

LES MILLS CORE 51

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 06 – 30-MINUTE FORMAT

GLUTE ISOLATION

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

STANDING STRENGTH 1

45-MINUTE FORMAT

STRETCH

DECLARATION OF INTENT

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MUSIC

- 01

Set The Scene (4:32)

Chino Casino

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
- 02

Inferno (4:17)

Juelz

© 2023 Lowly.

Written by: Ching
- 03

Fire On Up (4:27)

Paper Kings

© 2019 Position Music.

Written by: J. Gomez, S. Gomez, Goldford
- 04

Deep Down (2:44)

Alok x Ella Eyre x Kenny Dope feat. Never Dull

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Written by: Conway, Waters, Drewett, Peres, Ohyes, Applebaum, McMahon, Gonzalez, Seraphine, Wolinski
- 04

Deep Down (2:45)

Alok x Ella Eyre x Kenny Dope feat. Never Dull

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Written by: Conway, Waters, Drewett, Peres, Ohyes, Applebaum, McMahon, Gonzalez, Seraphine, Wolinski
- 05

Equal (5:19)

ODESZA feat. Låpsley

Courtesy of Foreign Family Collective / Ninja Tune Ltd.

Written by: Fletcher, Knight, Mills, Marziano
- 06

Feel My Love (Festival Mix) (4:31)

Lucas & Steve, x DubVision feat. Joe Taylor

© 2022 Spinnin' Records.

Written by: V. Leicher, S. Leicher, Gourlay, Janssen, Taylor, de Wert

- 45-MINUTE FORMAT
- 07

Smile (Joel Corry Remix) (3:01)

Katy Perry

Courtesy of the Universal Music Group.

Written by: Turner, Parsons, Chaplin
- 07

Smile (Joel Corry Remix) (1:22)

Katy Perry

Courtesy of the Universal Music Group.

Written by: Turner, Parsons, Chaplin
- 08

Made You Look (2:14)

Meghan Trainor

© 2022 Epic Records, a division of Sony Music Entertainment.

Written by: Douglas, Vindver, Trainor, Eastman
- 08

Made You Look (2:13)

Meghan Trainor

© 2022 Epic Records, a division of Sony Music Entertainment.

Written by: Douglas, Vindver, Trainor, Eastman
- 09

I Will Never Let You Down (4:04)

Iron Tiger

© 2023 Les Mills Music Licensing Ltd.

Written by: Wiles
- 10

Trouble (3:08)

Robby East

© 2022 Future House Music featuring samples from the Vera Hall Recording "Trouble So Hard" Under License From Atlantic Recording Corp., by arrangement with Rhino Entertainment Company, a Warner Music Group Company.

Written by: Lomax, Hall
- 10

Trouble (1:36)

Robby East

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Written by: Lomax, Hall
- ALT 10

Mostly Cloudy (4:44)

Heyson

Courtesy of Epidemic Sound.

Written by: Unknown

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LES MILLS CORE 51



L–R: Otto Prodan, Maddalena Boccella, Lydia Johansson, Maggie Cheng, Rebecca Reznicek, Bronté Terrell, René Vogel

PRESENTERS

Maddalena Boccella (Switzerland) is a BODYPUMP™, LES MILLS CORE and LES MILLS TONE™ Trainer/Presenter/Instructor, and a BODYCOMBAT™ Instructor. She lives in Luzern.

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Thanks to Lydia Johansson (Sweden)

Special thanks to Berti Voigt for music selection

CREDITS

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- Program Coaches** – Kylie Gates, Dan Cohen
- Technical Consultant** – Bryce Hastings
- Production Coordinator** – Laura Jackson

Release 51 is here!

Bringing the best of diversity and a contrast in music and movement. Let the energy and expertise of the team bring this workout to life. Controlled Crunches to strengthen and condition the upper abs, Hip Bridges to stimulate the glutes, and Oblique Twists set an incredible workout in motion.

This workout has new innovations that range from Resisted Quarter Turns, Plank Plate Slides, Halo Woodchops and banded Pointers, which all help to support your journey to becoming stronger, more confident and better at strengthening the muscles of your core.

This release has bonus tracks that make up our 45-minute version. We’d love your feedback and wish you the best of luck performing the double glute tracks.

Dan, KG, Diana

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KEY

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

LES MILLS CORE AND WEIGHT TRAINING

Remind your Movers that weight training after this workout is strongly discouraged, as it is designed to fatigue (and ultimately strengthen) your core muscles. Resistance training requires activation of these muscles to support your spine and pelvis, therefore, heavy lifting following these workouts is contraindicated.

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 1
Track 04	Standing Strength 2
Track 05	Core Strength 2
Track 06	Core Strength 3 / Glute Isolation
Total Time	28:35

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	Glute Isolation
Track 09	Standing Strength 1
Track 05	Core Strength 2
Track 06	Core Strength 3
Track 10	Stretch
Total Time	41:41

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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.

WEIGHT SELECTION

1x light weight plate

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / (Bass guitar)	4x8		Lie on back, side-on, feet hip-width apart, fingertips to temples	32	
0:18	V / I got	6x8	A	4/4 Crunch	16	3x
0:36	C / Set this scene on fire	12x8	A ¹	Triple Pulse Crunch Reach arms F	12	
				Lower down, fingertips to temples	4	6x
1:12	Set this scene on fire	6x8	A ²	7x Pulse Crunch Lower down, fingertips to temples	14	
					2	3x
1:30	Woah	8x8	B	Alt Hip Bridge (slow) Lift front foot off the floor, knee to ceiling Lower down Repeat on other side	8 8 16	2x
1:54	Br / Ready	10x8	B ¹	Alt Hip Bridge 1/3 Lift front foot off the floor, knee to ceiling Lower down Repeat on other side	4 4 8	5x
2:24	V / I got it	6x8	C	Cross Crawl F&B (slow)	8	6x
2:42	C / Scene on fire	16x8	C ¹	Cross Crawl F&B (faster) ↑ OPTION: Extend legs out	4	32x
3:30	Br / Ready	2x8		Lower down. Grab a weight plate and bring to chest	16	
3:36	C / Woahh ohh	10x8	D	Plate Crunch Sequence Crunch up, extend arms F Quarter turn to front Return to center Quarter turn to B Return to center Lower down, plate to chest	4 2 2 2 2 4	5x
4:06	Woahh ohh	4x8	E	Alt Heel Drop (slow)	4	8x
4:18	Outro / Woahh ohh	4x8	E ¹	Alt Heel Drop (faster) Move heels further out	2	16x

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30-MINUTE FORMAT

01. SET THE SCENE 4:32mins

TECHNIQUE AND COACHING

COACHING

Focus on bringing your participants into the correct position from the beginning of the track. They should feel how holding 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 Crunch, Cross Crawl and the new Plate Crunch Sequence.

There are a lot of reps in this Warm-up and long phases of moves, so space out your coaching and be sure to give space for the music to come through too.

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

CRUNCH

KEY COACHING FOCUS

Ribs to hips

LAYER 1

- Come down to the floor
- Feet flat on the floor
- Fingertips to temples
- **Brace core to keep back towards the floor**
- Crunch up
- **Slide ribs towards hips**
- Head touches down in between reps
- **Tuck your chin in**

LAYER 2

- Really reach forward to engage your upper abs
- We are getting ready to smash this workout!

ALTERNATING HIP BRIDGE

KEY COACHING FOCUS

Squeeze glutes

LAYER 1

- Feet in
- Lift your front foot off the floor, super slowly
- Slowly come back down
- Change to the other side
- Palms face the ceiling
- **Squeeze your glutes**
- **Press the floor away with your heels**

LAYER 2

- Starting the engine in our posterior chain
- Heaps of time to warm up the front of the body and the back
- Hitting the hamstrings, the glutes, and feeling of your shoulder blades pressing into the floor – all the beautiful muscles in the back
- Getting ready for a beautiful workout

CROSS CRAWL

KEY COACHING FOCUS

Rotate from the center of the chest

LAYER 1

- Fingertips to temples
- Cross Crawl back and front
- **Rotate from the center of your chest**
- **Pull your shoulder up and across**
- Elbows wide

LAYER 2

- We are warming up our obliques
- If you're ready, extend one leg out – you choose; longer levers means more challenge
- Feeling the fire starting to come in
- Think about turning chest corner to corner

LEVEL

↓ To decrease intensity, keep legs bent



30-MINUTE FORMAT

01. SET THE SCENE 4:32mins

TECHNIQUE AND COACHING

PLATE CRUNCH SEQUENCE

KEY COACHING FOCUS

Rotate from the center of the chest

LAYER 1

- Grab the plate
- Bring plate to chest
- Crunch and extend the arms
- Quarter turn to the front, then back
- Lower down
- Plate to chest
- **Tuck your chin in**
- **Rotate from the center of the chest**

LAYER 2

- Do you want to take it higher?
- Roll from one shoulder blade to the other

LEVEL

↓ To decrease intensity, no weight plate

ALTERNATING HEEL DROP

KEY COACHING FOCUS

Brace the core and anchor the lower back to the floor

LAYER 1

- Plate to chest
- Alternating Heel Drop
- **90 degrees in the knees**
- **Brace the core and anchor the lower back**
- We’re gonna turn it up – faster!

LAYER 2

- Start to walk your feet away from you

LEVEL

↓ To decrease intensity, no weight plate



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.

WEIGHT SELECTION

1x medium weight plate

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro / _ I'm losing	6x8		Set up for Hover. Lie on belly, facing front. Elbows under shoulders, fists together, knees hip-width apart, lift hips. On knees or toes. 1x medium weight plate in front on L side Hold Hover	32 16	
0:24	C / _ I'm losing my (high)	2x8		Set up Plank Plate Slide . Come up into a Plank, hands under shoulders, feet outside hip-width, on knees or toes	16	
0:32	_ I'm losing my	8x8	A	Plank Plate Slide R hand reaches towards plate and slides to R side Return to Plank position and hold Repeat on other side	4 4 8	4x
1:03	(Low b up)	4x8		Lower down into Hover and hold Return to Plank position	24 8	
1:19	Instr / (Beat drops)	8x8	A ¹	Plank Plate Slide w. Zigzag F&B R hand slides plate to R side on diagonal Return to Plank position and hold Repeat on other side and slide plate even further out	4 4 8	4x
1:51	C / _ I'm losing my	4x8		Lower down into Hover and hold Return to Plank position PREVIEW: Bolt Firefly R	16 8 8	
2:07	Instr / (Low beat b up)	8x8	B	Bolt Firefly Bolt Firefly, L knee in Repeat on other side After 4 reps, add a Jump in Firefly	2 2 4	8x
2:38	(Low b up)	4x8		Recovery: Childs Pose Set up in Plank position	16 16	
2:54	Instr / (Beat drops)	8x8	A ¹	Plank Plate Slide w. Zigzag F&B	16	4x
3:26	C / _ I'm losing my	4x8		Lower down into Hover and hold Return to Plank position	24 8	
3:42	(Low b up)	8x8	A ¹	Plank Plate Slide w. Zigzag F&B	16	4x



02. INFERNO 4:17mins

TECHNIQUE AND COACHING

WHY

Previous LES MILLS research has shown that when we add arm and leg movements while holding a Plank or a Hover, we activate our obliques and rectus abdominis 27% more than in a Crunch.

COACHING

This track is amazing! Hovers, Planks, Bolt Fireflys, and a new move – the Plank Plate Slide! This one is super challenging and there is minimal recovery, so physically practice this one to be match-fit to teach it. Also spend some time practicing the Plank Plate Slide.

Keep your coaching clear and concise for the Plank Plate Slide and coach the options early. The focus is on bracing the abs for pelvic stability as we move and it helps to take the feet wider to build core stability too. When we revisit the Plank Plate Slide in round two onwards, we move the plate forward on the diagonal – bringing even more challenge to our members' core stability!

We have short sets of Hovers in this one too – encourage people to stay in them on their knees or toes, as we aren't there long.

There is one set of Bolt Fireflys halfway through the track, giving the shoulders a bit of a break and incorporating some oblique work with a cardio kick. Coach the levels early here so people can pick the right choice for their shoulder strength.

The focus is on Precision of movement. Look out at who's in front of you and offer different options to suit the needs of your class. Try using powerful imagery like the ones in the Masterclass footage to bring these focuses to life for participants and sell the benefits of the new move.

HOVER

KEY COACHING FOCUS

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

LAYER 1

- Lie down on your belly
- You'll need a plate for later, on the right side
- **Elbows under shoulders**
- Fists together at the front
- **Lift your hips to shoulder height**
- **Brace abs to square body to floor**
- **Back long and straight**

LAYER 2

- We are not here for long and I promise you recovery is coming soon – but not yet!

LEVEL

↓ To decrease intensity, on knees



02. INFERNO 4:17mins

TECHNIQUE AND COACHING

PLANK PLATE SLIDE

KEY COACHING FOCUS

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

LAYER 1

- Brand new move called the Plank Plate Slide
- Walk up into Plank position
- **Hands under shoulders**
- **Feet outside hip-width**
- Bring your left hand to the plate and slide
- **Maintain a strong ab brace to keep your hips and shoulders square to the floor**
- **Back long and straight**
- We have a stabilizer challenge – we are going to zigzag the plate away from our body
- Slide across
- Now zigzag it half an inch diagonally away from you
- Bring it back home

LAYER 2

- Can you feel how hard you need to brace the abs and the glutes to stabilize the glutes and the pelvis?
- Keep the plate far away and then try and stabilize your body through three points of contact – this makes this move so much better!
- Let's pretend we are in a game of fencing; we have four moves to advance onto our opponent
- How fast can you move the plate?
- This is challenging the core from every angle – this is where we strengthen our suit of armor

LEVEL

↓ To decrease intensity, knees on the floor and use a lighter weight

BOLT FIREFLY

KEY COACHING FOCUS

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

LAYER 1

- Hips pull back to Bolt
- Firefly – right knee to outside right elbow
- Back to Bolt
- **Knee outside of elbow**
- **Brace your abs to stabilize your hips**
- **Back long and straight**
- Add a small Jump if you are ready for it

LAYER 2

- Pull back like a bow and arrow, and then use that power to shoot the body forward
- "It's like a double-shot espresso for the abs!"

LEVELS

↓ To decrease intensity, knees down

↑ To increase intensity, add a Jump



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.

WEIGHT SELECTION

SMARTBAND™ and 1x light to medium weight plate

MUSIC				EXERCISE	CTS	REPS
0:00	Intro / _ Ahhahh	4x8		Set up for Alt Woodchop L. Use a light to medium weight plate. Have SMARTBAND close by. Hold plate at collarbones, elbows in, close to body	32	
0:13	V / I'll be that silver	8x8	A	Woodchop w. Halo L (slow) Side Lunge L, plate diagonally towards L knee Woodchop R Woodchop L Step L leg under hip, arms half circle above head (Halo) Repeat on R	4 4 4 4 16	2x
0:39	PC / Heart of a lion	8x8	A ¹	Woodchop w. Halo (fast) Side Lunge L, plate diagonally towards L knee Woodchop R Woodchop L Step L leg under hip, arms half circle above head (Halo) Repeat on R	2 2 2 2 8	4x
1:06	C / _ Ahhahh	4½x8	A ²	Side Lunge w. Halo Side Lunge L, plate diagonally towards L knee Step L leg under hip, arms half circle above head (Halo) Repeat on R ⬆️ OPTION: Add Skip when moving into Halo after 2 reps	2 2 4	4½x
1:21	I say the struggle reveals	3½x8		Plate down. Pick up band. Set up for Triple Pulse Lunge Fold band in half, hands above head R leg steps B Arms lower down towards L hip	4 4 8 8	
1:32	_ Ahhahh	12x8	B	Triple Pulse Lunge w. O/H Banded Pulldown L 3x Pulse Lunge R leg steps in, raise arms O/H R arm Pulldown, L arm stays O/H R arm returns to O/H ⬆️ OPTION: R knee lifts when you raise arms O/H	6 2 4 4	6x
2:12	_ Ahhahh	4x8		Set up for Woodchop R. Pick up plate, hold at collarbones, elbows in, close to body	32	
2:25	V / I'll be that silver	8x8	A	Woodchop w. Halo (slow) Side Lunge R, plate diagonally towards R knee Woodchop L Woodchop R Step R leg under hip, arms half circle above head (Halo) Repeat on L	4 4 4 4 16	2x
2:52	PC / Heart of a lion	8x8	A ¹	Woodchop w. Halo R (fast)	16	2x
3:18	C / _ Ahhahh	4½x8	A ²	Side Lunge w. Halo R	8	4½x



03. STANDING STRENGTH 1

MUSIC			EXERCISE		CTS	REPS
3:33	I say the struggle reveals	3½x8	Plate down. Pick up band. Set up for Triple Pulse Lunge			4
			Fold band in half, hands above head			8
			L leg steps B			8
			Arms lower down towards R hip			8
3:45	C / _ Ahhahh	12x8	B	Triple Pulse Lunge w. O/H Banded Pulldown R	16	6x



03. FIRE ON UP 4:27mins

TECHNIQUE AND COACHING

WHY

Training our abs to control the alignment of our spine in Side Lunge patterns helps to improve precision when moving from side to side.

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 a Side Lunge Woodchop and Halo combination, where members can use a weight plate or a band. Really coach to keeping the hips square at all points of the combination, and challenge members to hit the target of knee and shoulder lines in the Woodchop, with strong, straight arms to load the core effectively.

We then move into a new move – the Triple Pulse Lunge with Overhead Banded Pulldown. Ensure there is tension on your members' bands and their elbows are slightly forward of their face when they lift the band overhead – this helps with keeping great posture and core activation.

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 your 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.

WOODCHOP WITH HALO

KEY COACHING FOCUS

Brace abs to keep hips square to the front

LAYER 1

- Grab your plate
- Place it high on the collarbones
- Elbows under plate
- Side Lunge to the right
- **Plate to knee**
- Woodchop – **plate to shoulder line**
- **Rotate from the center of the chest**
- Back to knee
- Step in and halo the plate
- **Brace the abs to keep hips square to the front**
- **Chest lifted**
- **Plate stops at knee in the Lunge**
- **Elbows forward on the Halo**

LAYER 2

- A long Side Lunge is a good one
- As we move faster, our body needs more control – that's where the core needs to work harder
- We give more power in every rep – because it's now or never!

LEVEL

↓ To decrease intensity, use a band

SIDE LUNGE WITH HALO

KEY COACHING FOCUS

Brace abs to keep hips square to the front

LAYER 1

- Lose the Woodchop
- Side Lunge and Halo
- **Keep bracing your abs to square chest to the front**
- Add a Skip with the Halo if you want to

LAYER 2

- Slam the plate to the side

LEVEL

↑ To increase intensity, add a Skip



03. FIRE ON UP 4:27mins

TECHNIQUE AND COACHING

TRIPLE PULSE LUNGE WITH OVERHEAD BANDED PULLDOWN

KEY COACHING FOCUS

Brace abs to keep hips square to the front.
Long step back (Lunge)

LAYER 1

- Plate down
- Grab your band
- **Double your band and put tension on it**
- **Long step back** with your left leg
- Arms down to right hip
- Triple Pulse Lunge
- Stand up and pull the band down with left hand
- **Elbows forward of face**
- **Brace abs to keep hips square to the front**
- **Chest stays lifted**
- **Front thigh parallel to the floor** as you lunge

LAYER 2

- Squeeze your glutes to stabilize the whole body
- If you're feeling wobbly, then you are feeling the balance challenge
- Do you still have tension on the band? That's what we are aiming for – tension, strength and control
- Can you go deeper? Can you go lower?
- We train our core like our lives depend on it!

LEVEL

↓ To decrease intensity, Toe Tap instead of Knee Lift



04. STANDING STRENGTH 2

TRACK FOCUS

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

WEIGHT SELECTION

SMARTBAND and 2x Light Weight Plates

MUSIC			EXERCISE		CTS	REPS
Pre-track			Feet hip-width apart. Find middle of band, wrap around front of thighs, a fist-length above knees; cross band behind, bring handles F, L handle threads through R handle, R handle threads through L handle. Pick up weight plates, one in each hand, knees soft ↓OPTION: No weight plates/No band			
0:00	Intro / Deep down	2x8	Arms out to sides, palms facing front, chest lifted. Shift weight onto L leg, turn R foot and knee out to 45°		16	
0:07	V / _ I can get down	8x8	A	45° Kickback w. Bent Knee R (slow) Push knee to back corner Tap down ↑ OPTION: Tap foot to back corner ↓ OPTION: No tap down	4 4	8x
0:38	C / Deep down	4x8	A ¹	45° Kickback w. Bent Knee R (fast) Push knee to back corner Tap down	2 2	8x
0:53	Deep down	3½x8	A ²	Pulse 45° Kickback w. Straight Leg Pulse Kickback	2	14x
1:06	Yeah	1x4	Step R foot in, shift weight to R leg, turn L foot and knee out to 45°		4	
1:08	V / _ Need to be strong	8x8	A	45° Kickback w. Bent Knee L (slow)	8	8x
1:39	C / Deep down	4x8	A ¹	45° Kickback w. Bent Knee L (fast)	4	8x
1:54	Instr / (Keyboard)	2x8	Transition to the floor. Facing L side, lie on back. Feet on floor, hands by sides		16	
2:02	B up / (Dream 'bout)	2x8	B	Single-Leg Hip Bridge, front leg bent (slow) Lift hips up, front knee towards ceiling Lower down	8 8	
2:09	Br / Deep down	4x8	B ¹	Single-Leg Hip Bridge, front leg bent (fast) Lift hips up, front knee towards ceiling Lower down On the last 4cts, extend front leg	2 2	8x
2:26	C / Deep down	4x8	B ²	Single-Leg Hip Bridge, front leg extended (fast) Lift hips up towards ceiling Lower down	2 2	8x
2:42	Instr / (Silence)	2½x8	Transition to standing. Set up for 45° Kickback w. Bent Knee L. Pick up weight plates. Shift weight to R leg, turn L foot and knee out to 45°. Arms out to sides, palms facing F		20	
2:51	V / _ I can get down	8x8	A	45° Kickback w. Bent Knee L (slow)	8	8x
3:22	C / Deep down	4x8	A ¹	45° Kickback w. Bent Knee L (fast)	4	8x



04. STANDING STRENGTH 2

	MUSIC			EXERCISE	CTS	REPS
3:37	Deep down	3½x8	A²	Pulse 45° Kickback w. Straight Leg Pulse Kickback	2	14x
3:50	You got me so	1x4		Step L foot in, shift weight to L leg, turn R foot and knee out to 45°	4	
3:52	V / _ Need to be	8x8	A	45° Kickback w. Bent Knee R (slow)	8	8x
4:23	C / Deep down	4x8	A¹	45° Kickback w. Bent Knee R (fast)	4	8x
4:38	Instr / (Keyboard)	2x8		Transition to the floor. Facing L side, lie on back. Feet on floor, hands by sides	16	
4:45	B up / (Dream 'bout)	2x8	B	Single-Leg Hip Bridge, back leg bent (slow)	16	
4:53	Br / Deep down	4x8	B¹	Single-Leg Hip Bridge, back leg bent (fast)	4	8x
5:10	Outro / Deep down	4x8	B²	Single-Leg Hip Bridge, back leg extended (fast)	4	8x



04. DEEP DOWN 5:29mins

TECHNIQUE AND COACHING

WHY

When you perform the 45 Degree Kickback, a lot of the focus is on the moving leg. However, the glutes in the standing leg perform a key role by keeping the knee aligned with the middle of the foot.

COACHING

We set up this track with the band around the thighs. Remember to educate your participants on why we do this set-up and the benefits they will receive.

Our hip abductors (side glutes) help control knee alignment and the position of our pelvis during weight-bearing activities – pushing outwards against the band enables us to focus on these muscles and generate lots of strength. Therefore, these exercises are great for improving movement Execution and Precision, and reduce the chances of injury during activities such as running, jumping, and squatting.

The Kickbacks and their varying tempos will be a great challenge for everyone. Focus on coaching a strong core brace to align the hips to the front and keep them there. We also have Single-Leg Hip Bridges with the band still on to maintain the pressure we have built. Look out for the option to straighten the leg here; it gives a great burn – “deep down” into the glutes.

Pick one focus each time you teach this track – that way, your coaching stays fresh, your cues can be spaced out and the music can come through. It’s a great upbeat song, so have some fun with this one!

45-DEGREE KICKBACK WITH BENT KNEE AND STRAIGHT LEG

KEY COACHING FOCUS

Keep chest lifted. Brace abs to keep hips forward

LAYER 1

- Find the middle of the band, feet hip-width apart, taking the handles to the back then front, right handle through left, left through right
- Take your light plates in each hand
- Open your arms
- **Chest lifted**
- **Brace abs to keep hips forward**
- **Small bend in standing leg**
- Bent Leg Kickback – left leg out to 45 degrees
- **Knee in line with middle of foot**
- Bring the arch of the foot all the way back to the heel
- **Squeeze glutes** to take the leg back
- Extend the leg fully now

LAYER 2

- Open the inside of your knees and inside of your thighs to really work on your side glutes
- Stretch the band, stretch further – really explore your hips and that beautiful burn
- Deep down into your glutes!
- Really push out – feel the tension in your legs. Tension equals success and a beautiful burn
- A strong core brace helps to stabilize and isolate the hips and glutes

LEVEL

↓ To decrease intensity, no equipment or tap your foot down



04. DEEP DOWN 5:29mins

TECHNIQUE AND COACHING

SINGLE-LEG HIP BRIDGE

KEY COACHING FOCUS

Squeeze glutes

LAYER 1

- Come down to the floor, side-on
- Feet flat on floor
- Front leg lifts slowly
- **Squeeze your glutes to look after your lower back**
- Push out of your heels
- **Square your hips to the front**
- Palms lift to ceiling

LAYER 2

- Kick up through the leg – feel the connection from the bottom heel all the way to the top heel, all the beautiful muscles in the back
- It's you and your butt – and if you want a strong butt, lift up one inch higher

LEVEL

↓ To decrease intensity, no band or keep leg bent



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 and fast movements that will challenge the Intensity.

WEIGHT SELECTION

1x light to medium weight plate

Please note: The second set of Modified Get Up has an extra 4 reps as reflected in the Masterclass footage.

MUSIC		EXERCISE		CTS	REPS
0:00		4x8	Lie on back, facing L side. Hold plate at chest, elbows out to sides. Feet flat on floor ↓ OPTION: No plate, hands clasped together	32	
0:13	V / Whole nine	8x8 A	Diagonal Plate Crunch F&B (slow) Press plate to front corner Return to center Repeat to B	8 8 16	2x
0:41	PC / It's all in my	4x8 A ¹	Diagonal Plate Crunch 1/3 F&B Press plate to front corner Hold Return to center Repeat to B	2 2 4 8	2x
0:54	C / Our love to be equal	8x8 A ²	Diagonal Plate Crunch and Half Circle Press plate to front corner Half Circle plate to B Plate to chest Press plate to back corner Half Circle plate to front Plate to chest	2 4 2 2 4 2	4x
1:22	V / Whole world	4x8	Set up Modified Get Up. Front leg stays bent, extend back leg to floor, back hand holds plate, straighten arm up, front arm to the floor	32	
1:36	We're a wildfire	4x8 B	Modified Get Up 2/2 Lift back shoulder off floor and crunch up Lower down	4 4	4x
1:49	PC / It's all in my	4x8 B ¹	Modified Get Up 1/3 Lift back shoulder off floor and crunch up Hold Lower down	2 2 4	4x
2:03	It's all in my	6x8 B ²	Modified Get Up 4/4 Lift back shoulder off floor and crunch up Lower down	8 8	3x
2:24	C / Eeee	2x8	Set up Mermaid Pose to L on side of R glute, knees bent. R elbow under shoulder, L hand on floor behind. Lift chest, knees and feet off floor	16	
2:30	Our love to be equal	4x8 C	Mermaid w. Double-Leg Extension 2/2 Extend legs out Knees in ↓ OPTION: Bottom leg on floor, extend top leg only	4 4	4x
2:44	Our love to be equal	8½x8 C ¹	Mermaid w. Double-Leg Extension 1/1 Extend legs Knees in Extend legs out and hold	2 2 4	16x



05. CORE STRENGTH 2

MUSIC			EXERCISE		CTS	REPS
3:13	Rep / (Distorted singing)	3½x8		Set up Modified Get Up. Swing body around to other side (facing R). Front leg bent, extend back leg to floor, back hand holds plate, straighten arm up, front arm to the floor	28	
3:25	V / Whole world	4x8	B	Modified Get Up 2/2	8	4x
3:39	We're a wild fire	8x8	B¹	Modified Get Up 1/3	8	8x
4:06	It's all in my	6x8	B²	Modified Get Up 4/4	16	3x
4:27	C / Eeee	2x8		Set up Mermaid Pose to R on side of L glute, knees bent. L elbow under shoulder, R hand on floor behind. Lift chest, knees and feet off floor	16	
4:34	Our love to be equal	4x8	C	Mermaid w. Double Leg Extension 2/2	8	4x
4:48	Outro / Our love to be equal	8½x8	C¹	Mermaid w. Double Leg Extension 1/1 Extend legs out and hold	4 4	 16x



05. EQUAL 5:19mins

TECHNIQUE AND COACHING

WHY

The obliques perform multiple roles to assist with core stability. They flex, rotate and side bend the spine – meaning they control our trunk position in all 3 planes of motion.

COACHING

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

In this track, we add another incredible new move to LES MILLS CORE – the Modified Get Up. There is plenty of time to set this up before we execute it. Be sure to 'say and do' when setting up the starting position for the move, so everyone is in the right place from the 'get-go'. Keep the coaching of the body-part direction very simple; "back leg straight, front leg bent, plate in back hand", for example. Practice the move and the coaching before you teach it in a class.

We also have a Mermaid combination after the Modified Get Ups. Chest position is key to a successful Mermaid Pose, so be sure to look out at your members and reinforce the chest lift, how to keep it there, and the why. Don't forget to give the option to place the bottom foot on the floor in order to maintain strong technique under fatigue – there are some long sets!

This song is all about the feel, so be sure to find some space during the track to let it shine through!

DIAGONAL PLATE CRUNCH

KEY COACHING FOCUS

Rotate from the center of the chest

LAYER 1

- Lie down, side-on to front of room
- Plate to chest
- Feet flat on floor
- Diagonal punch to the front
- Across to the other side
- **Rotate from the center of your chest**
- **Tuck your chin in**
- **Slide your ribs to your hips**
- **Keep your shoulders anchored on the floor**

LAYER 2

- Roll from shoulder blade to shoulder blade
- Time to start the engine of our obliques
- Create a rainbow shape with your plate

LEVEL

↓ To decrease intensity, use a lighter weight or body weight and clasp fingers together



05. EQUAL 5:19mins

TECHNIQUE AND COACHING

MODIFIED GET UP

KEY COACHING FOCUS

Lift the chest and rotate towards the front.
Abs braced

LAYER 1

- Keep back leg bent
- Front leg straightens
- Back hand takes the plate
- Straighten the arm up, front arm to the floor
- **Eye gaze to the plate**
- **Lift your chest then turn, rotate towards the front**
- **Abs braced**

LAYER 2

- Shoulder comes off the floor and lifts a little higher
- Take your time with the slow ones, no rush
- Compound exercise to use multiple muscles together
- Imagine one shoulder wants to lift off the floor, the other one presses down into the floor
- Really feel the rotation from the center of the chest

LEVEL

↓ To decrease intensity, use a lighter weight or body weight

MERMAID WITH DOUBLE LEG EXTENSION

KEY COACHING FOCUS

Brace abs. Lift side waist and chest

LAYER 1

- Roll the body up
- Plate down
- Elbow under shoulder
- Hand behind you
- **Roll onto the meaty part of the butt, just off the hip**
- **Side waist lifts to keep the spine straight**
- **Arm comes behind you to help lift the chest high**
- **Brace abs to hold this position**
- Legs extend out
- Knees come to chest

LAYER 2

- Push the forearm down so you can lift your chest high and feel it right in the obliques
- How strong does that feel?
- Pull your knees in – feel your obliques!
- Can you push out even further?

LEVEL

↓ To decrease intensity, bottom leg down, extend top leg only



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.

WEIGHT SELECTION

SMARTBAND or 2x light weight plates

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8	Set up Standing Cobra. Step into the band, feet hip-width apart. Arms straight, knuckles face the back	16	
0:07	V / I confess	4x8	A Standing Cobra and Sweep F (slow) Tip F from hips Sweep arms F Sweep arms B to Cobra Return to start position	4 4 4 4	2x
0:23	PC / Here on my knees	8x8	A ¹ Standing Cobra and Sweep F (fast) Tip F from hips Sweep arms F Sweep arms B to Cobra Return to start position ⬆ OPTION: Hands to shoulder height	2 2 2 2	8x
0:53	C / (Beat drop)	4x8	A ² 7x Standing Cobra Pulse Tip F from hips and pulse arms Return to start position	14 2	2x
1:09	V / I confess	2x8	Set up for Banded Pointer L. Kneel on R, middle of band under the L thigh and hold handles in L hand. Come down to Horse Stance. Hands under shoulders OPTION: 1x light weight plate	16	
1:16	Now I owe	6x8	B Banded Pointer L L arm and R leg extend Return to start position	4 4	6x
1:40	Go to hell	7x8	B ¹ 45° Banded Pointer L L arm and R leg extend out to 45° Return to start position	4 4	7x
2:06	PC / Feel my	1x8	Set up for Lat Pulldown. Lie on front, feet together, arms in front	8	
2:10	C / (Beat drop)	8x8	C Triple Pulse Lat Pulldown Lift chest, 3x Pulldown Pulse Arms extend F ⬇ OPTION: Reduce range	6 2	8x
2:41	Instr / (Low)	4x8	Set up for Banded Pointer R. Kneel on L, middle of band under the R thigh and hold handles in R hand. Come down to Horse Stance. Hands under shoulders	32	
2:56	V / Now I owe	6x8	B Banded Pointer R	8	6x
3:19	Go to hell	7x8	B ¹ 45° Banded Pointer R	8	7x
3:46	PC / Feel my	1x8	Set up for Lat Pulldown. Lie on front, feet together, arms in front	8	
3:50	C / (Beat drop)	8x8	C Triple Pulse Lat Pulldown	8	8x
4:21	Outro /	2x8	Childs Pose	16	



06. FEEL MY LOVE (FESTIVAL MIX) 4:31mins

TECHNIQUE AND COACHING

WHY

Tucking the chin in and keeping the eye gaze down during prone exercises not only protects the neck, it trains the key stabilizers that help prevent forward head posture.

COACHING

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

We move to the floor for Banded Pointer work for strength and stability. We wrap the band around the back of our thigh and hold the handles in the same hand in a new set-up – practice the set-up and the coaching for it before you teach the track. The key to executing this move is keeping the chest and hips square and level to the floor, so coach a strong core brace and glute squeeze to help set your members for success. Again, we coach Precision rather than height in this one.

We then finish by lying on our front for a Triple Pulse Lat Pulldown. This is such an epic way to improve scapula control and strengthen and protect our lower backs, as well as all the postural benefits that make us feel and look tall and strong.

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

STANDING COBRA AND SWEEP

KEY COACHING FOCUS

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

LAYER 1

- Stand on the band with feet hip-width apart
- **Tip forward from the hips**
- Arms circle forward and back
- Stand tall
- **Brace your abs to keep hips square to the front**
- **Squeeze shoulder blades together**
- **Chest stays lifted**

LAYER 2

- Squeeze shoulder blades together as you stand
- If you want more challenge, push your handles to shoulder line

LEVEL

↓ To decrease intensity, reduce range

STANDING COBRA PULSES

KEY COACHING FOCUS

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

LAYER 1

- **Keep chest lifted**
- **Strong core brace**
- **Hinge forward from your hips**
- **Squeeze shoulder blades together**

LAYER 2

- Working the muscles of the back body – the muscles that hold us up all day

LEVEL

↓ To decrease intensity, reduce range



06. FEEL MY LOVE (FESTIVAL MIX) 4:31mins

TECHNIQUE AND COACHING

BANDED POINTER

KEY COACHING FOCUS

Brace abs to square hips and shoulders to the floor

LAYER 1

- Come to kneeling
- Band wraps under the right thigh
- Handles together in right hand
- Knees under hips
- Push the handles forward to shoulder line
- **Brace abs to square hips and shoulders to the floor**
- Opposite leg to hip level

LAYER 2

- Feel the upper back and side glutes
- Muscles on fire!
- Focus on your stability – always brace your core
- We are increasing power in our posterior chain
- Feel the connection from your shoulder to opposite glute

LEVEL

↓ To decrease intensity, reduce range or use a single plate

TRIPLE PULSE LAT PULLDOWN

KEY COACHING FOCUS

Squeeze butt and squeeze shoulder blades together

LAYER 1

- Lie down on your stomach
- Arms forward
- Triple Pulse
- Chin tucked in, eye gaze down
- **Squeeze your glutes to protect your lower back**
- **Squeeze your shoulder blades together to lift your chest**

LAYER 2

- Stronger together!
- I know it's a challenge, but challenge makes us stronger

LEVEL

↓ To decrease intensity, touch hands down on floor



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.

WEIGHT SELECTION

2x light weight plates

	MUSIC			EXERCISE	CTS	REPS
0:06	Intro / I'm thankful	2x8		Set up for Crunch. Lie on floor facing L, feet on floor, fingertips to temples	16	
0:14	I'm thankful	2x8	A	Crunch 4/4	16	
0:22	Rep / Smile	4x8	A ¹	Crunch 1/1	4	8x
0:38	C / I'm thankful	4x8	A ²	C-Crunch Crunch up, knees above hips, arms reach F Lower down	2 2	8x
0:53	Woo ooh	4x8	A ³	Triple Pulse C-Crunch 3x Pulse Crunch Lower down On the last 2cts, knees stay above hips, arms out to sides	6 2	4x
1:09	V / Everyday	4x8	B	Oblique Knee Drop F&B Lower knees to front Return to center Repeat to B	4 4 8	2x
1:25	C / I'm thankful	4x8	B ¹	Oblique Knee Drop w. Leg Extension F&B Lower knees to front, extend top leg Return to center Repeat to B	4 4 8	2x
1:41	Rep / Smile	4x8	A ¹	Crunch 1/1	4	8x
1:56	C / I'm thankful	4x8	A ²	C-Crunch	4	8x
2:12	Woo ooh	4x8	A ⁴	Triple Pulse Pike Crunch 3x Pulse Pike Crunch Return to start position On the last 2cts, knees above hips, arms out to sides ↓ OPTION: Triple Pulse C-Crunch	6 2	4x
2:28	Woo ooh	4x8	B ¹	Oblique Knee Drop w. Leg Extension F&B	16	2x
2:44	Woo ooh	4x8	B ²	Oblique Knee Drop w. Triple Kick F&B Lower knees to front Kick L, R, L Repeat to B	4 4 8	2x
3:01	Rep / Smile	2x8		Stand up. Set up for Side Lunge. Pick up 2x plates in each hand, feet wide	16	
3:09	Smile	2x8	C	Side Lunge w. Diagonal Row L&R (slow) Side Lunge L, R hand reaches to L knee, L arm Row Side Lunge R, L hand reaches to R knee, R arm Row	4 4	2x
3:17	C / I'm thankful	4x8	C ¹	Side Lunge w. Diagonal Row L&R (fast) Side Lunge L, R hand reaches to L knee, L arm Row Side Lunge R, L hand reaches to R knee, R arm Row	2 2	8x
3:33	Outro / Woo ooh	12x8	C ²	Side Lunge w. Diagonal Row Combo Side Lunge L, R hand reaches to L knee, L arm Row Side Lunge R, L hand reaches to R knee, R arm Row Side Lunge L, R hand reaches to to L knee Side Lunge R, L hand reaches to to R knee, R arm Row Side Lunge L, R hand reaches to to L knee, L arm Row Repeat on other side	2 2 1 1 2 8	6x



45-MINUTE FORMAT / BONUS 01 – 30-MINUTE FORMAT
SMILE (JOEL CORRY REMIX) 4:23mins

TECHNIQUE AND COACHING

WHY

The combination of isolated and integrated exercises helps condition our neural system for what lies ahead.

COACHING

Remember, you can use this track in the 30-minute class too, especially if you use Bonus Standing Strength 1.

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 the various 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. Also, the song is upbeat and energizing, so be sure to smile and enjoy!

CRUNCH

KEY COACHING FOCUS

Ribs to hips

LAYER 1

- Feet flat on floor
- Fingertips to temples
- **Slide ribs towards hips**
- **Tuck the chin in**
- **Brace your core**
- Lift chest

C-CRUNCH

KEY COACHING FOCUS

Lower back towards the floor

LAYER 1

- Reach forward and lift your feet off the floor
- Crunch up, shoulders off the floor
- **Slide ribs towards hips** on the Crunch
- **Lower back towards the floor as you lower the feet**
- Moving your shoulder up and across
- Elbows wide

LAYER 2

- Crunch up a little higher; really engage your core muscles for a great workout ahead

LEVEL

↑ To increase intensity, Pike Crunch after round two

OBLIQUE KNEE DROP

KEY COACHING FOCUS

Anchor shoulders to the floor

LAYER 1

- Knees stay up
- Drop your knees to the front, then back
- **Make sure your shoulders are anchored on the floor**
- **Brace your abs as you drop the knees**
- Extend the top leg out, and in
- Triple kick with your legs

LAYER 2

- Engage your obliques into the workout
- Feel the bite in the side



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

SMILE (JOEL CORRY REMIX) 4:23mins

TECHNIQUE AND COACHING

SIDE LUNGE WITH DIAGONAL ROW

KEY COACHING FOCUS

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

LAYER 1

- Grab the back of your thighs
- Roll up
- Grab your two plates
- **Feet outside hip-width**
- Side Lunge
- Diagonal Punch to the right, then left
- **Rotate from the center of the chest**
- **Keep chest lifted, abs braced**
- **Plate stops inside of knee**

LAYER 2

- Feel the connection between your upper and lower body – the importance of our core
- Short and sharp and don't forget to smile!

LEVEL

↓To decrease intensity, no plates



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

GLUTE ISOLATION

TRACK FOCUS

I want my participants to feel the strength and mobility work in their posterior chain through my clear Set-up and Education cues.

WEIGHT SELECTION

SMARTBAND

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			
0:00	C / I can have	4x8	A	Come down to floor in Horse Stance, facing front. Hands under shoulders, knees under hips, extend R leg to B	32
0:14	V / _ I'll make you	4x8	A ¹	Horse Stance w. Leg Lift R Lift R leg up Lower down	2 2 8x
0:27	_ 'Cause I'm 'bout	4x8	A ²	Horse Stance w. Half Circle R Half Circle to R side Half Circle back to start position	4 4 4x
0:40	PC / When I do my walk	4x8		Horse Stance w. Micro Pulse and Half Circle R 2x Pulse Half Circle to R side 2x Pulse Half Circle back to start position	4 4 4 4 2x
0:54	C / Gucci on	4x8	B	Set up Clam. Sit on L side of glute, knees F and bent. Heels in line with hips. L elbow under shoulders, lift hips up ↓ OPTION: Hips remain on floor	32
1:07	Versace dress	4x8	B ¹	Clam R 2/2 Open top knee Close knee	4 4 4x
1:20	V / _ And once you	4x8	B ²	Clam R 1/1 Open top knee Close knee	2 2 8x
1:33	PC / When I do my walk	4x8	B ¹	Clam Combo R 2x Top Half Pulse Close knee	4 4 4x
1:47	C / Gucci on	8x8		Clam R 1/1	4 16x
2:14	Gucci on	4x8	A	Set up in Horse Stance, facing front. Hands under shoulders, knees under hips, extend L leg to B	32
2:27	V / _ I'll make you	4x8	A ¹	Horse Stance w. Leg Lift L	4 8x
2:40	_ 'Cause I'm 'bout	4x8	A ²	Horse Stance w. Half Circle L	8 4x
2:54	PC / When I do my walk	4x8	B	Horse Stance w. Micro Pulse and Half Circle L	16 2x
3:07	C / Gucci on	4x8		Set up Clam. Sit on R side of glute, knees F and bent. Heels in line with hips. R elbow under shoulders, lift hips up	32
3:20	Versace dress	4x8	B	Clam L 2/2	8 4x
3:34	V / _ And once you	4x8	B ¹	Clam L 1/1	4 8x
3:47	PC / When I do my walk	4x8	B ²	Clam Combo L	8 4x
4:00	C / Gucci on	8x8	B ¹	Clam L 1/1	4 16x



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

MADE YOU LOOK 4:27mins
TECHNIQUE AND COACHING

WHY

Keeping the hips square to the front is a key component of Clams. If we allow the top hip to roll backwards, we lose engagement of the side glutes.

COACHING

The Glute Isolation 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 and strength conditioning. You can also use this as an epic Track 6 in the 30-minute format.

Our hip abductors (side glutes) help control knee alignment and the position of our pelvis during weight-bearing activities – pushing outwards against the band enables us to focus on these muscles and generate lots of strength. Therefore, these exercises are great for improving movement Execution and Precision and reduce the chances of injury during activities such as running, jumping, and squatting.

We focus on Horse Stance with Leg Lifts, adding on Half Circles and Double Pulses as we go, building time under tension. We then have some long sets of Clams to fire up the burn and build some awesome glute strength!

HORSE STANCE WITH LEG LIFT

KEY COACHING FOCUS

Squeeze butt. Brace abs to keep shoulders and hips square to the floor

LAYER 1

- Find the middle of the band, feet hip-width apart, taking the handles to the back then front, right handle through left, left through right
- Come down to the floor for Horse Stance
- **Hands under shoulders**
- **Brace abs to square hips and shoulders to the floor**
- Extend the left leg back
- Toes tap down
- **Lift foot to hip level**
- **Squeeze your glutes**

LAYER 2

- We're about to turn the heat up
- How far can you move your leg to the side without moving your trunk?

LEVEL

↓ To decrease intensity, no band



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

MADE YOU LOOK 4:27mins

TECHNIQUE AND COACHING

CLAM

KEY COACHING FOCUS

Bottom hip is lifted. Hips and chest square to front

LAYER 1

- Come to your side
- **Elbow under shoulder**
- Elbow, hips, feet in one straight line
- Knees forward
- **Lift your bottom hip up**, or keep it down
- **Hips and chest stay forward as you open the knee**
- Open the top knee, then close

LAYER 2

- Really open out through the hip
- If you are struggling, drop the hips and move from the floor – it’s OK
- Resist on the way down, can you feel more tension?
- Push down into your forearm to lift your hips up even higher and feel that beautiful burn inside your body
- Show me the inside of your knee
- Push your bottom knee down and your top knee right up

LEVEL

↓ To decrease intensity, hips stay down



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

STANDING STRENGTH 1

TRACK FOCUS

I want my participants to feel successful in all the transitions of the exercises, no matter their fitness level through my clear coaching and engaged with the music.

WEIGHT SELECTION

1x medium weight plate

MUSIC		EXERCISE		CTS	REPS
Pre-track		3x8	PREVIEW: Standing Plate Rotating Press. Feet outside hip-width. L hand holds weight in front, squat down, row L hand up, R hand grabs middle of plate, rotate to diagonal and push plate to ceiling. Hip, knee and ankle roll as one. Return to start position OPTION: Hold plate in both hands and press to the diagonal		
0:00	Intro / Ahh ahh	1x8	L hand holds weight in front, Squat down	8	
0:03	V / _ Tell me	8x8	A Standing Plate Rotating Press L (slow) Row L hand up R hand grabs middle of plate and pushes up Return to start position	2 6 8	4x
0:34	C / _ When you see	4x8	A ¹ Standing Plate Rotating Press L 1/3 Row L hand up R hand grabs middle of plate and pushes up Return to start position	1 3 4	4x
0:48	Instr / (Synth)	7x8	A ² Standing Plate Rotating Press L w. 4x Squat Air Jack Row L hand up R hand grabs middle of plate and push up Return to start position, hold plate in both hands 4x Squat Air Jack (feet tap in first) ↓ OPTION: 4x Squat Air Jack	1 3 4 8	3½x8
1:15	Oh ohh	1x8	Set up Standing Plate Rotating Press R side. Hold plate in R arm or both hands. Squat down	8	
1:18	V / _ There's a million	8x8	A Standing Plate Rotating Press R	16	4x
1:48	C / _ When you see	4x8	A ¹ Standing Plate Rotating Press R 1/3	8	4x
2:03	Instr / (Synth)	7x8	A ² Standing Plate Rotating Press R w. 4x Squat Air Jack Place plate on floor	16 4	3½x
2:30	PC / Have a little	1x8	PREVIEW: Skater L, R	8	
2:33	Let me show you	10x8	B Skater & Split Lunge Combo Skater L, R, L, R 4x Split Lunge R, L, R, L ↑ OPTION: Add a Jump in Skater ↓ OPTION: 2x Backward-Stepping Lunge	8 8	5x
3:11	(Fade out)	3x8	Recover	24	
3:22	PC / Let me show you	10x8	B Skater & Split Lunge Combo	16	5x



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

I WILL NEVER LET YOU DOWN 4:04mins

TECHNIQUE AND COACHING

WHY

This track focuses on Reactive Core Training. Teach our core muscles to be more responsive during dynamic movements.

COACHING

This track won't let you down! You can use this as Track 3 in the 30-minute format.

These movements build muscle strength and endurance in both the lower and upper body and give you a massive cardio kick! This is Standing Strength with integration and innovation at its best.

We have a new move and feel with the Standing Plate Rotating Press. If possible, pause the music and break down the movement before you start the track as the move comes straight in. If this isn't an option, ask them to watch the first rep while you do it and then get them to join in when they are ready.

Coach pivoting through the heels and toes as your members move up and down; this will ensure safe alignment and posture. We then speed up the Standing Plate Rotating Press and layer in four single Squats or, four single Squat Air Jacks to kick the heart rate up a notch.

Following this is the Skater & Split Lunge Combo. The focus of these moves is depth and width so we can activate the glutes and challenge leg strength.

You can add in the choreography layers as your participants build strength levels over a few weeks, or bring in the jumping options in the second rounds – see what your members are doing in the first rounds; are they ready for the heat of the Jumps?

The focus is on control the entire time and you and your participants will build strength and mobility fast. The song is fabulous too – play with the lyrics, find some silence and have some fun with it!

STANDING PLATE ROTATING PRESS

KEY COACHING FOCUS

Hips, knees, ankles and body turns as one

LAYER 1

- Feet outside hip-width
- Right hand holds the plate
- Drop into a Squat
- Pull up with the right hand
- Opposite hand grabs the middle of the plate
- **Chest stays lifted**
- **Hips and shoulders square to the front**
- **Hips, knees, ankles and body roll as one**
- Come back into your Squat
- Plate comes through mid-line of the body
- **Pivot through toes and heels as you move**

LAYER 2

- Squeeze the glutes as we rotate the body – that will give us some rotational power today
- Feel the transfer from the legs, to the core, to the arms
- Use your hips to drive the plate up – explosive and with power

LEVEL

↓ To decrease intensity, both hands on the plate

STANDING PLATE ROTATING PRESS WITH 4x SQUAT AIR JACK

KEY COACHING FOCUS

Land softly in the Jump and keep chest lifted

LAYER 1

- Both hands hold the weight at the base
- Squat Jump with Jack
- **Land softly**
- **Chest lifted**
- **Squeeze your glutes** when you jump

LAYER 2

- Start to get that little kicker in the heart rate

LEVEL

↓ To decrease intensity, Squat Jump with no Jack or stay with the Squats



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

I WILL NEVER LET YOU DOWN 4:04mins

TECHNIQUE AND COACHING

SKATER & SPLIT LUNGE COMBO

KEY COACHING FOCUS

Brace abs to square hips and shoulders to the floor. Long step back (Lunge)

LAYER 1

- Put the plate down
- 4 Skaters
- Jump wide and land low
- 4 Lunges
- **Long step back** and change legs
- **Square the hips to floor by bracing the core**
- **Land softly**
- **Chest is lifted**

LAYER 2

- Even though we are jumping, the focus is to get wide and low – we want to activate the glutes
- This is dynamic stability which comes from the core and allows us to generate power. That's important because movement requires power
- If you want to jog, walk, jump, lunge or even side-step your opponent, you’ve got the power!

LEVEL

↓ To decrease intensity, Backward-Stepping Lunge



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.

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

MUSIC			EXERCISE		CTS	REPS
0:04	Intro / Ooh Lordy	2x8		Set up for 90/90 Stretch. Sit on glutes, legs open out to sides, knees bent	16	
0:12	C / Ooh Lordy	4x8	A	90/90 Dynamic Stretch L&R Drop knees to L side Drop knees to R side	8 8	2x
0:27	Ooh Lordy	4x8	B	90/90 Glute Stretch L Drop knees to L side, square body to L side, tip F from hip	32	
0:43	Instr / _ (Synth + beat)	4½x8	B	90/90 Glute Stretch R Drop knees to R side Square body to R side, tip F from hip	4 32	
1:00	_ (Synth + beat)	4x8	C	Swan Pose L Drop knees to L side, square body to L Pull L foot in towards groin, straighten R leg, roll R hip towards floor ↓ OPTION: 90/90 Glute Stretch	8 24	
1:15	_ (Synth + beat + electric strum)	4x8	C	Swan Pose R Drop knees to R side, square body to R Pull R foot in towards groin, straighten L leg, roll L hip towards floor	8 24	
1:30	Br / Ahhhh	½x8		Transition to 90/90 Lunge, facing F. L foot in front, R knee on floor	4	
1:33	C / Ooh Lordy	8x8	D	Kneeling Hip and Side Stretch R R arm reaches O/H to L side L foot moves heel toe wider, L arm pushes L knee out and sink F into stretch, R arm reaches to B	32 32	
2:03	Ooh Lordy	4x8	E	Hamstring Stretch L Bring L foot back in and extend F, tip F from hips, hands to floor in front	32	
2:19	Instr / _ (Synth + beat)	12½x8	F	Open Twist L Shift weight F, R hand down L arm opens up, rotate chest to L Lift back knee off floor Back knee to floor, L hand grabs R foot or reaches B Deepen stretch by pushing F more, look towards B	4 16 16 32 32	
3:07	(Silence)	1½x8		Transition to 90/90 Lunge, facing F. R foot in front, L knee on floor	4	
3:13	C / Ooh Lordy	7x8	D	Kneeling Hip and Side Stretch L	56	
3:39	Ooh Lordy	4x8	E	Hamstring Stretch R	32	
3:55	Outro / _ (Synth + beat)	12½x8	F	Open Twist R	100	



45-MINUTE FORMAT
TROUBLE 4:44mins

TECHNIQUE AND COACHING

WHY

Mobilizing the hips and thoracic spine helps our core muscles to keep the lumbar spine and pelvis stable.

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 prepare them for their next class.

90/90 DYNAMIC STRETCH

KEY COACHING FOCUS

Knees bent to 90 degrees

LAYER 1

- Feet outside hip-width, facing front
- Bend the knees
- Hands to the back with the fingers facing the back of the room
- Drop both knees to the right side
- And then to the left side
- **Check both knees are 90 degrees**

LAYER 2

- Internal and external rotation for the hips

90/90 GLUTE STRETCH

KEY COACHING FOCUS

Tip forward from the hip, back long and straight

LAYER 1

- Turn to the right side and hold
- Turn your entire body to the right
- **Tip forward from the hip**
- **Back long and straight**

LAYER 2

- Great stretch in the glutes
- We teach our bodies how to work really hard, but we also need to learn how to stop, stretch and recover

SWAN POSE

KEY COACHING FOCUS

Heel to groin for knee safety

LAYER 1

- Turn to the right side and hold
- **Bring your foot closer to the groin**
- Extend your back leg
- Square the hips to the side
- Switch sides
- Lift your chest

LAYER 2

- As you exhale, melt into the stretch

LEVEL

↓ To decrease intensity, stay in the 90/90 Glute Stretch

KNEELING HIP AND SIDE STRETCH

KEY COACHING FOCUS

Drop hips (Hip Stretch)

LAYER 1

- Bring your right foot to the front
- **Drop into your hips**
- Reach your opposite arm up and over
- C-shape your spine
- Front foot goes heel and toe wider
- Use your right arm to push the knee out and sink lower
- Left arm reaches to the back

LAYER 2

- Open into the hip flexors, the Quadratus lumborum (QL), the side-body and lower back
- Enjoy this beautiful Hip Stretch
- Push your hip one way, the arm goes the other way
- Bring your ribcage in and down



45-MINUTE FORMAT

TROUBLE 4:44mins

TECHNIQUE AND COACHING

HAMSTRING STRETCH

KEY COACHING FOCUS

Long spine

LAYER 1

- Front foot goes heel-toe in
- Tip forward from the hips
- Keep your hips square to the front
- **Long spine**
- Point your toes

LAYER 2

- Point your sit bones to the back – it’s going to lengthen your hamstrings

LEVELS

↓ To decrease intensity, bend knees slightly

↑ To increase intensity, hands to floor

OPEN TWIST

KEY COACHING FOCUS

Turn from center of chest

LAYER 1

- Keep your foot where it is
- Shift your body weight forward
- Left hand down
- Right arm reaches to the ceiling
- **Square the hips to the front of the room**
- **Turning from the center of the chest**
- Top hand reaches for the back foot

LAYER 2

- Try this – inhale, and as you exhale, get a little lower
- You can start to spiral through the upper spine, looking to the back of the room – beautiful thoracic rotation, great for our shoulders, chest and upper back
- Really focus on opening through the tight muscles; this is going to give us great alignment, which is so important
- This is your reward

LEVELS

↓ To decrease intensity, reach the back arm to the back

↑ To increase intensity, lift back knee up



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.