



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

BONUS

06. CORE STRENGTH 3

45-MINUTE FORMAT

WARM-UP 45

45-MINUTE FORMAT / BONUS 30-MINUTE FORMAT

STANDING STRENGTH 3

45-MINUTE FORMAT

STRETCH

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MUSIC

- 01

Move Your Body (3:20)

Marshall Jefferson & Solardo

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Written by: Jefferson, Sanlar
- 02

Heaven Don't Have A Name (4:41)

Sam Feldt feat. Jeremy Renner

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Written by: Renders, Renner, Thunstrom, Antelis, Zudeck, Sammons, Melsen
- 03

Supadupakulavibe (4:48)

GRiZ

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Written by: Lucia, James, Keiecinski
- 04

Verde (4:34)

J Balvin & Sky

Courtesy of the Universal Music Group.

Written by: Spence, Ramirez, Osorio
- 05

All Four Walls (Graves Remix) (5:14)

Gorgon City feat. Vaults

Courtesy of the Universal Music Group.

Written by: Freeman, Vella, Pepino, Gibbon, Robson-Scott
- 06

No Escapin' This (3:25)

The Beatnuts

© 2001 Loud Records, LLC.

Written by: Fernandez, Tineo, Mays
- BONUS

06

Whip It! (4:02)

LunchMoney Lewis feat. Chloe Angelides

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Written by: Walter, Angelides, Gottwald, Lewis, Hindlin, Chancler, Sibley, Cunningham, Andrews

45-MINUTE FORMAT

Bounce Back (4:41)

Little Mix

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Written by: Donald, Demorest, Eriksen, Hamilton, Hermansen, Romeo, Thornton

Golden Age (5:05)

Atomic Drum Assembly

© 2018 Island Life Recordings.

Written by: Serrell

Find An Island (4:53)

BENEE

Courtesy of the Universal Music Group.

Written by: Fountain, Schoushkoﬀ, Bennett



CXWORX UNITED

We would love your involvement!

Les Mills CXWORX UNITED has a format we would like you to try, then please give us feedback at lesmills.com/release-feedback

Below is the CXWORX 45-minute format trial

- Track 01: Warm-up 45 (45-minute format)
- Track 02: Standing Strength 1
- Track 03: Standing Strength 2
- Track 04: Standing Strength 3 (45-minute format / Bonus 03 – 30-minute format)
- Track 05: Warm-up 30 (30-minute format)
- Track 06: Core Strength 1
- Track 07: Core Strength 2
- Track 08: Core Strength 3
- Track 09: Stretch (45-minute format)
- BONUS Track 08: BONUS Core Strength 3

Here's everything you need to know about the new tracks we have included in CXWORX UNITED.

Firstly, there is no change to the 30-minute format for CXWORX, we know this format works well. We have included a Bonus Track 03 and 06, for you to switch in and out. We want to offer a 45-minute format of CXWORX, we are still in a trial phase and we want your help!

Why: We would like to give you and your clubs an added offering which we believe completes a full-body workout. The 45-minute format starts with more core integrated exercises and finishes with more core isolation, giving a whole new and incredible feel to the workout.

What's new: You will see along with the 30-minute format an added three new tracks. A specific Warm-up, an additional Standing Strength Track (3) which you can use as the Bonus Track 3 in the 30-minute class, and a Stretch track at the end.

Feel free to teach this 45-minute format in live classes to your members or just do it yourself and let us know your thoughts.

Thanks so much everyone and thanks for being part of the future growth of this amazing product.

The CXWORX team

PRESENTERS

Dan Cohen (United Kingdom) is co-Program Director for CXWORX and BODYCOMBAT, and a passionate mixed martial artist based in Auckland.

Diana Archer Mills (New Zealand) is a Choreographer for CXWORX, LES MILLS BARRE and LES MILLS TONE, a co-Program Director for BODYBALANCE/BODYFLOW and Creative Director for BODYJAM, BODYPUMP and RPM. She is based in Auckland.

SHADOWS

- Albertus Andika** (Indonesia)
- Alyssa Holmes** (United States)
- Becky Wax** (United States)
- Billy Gani** (Indonesia)
- Deidre Douglas-Washington** (United States)
- Denice Burr** (United Kingdom)
- Emma Vandenberg** (Australia)
- Gina Colonna** (United States)
- Justin Riley** (United Kingdom)
- Ken Zhang** (China)
- Kenshin Tani** (Japan)
- Keri Ball** (United States)
- Kirill Ivanov** (Russia)
- Lunar Lu** (China)
- Maria Long** (United States)
- Natalia Smirnova** (Russia)
- Rachael Ayre** (Australia)
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- Shuhei Sato** (Japan)
- Sokvann Thaut** (Kuwait)
- Stephanie Angkiriwang** (Singapore)



CREDITS

Choreography – Dan Cohen and
Diana Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Technical Consultants – Bryce Hastings and
Andrew Newmarch

Production Coordinator – Lily Roelofs

KEY

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

RELEASE FEEDBACK

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01. WARM-UP 30

TRACK FOCUS

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

			EXERCISE	CTS	REPS
0:05	2x8		Set up Alternating Single Leg Lift. Lie on back facing L side. Fingers under lower back	16	
0:12	4x8	A	Alternating Single Leg Lift F&B Note: Release fingers from under lower back after 6 reps	4	8x
0:27	8x8	A ¹	Rocking Horse Single Leg Lift F. Crunch up, hands reach F Single Leg Lift B. Lower down	2 2	16x
0:58	4x8	B	Cross Crawl w. Toe Tap F&B	4	8x
1:13	4x8	B ¹	Cross Crawl w. Leg Extension F&B Head, shoulders and toes to floor last 2cts	4	8x
1:29	4x8	A	Alternating Single Leg Lift F&B	4	8x
1:44	4x8	A ¹	Rocking Horse	4	8x
1:59	4x8	B ¹	Cross Crawl w. Leg Extension F&B	4	8x
2:15	4x8		Set up for Alternating Single Leg Hip Bridge Feet come close to butt, lift hips up Lift F leg up	8 16 8	
2:30	8x8	C	Alternating Single Leg Hip Bridge Hip Bridge, lift F leg up Hip Bridge, halfway down Hip Bridge, lift F leg up F leg down, Toe Tap and change Repeat B	2 2 2 2 8	4x
3:01	4x8	B ¹	Cross Crawl w. Leg Extension F&B	4	8x



01. MOVE YOUR BODY 3:20mins

TECHNIQUE AND COACHING

COACHING

Focus on bringing your participants into the correct position, straight 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. Remember, this is your time to get everyone into the core mindset. Use simple coaching with a positive and enthusiastic attitude to set the scene for the workout ahead.

ALTERNATING SINGLE LEG LIFT / ROCKING HORSE

KEY COACHING FOCUS

Brace abs to press lower back towards the floor.
Slide ribs to hips (on the crunch).

LAYER 1

- Feet on floor
- Arms by sides, palms up
- **Brace abs to keep lower back close to the floor**
- Lift one leg and switch
- **Knees in line with hips**
- **Shins parallel to the floor**
- Add the crunch
- Arms reach to feet
- **Slide ribs to hips as you crunch**
- **Chin tucked in**

CROSS CRAWL WITH TOE TAP / CROSS CRAWL WITH LEG EXTENSION

KEY COACHING FOCUS

Lift shoulder towards opposite knee.

LAYER 1

- Fingertips to temples
- **Chin tucked in**
- **Lift shoulder towards opposite knee**
- Twist to the front, then to the back
- Keep elbows wide and off the floor
- **Rotate from the center of the chest**
- Big press of the leg (with Leg Extension)

LAYER 2

- Lift the shoulders off the floor a little more, take the elbows even wider. It's a great way to warm up the muscles of our core

ALTERNATING SINGLE LEG HIP BRIDGE

KEY COACHING FOCUS

Activating glutes to lift hips.

LAYER 1

- Feet come close to butt
- Arms by sides
- Lift one leg up, pulse up and change
- **Squeeze glutes to lift hips**
- **Hips and pelvis parallel**

LAYER 2

- Keep the glutes squeezed to help warm up and engage the muscles of the glutes and hamstrings



02. CORE STRENGTH 1

TRACK FOCUS

I want my participants to enjoy the Hover challenge as they build physical and mental strength, no matter what level they are doing.

EXERCISE			CTS	REPS
0:00	4x8	Set up for Hover facing side. OPTION: Knees or toes	32	
0:12	12x8	A Moving Hover F&B (Slow) Weight shift F Weight Shift B OPTION: Hover on knees	8 8	6x
0:52	4x8	A ¹ Moving Hover F&B 1/3 Weight Shift F Hold Weight Shift B	2 2 4	4x
1:05	2x8	Hold Hover or Childs Pose	16	
1:12	2x8	Set up in Hover. Elbows under shoulders, forearms parallel to each other. OPTION: Knees or toes	16	
1:19	8x8	B Hover w. Leg Sequence and Rolling Side Hover F&B (Slow) F leg tap to side F leg return B leg tap to side B leg return F leg tap to side F leg return B leg tap to side B leg return Rolling Side Hover R, L arm extends to ceiling Return to start Rolling Side Hover L, R arm extends to ceiling Return to start	4 4 4 4 4 4 4 4 4 8 8 8 8	1x
1:45	16x8	B ¹ Hover w. Leg Sequence and Rolling Side Hover F&B (Fast) OPTION: Jack instead of Tap	32	4x
2:38	4x8	Hold Hover or Childs Pose	32	
2:52	8x8	B Hover w. Leg Sequence and Rolling Side Hover F&B (Slow)	64	1x
3:18	20x8	B ¹ Hover w. Leg Sequence and Rolling Side Hover L&R (Fast)	64	5x
4:24	4x8	Hover	32	



02. HEAVEN DON'T HAVE A NAME 4:41mins

TECHNIQUE AND COACHING

WHY

Les Mills Research has demonstrated that integrated exercises, such as Hovers, increase the amount of muscle activation when compared to isolated movements.

However, for these muscles to provide core stability during day-to-day activities, they also need endurance.

This track provides both of these elements.

COACHING

This was the highlight track through filming trials. When the instructor sets a Hover challenge with a time frame, it's amazing what humans can do! The music is just beautiful and heavenly which captures everyone into the zone to stay focused and tune into what their body is capable of. As much as this is a physical challenge, it has a mental challenge attached to it. Your focus is to bring everyone in the room to their potential through your connection and coaching. Coach to the levels and don't leave anybody behind!

MOVING HOVER

KEY COACHING FOCUS

Brace abs. Keep back long and straight.

LAYER 1

- **Elbows under shoulders and knees hip-width apart**
- **Lift hips to shoulder level**
- **Back long and straight**
- **Brace abs, keep hips and shoulders level to floor**
- On knees, hold Hover
- On toes rock shoulders forward towards hands
- Come back; shoulders stop over elbows
- Squeeze butt
- If on knees, stay still (option)
- Shoulders away from ears

LAYER 2

- Squeeze the glutes and quads
- Press the elbows firmly into the floor and feel how powerful it makes you
- Try finding stability through the legs, by pulling your knee caps up, into your quads

LEVEL

⇩To decrease intensity, Hover on knees, stay still

HOVER WITH LEG SEQUENCE AND ROLLING SIDE HOVER

KEY COACHING FOCUS

Brace abs. Back long and straight. Hips and shoulders move as one (Rolling Hover).

LAYER 1

- Cross forearms this time
- **Back long and straight**
- **Abs braced to stabilize hips and pelvis**
- Tap out slow
- Rolling Side Hover to the front
- **Focus on lifting the bottom hip**
- Drop inside knee to lower intensity
- **Hips and shoulders roll as one**
- Level up with small jumps out and in
- Brace hard to stabilize the body

LAYER 2

- Feel the oblique muscles working hard, not only as you rotate, but to minimize movement as you jump
- Drive the forearm into the ground to help stabilize the shoulder as you lift your bottom hip high, engaging more power in the obliques

LEVEL

⇩To decrease intensity, drop to knees for Hover and inside knee for Rolling Side Hover

⇧To increase intensity, Jack instead of Tap



03. STANDING STRENGTH 1

TRACK FOCUS

I want my participants to feel the rotational power in the obliques, created by the Woodchop variations through my precise execution cues.

			EXERCISE	CTS	REPS
0:00	2x8		Set up Woodchop. Step L foot into the middle of the SMARTBAND, drop inside handle, legs wide, hands just above L knee. OPTIONS: Hold both handles or connect plate to R handle only	16	
0:10	4x8	A	Woodchop R 2/2 Woodchop Return to start	2 2	8x
0:32	2x8	A ¹	Parallel Woodchop Sequence R Woodchop R Parallel Woodchop L Woodchop down R Parallel Woodchop L	2 2 2 2	2x
0:43	4x8	A ²	Woodchop Combo R Woodchop R 1/3 Parallel Woodchop Sequence	4 4	4x
1:05	4x8	A	Woodchop R 2/2	4	8x
1:27	6x8	A ¹	Parallel Woodchop Sequence R	8	6x
2:00	4x8	A ²	Woodchop Combo R	8	4x
2:21	2x8		Set up Woodchop L	16	
2:33	4x8	A	Woodchop L 2/2	4	8x
2:54	2x8	A ¹	Parallel Woodchop Sequence L	8	2x
3:06	4x8	A ²	Woodchop Combo L	8	4x
3:28	4x8	A	Woodchop L 2/2	4	8x
3:50	6x8	A ¹	Parallel Woodchop Sequence L	8	6x
4:23	4x8	A ²	Woodchop Combo L	8	4x



03. SUPADUPAKULAVIBE 4:48mins

TECHNIQUE AND COACHING

WHY

It is common for the thoracic spine to stiffen as we age. Exercises such as Woodchops not only strengthen the muscles of our core, but also mobilize the joints of the thoracic spine, to reduce stiffness and hypomobility.

COACHING

You have the choice of using a band or plate and band for this track. Give participants the choice if you have these available. Core stability promotes movement control, Woodchops are great for this. We cue to brace the abs to keep the hips and pelvis square, effectively eliminating lumbar rotation as you twist from the center of your chest, promoting thoracic rotation.

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 focus participants into the feeling of the working muscles, and back into their bodies, it helps to fight fatigue and ensures everyone stays committed to the end.

PARALLEL WOODCHOP SEQUENCE

KEY COACHING FOCUS

Rotate from the center of the chest.

LAYER 1

- Slide from side-to-side
- Down to your knee
- From corner-to-corner
- Hips move side-to-side then knee bends
- **Chest lifted**
- **Abs braced to keep hips facing forward**
- **Rotate from the center of your chest**
- Zig-zag shape

LAYER 2

- All the movement comes from the legs, that's what drives the move
- Roll the shoulders back down into the ribs and focus on lifting the chest to engage the back body
- Can you feel your obliques engage?

LEVEL

↴ To decrease intensity, use a single band

WOODCHOP

KEY COACHING FOCUS

Rotate from the center of the chest.

LAYER 1

- Single or double band, or increase resistance adding a plate
- Lay the band down in front of you
- Step halfway on the band to anchor for single, otherwise two handles together
- If you're using a weight plate, join into the handle
- Take feet wide
- Bend right knee, handles to knee
- **Chest lifted**
- Let's start with Woodchop to the corner
- **Keep hips square to the front by bracing abs hard**
- **Twist from the center of your chest**
- Hands come to shoulder height or just above shoulders
- Squeeze shoulder blades into spine
- Arms straight

LAYER 2

- To get more power tip from the hip, push your butt back and lift the chest
- Feel your waist muscles wring you out as you move from side-to-side
- Try and keep the middle of your chest in line with the handles

LEVEL

↴ To decrease intensity, use single band



04. STANDING STRENGTH 2

TRACK FOCUS

I want my participants to engage and feel the glutes and hips working in the new Clam move through my precise coaching.

EXERCISE				CTS	REPS
			Set up for Side Step. Feet hip-width apart. Wrap SMARTBAND 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	2x8		Pick up weight plate and hold at collar bones. Squat position	16	
0:09	16x8	A	Side Step and Back Tap Combo 4x Side Step L 4x Back Tap L leg 4x Side Step R 4x Back Tap R leg OPTION: Plate O/H after 2 reps	8 8 8 8	4x
1:30	1x8		Transition to floor for Clams. Lie on R side, knees bent and forward of body, heels together	8	
1:35	3x8	B	Clam Open top knee Close knee OPTION: Lift hips off floor	1 1	12x
1:50	6x8	B ¹	Clam Pulse R	48	
2:20	1x8		Transition to Horse Stance, facing R side	8	
2:26	7x8	C	Horse Stance Pointer L leg out to 45°, pulse up and down, R arm out to 45°	2	28x
3:01	1x8		Reset back to Horse Stance	8	
3:06	7x8	C	Horse Stance Pointer R leg out to 45°, pulse up and down, L arm out to 45°	2	28x
3:41	1x8		Transition to Clam R. Lie on L side	8	
3:46	3x8	B	Clam Open top knee Close knee	1 1	12x
4:02	6x8	B ¹	Clam Pulse	48	



04. VERDE 4:34mins

TECHNIQUE AND COACHING

WHY

The Clam exercise is a great example of how to work the same muscle (in this case gluteus medius) in different ways. The bottom leg is working in an isometric holding pattern in weight bearing. The top leg is working dynamically in non-weight bearing. Both patterns provide a great training stimulus and condition the muscles for different day-to-day activities.

COACHING

We set up this track with the band around the thighs. Remember to educate your participants on why we do this band set-up and what benefits they will receive; our hip abductors (side glutes) help control knee alignment and the position of our pelvis during weight-bearing activities. Pushing outward against the band wrapped around our thighs enables us to generate more input from these muscles during our movement patterns. These exercises are therefore great for improving movement precision and reduce the potential for injury during activities, such as running. We leave the band on for the entire track!

New move: The Clams. In this move we work the lateral sling activation on the underside, as well as the side glutes and side flexors. The key component of the top leg is maximizing outward rotation to bring in the posterior fibers of gluteus medius. Enjoy!

CLAM / CLAM PULSE

KEY COACHING FOCUS

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

LAYER 1

- Elbow under shoulder
- Knees forward from hips
- **Lift bottom hip up**
- 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

LAYER 2

- Try and get the outside of the knee facing the rear so you have outward rotation and more engagement in the glutes

LEVEL

↴To decrease intensity, bottom hip down

SIDE STEP AND BACK TAP SEQUENCE

KEY COACHING FOCUS

Keep chest lifted. Avoid leaning to the side. Brace abs to keep hips forward (back tap).

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
- Weight plate at collar bones
- OPTION: No weight plate
- 4 steps to the side and 4 Taps back
- **Abs braced to keep hips forward**
- **Chest lifted**
- **Knees pressed out over toes**
- Keep tension on the band
- **Squeeze butt** as you kickback
- **Elbows forward of the face** (while holding plate overhead)
- **Avoid leaning to the side**

LAYER 2

- Pushing the knees out as you side-step, while keeping tension on the band, will ignite the muscles of the glutes

LEVEL

↴To decrease intensity, no SMARTBAND around thighs

HORSE STANCE POINTER

KEY COACHING FOCUS

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

LAYER 1

- Come down to the floor, to kneeling position
- One leg out to 45°
- Opposite arm off the floor, or not
- Pulse the leg up and down
- **Squeeze butt and brace abs to keep hips and shoulders square to the floor**

LAYER 2

- Pull the shoulder blade down into the back ribs to create space from the shoulder to ear
- Press down hard into the floor with opposite hand to stabilize shoulders
- Working the cross slings from shoulder to opposite glute

LEVEL

↴To decrease intensity, hand down on floor



05. CORE STRENGTH 2

TRACK FOCUS

I want my participants to understand how to engage the obliques in the Oblique Crunch.

			EXERCISE	CTS	REPS
0:00	4x8		Set up Plank. On knees or toes facing R side	32	
0:12	12x8	A	Mountain Climber and Rolling Plank Sequence R (Slow) B knee to F elbow x4, return to start Rolling Plank to F, L arm opens to ceiling Return to start Note: On the third rep keep foot off floor in Mountain Climber	16 8 8	3x
0:52	8x8	A ¹	Mountain Climber and Side Plank Sequence R (Fast) B knee to F elbow x2 Rolling Plank to F, L arm opens to ceiling Return to start	8 4 4	4x
1:18	4x8		Set up Side Oblique Crunch. Lie on L side, legs extended. L arm out to the side, lift legs off floor. R hand fingertips to temple	32	
1:30	4x8	B	Side Oblique Crunch 2/2 Side Crunch, R knee in, R arm reaches towards R foot Return to start	4 4	4x
1:43	8x8	B ¹	Side Oblique Crunch 1/3 Side Crunch, R knee in, R arm reaches towards R foot Hold Return to start OPTION: Both knees in on Crunch	2 2 4	8x
2:09	8x8	B ²	Stagger Side Oblique Crunch Side Crunch, knees in Halfway down Lift up Return to start	2 2 2 2	8x
2:35	4x8		Set up Plank facing L side	32	
2:48	12x8	A	Mountain Climber and Rolling Plank Sequence L (Slow)	32	3x
3:27	8x8	A ¹	Mountain Climber and Side Plank Sequence L (Fast)	16	4x
3:52	4x8		Set up Side Oblique Crunch. Lie on R side, legs extended. R arm out to the side, lift legs off floor. L hand fingertips to temple	32	
4:05	4x8	B	Side Oblique Crunch 2/2	8	4x
4:18	8x8	B ¹	Side Oblique Crunch 1/3	8	8x
4:44	8x8	B ²	Stagger Side Oblique Crunch	8	8x



05. ALL FOUR WALLS 5:14mins

TECHNIQUE AND COACHING

WHY

Our obliques wrap around the sides of our trunk. We normally think of them as rotators, in this track the external and internal obliques work on the same side to side flex the trunk.

The Side Oblique Crunch enhances stability during activities, such as unilateral lifts.

COACHING

All Four Walls is such a powerful song with lots of contrast and a big finisher. The first part of the track brings focus to strengthening our waistline with different levels of the Climber and Rolling Plank Sequence. This move bites hard, so offer all levels so everyone is successful.

The second part of the track is the Side Oblique Crunch. Emphasize to your participants that knees and chest face forward during the move. Rather than lifting our upper body up high, we're aiming to press the bottom waistline into the floor, while sliding the top ribs into our hips. That's the key to boost muscle activation in our obliques.

MOUNTAIN CLIMBER AND ROLLING PLANK SEQUENCE

KEY COACHING FOCUS

Abs braced to keep hips square to floor. Back long and straight (Mountain Climber). Brace abs so hips and shoulders move as one (Rolling Plank).

LAYER 1

- Side on, hands under shoulders
- On knees or toes
- **Back long and straight**
- **Brace abs to keep hips square to floor**
- Back knee to front elbow, 4 times
- Rolling Plank to front
- Decrease intensity by coming to the knees for the Mountain Climber and bottom knee down as you turn
- Drop onto heels as you turn
- **Brace abs so hips and shoulders move as one**

LAYER 2

- Your goal is to try and keep your hips quiet as you cross climb to stimulate the core even more
- Lift your bottom hip 2 inches higher for more load
- Feel the integration as you roll

LEVEL

⇩ To decrease intensity, drop to knees

SIDE OBLIQUE CRUNCH

KEY COACHING FOCUS

Squeeze top rib to hip. Bottom side waist stays on the floor as you Side Crunch.

LAYER 1

- Swing legs around to the other side
- Come onto your side, roll top hip forward
- Bottom arm extended forward
- Legs straight out, feet forward of hips
- Fingertips to temples
- Crunch, top knee comes in
- Hand towards foot as you Crunch
- **Squeeze ribs to hip**
- **Knees and hips face forward**
- **Bottom side waist stays on the floor as you Side Crunch**

LAYER 2

- Keep the ribcage down on the floor, chest facing forward and keep the hips still. This reduces the range, cancels out momentum and isolates the obliques even more. Give it a go!

LEVEL

⇩ To decrease intensity, bottom foot stays on floor

⇧ To increase intensity, both knees in on Crunch



06. CORE STRENGTH 3

TRACK FOCUS

I want my participants to understand which muscles they are working and the great benefits of the Pointer work.

EXERCISE			CTS	REPS
0:00	4x8	Set up Horse Stance, facing front. Feet in band handles, band runs between knees, R thumb hooks center of the band. Hands shoulder-width apart on floor. Extend R leg. Pick up weight plate in L hand OPTION: No plate	32	
0:21	10x8	A	Horse Stance Pointer Sequence L R knee and L arm in R knee and L arm extend out to 45° Last 4cts L arm in upright Row position, R leg stays extended	2 2 20x
1:03	4x8	A ¹	Horse Stance Pulse Row L Row L arm up, R leg lifted and out to 45° Lower arm halfway down OPTION: R foot on floor	1 1 16x
1:29	1½x8		Transition to Horse Stance Pointer R	12
1:34	8x8	A	Horse Stance Pointer Sequence R	4 17x
2:16	4x8	A ¹	Horse Stance Pulse Row R	2 16x
2:37	2x8		Set up for Back Extension Pulse. Release band between the legs. Lie on belly, arms in front O/H, chest lifted	16
2:47	5x8	B	Back Extension Pulse Row arms in, lift chest off floor, Pulse x4 Return to start	7 1 5x



06. NO ESCAPIN' THIS 3:25mins

TECHNIQUE AND COACHING

WHY

Squeezing the shoulder blades together not only increases scapula stability, it also trains the retractors (rhomboids and mid trapezius) to support the thoracic spine. As this region is naturally flexed, it is the most common contributor to a kyphotic posture.

COACHING

This track starts in Pointer position with options for equipment, band on shoes, with or without a plate or using bodyweight, one of the best exercises we can do for stability. Bracing the abs tightly is key to keeping the trunk stable and the pelvis still.

The Back Extension work helps improve scapula control, an important component of improving shoulder stability, as well as all the postural benefits that make us feel and look strong.

BACK EXTENSION PULSE

KEY COACHING FOCUS

Squeeze glutes. Squeeze shoulder blades together.

LAYER 1

- Release band and keep on feet
- Come down to belly
- Arms reach forward
- Feet together on the floor
- **Squeeze butt**
- Lift chest off floor
- Pulse 4 times and open
- Chin tucked in
- **Squeeze shoulder blades together**
- Keep chest lifted as you extend arms forward

LAYER 2

- Can you lift one inch higher by squeezing your shoulder blades into your spine?
- Extension and Isolation

LEVEL

⇩ To decrease intensity, no band and touch fingertips lightly to floor in between reps

HORSE STANCE POINTER SEQUENCE / PULSE ROW

KEY COACHING FOCUS

Brace abs to keep hips and shoulders square to the floor. Squeeze shoulder blades to spine (Pulse Row).

LAYER 1

- Come down to the floor
- Put both handles on shoes
- Come to Horse Stance
- Left thumb hooks into center of the band
- Hands shoulder-width apart
- Extend right heel to back corner
- **Brace abs, hips and shoulders level to floor.**
- Option to use the weight plate in right hand
- Everything starts in; knee and elbow
- Extend arm and leg to diagonal
- **Heel to hip height**
- **Squeeze your butt** as the heel goes out
- Target for the weight plate sits under shoulder
- Press down through hand to **keep shoulders and hips square to the floor**
- Set up for the row and pulse
- **Squeeze shoulder blades into spine**

LAYER 2

- Working deep into the muscles of the rear shoulders and back
- You can take the elbow as high as you want to, as long as you maintain great control
- Push the opposite hand hard into the floor to stabilize shoulders
- Keep the back leg out to 45° to keep engagement in glute

LEVEL

⇩ To decrease intensity, no plate



BONUS

06. CORE STRENGTH 3

TRACK FOCUS

I want my participants to enjoy the Tabletop move and challenge themselves to improve strength and mobility.

EXERCISE			CTS	REPS
0:00	4x8	Set up for Alternating Tabletop Tap. Sit facing L side, knees bent, feet on floor. Hands shoulder-width apart just behind butt, fingertips face out to sides	32	
0:14	4x8	A Alternating Tabletop Tap F&B 2/2 Lift hips, extend F leg and tap heel in front Return to start position Repeat to B leg	4 4 8	2x
0:29	8x8	A ¹ Alternating Tabletop Leg Lift F&B 2/2 Lift hips, extend F leg (foot off floor) Return to start position Repeat on B leg	4 4 8	4x
0:59	8x8	A ² Alternating Tabletop Leg Lift and Swing Back F&B 2/2 Lift hips, extend R leg (foot off floor) Swing hips B and down through hands Repeat to B leg	4 4 8	4x
1:28	8x8	A ³ Alternating Tabletop Leg Lift and Swing Back F&B 1/3 Lift hips, extend F leg (foot off floor) Hold Swing hips B and down through hands Repeat B leg	2 2 4 8	4x
1:58	2x8	Transition to Hip Bridge. Lie on back, hands by sides, feet close to butt. Lift hips	16	
2:05	6x8	B Alternating Single Leg Hip Bridge Pulse F&B Hip Bridge Pulse x3 F leg Foot down and change Repeat B leg	6 2 8	3x
2:27	3x8	Set up for Aeroplane facing R diagonal. Lie prone, arms out wide, thumbs up, lift torso up. Feet together. Chest up, shoulder blades back	24	
2:38	8x8	C Aeroplane F&B Aeroplane, F Return to start Aeroplane, B Return to start	4 4 4 4	4x
3:07	2x8	Pick up SMARTBAND folded in half or single OPTION: No Band	16	
3:14	12x8	D Resisted Back Extension Pulse Pull arms B and Pulse x3 Return to start	6 2	12x



BONUS

06. WHIP IT! 4:02mins

TECHNIQUE AND COACHING

WHY

The gluteals are the most common muscles in the posterior chain to disengage. They often become dominated by the back extensors and hamstrings. Coaching a strong glute squeeze helps activate these muscles so they are more likely to contract during functional activities.

COACHING

The first block of work is the Alternating Tabletop Sequence which has many levels to coach. This is a fantastic bodyweight movement that drives great glute engagement. As you master the swing back of the hips, you can load the core more. Also, great mobility work for the thoracic and shoulder areas! Once the body is fatigued we finish off with Hip Bridges to still engage the glutes and come out of the shoulder load.

The last block finishes with back extension work that helps improve scapula control, an important component of improving shoulder stability, as well as all the postural benefits that make us feel and look strong. The key to this track is to coach all levels so everyone is included. Know your participants and know their goals so you can help motivate them to success!

ALTERNATING TABLETOP SEQUENCE

KEY COACHING FOCUS

Squeeze butt. Hips level to the floor.

LAYER 1

- **Hands under shoulders, fingers to the side**
- Heels slightly forward of knees
- **Squeeze butt as you lift hips towards knee height**
- **Keep chin tucked in**
- Drive hips
- Extend leg forward and long
- Roll the shoulders back so chest lifts
- Squeeze shoulder blades together as you lift
- **Butt pulls back between arms** (Swing Back)
- OPTION: If shoulders are fatiguing, touch butt down gently in between

LAYER 2

- Tuck your tail bone under and feel how that emphasizes the butt work
- Lift the chest a little more and feel the glutes firing
- When you lift your hips up and swing them back it forces your abdominals to work harder
- Challenge: Try straightening your legs as you swing through

LEVEL

⇩ To decrease intensity, touch the butt to the floor in between

ALTERNATING SINGLE LEG HIP BRIDGE PULSE

KEY COACHING FOCUS

Squeeze butt. Hips level to the floor.

LAYER 1

- Come down on your back for Hip Bridge
- Feet in close to butt
- **Squeeze butt to lift hips**
- Single Leg Pulse 3 times
- **Keep hips level**

LAYER 2

- Drive out of the heels to get maximum glute engagement for back body results



BONUS

06. WHIP IT! 4:02mins

TECHNIQUE AND COACHING

AEROPLANE

KEY COACHING FOCUS

Twist from center of chest. Squeeze glutes.

LAYER 1

- Come down to belly
- Arms wide, feet together
- **Squeeze glutes to protect the spine**
- **Twist from center of chest**
- **Belly button stays on the floor**

LAYER 2

- Pull shoulder blades into spine to help with the twist
- Can you feel the postural muscles engage as you lift and rotate?
- Can you take your knees off the floor?

LEVEL

↕ To decrease intensity, keep one hand on floor

RESISTED BACK EXTENSION PULSE

KEY COACHING FOCUS

Squeeze butt. Squeeze shoulder blades.

LAYER 1

- Arms reach forward, grab band, double or single
- Feet together
- Pulse Row 3 times, elbows in
- **Squeeze butt**
- Lift chest off floor
- Chin tucked in
- **Squeeze shoulder blades together**
- Open the band as you Pulse
- Keep chest lifted as you extend arms forward

LAYER 2

- Feel the whole back body ignite, building strength and mobility
- Stretch the band as far as you can to maximize the work

LEVEL

↕ To decrease intensity, touch fingertips lightly to floor in between reps



45-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, engage with the music and feel ready for the workout ahead.

			EXERCISE	CTS	REPS
0:05	2x8		Set up Double Leg Lift. Lie on back, facing L side, arms at sides, palms up feet on floor.	16	
0:14	2x8	A	Double Leg Lift 2/2	8	2x
0:23	2x8	A ¹	Double Leg Lift 1/1	4	4x
0:33	2x8	A ²	Double Leg Lift w. Tailbone Lift 1/1 Double Leg Lift, lift tailbone up at top of the movement	4	4x
0:43	2x8	A ³	Double Leg Lift & Leg Extension 1/1 Double Leg Lift Extend legs to vertical Bend legs Return to start	2 2 2 2	2x
0:52	4x8	A ⁴	Double Leg Lift & Extension w. Tailbone Lift Double Leg Lift w. Tailbone Lift Extend legs to vertical w. Tailbone Lift Bend legs w. Tailbone Lift Return to start Last 2cts fingertips to temples	2 2 2 2	4x
1:10	4x8	B	Cross Crawl w. Toe Tap F&B (Slow) Twist to F Center Twist to B Center	2 2 2 2	4x
1:29	2x8	B ¹	Cross Crawl w. Toe Tap F&B (Fast)	4	4x
1:38	4x8	B ²	Cross Crawl w. Leg Extension F&B (Fast)	4	8x
1:57	4x8		Transition to Hover facing R side. Elbows under shoulders. OPTION: Knees or toes	32	
2:15	2x8	C	Hover w. Leg Sequence F&B (Slow) F leg out to side F leg return to center B leg out to side B leg return to center	2 2 2 2	2x
2:24	4x8	C ¹	Hover w. Leg Sequence F&B (Fast)	4	8x



45-MINUTE FORMAT

WARM-UP 45

			EXERCISE	CTS	REPS
2:44	2x8		Transition to standing. Pick up plate, feet wide in Squat position, plate at L knee		
2:53	4x8	D	Squat w. Halo Plate diagonally up towards R, half circle above head (Halo) Plate diagonally towards R knee Repeat L	4 4 8	2x
3:12	6x8	D ¹	Squat w. Halo and Side Lunge (Slow) Plate diagonally up towards R, half circle above head (Halo) Plate diagonally towards R knee, Side Lunge R Repeat L	4 4 8	3x
3:40	4x8	D ²	Squat w. Halo and Side Lunge (Fast)	8	4x
3:58	1x8		Step feet in hip-width apart. Plate at chest like a steering wheel, elbows out	8	
4:03	2x8	E	Squat and Twist w. Heel Lift Squat down Lift up and rotate L, lift L heel off floor Squat down Lift up and twist to R, lift R heel off floor	2 2 2 2	2x
4:12	3x8	E ¹	Squat and Twist w. Knee Lift Squat down Lift up and rotate L, lift L knee Squat down Lift up and twist to R, lift R knee	2 2 2 2	3x
4:26	4x8	E ²	Squat Pulse and Twist w. Knee Lift 2x Pulse Squat Stand and rotate L, L knee up 2x Pulse Squat Stand and rotate R, R knee up	2 2 2 2	4x



45-MINUTE FORMAT

BOUNCE BACK 4:41mins

TECHNIQUE AND COACHING

WHY

Due to the dynamic and athletic nature of the 45-minute format, we felt it was necessary to include standing integrated exercises in the Warm-up. This ensures all the neural pathways are primed for the work ahead.

COACHING

Pre-cue a medium-large weight plate for the end of the track. Focus on bringing your participants into the correct position straight from the beginning of the track. They should feel how the abdominal brace will help keep their lower back towards the floor as they move. Coach to the levels in all exercises so participants understand they have choices with all movements, giving them autonomy over their workout. We have a mix of integrated and isolated exercises to warm up fast. Set the scene with a positive and encouraging coaching style, especially using this standing work to make a connection early in the class. This is our point of difference to the 30-minute Warm-up.

DOUBLE LEG LIFT

KEY COACHING FOCUS

Brace abs to press lower back towards the floor.

LAYER 1

- Arms at sides, palms up
- Relax shoulders
- **Abs braced to hold your spine in position**
- **Lower back pressed towards the floor**
- **Lift knees directly over hips**
- **Shins parallel**
- Toes tap lightly

LAYER 2

- Add a tiny lift of the tailbone to activate the lower abs

DOUBLE LEG LIFT & LEG EXTENSION SEQUENCE

KEY COACHING FOCUS

Brace abs to press lower back towards the floor.

LAYER 1

- Bent legs
- Straight legs
- Bent legs and tap
- Add the tailbone lift

LAYER 2

- Getting the lower abs engaged this early on
- Focus on the legs going straight up
- Small lift of the tailbone

CROSS CRAWL

KEY COACHING FOCUS

Rotate from the center of the chest.

LAYER 1

- Fingertips to temples
- Front leg lifts, then back leg
- **Chin tucked in**
- **Lift shoulder towards opposite knee**
- Twist to the front, then to the back
- Keep elbows wide and off the floor
- **Rotate from the center of the chest**
- Big press of the leg (with Leg Extension)

LAYER 2

- Start to feel the oblique warming up



45-MINUTE FORMAT

BOUNCE BACK 4:41mins

TECHNIQUE AND COACHING

HOVER

KEY COACHING FOCUS

Brace abs keep back long and straight. Hips and shoulders square to the floor.

LAYER 1

- Elbows under shoulders
- Fists together
- **Feet hip-width apart**
- Knees or toes
- Lift hips up in line with shoulders
- **Back long and straight**
- **Abs braced**
- **Keep hips level to the floor** (as leg taps out)

LAYER 2

- Press the forearms into the floor to stabilize the shoulders
- Brace the core even more so you don't bounce

LEVEL

⇓ To decrease intensity, go down onto your knees

HALO WITH SQUAT / SIDE LUNGE

KEY COACHING FOCUS

Brace abs to keep hips facing forward. Elbows forward of the face (as the plate circles over the head). Stop the plate in front of knee.

LAYER 1

- Plate starts at knee
- Circle the plate over the head slowly
- **Butt goes back and down, chest lifted for good posture**
- **Brace abs to keep hips facing forward**
- Twist from the center of your chest (as the plate comes down towards knee)
- **Elbows slightly forward of the face as you Halo over head**
- Let's go faster and add a Side Lunge

LAYER 2

- Brace your core when you catch the plate, forcing the core to react

SQUAT AND TWIST WITH KNEE LIFT

KEY COACHING FOCUS

Twist from the center of the chest, abs braced to keep hips square.

LAYER 1

- Feet under hips
- Hold the plate like a steering wheel
- We Squat and lift
- Start small then get bigger
- Add the Knee Lift
- **Hips sit back and down**
- **Chest lifted**
- **Abs braced to square hips**
- **Rotate from the center of the chest**
- Option to add a Double Pulse as you Squat
- Hips square as you rotate

LAYER 2

- Turn through your chest and shoulders to prime the thoracic for the work ahead
- Hit out cross slings and obliques



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

STANDING STRENGTH 3

TRACK FOCUS

I want my participants to understand how to execute all the movements at a level that is right for them and enjoy the playfulness of the track through my positive motivation.

			EXERCISE	CTS	REPS
0:00	8x8	A	Burpee Sequence (Slow)		
			Squat, arms out to front, hands stacked	2	
			Hands to floor	2	
			Step R foot B	2	
			Step L foot B	2	
			R foot in	2	
			L foot in	2	
			Squat, arms out in front, hands stacked	2	
			Stand up, open arms	2	4x
0:52	4x8	A ¹	Burpee Sequence (Fast)	8	4x
1:18	4x8	A ²	Burpee Sequence w. Jump		
			Squat, arms out to front, hands stacked	1	
			Hands to floor	1	
			Jump feet B	2	
			Jump feet in	1	
			Squat, arms out in front, hands stacked	1	
			Stand up, open arms	2	4x
1:45	1x8		Transition to Firefly		
			Squat, arms out to front, hands stacked	1	
			Hands to floor	1	
			Jump feet B	2	
			Bend knees and pull hips B to crouch	4	1x
1:51	3x8	B	Firefly		
			L knee to L elbow	2	
			L leg B to start, hips pull B to Crouch	2	
			Repeat R	4	3x
			OPTION: On knees		
2:11	4x8	B ¹	Firefly w. Arm Sequence		
			L knee to L elbow, R arm reach F	2	
			Return to start	2	
			Repeat R	4	4x
2:37	7x8	B ²	Firefly w. Plank Hold		
			L knee to L elbow	1	
			Crouch B	1	
			R knee to R elbow	1	
			Crouch B	1	
			Weight shift F	2	
			Crouch B	2	7x
			Return to start		



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

STANDING STRENGTH 3

			EXERCISE	CTS	REPS
3:22	2½x8		Stand up to set up for Burpee and Firefly Combo	36	
3:37	12x8	C	Burpee and Firefly Combo		
			Squat, arms out to front, hands stacked	1	
			Hands to floor	1	
			Step L leg B	1	
			Step R leg B and Crouch	1	
			Firefly L	1	
			Crouch B	1	
			Firefly R	1	
			Crouch B	1	
			Weight Shift F	2	
			Crouch B	2	
			Step L leg in	1	
			Step R leg in	1	
			Squat, arms out to front, hands stacked	1	
			Stand up, open arms	1	6x
			OPTION: Jump legs instead of stepping in		



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

GOLDEN AGE 5:05mins

TECHNIQUE AND COACHING

WHY

These integrated exercises utilize reactive core training principals to fire up the target muscles. Including Burpees in a core conditioning class allows us to bring focus to the vital contribution our core muscles bring to these types of exercises.

COACHING

What a track! We hope you love it as much as we do! You can use this Track as Bonus 04 in the 30-minute class. It is Standing Strength with integration at it's best. These movements not only work the core, they build muscle strength and endurance in both lower and upper body. There are so many levels that people can chose to take and still feel successful in this track. Offer knee levels in the Firefly early as feedback has been shoulders are fatiguing quickly. Also, moving the hands forward and back in the Firefly is something you can build up to over a few weeks of teaching the track. Focus is on control the entire time, you and your participants will build strength and mobility fast. Remember, let us know your feedback!

BURPEE SEQUENCE

KEY COACHING FOCUS

Brace abs and chest up as you Squat. Brace abs and back long and straight in the Plank.

LAYER 1

- Feet outside hips
- Squat
- Hands to the floor
- Step back to Plank
- Step feet outside hands
- Squat and stand
- **Hips sit back and down on the Squat**
- **Brace abs and chest up** as you Squat
- **Butt just above the knee line**
- As you rise up, Squeeze between the shoulder blades to open chest
- You can try a little faster now still stepping
- **Brace the abs hard in the Plank**
- **Back long and straight**
- Add a jump back if you want

LAYER 2

- Keep all your movements strong from the core and stable
- You can jump or step. If you're jumping, brace hard to minimize bouncing
- Recruit your glutes and thighs

LEVEL

⇩To decrease intensity, no jump



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

GOLDEN AGE 5:05mins

TECHNIQUE AND COACHING

FIREFLY SEQUENCE

KEY COACHING FOCUS

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

LAYER 1

- Come down to the floor and hold
- Pull back to Crouch
- Firefly
- Knee to outside elbow
- Pull back to Crouch in between every rep
- **Brace abs to square hips and shoulders to the floor**
- **Back is long and straight**
- Come to your knees any time you need to
- Let's try to add the opposite arm with the leg
- Moving Firefly
- Let's speed up the Firefly and add a Plank
- **Brace the abs hard on the Plank** as you shoot forward, chest past hands

LAYER 2

- Press evenly through both palms
- Predatorial movement – play with it
- Try shooting your Plank forward

LEVEL

⇩ To decrease intensity, down on knees

⇩ To decrease intensity, holding Plank Firefly

BURPEE AND FIREFLY SEQUENCE

KEY COACHING FOCUS

Brace abs and chest up as you Squat. Brace abs, back long and straight in Plank. Brace abs to square hips and shoulders in Firefly.

LAYER 1

- Stand up, shake out and let's put it all together
- The Burpee, the Firefly, the Plank and stand back up
- Squat, hands down, step back to Plank
- Crouch, Firefly and shoot
- Stand up using your Squat
- **Brace abs and chest up on the Squat**
- **Back long and straight on the Firefly**
- **Brace to square your body to the floor as you Firefly**

LAYER 2

- Make sure your technique is on point every rep
- Choose the level that is right for you
- Explode forward on the Plank
- Core is braced and breathing heavy
- This is functional training

LEVEL

⇩ To decrease intensity, down on knees

⇩ To decrease intensity, holding Plank Firefly



45-MINUTE FORMAT

STRETCH

TRACK FOCUS

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

EXERCISE				CTS
0:00	2x8	A	Set up in Childs Pose. Push hips B	16
0:11	4x8	A ¹	Childs Pose w. Shoulder Stretch (B arm) Cross B arm underneath F arm Childs Pose w. Shoulder Stretch (F arm) Cross F arm underneath B arm	32
0:34	2x8	A	Childs Pose	16
0:46	2x8		Transition to Frog. Open knees out wide and in line with hips, ankles directly behind knees, elbows in line with shoulders	16
0:58	6x8	B	Frog Shift hips B Come F and try to open knees wider	32 16
1:34	2x8		Set up for Swan Pose. Facing R, bring R knee to front 90° and bend L to 90°. Roll hip down and chest square to front	16
1:45	4x8	C	Swan Pose Quad Stretch Front heel into groin and extend B leg out, hips square, lean on elbows OPTION: 90°/90° Stretch	32
2:09	4x8	C ¹	Half Mermaid Pose L hand holds the top of foot, pull in towards body	32
2:33	6x8	C ²	PNF Stretch Push foot against hand Release and then pull foot B in further Hold	48
3:08	2x8		Change to other side, 90°/90° stretch	16
3:21	4x8	C	Swan Pose Quad Stretch	32
3:45	4x8	C ¹	Half Mermaid Pose	32
4:08	6x8	C ²	PNF Stretch	48



45-MINUTE FORMAT

FIND AN ISLAND 4:53mins

TECHNIQUE AND COACHING

WHY

These stretches are chosen for their ability to enhance core stability. Focusing on mobilizing the hips and thoracic spine allows us to eliminate unwanted movement being shunted to the lumbo-pelvic region as a result of stiffness in these regions.

COACHING

We spend time stretching hips, glutes and thoracic regions to enhance core function and strength. Encourage your participants to stay and stretch. Just like the core exercises, give levels so everyone feels included and successful. Educate them on the benefits of the stretches that will help and prepare them for their next class.

CHILDS POSE WITH SHOULDER STRETCH

KEY COACHING FOCUS

Knees wide.

LAYER 1

- Reach arms forward
- **Knees wide**
- Toes together
- Hips sit back
- Reach back, arm through to the front and gentle twist
- Lay shoulder and ear down to rotate
- Other side

LAYER 2

- Release the front of the shoulders
- Feel the twist through the thoracic

FROG

KEY COACHING FOCUS

Brace abs to support spine.

LAYER 1

- Knees wide
- Kick feet out
- Ankles in line with knees
- Come down to the elbows
- **Brace abs to support back**

LAYER 2

- If you can, shift your hips back and forward. Make it feel good!

SWAN POSE QUAD STRETCH

KEY COACHING FOCUS

Heel to groin for knee safety.

LAYER 1

- Transition to swan
- OPTION: down in 90/90 with bent legs or come to full Swan
- **Heel to groin**
- Roll the hip towards the foot
- Extend the back leg away
- Try and stay in neutral spine
- Quad stretch, pick up the back foot
- Turn shoulders to side wall to deepen the hip stretch

LAYER 2

- If you want to try PNF press the foot into the hand for 3 seconds, breath in and let it go, pulling the heel closer to butt
- Keep rotating the hip down to stretch the glute, quad and all around the hip joints

LEVEL

↕ To decrease intensity, down in 90/90 with bent legs



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.

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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.

