

LES MILLS CORE

49

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

Sweet Dreams (2:23)

Alan Walker x Imanbek

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Written by: Walker, Rundberg, Catania, Zeikenov, Larkin, Karlsson, Kasper, Andersson
- 02

Don't Stop Me Now (3:05)

Queen

Courtesy of the Universal Music Group.

Written by: Mercury
- 03

Power (4:01)

Little Mix feat. Stormzy

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Written by: Abrahart Jr., Omelio, Purcell
- 04

Hallelujah (4:04)

MOTi x Joe Killington

© 2022 ZEROCOOLREC.COM.

Written by: Romme, Scully, Killington
- 05

Home (COVEX Remix) (4:51)

Slow Magic

© 2021 Moving Castle.

Written by: Bell
- 06

Way Up (4:52)

Bishu

© 2019 Monstercat.

Written by: Campbell

45-MINUTE FORMAT

- 07

Be Around You (4:19)

Shy Guys

Courtesy of Les Mills Music Licensing Ltd.

Written by: Beasley
- 08

Too Long (4:07)

NIKALAAAYA

Courtesy of Les Mills Music Licensing Ltd.

Written by: Young
- 09

Fall From The Sky (4:18)

Mow Music

Courtesy of Les Mills Music Licensing Ltd.

Written by: Ouderweernink
- 10

Benz Beamer (4:13)

INF

Courtesy of Les Mills Music Licensing Ltd.

Written by: Tyson
- ALT 03

I'm Saying Goodbye (4:01)

Loving Caliber

Courtesy of Epidemic Sound.

Written by: Unknown



LES MILLS CORE 49



Front row: Vili Fifita
Row 2 L–R: Maddalena Boccella, Cinzia Bemmann, Tal Sherman, Daniela Gajardo, Sebastian Perez, Fred Kung
Row 3 L–R: Melanie Urech, Dorin Lazmi, Klavdija Likar, Pamela Sepulveda, Brit Berszelis, Žiga Ozmec
Row 4 L–R: Julie Frias, Naima Brhoum, Bryony Ross Burke, Frédéric Lassauniere, Mathieu Czechowicz, Gina Colonna
Row 5 L–R: Larissa Blum, Adam Jones, Rene Vogel, Joshua Berrier, Benjamin Thibault, Hazel Anderson, Marcus Müller

PRESENTERS

- Rene Vogel** (Germany)
- Bryony Ross Burke** (United Kingdom)
- Hazel Anderson** (United Kingdom)
- Gina Colonna** (United States)
- Joshua Berrier** (United States)
- Brit Berszelis** (Germany)
- Marcus Müller** Germany
- Benjamin Thibault** (France)
- Frédéric Lassauniere** (France)
- Mathieu Czechowicz** (France)
- Fred Kung** (Canada)
- Julie Frias** (Canada)
- Adam Jones** (United Kingdom)
- Daniela Gajardo** (Chile)
- Pamela Sepulveda** (Chile)
- Sebastian Perez** (Chile)
- Klavdija Likar** (Slovenia)
- Žiga Ozmec** (Slovenia)
- Vili Fifita** (New Zealand)
- Dorin Lazimi** (Israel)
- Tal Sherman** (Israel)
- Cinzia Bemmann** (Canada)
- Melanie Urech** (Switzerland)
- Maddalena Boccella** (Switzerland)
- Larissa Blum** (Switzerland)
- Naima Brhoum** (Morocco)

CREDITS

- Choreography** – Dan Cohen and Diana Archer Mills
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Program Coaches** – Kylie Gates, Dan Cohen, Rene Vogel
- Technical Consultant** – Bryce Hastings
- Production Coordinator** – Laura Jackson

As the lights go to black and the pre-show kicks in, the excitement builds with everyone full of anticipation. LES MILLS CORE 49 is now ready for the world to see – LIVE in LONDON!

Over 1,000 participants performed Hovers, dynamic Bow & Arrows, Single-Leg Squats and Hip Drops, all to pumping sounds such as New School, Retro, Dance and more.

Release 49 showcases more than 20 diverse presenters from all over the world. Enjoy this incredible training session.

The LES MILLS CORE team
Dan, Diana, Kylie



KEY

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

RELEASE FEEDBACK

Tell us what you think of this release.
Visit 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

Track 01	Warm-up 30 / Warm-up 45
Track 02	Core Strength 1
Track 03	Standing Strength 1 / Standing Strength 3
Track 04	Standing Strength 2
Track 05	Core Strength 2
Track 06	Core Strength 3 / Glute Isolation
Total Time	24:57

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

45-MINUTE FORMAT

Track 07	Warm-up 45
Track 02	Core Strength 1
Track 03	Standing Strength 1
Track 04	Standing Strength 2
Track 08	Standing Strength 3
Track 09	Glute Isolation / Isolation
Track 05	Core Strength 2
Track 06	Core Strength 3
Track 10	Stretch
Total Time	38:36



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 / Beat , ba-ba	2x8	Lie on back, side-on, feet hip-width apart. Arms out wide		16	
0:12	V / _ You're like a	8x8	A	Double-Leg Lift 2/2	8	8x
0:42	C / Beat , ba-ba	4x8	B	Cross Crawl F&B	4	8x
0:58	V / _ Waves, as they're	8x8	C	Pike Crunch Feet to vertical, hands reach to feet (Pike) Release feet to floor, arms out to sides	4 4	8x
1:29	C / Beat , ba-ba	14x8	C+B	Pike Crunch & Cross Crawl Combo Pike Crunch 2x Cross Crawl F&B ↑OPTION: Extend legs in the Cross Crawl	8 8	7x
2:22	(Pause)	2¼x8	Set up Hip Bridge, pull heels in towards butt. Lift hips up		18	
2:31	C / Beat , ba-ba	8x8	D	Alt Hip Bridge w. Knee Lift and Leg Extension Lift front knee up Extend leg Bend knee Return to start position Repeat to B leg ↑OPTION: Lift heels On the last 2cts, both feet stay on floor, hips stay up	2 2 2 2 8	4x
3:02	Outro / Beat , ba-ba	4x8	D¹	Hip Bridge Pulse	2	16x



30-MINUTE FORMAT

01. SWEET DREAMS 3:18mins

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. We focus on holding this position as we move through the Pike Crunch sequence which builds intensity, fast-priming the class for the workout ahead.

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

DOUBLE-LEG LIFT

KEY COACHING FOCUS

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 to the floor; brace the abs to hold the position**
- Knees over hips, shins parallel to the floor
- Feet lightly touching the floor
- **Brace the abs as the leg moves away from you and focus on keeping the lower back close to the floor**

CROSS CRAWL

KEY COACHING FOCUS

Rotate from the center of the chest

LAYER 1

- Fingertips to temples
- Twist to the front, then the back
- **Rotate from the center of the chest**
- **Moving your shoulders up and across**
- Elbows wide

LAYER 2

- Feel your waistline getting warm for the workout ahead

PIKE CRUNCH & CROSS CRAWL COMBO

KEY COACHING FOCUS

Ribs to hips as you crunch (Pike Crunch), rotate from the center of the chest (Cross Crawl)

LAYER 1

- New move: Pike Crunch
- Reach hands to feet
- Arms wide, toes touch down to floor
- **Ribs to hips on the Crunch**
- **Chin tucks in**
- Let's add on the Pike and Cross Crawl
- Extend the legs long if you're ready for more intensity

LAYER 2

- Keep rotating from the center of the chest
- Keep the rotation high so the obliques are ready for this workout

LEVEL

↓ To decrease intensity, keep knees bent

ALTERNATING HIP BRIDGE WITH KNEE LIFT AND LEG EXTENSION

KEY COACHING FOCUS

Squeeze glutes (Hip Bridge)

LAYER 1

- Feet come close to butt
- **Squeeze glutes to lift hips**
- Single-leg Hip Extension
- Front leg up, extend, in and down
- Pulses to finish
- **Keep the hips level with the floor**

LAYER 2

- Drive down through your bottom heel and keep your shoulders high, lifted and engaged in the back body



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	V / Tonight	5x8	Set up Hover . Side-on, elbows under shoulders. Lift hips up. On knees or toes, hold Hover	40	
0:25	C / Don't stop	2x8	Come up into Plank Position , hands under shoulders and hold	16	
0:35	V / I'm burning	10x8	A Firefly F&B Front knee to front elbow Return to start position Repeat on B knee	4 4 8	5x
1:05	C / Don't stop	7x8	A ¹ Plank Firefly Bolt Front knee to front elbow, B elbow, F elbow Pull hips back to heels, release shoulders Repeat on B knee	6 2 8	3½x8
1:25	At allllll	3½x8	Set up Side Hover Crunch. L elbow under L shoulder, bottom knee bent, lift top leg, reach R arm O/H	28	
1:36	I'm a rocketship	3x8	B Side Hover Oblique Crunch 2/2 R R knee and R elbow in Return to start position	4 4	3x
1:45	PC / Burning	4½x8	B ¹ Side Hover Oblique Crunch 1/1 R	4	9x
2:01	Don't stop me	2½x8	Change sides. Roll to the back. Set up Side Hover L	20	
2:06	Don't stop me	2x8	B Side Hover Oblique Crunch 2/2 L	8	2x
2:13	Instr / (Guitar)	5½x8	B ¹ Side Hover Oblique Crunch 1/1 L	2	11x
2:30	PC / Burning	1½x8	Plank position. Set up for Firefly and Bolt	12	
2:35	Call me Mr	10x8	A ¹ Plank Firefly Bolt ↓OPTION: Jump F from Bolt position into Firefly	16	5x
3:04	At all	2x8	Set up in Hover position. Elbows under shoulders, on knees or toes	16	
3:11	Don't stop	5x8	C Moving Hover F&B ↓OPTION: On knees and hold Hover	4	10x
3:26	Outro / At all	5x8	Hold Hover	40	



02. DON'T STOP ME NOW 3:51mins

TECHNIQUE AND COACHING

WHY

Research from the Les Mills Lab shows that integrated exercises such as Hovers, Fireflies and Planks engage our core muscles more effectively than isolated exercises such as Hovers. They also teach us how to integrate our core stabilizers with our upper and lower body muscles.

COACHING

You will want to sing along with this track as well as working hard! It's super challenging because we work from Hover–Firefly Plank–Side Hover–Firefly Plank–Hover Sequences. 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 Firefly Plank sequence so new participants understand what to do and know where they can build up to. The focus is on bracing the abs for pelvic stability as we move.

We break up the Plank work with Side Hover Oblique Crunches, matching the music perfectly. The focus here is on lifting the bottom hip high to engage the obliques.

When we revisit the Firefly Bolt sequence, participants have the option to increase intensity by jumping this move before finishing in the Hover.

Focus is on precision of movement. Look out at who's in front of you, offering different levels to suit the needs of your class.

Take time to coach Layer 2 cues, explaining how to Improve Execution and build the Intensity through precision of movement. Try using powerful imagery to bring these focuses to life for participants and sell the benefits of this type of training.

HOVER

KEY COACHING FOCUS

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

LAYER 1

- **Elbows under shoulders**, fists together
- Knees hip-width apart
- On knees or toes
- **Back long and straight**
- **Brace the abs to keep everything square to the floor**
- Let's come back to the Hover, rocking forward and back
- Moving forward, chest towards hands
- Shoulders over elbows as you push back
- If you're on your knees, hold here; come back up any time

LAYER 2

- Feel your abdominal brace, that's the glue holding your spine stable
- This is where we stay until the end

LEVEL

↓To decrease intensity, on knees



02. DON'T STOP ME NOW 3:51mins

TECHNIQUE AND COACHING

PLANK FIREFLY BOLT

KEY COACHING FOCUS

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

LAYER 1

- Walk up to Plank position
- Firefly – front leg leads
- **Knee outside of elbow**
- **Brace your abs to stabilize hips**
- Shoulders over wrists
- If it's too much load, drop to knees
- We've got the feel, let's add the speed
- Front, back, front, push back
- Get the rhythm – short and sharp
- Pulling back to Bolt
- Keep the hips under the shoulder line to engage the abs
- We are back to the Firefly
- Add a small jump if you're ready for it
- Use the core to decelerate the landing

LAYER 2

- Accelerate and don't stop, team
- Let's work for the full oblique activation

LEVEL

↓ To decrease intensity, on knees

SIDE HOVER OBLIQUE CRUNCH

KEY COACHING FOCUS

Lift bottom hip (Side Hover), ribs to hips (Crunch)

LAYER 1

- Come down to your knees, Side Hover
- Back elbow directly under shoulder
- Bottom knee bent with hip lifted
- Arm and leg extend away
- 2/2 Side Crunch in
- **Top rib to hip connection**
- **Brace the core**
- **Keep the bottom hip lifted** as we move faster

LAYER 2

- Feel the side flexion
- Don't stop – just turn it up
- Do you feel the strength and power of your core?
- Stretch further and go for the beautiful burn in the waistline



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 used in its place. Please use *I'm Saying Goodbye* with the same choreography.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / (Engine revving)	2x8	Set up for Single-Leg Squat and Alt Row, facing L side. Hold weight plate in each hand. L leg F, R leg B. Hinge F from hips. Row R arm up, and open shoulder OPTION: Use SMARTBAND™; fold in half, holding handles in L hand. Step L foot onto the middle of the band, one foot-width from the end. Split handles	16	
0:11	Instr / (Beat)	10x8	A Single-Leg Squat L w. Alt Row L&R Row L arm Row R arm Row L arm Row R arm and open shoulder to front and hold	2 2 2 2	10x
0:38	C / You're the man	8x8	A ¹ Single-Leg Squat L and Alt Row w. Leg Lift Row L arm Row R arm Row L arm Row R arm, open hip and lift R leg	2 2 2 2	8x
1:01		1x8	Stack plates and set up for Halo w. Side Lunge. Feet wide, bend L knee and hold plates in front of knee. If you're using a band, fold it in half	8	
1:03	Instr / (Synth)	4x8	B Halo w. Side Lunge L Arms half circle above head (Halo) Side Lunge R, plate diagonally towards R knee Arms half circle above head (Halo) Side Lunge L, plate diagonally towards L knee	6 2 6 2	2x
1:15	V / I make this	2x8	Set up for Single-Leg Squat and Alt Row, facing R side. Hold weight plate in each hand. R leg F, L leg B. Row L arm up and open shoulder	16	
1:20	Zero to one hundred	6x8	A Single-Leg Squat R and Alt Row L&R Row R arm Row L arm Row R arm Row L arm and open shoulder to front and hold	2 2 2 2	6x
1:36	C / You're the man	8x8	A ¹ Single-Leg Squat R and Alt Row w. Leg Lift Row R arm Row L arm Row R arm Row L arm, open hip and lift L leg	2 2 2 2	8x
1:59		1x8	Stack plates and set up for Halo w. Side Lunge. Feet wide, bend L knee and hold plates in front of knee	8	
2:01	Instr / (Synth)	8x8	B Halo w. Side Lunge R	16	4x
2:24	V / When them boys	4x8	Set up for Diagonal Row and Bow & Arrow. Feet wide, weight plate in each hand and at sides, palms facing out. OPTION: No weight plates	32	



03. STANDING STRENGTH 1

	MUSIC			EXERCISE	CTS	REPS
2:35	Independent woman	4x8	C	Side Lunge w. Diagonal Row L&R and Bow & Arrow (slow) Side Lunge R, L arm reaches down to R knee Side Lunge L, R arm reaches down to L knee Bow & Arrow (row R elbow to R corner. L arm straight out at shoulder height) Repeat on other side	4 4 8 16	1x
2:46	Counting down the years	8x8	C ¹	Side Lunge w. Diagonal Row L&R and Bow & Arrow (faster) Side Lunge R, L arm reaches down to R knee Side Lunge L, R arm reaches down to L knee Bow & Arrow (row R elbow to R corner. L arm straight out at shoulder height) Repeat on other side	2 2 4 8	4x
3:08	C / You're the man	18x8	C ²	Diagonal Row L&R and Bow & Arrow w. Leg Lift R arm reaches down to L knee L arm reaches down to R knee Row R elbow to R corner. L arm straight out at shoulder height and lift L leg (Bow & Arrow) Repeat on other side	2 2 4 8	9x



03. STANDING STRENGTH 1

I'M SAYING GOODBYE 4:01mins

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 use this song in place of **Power** when teaching Track 03.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / (Engine revving)	2x8		Set up for Single-Leg Squat and Alt Row, facing L side. Hold weight plate in each hand. L leg F, R leg B. Hinge F from hips. Row R arm up, and open shoulder OPTION: Use SMARTBAND™; fold in half, holding handles in L hand. Step L foot onto the middle of the band, one foot-width from the end. Split handles	16	
0:11	Instr / You break me down	10x8	A	Single-Leg Squat L w. Alt Row L&R Row L arm Row R arm Row L arm Row R arm and open shoulder to front and hold	2 2 2 2	10x
0:38	C / I wanna run away	8x8	A ¹	Single-Leg Squat L and Alt Row w. Leg Lift Row L arm Row R arm Row L arm Row R arm, open hip and lift R leg	2 2 2 2	8x
1:01	Goodbye	1x8		Stack plates and set up for Halo w. Side Lunge. Feet wide, bend L knee and hold plates in front of knee. If you're using a band, fold it in half	8	
1:03	Instr / (Synth)	4x8	B	Halo w. Side Lunge L Arms half circle above head (Halo) Side Lunge R, plate diagonally towards R knee Arms half circle above head (Halo) Side Lunge L, plate diagonally towards L knee	6 2 6 2	2x
1:15	V / Goodbye	2x8		Set up for Single-Leg Squat and Alt Row, facing R side. Hold weight plate in each hand. R leg F, L leg B. Row L arm up and open shoulder	16	
1:20	Stay away from me	6x8	A	Single-Leg Squat R and Alt Row L&R Row R arm Row L arm Row R arm Row L arm and open shoulder to front and hold	2 2 2 2	6x
1:36	C / I wanna run away	8x8	A ¹	Single-Leg Squat R and Alt Row w. Leg Lift Row R arm Row L arm Row R arm Row L arm, open hip and lift L leg	2 2 2 2	8x
1:59	I'm saying goodbye	1x8		Stack plates and set up for Halo w. Side Lunge. Feet wide, bend L knee and hold plates in front of knee	8	
2:01	Instr / I'm saying goodbye	8x8	B	Halo w. Side Lunge R	16	4x
2:24	V / I'm saying goodbye	4x8		Set up for Diagonal Row and Bow & Arrow. Feet wide, weight plate in each hand and at sides, palms facing out. OPTION: No weight plates	32	



03. STANDING STRENGTH 1

MUSIC			EXERCISE		CTS	REPS
2:35	<i>I'm being attacked</i>	4x8	C	Side Lunge w. Diagonal Row L&R and Bow & Arrow (slow) Side Lunge R, L arm reaches down to R knee Side Lunge L, R arm reaches down to L knee Bow & Arrow (row R elbow to R corner. L arm straight out at shoulder height) Repeat on other side	4 4 8 16	1x
2:46	<i>I wanna run away</i>	8x8	C ¹	Side Lunge w. Diagonal Row L&R and Bow & Arrow (faster) Side Lunge R, L arm reaches down to R knee Side Lunge L, R arm reaches down to L knee Bow & Arrow (row R elbow to R corner. L arm straight out at shoulder height) Repeat on other side	2 2 4 8	4x
3:08	<i>C / I'm saying goodbye</i>	18x8	C ²	Diagonal Row L&R and Bow & Arrow w. Leg Lift R arm reaches down to L knee L arm reaches down to R knee Row R elbow to R corner. L arm straight out at shoulder height and lift L leg (Bow & Arrow) Repeat on other side	2 2 4 8	9x



03. POWER 4:01mins

TECHNIQUE AND COACHING

WHY

This track provides a great opportunity to focus on knee alignment. A lot of injuries occur when we rotate the upper body over our knee when weight bearing. Focusing on maintaining our knee alignment during these movement patterns enhances our knee stability, protecting our joints and ligaments.

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 track with the Single-Leg Squat with Alternating Rows – option to use plates or a band. Keeping the plates close to the knee is crucial for core loading. Coach turning from the center of the chest by bracing your core hard to stabilize the hips when you row, and then your hips and shoulders move as one when you add the Leg Lift.

Challenge participants to hit the targets of pulling the elbows high as they row to keep the work in the rotator muscles of the trunk, and use the core to achieve the landing.

Pre-cue the Halo with Side Lunge so participants have enough time to stack or drop the plates. The final move is a Side Lunge with Diagonal Row and Bow & Arrow which progresses to a Leg Lift, challenging balance and stability.

Remember, you can add the progression of the Leg Lifts in both moves over a few weeks of teaching the new release with your participants – make the release work for you!

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.

SINGLE-LEG SQUAT WITH ALTERNATING ROW

KEY COACHING FOCUS

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

LAYER 1

- Either 2 plates of the same weight or a band
- Right foot to the side
- Left leg back and long
- **Hinge forward from your hip**
- **Chest lifted**
- Lift your left elbow to the ceiling
- We alternate the Row
- Plates stay close to knee
- **Shoulder blade slides towards spine as you row**
- **Brace the abdominals to keep hips still and square to the front**
- **Rotate from the center of the chest**

LAYER 2

- Pull the elbows high to engage the muscles of the upper back and feel the obliques working
- Let's integrate the legs – open the hip to the front
- Can you feel the rotational power as you pull your elbows high?
- Drive out of the bottom heel to feel the glute on the supporting leg light up
- Move your body as one

LEVEL

↓To decrease intensity, use a band



03. POWER 4:01mins

TECHNIQUE AND COACHING

HALO WITH SIDE LUNGE

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the front

LAYER 1

- Stack your plates together
- Side Lunge to the right
- Slow Halo and Lunge
- **Elbows forward as you halo**
- **Chest up and abs braced**
- **Plate stops outside knee on the Lunge**
- **Hips push back on the Side Lunge**
- **Rotate from the center of the chest**

LAYER 2

- Feel how the abs need to switch on as you hit the Lunge
- Slow on the Halo and power down for the Lunge

LEVEL

↓To decrease intensity, use a band

SIDE LUNGE WITH DIAGONAL ROW AND BOW & ARROW

KEY COACHING FOCUS

Brace abs to keep hips forward. Rotate from the center of the chest. Plate stops inside knee

LAYER 1

- Keep feet outside hip-width
- Separate the plates or no band
- Lift chest, brace core for our combo
- **We row 2 times and hold the Bow & Arrow**
- Do it again, slowly
- Now we move faster
- **We rotate from the center of the chest**
- **Keep chest lifted, abs braced**
- **Plate stops inside of knee**
- Hinge forward from the hips
- **Squeeze shoulder blades together when you stand upright**

LAYER 2

- Let's add the Leg Lift – how cool is that?
- We transfer the power into balance and control
- Put the brakes on for more rotation

LEVEL

↓To decrease intensity, just use body weight



04. STANDING STRENGTH 2

TRACK FOCUS

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

MUSIC			EXERCISE		CTS	REPS
			Step both feet onto band, cross handles high at waist level. Feet under hips OPTION: No band			
0:00	Intro / Mmmm	2x8	Brace core and set up for Squat Kickback		16	
0:07	V / _ If you don't	8x8	A	Squat Kickback L&R 2/2 Squat 2/2 Kickback L leg Squat 2/2 Kickback R leg	4 4 4 4	4x
0:38	C / Praise , hallelujah	4x8	A ¹	Squat Pulse & Kickback 2x Squat Pulse Kickback L leg and hold 2x Squat Pulse Kickback R leg and hold	4 4 4 4	2x
0:53	Instr / (Heavy bass/synth)	8x8	A ²	Squat Pulse & 2x Kickback 2x Squat Pulse 2x Kickback L leg 2x Squat Pulse 2x Kickback R leg ↓OPTION: Tap foot on floor in Kickback	4 4 4 4	4x
1:23	V / _ There's a fire	3x8		Step out of band. Fold in half, hold handles in L hand and step L foot onto middle of the band, one foot-width in from the end. Switch handles to the R hand. Step R foot B, L arm reaches up to 45° OPTION: No band	24	
1:35	_ Enough is enough	5x8	B	Resisted Single-Leg Squat L Lower down Lift up On the last 8cts, transition handles to the L hand, R hand to 45°, step R foot in	2 2	10x
1:54	C / Praise , hallelujah	4x8	B ¹	Resisted Single-Leg Squat w. Knee Lift L (slow) Lower down, R leg Tap B Lift up, R Knee Lift	4 4	4x
2:09	Instr / (Heavy bass/synth)	8x8	B ²	Resisted Single-Leg Squat w. Knee Lift L (faster) Lower down, R leg Tap B Lift up, R Knee Lift ↓OPTION: Tap foot to floor instead of Knee Lift	2 2	16x
2:39	V / _ There's a fire	2x8		Set up for Single-Leg Squat R	16	
2:47	Walking down	6x8	B	Resisted Single-Leg Squat R On the last 8cts, handles to L hand, R hand to 45°, step L foot in ↑OPTION: Keep B foot off the floor (no tap down)	4	12x
3:10	C / Praise , hallelujah	4x8	B ¹	Resisted Single-Leg Squat w. Knee Lift R (slow)	8	4x
3:25	Outro / (Heavy bass/synth)	8x8	B ²	Resisted Single-Leg Squat w. Knee Lift R (faster)	4	16x



04. HALLELUJAH 4:04mins

TECHNIQUE AND COACHING

WHY

Our glutes assist with vertical drive (pushing up against gravity) and propulsion (driving forward across the floor). Walking and running requires both of these forces. This track helps improve our glute drive, along with teaching us to maintain great alignment. These two factors combine to improve functional strength and control.

COACHING

We train our glutes for a variety of reasons: 1) better posture, 2) injury prevention, 3) improved athletic performance, and 4) increased bone density.

To train them effectively, we must perform different exercises targeted specifically to strengthen them. The Squat Kickback and Single-Leg Squat patterns hit these muscles hard and fast for amazing results. When these two exercises are combined, we get complete conditioning for the hip stabilizers and glutes, as well as the muscles of the quads and hamstrings, working deep into the legs.

Take your time to clearly set up the band for the Single-Leg Squats so everyone feels successful. Emphasize tipping forward for a great Hip Hinge to target the glutes. Challenge will come into play when we add the Knee Lift for balance and stability gains.

Lastly, remember you can't coach everything. So, pick one focus, stay with that focus, then choose a different one next week.

SQUAT KICKBACK

KEY COACHING FOCUS

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

LAYER 1

- Step both feet onto the band
- Feet under hips
- Cross the handles
- **Squeeze shoulder blades together and lift chest**
- **Brace the core**
- 2/2 Squat and right-leg Kickback
- **Hips go back and down**
- 90 degrees on the Squat
- Knees out to activate the glutes
- **Brace your abs to square your hips to the front**
- Double Pulse Squat and lift leg
- Stay low to load legs
- Add on a Double Pulse Kickback

LAYER 2

- Let's optimize the leg strength by staying low, helping to control the movement

LEVEL

↓To decrease intensity, no band and no plates



04. HALLELUJAH 4:04mins

TECHNIQUE AND COACHING

RESISTED SINGLE-LEG SQUAT WITH KNEE LIFT

KEY COACHING FOCUS

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

LAYER 1

- Double your band and place it under your right foot
- Fist-distance with the loop
- Grab handle with the left hand
- Arm to 45 degrees
- Tip forward from the hips, Single-Leg Squat
- **Nose forward of the toes**
- **Brace abs to square hips to the front**
- **Hip hinge forward with chest lifted**
- **Front knee pushes out over toes**
- Switch handle to the other hand
- Back foot steps in
- Long step back and Knee Lift
- If you're unstable, you can tap down

LAYER 2

- Push out of your heel as you rise to help you with balance
- Focus on your hip drive as you stand, building strength and power in the glutes
- Keep your chest inside the line of the big toe to avoid side-leaning

LEVEL

↓ To decrease intensity, use body weight



05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to understand how to execute the moves well through my precise coaching language, and feel the contrast of the slow to faster movements that will challenge the Intensity.

MUSIC			EXERCISE		CTS	REPS
0:00	V / I've been	2x8		Lie on back, facing L side. Arms out wide, knees over hips	16	
0:08	Thought the world	4x8	A	Reverse Cycle Sequence B leg scoops Front leg scoops B, F, B (Tempo: quick, quick, slow) Front leg scoops B leg scoops F, B, F (Tempo: quick, quick, slow)	2 2 4 2 2 4	2x
0:27	C / _ Hold tight	4x8	A ¹	Reverse Cycle Sequence w. Cross Crawl B leg scoops, Twist to front Front leg scoops, Twist to B B, F, B w. Cross Crawl (Tempo: quick, quick, slow) Front leg scoops, Twist to B B leg scoops, Twist to front F, B, F w. Cross Crawl (Tempo: quick, quick, slow)	2 2 4 2 2 4	2x
0:45	You can't stop	2x8		Set up for Side Hover Oblique Crunch. Drop knees to front. R elbow under shoulder. R knee bent, lift hips, L leg and arm extend ↓OPTION: Hip stays on floor	16	
0:54	Instr / (Drop)	2x8	B	Side Hover Oblique Crunch L L knee in, L elbow in Extend L leg, L arm O/H	2 2	4x
1:03	(Quiet)	4x8	B ¹	Side Hover Oblique Crunch Sequence L L knee in, L elbow in Extend L leg, L arm O/H 2x Side Hover Oblique Crunch	2 2 4	4x
1:21	V / I've been	2x8		Set up for Reverse Cycle Sequence, facing R side. Arms out wide, knees over hips	16	
1:30	Thought the	4x8	A	Reverse Cycle Sequence	8	4x
1:48	C / _ Hold tight	4x8	A ¹	Reverse Cycle Sequence w. Cross Crawl	8	4x
2:06	You can't stop it	2x8		Set up for Side Hover Crunch. Drop knees to front. L elbow under shoulder. L knee bent, lift hips, R leg and arm extend	16	
2:16	Instr / (Drop)	2x8	B	Side Hover w. Oblique Crunch R	4	4x
2:25		4x8	B ¹	Side Hover Oblique Crunch Sequence R On last 4cts, set up for Oblique Crunch. Lie on L side, knees to front. L arm out in front	8	4x
2:43	(Build)	12x8		Oblique Crunch Sequence R 6x Pulse R Drop knees to B 6x Pulse L Drop knees to front NOTE: On the last rep of Pulses, only do 5 On the last 4cts, bring knees to center over hips, arms out wide	12 4 12 4	3x
3:37	Rep / Going home _	4x8	A	Reverse Cycle Sequence	8	4x
3:55	Outro / (Low)	8x8	A ¹	Reverse Cycle Sequence w. Cross Crawl	8	8x
4:31		4x8	A	Reverse Cycle Sequence	8	4x



05. HOME (COVEX REMIX) 4:51mins

TECHNIQUE AND COACHING

WHY

Side Hovers are a key exercise post pregnancy. Not only are our core muscles disrupted by the changes during pregnancy, they also encounter a lot of stress when carrying the baby on one hip. Strengthening our side slings helps with recovery and provides great functional strength for new moms.

COACHING

This track is an incredible blend of music and movements! The oblique muscles need to be strong to support us for everyday activities.

The first part of the track brings focus to strengthening our waistline with Reverse Cycle progressions – starting with the leg pattern, building in the upper body rotation, along with this contrast of slow and fast tempos. Offer all options and emphasize to your participants that we rotate from the center of the chest for rotational power.

The focus for the Side Hover is to keep the bottom hip lifted and hips square to the front. Of course, the glutes will be slightly fatigued from Track 4, so this track will even challenge your regular participants. Encourage a focus on alignment to maintain great technique and be sure to offer the levels so everyone can achieve success.

We finish this track with an Oblique Crunch Sequence before heading back to the Reverse Cycles.

REVERSE CYCLE SEQUENCE

KEY COACHING FOCUS

Brace abs to keep lower back towards floor. Rotate from the center of the chest

LAYER 1

- Lie down on your back
- Arms wide, palms up
- **Brace the abs to keep lower back close to the floor**
- 2 slow and 3 quick Reverse Cycles
- Back leg starts
- Fingertips to temples, let's add the twist
- **Turn from the center of the chest**

LAYER 2

- Make it a big scoop with the legs to maximize the feel of the rhythm and create great core activation
- Can you feel how the rhythm lights up the obliques?
- What you're feeling right now is the challenge and that challenge will bring the change, so believe you will to achieve the change

LEVEL

↓ To decrease intensity, toe tap to the floor

SIDE HOVER OBLIQUE CRUNCH SEQUENCE

KEY COACHING FOCUS

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

LAYER 1

- **Elbow under shoulder**
- Bottom knee bent
- Hip down or up
- **Lift bottom hip away from the floor**
- Top leg and arm extend over head
- Side Crunch, **rib to hip**
- Drive the elbow to knee
- **Squeeze glutes to stabilize hips and pelvis**

LAYER 2

- Let's work more power – reach for the side walls. Power without control only gets you so far

LEVEL

↓ To decrease intensity, hips down



05. HOME (COVEX REMIX) 4:51mins

TECHNIQUE AND COACHING

OBLIQUE CRUNCH SEQUENCE

Ribs to hips as you do the Side Crunch

LAYER 1

- Come down for Side Crunch Pulse
- Knee drop to the back and pulse again
- Anchor knees together
- **Slide ribs towards hips** to generate heat
- **Chin tucked in**

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 /	2x8	Set up Standing Cobra. Step into the band, feet hip-width apart. Arms straight, knuckles face the back		16	
0:10	V / I've been	8x8	A	Cobra w. Half Circle into Front Raise Sequence Tip F from hips, Cobra Arms Circle arms to front Circle arms to B Return to start position	2 2 2 2	8x
0:53	Instr / (Synth bass)	4x8	B	Cobra Pulse	2	16x
1:14	(Low)	2x8	Come down to floor and set up in Horse Stance, facing front. Hold small weight plate in L hand		16	
1:25	V / Yeah, yeah	4x8	C	Horse Stance Pointer L L arm extends to F, R leg extends B Diagonal Pointer out and in L arm and R leg return to start position Change sides on the last 2cts	2 4 2	4x
1:46	Yeah, yeah	4x8	C	Horse Stance Pointer R	8	4x
2:08	Number one	1x8	Set up for Scorpion. Plate down, hands under shoulders		8	
2:13	C / Way up	6x8	D	Scorpion Tricep Pushup (slow) L leg Scorpion, foot to ceiling Tricep Pushup Lift up L leg returns to start position R leg Scorpion, foot to ceiling Tricep Pushup Lift up R leg returns to start position	2 2 2 2 2 2 2 2 2	3x
2:45	Instr / (Synth)	4x8	D ¹	Scorpion Tricep Pushup (faster) L leg Scorpion, foot to ceiling Tricep Pushup Lift up L leg returns to start position R leg Scorpion, foot to ceiling Tricep Pushup Lift up R leg returns to start position ↑OPTION: On toes	1 1 1 1 1 1 1 1 1	4x
3:06	Yeah	1x8	Set up for Back Extension. Lie on belly, feet together, fingertips to temples		8	
3:12	Way up	6x8	E	Back Extension Lift up, arms out to sides Arms in a 'V', thumbs up Arms B at sides Fingertips to temples, lower down	2 2 2 2	6x



06. CORE STRENGTH 3

MUSIC		EXERCISE		CTS	REPS
3:43	Instr / (Synth)	8x8	E ¹	Back Extension Pulse	
				3x Pulse up, arms out to sides	
				Lower down, fingertips to floor	
4:26	Outro /	4x8		↑OPTION: Lower halfway down and keep fingertips off the floor	
				Come into Childs Pose	
				Shoulder Stretch L	
				Shoulder Stretch R	



06. WAY UP 4:52mins

TECHNIQUE AND COACHING

WHY

The Cobra provides us with a great opportunity to focus on trunk extension with a Hip Hinge. Coaching a lifted chest while tipping forward from the hips trains our extensors to keep the spine supported during squatting movements and any time we are reaching towards the floor.

COACHING

This track starts in standing with the Cobra sequence, targeting the core and postural muscles. Bracing the abs tightly is key to keeping the trunk stable and the pelvis still. Coach for precise Execution rather than height to build strength and control in movements.

We then progress to the floor for the Pointer work for strength and stability, along with Scorpion Tricep Pushups for a major sting and whole-body strength gains! We want to look after participants' shoulders, so coach range of motion – chest to elbow level or halfway down to start, with a focus on core engagement and lowering the body as one unit.

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!

COBRA WITH HALF CIRCLE INTO FRONT RAISE AND COBRA PULSE

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
- Arms straight, palms forward
- Cobra, Half Circle forward, back and stand
- **Tip forward from your hips**
- **Locking core strong**
- **Pull the shoulder blades back and down**
- **Keep chest lifted**
- **Brace abs to keep hips square to the front**
- Cobra Pulse, arms straight
- Stay down and lift handles to the back of the room
- Squeeze shoulder blades together in this position

LAYER 2

- Keep the shoulders away from the ears, down towards the ribs
- Working the muscles of the back body – the muscles that hold us up all day
- Press down through your heels to engage the glutes
- Keeping the high chest is crucial to work thoracic strength

LEVEL

↓To decrease intensity, decrease range



06. WAY UP 4:52mins

TECHNIQUE AND COACHING

HORSE STANCE POINTER

KEY COACHING FOCUS

Brace abs to square hips and shoulders to the floor

LAYER 1

- Come down to the floor
- Plate in right hand
- Horse Stance Pointer
- Extend out, open, and in
- **Brace abs to stabilize body**
- **Shoulders and hips square to the floor**

LAYER 2

- We work the cross chain from the shoulder to the opposite glute
- Find the range; find control

LEVEL

↓To decrease intensity, no weight plate

SCORPION TRICEP PUSHUP

KEY COACHING FOCUS

Squeeze butt

LAYER 1

- Hands shoulder-width apart
- Start on knees
- Lift right leg, Tricep Pushup and switch
- **Squeeze glutes**
- **Chest to elbow level**
- **Hips square to the floor**
- Faster – challenge is to come up on toes

LAYER 2

- Whole-body conditioning

BACK EXTENSION

KEY COACHING FOCUS

Squeeze butt

LAYER 1

- Lie on your belly, feet together
- Fingertips to temples
- Arms to side, forward, circle back and down
- **Squeeze butt hard**
- Triple pulse
- Squeeze shoulder blades together

LAYER 2

- How much can you lift your chest off the floor?
- Feel the strength and mobility in the thoracic spine



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 / (Guitar strumming)	2x8		Lie on back, facing L side, feet on the floor. Fingertips to temples	16	
0:16	V / _ Always in	12x8	A	C-Crunch & Cross Crawl Sequence C-Crunch, reach hands towards feet 2x Cross Crawl F&B ⬆️OPTION: Extend legs on Cross Crawl after 8 reps Feet to floor and arms out to sides on the last 2cts	4 4	12x
1:24	_ Staring at the sun	8x8	B	Double-Leg Lift and Oblique Knee Drop F&B Lift knees over hips Drop knees to front Knees return to center Feet tap down to floor Lift knees over hips Drop knees to B Knees return to center Feet tap down to floor ⬆️OPTION: Lift tail bone on Double-Leg Lift	2 2 2 2 2 2 2 2	4x
2:09	C / _ Ah ah ah	4x8	A	C-Crunch & Cross Crawl Sequence	8	4x
2:32	V / _ Even when	2x8		Set up Mountain Climber. Facing R side, hands under shoulders OPTION: On knees or toes	16	
2:43	PC / _ I know	2x8	C	Mountain Climber F&B Front knee to front elbow B knee to B elbow	2 2	4x
2:54	C / _ Ah ah ah	4x8	C ¹	3x Mountain Climber F&B Front knee to front elbow B knee to B elbow Front knee to front elbow Repeat B, F, B ⬇️OPTIONS: On knees or single Mountain Climber F&B	1 1 2 4	4x
3:17	V / _ Even when	2x8		Set up for Lunge. Stand up, pick up weight plate or band. Feet hip-width apart	16	
3:28	PC / _ I know	2x8	D	Lunge w. Diagonal Press L&R (slow) Lunge R, Diagonal Press L Step in, plate to chest Lunge L, Diagonal Press R Step in, plate to chest	2 2 2 2	2x
3:39	C / _ Ah ah ah	6x8	D ¹	Lunge w. Diagonal Press L&R & Plate Jack Sequence Lunge R, Diagonal Press L Step in, plate to chest Lunge L, Diagonal Press R Step in, plate to chest Drop Squat, plate O/H Return to start position	1 1 1 1 2 2	6x



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

BE AROUND YOU 4:19mins

TECHNIQUE AND COACHING

WHY

The combination of isolated and integrated exercises 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 clearly 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 & CROSS CRAWL SEQUENCE

KEY COACHING FOCUS

Ribs to hips (C-Crunch), rotate from the center of the chest (Cross Crawl)

LAYER 1

- Lower back pressing close towards the floor and brace the abs to hold this position
- Combination – C-Crunch and Cross Crawl
- Lift the legs, knees over hips, shins parallel
- **Ribs to hips on the Crunch**
- Reaching towards feet
- **Rotate from the center of the chest on the Cross Crawl**
- **Abs braced to keep lower back pressed towards the floor, especially as you lower the legs**
- Let's extend the legs now to add more intensity

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
- Mind-body connection for precision

DOUBLE LEG LIFT & OBLIQUE KNEE DROP

KEY COACHING FOCUS

Anchor shoulders to the floor

LAYER 1

- Arms wide, new combo
- Reverse Curl, knee drops front and lower feet
- **Anchor the shoulders down to the floor**
- Add a tail bone lift

LAYER 2

- The obliques are worked the best when we move like this. They are the power muscles
- Feel the lower abs activate more as we add the Leg Lift

LEVEL

↓To decrease intensity, no tail bone lift

MOUNTAIN CLIMBER

KEY COACHING FOCUS

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

LAYER 1

- Come on over to Plank position
- Hands shoulder-width apart, feet hip-width apart
- **Square hips and shoulders to the floor**
- On knees or toes
- Front and back knee climber
- **Brace the core** as we are about to move fast
- Climb 3 times and hold

LAYER 2

- Integrated Core Training – optional hop to activate the core even more in this workout

LEVEL

↓To decrease intensity, stay on knees



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

BE AROUND YOU 4:19mins

TECHNIQUE AND COACHING

LUNGE WITH DIAGONAL PRESS & PLATE JACK SEQUENCE

KEY COACHING FOCUS

Brace abs to rotate from the center of the chest. Long step back (Lunge)

LAYER 1

- Up on your feet
- Grab the plate or band
- Feet under hips
- **Long step back in Lunge**
- Plate pushes to the corner
- **Brace abs to rotate from the center of the chest**
- Let's speed it up
- Faster Lunges; add a Drop Squat Jack
- **Elbows forward as you press the plate**
- If you're not jumping in and out, step out
- **Hips back and down as you squat**
- **Chest lifted**

LAYER 2

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

LEVEL

↓ To decrease intensity, use a band



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

STANDING STRENGTH 3

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:00	V / _ Best of me	1x8	A	Set up for Burpee. Stand with feet hip-width apart	8
0:03	Instr / (Synth beat)	8x8	A¹	Burpee w. Hip Drop	
				Squat down, hands to floor	4
				Step L foot B	2
				Step R foot B (into Plank position)	2
				L foot to L side	2
				Feet together, bend knees and drop hips	2
				Feet B to center (Plank)	4
				R foot out to R side	2
				Feet together, bend knees and drop hips	2
				Feet B to center (Plank)	4
				Step L foot in	2
				Step R foot in	2
				Stand up	4
					2x
0:33		16x8		Burpee w. Hip Drop (jump out)	4
				Squat down, hands to floor	4
				Jump both feet out	2
				L foot out to L side	2
				Feet together, bend knees and drop hips	4
				Feet B to center (Plank)	2
				R foot out to R side	2
				Feet together, bend knees and drop hips	4
				Feet B to center (Plank)	4
				Jump both feet in	4
					4x
				Stand up	
				↓OPTION: Walk feet out and in	
				↑OPTION: Tap the hand to the opposite shoulder in the Hip Drops	
1:32	V / _ I can feel	2x8	B	Shake out hands and feet. Set up for 3-Step Run	16
1:40	Instr / (Synth beat)	6x8	B¹	3-Step Run L&R (slow)	
				3-Step Run, travel to L side	6
				Step R leg B	2
				3-Step Run R, travel to R side	6
				Step L leg B	2
					3x
2:02	Rep / Yeah yeah	16x8		3-Step Run L&R (fast)	
				3-Step Run, travel to L side	2
				Sprinter Hold	2
				3-Step Run, travel to R side	2
				Sprinter Hold	2
				After 8 reps, Diagonal Reach towards floor on Sprinter Hold	
				After 12 reps, Diagonal Reach towards floor and B arm twists	
				↓OPTION: 3-Step Run L&R (fast)	
3:01	Instr / (Synth beat)	2x8	A¹	Set up for Plank. Stand with feet hip-width apart	16



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

STANDING STRENGTH 3

MUSIC		EXERCISE		CTS	REPS
3:08	(Yeah yeah)	4x8	A ²	Burpee w. Hip Drop and Jump Out (slow)	
				Squat down, hands to floor	4
				Jump both feet out	4
				L foot out to L side	2
				Feet together, bend knees and drop hips	2
				Feet B to center (Plank)	4
				R foot out to R side	2
				Feet together, bend knees and drop hips	2
				Feet B to center (Plank)	4
				Jump both feet in	4
				Stand up	4
3:23	(Bass synth keyboard)	12x8		Burpee w. Hip Drop and Jump Out (fast)	
				Squat down, hands to floor	2
				Jump both feet out	2
				L foot out to L side	1
				Feet together, bend knees and drop hips	1
				Feet B to center (Plank)	2
				R foot out to R side	1
				Feet together, bend knees and drop hips	1
				Feet B to center (Plank)	
				Jump both feet in	2
				Stand up	2
				▼OPTION: Burpee w. Hip Drop and Jump Out (slow)	



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

TOO LONG 4:07mins

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.

We have a NEW move and feel with the Burpee with Hip Drop. The key to success is to recruit the core by keeping the shoulders stacked over your wrists to load the upper body as the hip lowers towards the floor. The focus for the 3-Step Run is on squaring the hips to the front to achieve the upper body rotation and loading into single-leg glute landing.

The great news is you can add in the choreography layers as your participants build strength levels over a few weeks. You can start teaching the Burpee Hip Drop with both hands on the floor, and progress to adding the Shoulder Tap as well as the speeding movement in the final block.

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'!

BURPEE WITH HIP DROP

KEY COACHING FOCUS

Long step back (Lunge). Brace abs, back long and straight (Burpee), chest lifted (Hip Drop)

LAYER 1

- Feet outside hip-width
- **Squat, hands down**
- Walk back to Plank
- Step right, Hip Drop
- Step back, other side
- Walk feet out wide
- Squat to stand
- **Brace abs to square hips to the floor**
- **Back long and straight**
- Jump or step to Plank
- Jump or step to stand
- Press into the hands for oblique activation
- One more option
- Shoulder tap
- We have the choice to move faster with this combination

LAYER 2

- Lots of options for you to shape your core
- Heart rate is rising as we build strength and endurance

LEVEL

↓ To decrease intensity, 3-Step Run and walk back to Burpee



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

TOO LONG 4:07mins

TECHNIQUE AND COACHING

3-STEP RUN

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor

LAYER 1

- 3-Step Run, slow
- **Square the hips to floor by bracing the core**
- Let's move faster
- Lift the back foot off the floor
- Land on one leg, push your knee out
- **Chest is lifted**
- Start to turn your shoulders as you land
- **Rotate from the center of the chest**
- Open your arms wide for full rotation

LAYER 2

- We're working on our lateral movements for athletic results
- Focus on landing with knee open for glute activation

LEVEL

↓To decrease intensity, no jump



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
			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. Lie on back, facing L side, feet close to butt OPTION: No band		
0:00	Intro / (Instr)	2x8	Lift hips to ceiling	16	
0:07	V / So close	8x8	A 2x Resisted Clam and Hip Bridge Open knees Close knees Open knees Close knees 2x Hip Bridge down and up	2 2 2 2 8	4x
0:36	Instr / (Heavy beat drops)	8x8	A ² 4x Resisted Clam and 2x Hip Bridge 4x Clam 2x Hip Bridge down and up	8 8	4x
1:06	V / They said it was	2x8	Roll over to R side and sit on side of butt. Knees F and bent, heels in line with hips. R elbow under shoulder, lift hips up	16	
1:13	The same old	6x8	B Clam L Open top knee Close knee ↓OPTION: Bottom hip stays on floor Extend R leg on last 2cts	2 2	12x
1:36	Instr / (Heavy beat drops)	8x8	B ¹ Pulse Straight-Leg Lift L ↓OPTION: Slower tempo/bottom hip stays on floor After 16 reps, extend L arm to the ceiling	2	32x
2:05	V / They said it was	2x8	Change sides. Sit on L side of butt. Knees F and bent, heels in line with hips. L elbow under shoulders, lift hips up	16	
2:12	The same old	6x8	B Clam R Extend R leg on last 2cts	4	12x
2:35	Instr / (Heavy beat drops)	8x8	B ¹ Pulse Straight-Leg Lift R	2	32x
3:04	V / They said it was	2x8	Transition to back, facing R side, feet close to butt Lift hips up	12 4	
3:11	The same old	6x8	A 2x Resisted Clam and Hip Bridge	16	3x
3:34	Outro / (Heavy beat drops)	8x8	A ³ Resisted Clam	2	32x



45-MINUTE FORMAT / BONUS 06 – 30 MINUTE FORMAT

09. FALL FROM THE SKY 4:18mins

TECHNIQUE AND COACHING

WHY

Laterally rotating the hip (turning the knee to the outside) is a key component of a Clam. Our posterior hip stabilizers abduct and laterally rotate the upper leg. Focusing on lateral rotation, therefore, emphasizes a key element of this stability mechanism.

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 band around the thighs. Give participants the choice at the start of the track not to use a band as this is a super challenging track. Remember to educate your participants on why we do this band set-up and what benefits they will receive.

Our hip abductors (side glutes) help control knee alignment and the position of our pelvis during weight-bearing activities. Pushing outward against the band wrapped around our thighs enables us to generate more input from these muscles during our movement patterns. Therefore, these exercises are great for improving movement precision and reduce the potential for injury during activities such as running. So, we leave the band on for the entire track!

We have a mix of exercises in this track: Clams, Hip Bridges and Leg Lifts set to some powerful music. Remember, you can't coach everything, so pick one focus to accommodate all options, stay with that one, then choose a different focus next week.

RESISTED CLAM AND HIP BRIDGE

KEY COACHING FOCUS

Squeeze butt

LAYER 1

- Wrap band around thighs, fist-length above knees, cross band behind, bring handles F, L handle threads through R handle, R handle threads through L handle
- Lie on back, side-on
- Feet close to the butt
- Hip Bridge
- **Squeeze butt to lift hips to ceiling**
- Resisted Clam – hips drop down and up
- Feet are flat and grounded
- 4 Clams this time
- **Keep hips level**

LAYER 2

- We are hitting the rear glutes in the Hip Bridge and side glutes in the Clam
- Focus on the tension from the band to engage the glutes even more
- Drive out of the feet to really feel the burn

LEVEL

↓ To decrease intensity, no band



45-MINUTE FORMAT / BONUS 06 — 30 MINUTE FORMAT

09. FALL FROM THE SKY 4:18mins

TECHNIQUE AND COACHING

CLAM / STRAIGHT LEG LIFT

KEY COACHING FOCUS

Keep bottom hip lifted, hips and chest square to the front, brace abs to stabilize

LAYER 1

- **Elbow under shoulder**
- Knees forward of hips
- **Lift bottom hip up off floor**
- Bottom foot stays down to floor to stabilize
- Top hip opens and closes
- **Hips and chest square to the front**
- Drive the forearm into the floor to support the shoulder
- Extend the top leg for a pulse
- Lift the top arm to help with alignment

LAYER 2

- Try and get the outside of the knee facing the rear so you have outward rotation and more engagement in the glutes
- You can find your own timing – slow down if you need to

LEVEL

↓ To decrease intensity, no band



45-MINUTE FORMAT

STRETCH

TRACK FOCUS

I want my participants to feel the stretches, helping to increase their mobility in the hips and thoracic areas.

MUSIC		EXERCISE		CTS
0:02	Intro / _ Dressing	2x8	Lie on back, facing L side	16
0:12	V / _ Speakers on	8x8	Lying Glute Stretch R Cross L ankle over R thigh Reach through and hold both hands around R thigh and pull towards you	64
0:54	_ Pull up on	1x8	Change sides	8
0:59	_ We just wanna	11x8	Lying Glute Stretch L	88
1:55	Mahhh	12x8	Hip Psoas / Rectus Femoris Stretch L Come up into 90/90 Lunge, L leg F, facing front. Tuck tail bone under Inhale and lift R arm up and over, L arm at side Shift weight F, R arm crosses over L thigh Take L arm B	16 32 16 32
2:55	Mahhh	12x8	Hip Psoas / Rectus Femoris Stretch R Step R leg F into 90/90 Lunge, tuck tail bone under Inhale and lift L arm up and over, R arm at side Shift weight F, L arm crosses over R thigh Take R arm B	16 32 16 32
3:57	Mahhh	3x8	Stand up, Forward Fold	24
4:12	Outro / (Fade out)	1x8	Roll up and bring arms together O/H	8



45-MINUTE FORMAT

BENZ BEAMER 4:13mins

TECHNIQUE AND COACHING

COACHING

We spend time stretching the 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.

LYING 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**
- Relax upper body

LAYER 2

- Press the elbow into the knee for more stretch
- Try PNF – press back of the thigh into the hands, take a breath and release
- Breathe into the stretch

HIP PSOAS / RECTUS FEMORIS STRETCH

KEY COACHING FOCUS

Tuck tail bone under (Psoas Stretch), drop into hips (Rectus Femoris Stretch)

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 full Lunge Twist

LAYER 2

- Breathe into your body; enjoy the stretches

FORWARD FOLD

KEY COACHING FOCUS

Tail bone down

LAYER 1

- Feet under hips
- Rest your chest on thighs
- **Bend knees**
- **Tuck chin in**
- **Lift belly**

LAYER 2

- Feel the stretch in the hamstrings



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.