      |
|       |                        |          |                                                                                                                                                                                                                | 8   |      |



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

# BUTTER 4:27mins

## TECHNIQUE AND COACHING

### WHY

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

### COACHING

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 the point of difference from the 30-minute Warm-up.

### C-CRUNCH

#### KEY COACHING FOCUS

**Engage abs to press lower back towards the floor (Leg Lift). Ribs to hips (Crunch)**

#### LAYER 1

- Lower back pressing close towards the floor and brace the abs to hold this position
- Lift the legs, knees over hips, shins parallel
- C-Crunch – quick and slow
- Lifting legs and shoulders
- **Abs braced to keep lower back pressed towards the floor, especially as you lower the legs**
- Triple C-Crunch Pulses
- **Ribs to hips** to engage the core
- Progression to extend legs if you want more of a challenge

#### LAYER 2

- We are switching the muscles on and getting warm fast
- Adding the long levers will bring the challenge to the lower abs which you will feel straight away
- Every time we crunch up, let's try and close the gap between the ribs to hips

### CROSS CRAWL

#### KEY COACHING FOCUS

**Rotate from the center of the chest**

#### LAYER 1

- Fingertips to temples
- Cross Crawl
- Opposite shoulder towards knee
- Elbows wide
- **Rotate from the center of the chest**
- Option to extend the legs long

#### LAYER 2

- The obliques are in their prime when we move like this. They are the power muscles

#### LEVEL

↓To decrease intensity, bend legs

### OBLIQUE KNEE DROP AND CRUNCH

#### KEY COACHING FOCUS

**Ribs to hips (Crunch)**

#### LAYER 1

- New move, drop knees to front
- Back arm up and we pulse crunch
- Repeat to the back
- **Ribs to hips**
- **Chin tucked in on the Crunch**
- Keep knees glued to the floor

#### LAYER 2

- Feel the engagement of the big oblique muscles – we are getting warm fast

#### LEVEL

↓To decrease intensity, stay on knees



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

# BUTTER 4:27mins

## TECHNIQUE AND COACHING

### PLANK WITH TAP SEQUENCE

#### KEY COACHING FOCUS

**Brace abs to keep hips and shoulders square to the floor. Back long and straight. Squeeze glutes (Leg Lift)**

#### LAYER 1

- Come on over to Plank
- **Hands shoulder-width apart**
- Feet hip-width apart
- **Brace abs, back long and straight**
- Tap the foot out from the mid-line
- 3 Taps and a hold
- You can do the same move on the knees, still lifting the leg
- This time, try and take your foot off the floor on the 3rd Tap
- **Squeeze the glute to keep the leg at hip level**

#### LAYER 2

- Force the core to stay rigid and strong by bracing it hard through the challenge

#### LEVEL

↓To decrease intensity, on knees

### BACK TAP WITH COBRA

#### KEY COACHING FOCUS

**Brace abs to keep hips and shoulders square to the front. Squeeze butt and shoulder blades (Balancing Cobra)**

#### LAYER 1

- Come up to standing
- 2 light weight plates – one in each hand or body weight
- Feet under hips, palms forward
- Easy Back Tap with Cobra Arms
- **Tip forward from the hips**
- Let's combo this – Tap Back and balance lift
- **Brace the abs to keep hips and shoulders square to the floor**
- Bend the stabilizing leg
- **Squeeze the butt and shoulder blades as you balance**

#### LAYER 2

- Priming the stabilizing muscles so we are ready for the workout ahead



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 ready for the workout ahead.

| MUSIC |                    | EXERCISE |                                                             | CTS | REPS |
|-------|--------------------|----------|-------------------------------------------------------------|-----|------|
| 0:00  | Intro /            | 2x8      | Set up. Feet hip-width apart, knees slightly bent           | 16  |      |
| 0:10  | (Synth vocal)      | 6x8      | A Lunge w. Quarter Turn L                                   |     |      |
|       |                    |          | Lunge L leg B                                               | 2   |      |
|       |                    |          | Quarter Turn pivot to face L side                           | 2   |      |
|       |                    |          | Quarter Turn B to front                                     | 2   |      |
|       |                    |          | Step L foot in                                              | 2   | 6x   |
| 0:41  | (Heavy synth bass) | 2x8      | A <sup>1</sup> Lunge w. Quarter Turn Skip + Squat Combo     |     |      |
|       |                    |          | Lunge L leg B                                               | 1   |      |
|       |                    |          | Quarter Turn pivot to face L side                           | 1   |      |
|       |                    |          | Quarter Turn B to front                                     | 1   |      |
|       |                    |          | Step L foot in                                              | 1   | 2x   |
|       |                    |          | 2x Squat                                                    | 8   | 1x   |
| 0:50  | (Heavy synth bass) | 6x8      | A <sup>2</sup> Lunge w. Quarter Turn Skip + Squat Burpee    |     |      |
|       |                    |          | Lunge L leg B                                               | 1   |      |
|       |                    |          | Quarter Turn Skip to face L side                            | 1   |      |
|       |                    |          | Quarter Turn Skip B to front                                | 1   |      |
|       |                    |          | Step L foot in                                              | 1   |      |
|       |                    |          | Lunge L leg B                                               | 1   |      |
|       |                    |          | Quarter Turn Skip to face L side                            | 1   |      |
|       |                    |          | Quarter Turn Skip B to front                                | 1   |      |
|       |                    |          | Step L foot into wide stance                                | 1   |      |
|       |                    |          | Hands to floor                                              | 1   |      |
|       |                    |          | Step L foot B                                               | 1   |      |
|       |                    |          | Step R foot B                                               | 2   |      |
|       |                    |          | Step L foot in                                              | 1   |      |
|       |                    |          | Step R foot in                                              | 1   |      |
|       |                    |          | Stand up                                                    | 2   | 3x   |
| 1:21  | (Low synth)        | 8x8      | A Lunge w. Quarter Turn R                                   | 8   | 8x   |
| 2:01  | (Heavy synth bass) | 8x8      | A <sup>3</sup> Lunge w. Quarter Turn Skip + 2x Burpee R     |     |      |
|       |                    |          | Lunge R leg B                                               | 1   |      |
|       |                    |          | Quarter Turn Skip to face R side                            | 1   |      |
|       |                    |          | Quarter Turn Skip B to front                                | 1   |      |
|       |                    |          | Step R foot in                                              | 1   |      |
|       |                    |          | Lunge R leg B                                               | 1   |      |
|       |                    |          | Quarter Turn Skip to face R side                            | 1   |      |
|       |                    |          | Quarter Turn Skip B to front                                | 1   |      |
|       |                    |          | Step R foot into Wide Stance                                | 1   |      |
|       |                    |          | Hands to floor                                              | 1   |      |
|       |                    |          | Jump feet out                                               | 1   |      |
|       |                    |          | Jump feet in                                                | 1   |      |
|       |                    |          | Stand up                                                    | 1   |      |
|       |                    |          | Hands to floor                                              | 1   |      |
|       |                    |          | Jump feet out                                               | 1   |      |
|       |                    |          | Jump feet in                                                | 1   |      |
|       |                    |          | Stand up                                                    | 1   | 4x   |
|       |                    |          | ↑OPTION: Vertical Jump after each Burpee                    |     |      |
| 2:42  | (Low drumbeat)     | 1x8      | Come down to Plank position facing F. Hands under shoulders | 8   |      |
|       |                    |          | OPTIONS: On knees or toes                                   |     |      |



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

STANDING STRENGTH 3

| MUSIC |                       | EXERCISE |                                                                                                            | CTS              | REPS |
|-------|-----------------------|----------|------------------------------------------------------------------------------------------------------------|------------------|------|
| 2:47  |                       | 3x8      | B <b>Bear Crawl In &amp; Out</b><br>Step L foot in<br>Step R foot in<br>Step L foot out<br>Step R foot out | 1<br>1<br>1<br>1 | 6x   |
| 3:02  | (Bass synth keyboard) | 7x8      | C <b>Plank Walk</b> L&R<br>4x Plank Walk L<br>4x Plank Walk R                                              | 8<br>8           | 3½x8 |
| 3:37  |                       | 1x8      | Stand up, feet hip-width apart                                                                             | 8                |      |
| 3:42  | (Heavy synth bass)    | 8x8      | A³ <b>Lunge w. Quarter Turn Skip + 2x Burpee</b> L                                                         | 16               | 4x   |
| 4:23  | Outro /               | 8x8      | A³ <b>Lunge w. Quarter Turn Skip + 2x Burpee</b> R                                                         | 16               | 4x   |



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

# YOU KNOW 5:06mins

## TECHNIQUE AND COACHING

### WHY

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

### COACHING

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 from 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'!

### LUNGE WITH QUARTER TURN SKIP AND BURPEE

#### KEY COACHING FOCUS

**Long step back (Lunge). Brace abs so body can turn as one (Lunge Squat). Brace abs and keep back long and straight (Burpee)**

#### LAYER 1

- Feet outside hip-width, bend knees
- Lunge, Quarter Turn and pivot into Squat
- Back to Lunge and set
- Same leg again
- **Long step back as you lunge**
- **Lift the toes and pivot on the heel**
- **Lift the chest high**
- **Brace the core hard so the hips and shoulders turn as one**
- Let's add a Skip
- Add on 2 Wide Squats
- Keep the long step on the Lunge
- **Hips back and down on the Squat**
- Either Squat or Slow Burpee
- **Brace abs in the long Plank**
- Other side back – slow to start
- Your choice – 2 Squats, 1 Burpee or 2 faster Burpees

#### LAYER 2

- Staying low to load the legs
- The key is to lift your toes so you can pivot, making sure the body turns as one
- Can you feel the pressure building on your thighs? That's strength – we are going to make the legs strong
- Feel your core – keep your spine stiff to enable power to the arms and legs
- 'Turbo bust' the combo with a jump
- To challenge heart rate and core

#### LEVEL

↓ To decrease intensity, Squat. No Burpee or Skip



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

**YOU KNOW** 5:06mins

**TECHNIQUE AND COACHING**

**BEAR CRAWL / PLANK WALK**

KEY COACHING FOCUS

**Brace abs to keep hips and shoulders square to the floor. Back long and straight (Plank)**

LAYER 1

- Come down to the floor to Plank
- Hands shoulder-width apart
- **Walk the feet in under hips**
- Knees close to the floor
- **Brace the abs tightly to keep everything square to the front**
- Walking Plank 4 times to the right
- Push off the same arm and leg as you step out
- **Keep the abs braced to drive intensity**

LAYER 2

- Drive down through the hands
- Minimize any extra movements
- Abs and legs are kept rigid





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 |
|-----------|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| Pre-track |                   | Set up Horse Stance, facing F. Feet in band handles, band between legs, both thumbs hook into center of band<br>↓OPTION: One hand in center of band |                                                                                                                                                             |                  |      |
| 0:00      | Intro /           | 4x8                                                                                                                                                 | Set up in Horse Stance, hands under shoulders, extend L leg B<br>Preview Horse Stance Lateral Leg Tap                                                       | 16<br>16         |      |
| 0:20      | V / (Reggae rap)  | 4x8                                                                                                                                                 | A Horse Stance Lateral Leg Tap L<br>Half Circle F, Tap down<br>Half Circle Tap B<br>↑OPTION: Keep foot off the floor                                        | 2<br>2           | 8x   |
| 0:42      | C / <b>Lingua</b> | 4x8                                                                                                                                                 | A <sup>1</sup> Horse Stance Kickback & 4x Leg Lift Micro Pulse Combo L<br>3x L knee in and extend B<br>4x Micro Pulse                                       | 12<br>4          | 2x   |
| 1:04      | V / (Reggae rap)  | 4x8                                                                                                                                                 | A Horse Stance Lateral Leg Tap L                                                                                                                            | 4                | 8x   |
| 1:25      | C / <b>Lingua</b> | 4x8                                                                                                                                                 | A <sup>1</sup> Horse Stance Kickback & 4x Leg Lift Micro Pulse Combo L                                                                                      | 16               | 2x   |
| 1:45      | (Silence)         | 2x8                                                                                                                                                 | Sit B into Childs Pose. Set up for Horse Stance Lateral Leg Tap R. Extend R leg B                                                                           | 16               | 2x   |
| 1:57      | V / (Reggae Rap)  | 4x8                                                                                                                                                 | A Horse Stance Lateral Leg Tap R                                                                                                                            | 4                | 8x   |
| 2:19      | C / <b>Lingua</b> | 4x8                                                                                                                                                 | A <sup>1</sup> Horse Stance Kickbacks & 4x Leg Lift Micro Pulse Combo R                                                                                     | 16               | 2x   |
| 2:40      | V / _ Me          | 4x8                                                                                                                                                 | A Horse Stance Lateral Leg Tap R                                                                                                                            | 4                | 8x   |
| 3:01      | C / <b>Lingua</b> | 4x8                                                                                                                                                 | A <sup>1</sup> Horse Stance Kickbacks & 4x Leg Lift Micro Pulse Combo R                                                                                     | 16               | 2x   |
| 3:23      | (Keyboard)        | 3x8                                                                                                                                                 | Set up for Hip Bridge. Lie on back, facing R. Heels close to butt, hands out wide                                                                           | 24               |      |
| 3:39      | Instr /           | 5x8                                                                                                                                                 | B Hip Bridge<br>Lift up<br>Lower down<br>On last 4 cts, keep hips up and lift front knee                                                                    | 2<br>2           | 10x  |
| 4:06      | C / <b>Lingua</b> | 8x8                                                                                                                                                 | B <sup>1</sup> Single-Leg Hip Bridge Pulse F&B<br>2x Pulse front knee<br>Switch to back knee<br>2x Pulse B knee<br>Switch to front knee<br>Hold last rep up | 3<br>1<br>3<br>1 | 8x   |



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

# 09. LINGUA 4:51mins

## TECHNIQUE AND COACHING

### WHY

Horse Stance provides the opportunity for ultimate 3-dimensional core training. Because our pelvis, hips and lower back are suspended in the air, they can deviate and rotate in any direction. To control this, we need to co-contract all of our core muscles to maintain neutral.

### 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 participants.

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 LATERAL LEG TAP / KICKBACK COMBO

#### 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 Horse Stance
- For resistance, both thumbs hook under; or, for less resistance, one thumb
- **Hands under shoulders**
- **Core brace on**
- Lateral Tap to the corner and back, up and over
- **Squeeze glutes as you lift the leg**
- Knee under hip 3 times and 4 Micro Pulses
- **Feel your abdominal brace that is keeping your hips and shoulders square and level to the floor**
- Keep the foot off the floor for more of a challenge

#### LAYER 2

- If you want more challenge, increase the range
- Keep pressing down hard into the hands to stabilize the shoulders
- Small isolated movement which will turn into a 'rip-roaring fire'
- Take one thumb out for less resistance to keep the work in the glutes
- The core is working so hard to keep the body strong as we move

#### LEVEL

↓ To decrease intensity, no band or single thumb



45-MINUTE FORMAT / BONUS 06 — 30 MINUTE FORMAT

# 09. LINGUA 4:51mins

## TECHNIQUE AND COACHING

### HIP BRIDGE

#### KEY COACHING FOCUS

**Squeeze glutes**

#### LAYER 1

- Bands off
- Feet close to butt
- Hands wide
- Press the hips up and down
- **Squeeze butt and brace abs to avoid overarching the back**
- Single-leg Hip Bridge now
- Double Pulse and switch

#### LAYER 2

- We are aiming to have strong glutes



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                   | REPS |
|-------|-----------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------|
| 0:01  |                       | 1x8      | Lie down onto back                                                                                                                                                                                                                                     | 8                     |      |
| 0:07  | Instr / (Piano)       | 3x8      | A <b>Glute Stretch</b><br>Front ankle to back thigh<br>Reach through and grab behind the back leg and pull towards you<br>⬆️OPTION: Use elbow to push front knee away for a deeper stretch                                                             | 4<br><br>20           |      |
| 0:26  | V / I've been missing | 4x8      | A <sup>1</sup> <b>Cross-Legged Hip Stretch R</b><br>Arms wide. Foot down, back knee towards the floor.<br>Back ankle to front knee to deepen the stretch                                                                                               | 32                    |      |
| 0:52  | C / Crazy             | 4x8      | A Set up Glute Stretch on the other side.<br>Back ankle to front thigh                                                                                                                                                                                 | 32                    |      |
| 1:18  | V / I've been missing | 4x8      | A <sup>1</sup> <b>Cross-Legged Hip Stretch L</b><br>Arms wide. Foot down, front knee towards the floor                                                                                                                                                 | 32                    |      |
| 1:43  | C / Crazy             | 2x8      | Bring knees into chest                                                                                                                                                                                                                                 | 16                    |      |
| 1:56  | B up / Eyes           | 2x8      | B <b>Hamstring Stretch F&amp;B</b><br>F leg extends along floor<br>Straighten back leg and pull towards chest<br>Change legs, back leg extends along floor<br>Straighten front leg and pull towards chest<br>Arms reach past legs into Crunch position | 4<br>4<br>2<br>2<br>4 |      |
| 2:09  | C / Crazy             | 4x8      | C <b>Crunch and Scissor Legs</b><br>2x Crunch w. Scissor Legs<br>Switch legs<br>⬇️OPTION: Bend knees                                                                                                                                                   | 3<br>1                | 8x   |
| 2:34  | Crazy                 | 1x8      | Bring knees into chest and roll up                                                                                                                                                                                                                     | 8                     |      |
| 2:41  | Crazy                 | 1x8      | D <b>Childs Pose</b> , facing R                                                                                                                                                                                                                        | 8                     |      |
| 2:47  | V / I tried moving on | 4x8      | E <b>Psoas Stretch / Hip Flexor Stretch R</b><br>Front leg comes F into 90/90 Stretch<br>Reach back arm up and over towards front<br>Reach back arm down to outside of front thigh<br>Front arm reaches B<br>Lift back knee                            | 8<br>8<br>4<br>4<br>8 |      |
| 3:13  | C / Crazy             | 4x8      | E Switch sides, back leg comes F into 90/90 Stretch<br><b>Psoas Stretch / Hip Flexor Stretch L</b>                                                                                                                                                     | 32                    |      |
| 3:39  | Instr / (B up)        | 1x8      | F <b>Forward Fold</b><br>Hands to floor, chest to thighs                                                                                                                                                                                               | 8                     |      |
| 3:45  | (Big instr)           | 2x8      | G <b>Intense Pose</b> front                                                                                                                                                                                                                            | 16                    |      |
| 3:58  |                       | 2x8      | G <b>Intense Pose</b> back                                                                                                                                                                                                                             | 16                    |      |
| 4:10  | Outro / Crazy         | 1x8      | Stand up, face the front and stretch arms to ceiling                                                                                                                                                                                                   | 8                     |      |



45-MINUTE FORMAT

CRAZY 4:23mins

## 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 which will help and prepare them for their next class.

### GLUTE STRETCH

#### KEY COACHING FOCUS

#### **Open knee to open hip**

##### LAYER 1

- Front ankle to back thigh
- Grab the back of the thigh
- Lower head down
- Open the knee to feel the glute stretch

##### LAYER 2

- If you are not feeling the stretch, press the elbow into the knee for more stretch
- Breathe into the stretch

### CROSS-LEGGED HIP STRETCH

#### KEY COACHING FOCUS

#### **Open knee to open hip**

##### LAYER 1

- Take your arms wide
- Back foot down
- Drop knees to the back of the room
- Use your hand to push the knee away

##### LAYER 2

- Press the knee away to feel the stretch; move the foot higher on the leg to get more stretch

### HAMSTRING STRETCH

#### KEY COACHING FOCUS

#### **Tail bone down**

##### LAYER 1

- Hug your knees to chest
- Tail bone down
- Drop front leg to floor
- Extend the back leg and crunch up
- Switch over
- Scissor with arms long
- Option to bend one leg to the floor

##### LAYER 2

- Big breath to drop evenly through both hips

##### LEVEL

↓ To decrease intensity, 90/90 Stretch

### PSOAS STRETCH / HIP FLEXOR STRETCH

#### KEY COACHING FOCUS

#### **Tuck tail bone under (Psoas Stretch), drop hips (Hip Flexor)**

##### LAYER 1

- Come into a low lunge
- **Tuck tail bone under**
- C-shape up and over
- Hand over front knee
- Take the twist
- **Turn from the shoulders, spine long**
- **Drop into your hips** to anchor the lower body
- Lift the bottom knee away from the floor for a full Lunge Twist

##### LAYER 2

- Feel the stretch lengthening 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 honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

# OUR DECLARATION OF INTENT

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

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

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

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

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

situations with the utmost respect to everyone.

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

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

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

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

