

CXWORX MIX2020

MUSIC

01. WARM-UP

02. CORE STRENGTH 1

03. STANDING STRENGTH 1

04. STANDING STRENGTH 2

05. CORE STRENGTH 2

06. CORE STRENGTH 3

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



MUSIC

- 01

Out Of Sight (3:35)

NOAM DEE

Courtesy of Les Mills Music.
- 02

Lassaye(4:07)

NOAM DEE

Courtesy of Les Mills Music.
- 03

Power (5:18)

Fas Fashion

Courtesy of Les Mills Music.
- 04

Keep The Faith (4:41)

Fas Fashion

Courtesy of Les Mills Music.
- 05

Take Over (5:00)

Pam

Courtesy of Les Mills Music.
- 06

4Steppa (3:40)

Bobby Weaving

Courtesy of Les Mills Music.



01. WARM-UP - OUT OF SIGHT

EXERCISE			CTS	REPS
0:00	3x8	Set up Double Leg Lift. Lie on back, facing L side, arms at sides, palms up, feet on floor	24	
0:16	4x8	Double Leg Lift 2/2 Fingertips to temples last 4cts	8	4x
0:31	4x8	C-Crunch 2/2 Arms reach towards ankles	8	4x
0:47	2x8	C-Crunch 1/1/2	8	2x
0:55	4x8	Triple Pulse C-Crunch	8	4x
1:11	4x8	Cross Crawl F&B (Slow) Twist to F Twist to B	8 8	2x
1:27	6x8	Cross Crawl F&B (Fast)	8	6x
1:51	8x8	Cross Crawl F&B (Faster) ↑OPTION: Extend legs after 8 reps	4	16x
2:15	6x8	Hip Bridge Shoulders down, bring feet close to butt, lift hips up to Bridge Pulse up & down Lower hips to floor	16 4 4	7x
2:47	2x8	C-Crunch 1/1/2	8	2x
2:55	8x8	Triple Pulse C-Crunch ↑OPTION: Extend legs to 45°	8	8x



02. CORE STRENGTH 1 - LASSAYE

EXERCISE			CTS	REPS
0:00	3x8	Set up Hover. Knees or toes	24	
0:19	4x8	Hover	32	
0:29	8x8	Moving Hover F&B ⇅OPTION: On knees	8	8x
1:09	2x8	Transition to Plank	16	
1:19	6x8	Moving Plank F&B	8	6x
1:50	4x8	Plank Stomp F&B (Slow) F Leg Stomp B Leg Stomp	4 4	4x
2:10	4x8	Plank Stomp F&B (Fast)	4	8x
2:31	12x8	Plank Stomp & Moving Plank Sequence 8x Leg Stomp F&B (Fast) 2x Moving Plank F&B ⇅OPTION: On knees	8 8	6x
3:31	2x8	Transition to Hover. Knees or toes	16	
3:41	4x8	Hover	32	



03. STANDING STRENGTH 1 - POWER

EXERCISE			CTS	REPS
0:00	5x8	Set up for Zig-Zag Power Skier R Step L foot onto middle of the band. Step feet wide and split the handles, bend your L knee, hands shoulder-width in front of L knee OPTION: Use towel	40	
0:17	12x8	Zig-Zag Power Skier R Side Lunge R, hands diagonal to R corner Parallel Woodchop L, Side Lunge L Parallel Woodchop R, Side Lunge R Lower hands towards L knee R leg step in on last 4cts, arms at shoulder height	2 2 2 2	12x
1:02	4x8	Dynamic Power Skier R Step R leg out, Parallel Woodchop R Return to start	2 2	8x
1:16	4x8	Set up for Halo w. Lateral Squat L. Band down Pick up plate, feet hip-width apart. Hold plate at R hand side of body by hip	32	
1:31	2x8	Halo w. Lateral Squat L&R (Slow) Arms half circle above head, feet together Lateral Squat L, arms diagonally down towards L knee Arms half circle above head, feet together Lateral Squat R, arms diagonally down towards R knee	4 4 4 4	1x
1:39	12x8	Halo w. Lateral Squat L&R (Fast) Arms half circle above head, feet together Lateral Squat L, arms diagonally down towards L knee Arms half circle above head, feet together Lateral Squat R, arms diagonally down towards R knee ↑OPTION: Add Hop in between Lateral Squat, after 8 reps	2 2 2 2	12x
2:23	4x8	Halo w. Lateral Hop & Side Lunge L&R Lateral Hop L, arms half circle above head Side Lunge L, arms diagonally down towards L knee Lateral Hop R, arms half circle above head Side Lunge R, arms diagonally down towards L knee	2 2 2 2	4x
2:38	4x8	Set up for Zig-Zag Power Skier L.	32	
2:52	12x8	Zig-Zag Power Skier L L leg step in on last 4cts, arms at shoulder height	8	12x
3:37	4x8	Dynamic Power Skier L	4	8x
3:52	4x8	Set up for Halo w. Lateral Squat R	32	
4:06	2x8	Halo w. Lateral Squat R&L (Slow)	16	1x
4:14	12x8	Halo w. Lateral Squat R&L (Fast)	8	12x
4:58	4x8	Halo w. Lateral Hop & Side Lunge R&L	8	4x



04. STANDING STRENGTH 2 - KEEP THE FAITH

EXERCISE			CTS	REPS
0:00	4x8	Set up Around the World Squat Tap Step feet onto SMARTBAND, cross handles with hands high up at waist. Take L leg B OPTION: Band - handles on either side Plates - collarbones or held in both hands at sides	32	
0:15	24x8	Around The World Squat Tap L&R 4x Tap L leg B 4x Tap L leg slightly out 4x Tap Leg to 45° 4x Tap L leg to L side Repeat R side	8 8 8 8 32	3x
1:51	8x8	Squat & Kickback L&R Squat Rise, L leg Kickback to 45° Repeat R	4 4 8	4x
2:22	16x8	2x Squat Pulse & Kickback L&R 2x Squat Pulse Rise, L leg Kickback to 45° Repeat R Last 4cts take R leg B	4 4 8	8x
3:19	16x8	Around The World Squat Tap R&L	64	2x
4:21	4x8	Squat 2/2	8	4x



05. CORE STRENGTH 2 - TAKE OVER

		EXERCISE	CTS	REPS
0:00	4x8	Set up for Standing Oblique Side Bend Pick up plate, hold at collarbones. Feet wide, sit down into Squat. Elbows under ribs OPTION: Elbows wide, fingertips to temples if not holding plate	24	
0:19	4x8	Standing Oblique Side Bend L&R Side Bend L Return to start Side Bend R Return to start Extend arms O/H last 4cts	4 4 4 4	2x
0:37	6x8	Standing Oblique Side Bend w. Arms O/H L&R Side Bend L, Arms O/H Return to start Side Bend R, Arms O/H Return to start	2 2 2 2	6x
1:07	8x8	Triple Pulse Standing Oblique Side Bend w. Arms O/H L&R 3x Pulse Side Bend L, Arms O/H Return to start 3x Pulse Side Bend R, Arms O/H Return to start	6 2 6 2	4x
1:45	4x8	Shake arms, set up for Side Hover Crunch L. Come down to floor. R elbow under shoulder, R knee bent, lift bottom hip, L leg extended, L arm reaches O/H	32	
2:04	4x8	Side Hover Crunch L 2/2 Crunch L elbow & L knee to center Extend L arm & leg	4 4	4x
2:23	8x8	Triple Pulse Side Crunch L 3x Pulse L elbow & L knee to center Extend L arm & leg	6 2	8x
3:01	4x8	Side Hover Crunch L	4	8x
3:20	4x8	Set up Side Hover Crunch R	32	
3:40	4x8	Side Hover Crunch R 2/2	8	4x
3:59	8x8	Triple Pulse Side Crunch R	8	8x
4:37	4x8	Side Hover Crunch R	4	8x



06. CORE STRENGTH 3 - 4STEPPA

		EXERCISE	CTS	REPS
0:00	4x8	Lie on belly facing R. Feet together and on the floor. Fingertips to temples, elbows out to sides	32	
0:18	10x8	Back Extension w. Arms Sequence Lift chest up Open arms out to sides, thumbs up Bring arms to front Take arms B as far as you can Fingertips to temples Lower chest down Last 8cts hold arms out wide	2 2 4 4 2 2	5x
1:05	8x8	Aeroplane Aeroplane L, lift R leg B to center Aeroplane R, lift L leg B to center OPTION: No touch down in between	4 4 4 4	4x
1:43	4x8	Pull B into Childs Pose Set up Hip Bridge. Lie on B, facing R. Arms out wide, feet close to butt. Lift hips	16 16	
2:02	20x8	Alternating Single-Leg Hip Bridge Sequence 4x Single-Leg Pulse Hip Bridge L R leg extends R leg returns R leg lowers Repeat R Lower hips down. Hug top of knees, rock F&B x3	8 4 2 2 16	5x



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.

