



# LES MILLS CORE 57



**Presenters L–R:**

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Julia Zimmermann (Germany), Fiona Tamburrini (France), Florian Pillin (Belgium)

Picture this: A pulse-pounding nightclub in the heart of central Berlin, where the crowd’s energy surged with every beat. Beneath the dazzling lights of The Kraftwerk’s, an international powerhouse of coaching talent, led an ocean of movers through a transformational LES MILLS CORE journey. This wasn’t just a workout – it was an electrifying immersion into strength, power and next-level functionality.

LES MILLS CORE Release 57 is designed to unlock your potential. Movement patterns such as Planks, Hovers, balance challenges, Climber variations, weight plates and resistance bands improve stability like never before, dynamic oblique rotations sharpen athletic precision, and every move is designed to prepare you for high-performance living. Glute and hip isolation drills elevate strength, while Reactive Core Training keeps your body agile and ready for anything life throws at you.

This is next-gen training, set to soundtracks that move your body and mind. Every second of this experience was curated to push boundaries and align you with your most powerful self.

Feel the Berlin energy. Hear the crowd. Step into the light. LES MILLS CORE Release 57 is where resilience meets rhythm. It’s not just fitness; it’s a movement of momentum, fueled by innovation and unforgettable moments.

Are you ready to elevate your core game? Let’s ignite. This is LES MILLS CORE Release 57.

The LES MILLS CORE Creative team

# LES MILLS CORE 57

## MUSIC

## EXPRESS FORMATS

### 30-MINUTE FORMAT

## 01. WARM-UP 30

## 02. CORE STRENGTH 1

## 03. STANDING STRENGTH 1

## 04. STANDING STRENGTH 2

## 05. CORE STRENGTH 2

## 06. CORE STRENGTH 3

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

## WARM-UP 45

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

## STANDING STRENGTH 1

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

## GLUTE ISOLATION

### 45-MINUTE FORMAT

## STRETCH

## DECLARATION OF INTENT

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# MUSIC

## 45-MINUTE FORMAT

- 01

**The Feels** (3:27)

Cash Cash feat. Alex Newell  
© 2020 Big Beat Records Inc.  
Written by: Frisch, A. Makhlouf, J. Makhlouf, Hartke, Hoffman, Lowry
- 02

**The Feels** (1:21)

Cash Cash feat. Alex Newell  
© 2020 Big Beat Records Inc.  
Written by: Frisch, A. Makhlouf, J. Makhlouf, Hartke, Hoffman, Lowry
- 03

**Mr. Vain** (4:05)

Aurelios  
© 2024 DJcity Records.  
Written by: Levis, Katzmann, Supreme
- 04

**VIBRATION** (4:05)

Kaleena Zanders & SHIFT K3Y  
© 2023 Helix Records, a division of Payday Records, Inc.  
Written by: Mills, Zanders, Jankel
- 05

**Chan Chan** (5:52)

Lost Frequencies  
© 2019 Found Frequencies / Armada Music B.V.  
Written by: Muñoz, Cooder
- 06

**Head Down (Lost Frequencies & SUARK Deluxe Mix)** (2:21)

Lost Frequencies & Bastille  
© 2024 Lost & Cie Music SPRL exclusively licensed to Epic Amsterdam, with courtesy of Sony Music Entertainment Belgium NV/SA.  
Written by: Lif, Lundberg, de Laet, Lindbrandt, Smith
- 07

**Head Down (Lost Frequencies & SUARK Deluxe Mix)** (2:59)

Lost Frequencies & Bastille  
© 2024 Lost & Cie Music SPRL exclusively licensed to Epic Amsterdam, with courtesy of Sony Music Entertainment Belgium NV/SA.  
Written by: Lif, Lundberg, de Laet, Lindbrandt, Smith
- 08

**Thinking About Freedom** (2:54)

Niko Walters  
Courtesy of Les Mills Music Licensing Ltd.  
Written by: Walters, Henderson

- 09

**I’m No Magician** (5:23)

Vincent feat. Love, Alexa  
© 2019 Hipgnosis Songs Fund Limited.  
Written by: Lusader, Hughes
- 10

**Don’t Let Go** (4:10)

NOAM DEE  
Courtesy of Les Mills Music Licensing Ltd.  
Written by: Fairley
- 11

**Don’t Look Down** (3:41)

Korsa  
© 2024 Les Mills Music Licensing Ltd.  
Written by: Abrahart Jr., Garritsen, Busbee, Raymond
- 12

**Mysterious Girl** (3:48)

Peter Andre  
© 1997 Warner Music UK Limited.  
Written by: Jacobs, Jacobs, Anthony, Ranx, Andre, Goldsmith



# 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.

## KEY

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

# 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 30-minute 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 1 you use Warm-up 45, which has more integrated exercises so participants will be better prepared for this type of training.

## 30-MINUTE FORMAT

|                   |                                                          |
|-------------------|----------------------------------------------------------|
| <b>Track 01</b>   | Warm-up 30/<br><b>Bonus Warm-up 45</b>                   |
| <b>Track 02</b>   | Core Strength 1                                          |
| <b>Track 03</b>   | Standing Strength 1/<br><b>Bonus Standing Strength 1</b> |
| <b>Track 04</b>   | Standing Strength 2                                      |
| <b>Track 05</b>   | Core Strength 2                                          |
| <b>Track 06</b>   | Core Strength 3/<br><b>Bonus Glute Isolation</b>         |
| <b>Total Time</b> | <b>27:40</b>                                             |

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

## 45-MINUTE FORMAT

|                   |                                             |
|-------------------|---------------------------------------------|
| <b>Track 07</b>   | Warm-up 45                                  |
| <b>Track 02</b>   | Core Strength 1                             |
| <b>Track 03</b>   | Standing Strength 1                         |
| <b>Track 04</b>   | Standing Strength 2                         |
| <b>Track 08</b>   | <b>Bonus Standing Strength 1</b>            |
| <b>Track 09</b>   | Bonus Glute Isolation/<br><b>Warm-up 30</b> |
| <b>Track 05</b>   | Core Strength 2                             |
| <b>Track 06</b>   | Core Strength 3                             |
| <b>Track 10</b>   | Stretch                                     |
| <b>Total Time</b> | <b>39:18</b>                                |

## RELEASE FEEDBACK

Tell us what you think of this release. Visit <http://www.lesmills.com/release-feedback>



30-MINUTE FORMAT

01. WARM-UP 30

TRACK FOCUS

I want to connect my participants with the workout and the music through concise and clear coaching that informs them how to move with control to warm up the abs, obliques and glutes.

|   | MUSIC |                                  | EXERCISE            | CTS                                                                   | REPS  |
|---|-------|----------------------------------|---------------------|-----------------------------------------------------------------------|-------|
| 1 | 0:05  | C / I got the <b>feels</b>       | 4x8                 | Set up Double-Leg Lift: lie on back, side-on, arms out wide, palms up | 32    |
|   | 0:21  | I got the <b>feels</b>           | 4x8 A               | <b>DOUBLE-LEG LIFT</b> 4/4                                            | 16 2x |
|   | 0:36  | Instr / (Upbeat synth)           | 4x8 A <sup>1</sup>  | <b>DOUBLE-LEG LIFT</b> 2/2                                            | 8 4x  |
|   | 0:51  | V1 / _ Ain't it some kind        | 4x8 B               | <b>C-CRUNCH</b>                                                       | 8 4x  |
|   | 1:07  | PC / <b>Movie</b> , it's a movie | 4x8 B <sup>1</sup>  | <b>TRIPLE-PULSE C-CRUNCH</b>                                          | 8 4x  |
|   | 1:22  | C / I got the <b>feels</b>       | 4x8 C               | <b>OBLIQUE TWIST</b> F&B                                              |       |
|   |       |                                  |                     | Twist F, lift front knee                                              | 4     |
|   |       |                                  |                     | Return to center                                                      | 4     |
|   |       |                                  |                     | Twist B, lift back knee                                               | 4     |
|   |       |                                  |                     | Return to center                                                      | 4 2x  |
|   | 1:37  | Instr / (Upbeat synth)           | 8x8 C <sup>1</sup>  | <b>TRIPLE-PULSE OBLIQUE TWIST</b> F&B                                 | 16 4x |
| 2 | 2:08  | PC / _ It's a movie              | 4x8                 | Set up Bridge                                                         | 8     |
|   |       |                                  |                     | Hold                                                                  | 16    |
|   |       |                                  |                     | PREVIEW: Walk Out on last 8cts                                        | 8     |
|   | 2:24  | C / I got the <b>feels</b>       | 8x8 D               | <b>HIP BRIDGE WALK OUT</b> F&B                                        |       |
|   |       |                                  |                     | Walk front foot forward                                               | 2     |
|   |       |                                  |                     | Walk back foot forward                                                | 2     |
|   |       |                                  |                     | Walk front foot back                                                  | 2     |
|   |       |                                  |                     | Walk back foot back                                                   | 2 4x  |
|   |       |                                  |                     | Repeat leading with back foot                                         | 8     |
|   | 2:55  | I got the <b>feels</b>           | 8½x8 D <sup>1</sup> | <b>HIP BRIDGE</b>                                                     | 2     |
|   |       |                                  |                     | Lift                                                                  | 2     |
|   |       |                                  |                     | Lower                                                                 | 4 16x |
|   |       |                                  |                     | Last rep: Hold at the bottom                                          |       |
|   | 3:27  | PC / _ It's a movie              | 12x8 E              | <b>BRIDGE COMBO</b>                                                   |       |
|   |       |                                  |                     | <b>BRIDGE</b> 2/2                                                     | 8     |
|   |       |                                  |                     | <b>C-CRUNCH</b> 2/2                                                   | 8 6x  |
|   | 4:13  | C / I got the <b>feels</b>       | 8½x8 E <sup>1</sup> | <b>TRIPLE-PULSE BRIDGE COMBO</b>                                      |       |
|   |       |                                  |                     | <b>HIP BRIDGE</b> 3x Pulse                                            | 8     |
|   |       |                                  |                     | <b>C-CRUNCH</b> 3x Pulse                                              | 8 4x  |
|   |       |                                  |                     | Last 4cts: <b>HIP BRIDGE</b> – Lift and hold to finish                | 4     |



## 30-MINUTE FORMAT

# 01. THE FEELS 4:48mins

## TECHNIQUE AND COACHING

### SET POSITION

#### LAYER 1

Before you begin, coach your class to find core brace position.

- Come down to the floor
- Lie side-on
- Feet hip-width apart
- **Press your lower back towards the floor**
- **Gently pull your abs in and brace them tightly by squeezing them**

### BLOCK 1

#### DOUBLE-LEG LIFT / C-CRUNCH / OBLIQUE TWIST

##### LAYER 1

For each exercise, focus on Position and Execution set-up – this will set your participants up for a great Warm-up and workout ahead. Keep the coaching simple, focusing on technique, range and levels.

#### DOUBLE-LEG LIFT

**Key Coaching Focus: Lower back towards the floor**

- Palms up
- **Brace abs to press lower back to floor**
- Double-Leg Lift
- Slow – 4, 3, 2, 1
- Slowly tapping down
- Knees stop over hips
- Shins parallel
- A little faster – 2/2
- Every time the toes touch down, check in with your lower back

#### C-CRUNCH

**Key Coaching Focus: Lower back towards the floor**

- Fingertips to temples
- C-Crunch
- Crunch up and lower down
- Rib-to-hip connection
- Chin tucked in
- **Slide ribs to hips**
- Triple-Pulse Crunch
- **Abs braced**
- **Keep the lower back down as the toes touch**

### OBLIQUE TWIST

**Key Coaching Focus: Rotate from the center of the chest**

- Feet down on floor
- Twisting to the front
- Front leg lifts, lowers down
- Back leg lifts
- **Rotate from the center of the chest**
- **Core braced to support our lower back**
- Triple Pulse
- Crunching and twisting – it's the best combination
- Getting the feels in your obliques right now
- **Twist shoulder to opposite hip** to activate the rotational muscles

### BLOCK 2

#### HIP BRIDGE / BRIDGE WALK OUT / BRIDGE COMBO

##### LAYER 1

We finish with Hip Bridges to warm up the posterior chain, blending in a combo with a C-Crunch at the end. Use Layer 1 coaching, and then explain the benefits of warming up this way – integrating front and back of body together, and getting mentally ready for the workout ahead.

#### HIP BRIDGE

**Key Coaching Focus: Squeeze glutes**

- Feet hip-width apart
- Arms wide
- Lift your hips
- **Squeeze your glutes**
- Hips square to floor
- Core braced

#### BRIDGE WALK-OUT

**Key Coaching Focus: Squeeze glutes**

- Let's walk
- Front foot, back foot, front foot, back foot
- Now switch the legs
- **Use the control in your glutes to keep your hips level**
- If you're ready, walk further
- Feel your hamstrings engaging as well
- **Keep squeezing your glutes**





## 30-MINUTE FORMAT

# 01. THE FEELS 4:48mins

## TECHNIQUE AND COACHING

### HIP BRIDGE

- *Hold your position*
- *Lift up and down*
- *Time to show the glutes some real love*
- *Press your heels through the floor to load and activate the legs*
- *Feel the muscle to mind connection happening*

### BRIDGE COMBO

**Key Coaching Focus: Squeeze glutes (Hip Bridge). Lower back towards the floor (C-Crunch)**

- *New combo*
- *Hip Bridge 2/2*
- *C-Crunch 2/2*
- **Squeeze the glutes**
- **Press lower back down**
- *Rib-to-hip connection*
- *Press your knees out to feel the Side Glutes*
- *Integrating the back and the front of the body*
- *This is the ultimate Warm-up to ensure our body is ready*
- *We add a Triple Pulse*
- *Lift the shoulders off the floor*
- *Giving us the extra push*
- *This is going to be a great workout*



## 02. CORE STRENGTH 1

### TRACK FOCUS

I want my participants to understand the benefits of Dynamic Core Training and to feel successful by choosing their speed for the Mountain Climber sequences in this energetic track.

|   | MUSIC |                               | EXERCISE           | CTS                                                                                                                                                                                                           | REPS               |
|---|-------|-------------------------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| 1 | 0:00  | Intro / _ I know what         | 2x8                | Set up Plank on knees, facing front<br>OPTION: On toes                                                                                                                                                        | 16                 |
|   | 0:08  | Build / <b>Vain</b> (Echo)    | 4x8 A              | <b>PLANK</b>                                                                                                                                                                                                  | 32                 |
|   | 0:23  | Instr / (Drop)                | 4x8 A <sup>1</sup> | <b>TRIPLE MOUNTAIN CLIMBER</b> L&R<br>3x <b>MOUNTAIN CLIMBER</b> (L, R, L)<br>Reset                                                                                                                           | 6<br>2             |
|   |       |                               |                    | 3x <b>MOUNTAIN CLIMBER</b> (R, L, R)<br>Reset                                                                                                                                                                 | 6<br>2             |
|   | 0:38  | Instr / (Fade to drop)        | 4x8 A <sup>2</sup> | <b>TRIPLE MOUNTAIN CLIMBER</b> (Fast) L&R<br>3x Mountain Climber (L, R, L, hold)<br>Repeat to R<br>OPTION: Slow                                                                                               | 4<br>4<br>4x       |
| 2 | 0:53  | V / <b>Call</b> him Mr Raider | 2x8                | <b>TRANSITION</b> to <b>HOVER</b> on knees or toes                                                                                                                                                            | 16                 |
|   | 1:00  | PC / _ Mr Vain                | 4x8 B              | <b>HOVER</b>                                                                                                                                                                                                  | 32                 |
|   | 1:16  | Build / <b>Vain</b>           | 4x8 A              | <b>TRANSITION</b> to <b>PLANK</b><br>Hold                                                                                                                                                                     | 8<br>24            |
|   | 1:30  | Instr / (Heavy drop)          | 4x8 A <sup>2</sup> | <b>TRIPLE MOUNTAIN CLIMBER</b> (Fast) L&R<br>OPTION: Slow                                                                                                                                                     | 8<br>4x            |
|   | 1:45  |                               | 4x8 A <sup>3</sup> | <b>PENDULUM MOUNTAIN CLIMBER</b> L&R<br>7x <b>MOUNTAIN CLIMBER</b> moving legs L<br>7x <b>MOUNTAIN CLIMBER</b> moving legs<br>back to center<br>Repeat to R<br>OPTION: Triple Mountain Climber (fast or slow) | 8<br>8<br>16<br>1x |
| 3 | 2:01  | V / <b>I</b> know what        | 2x8                | <b>TRANSITION</b> to <b>CROSS CRAWL</b> : Lie on<br>back, side-on, fingertips to temples                                                                                                                      | 16                 |
|   | 2:08  | Build / <b>Vain</b> (Echo)    | 4x8 C              | <b>TRIPLE CROSS CRAWL</b> F&B<br>3x <b>CROSS CRAWL</b> (F, B, F and hold)<br>Repeat to B                                                                                                                      | 8<br>8<br>2x       |
|   | 2:23  | Instr / (Drop)                | 8x8 C <sup>1</sup> | <b>TRIPLE CROSS CRAWL</b> (Fast) F&B                                                                                                                                                                          | 8<br>8x            |
| 4 | 2:53  | V / <b>Call</b> him Mr Raider | 2x8                | <b>TRANSITION</b> to <b>HOVER</b>                                                                                                                                                                             | 16                 |
|   | 3:00  | PC / _ Mr Vain                | 4x8 B              | <b>HOVER</b>                                                                                                                                                                                                  | 32                 |
|   | 3:15  | Build / <b>Vain</b>           | 4x8 A              | <b>TRANSITION</b> to <b>PLANK</b><br>Hold                                                                                                                                                                     | 8<br>24            |
|   | 3:30  | Instr / (Heavy drop)          | 8x8 A <sup>3</sup> | <b>PENDULUM MOUNTAIN CLIMBER</b> L&R                                                                                                                                                                          | 32<br>2x           |





## 02. MR. VAIN 4:05mins

# TECHNIQUE AND COACHING

### BLOCK 1

#### PLANK / TRIPLE MOUNTAIN CLIMBER

##### LAYER 1

Coach Layer 1 Position and Execution of each movement to get your class moving safely and effectively, offering and qualifying the different levels for each move. This way, your participants are empowered to make the correct choices for their workout early on.

##### PLANK

**Key Coaching Focus: Brace abs to keep hips and shoulders square to the floor, back long and straight**

- **Hands under shoulders**
- *On knees or toes*
- **Abs braced**
- **Long straight back**
- *Feet outside hip-width*

##### TRIPLE MOUNTAIN CLIMBER

**Key Coaching Focus: Brace abs to keep hips and shoulders square to the floor, back long and straight**

- *Three slow Mountain Climbers*
- *Right leg, left, right*
- *Switch*
- *You can move at this pace, or we speed it up*
- *1, 2, hold*
- **Abs braced**
- *Spiral elbows towards your body*
- *Press the floor away – that gets us stable as we speed up*

### BLOCK 2

#### HOVER / TRIPLE MOUNTAIN CLIMBER / PENDULUM MOUNTAIN CLIMBER

##### LAYER 1 / LAYER 2

A quick Hover to reset, and then back to the fast Triple Mountain Climbers before adding in the Pendulum Mountain Climber. Coach to what is happening in front of you. If you see your participants struggling to maintain safe form with the fast tempo, reiterate the slower tempo – it is just as effective!

##### HOVER

**Key Coaching Focus: Brace abs to keep hips and shoulders square to the floor, back long and straight**

- *Come down to a Hover*
- *Elbows under shoulders*
- *Fists together*
- *We stay here for a while – so if you need to, come to your knees*
- **Brace your core to square hips and shoulders to floor**
- **Back long and straight**

##### TRIPLE MOUNTAIN CLIMBER

- *Come back into Plank*
- *Hands under shoulders*
- *Three Mountain Climbers – fast or slow*
- *Keep your weight in your hands*
- *Knees close to the floor to minimize bouncing*

##### PENDULUM MOUNTAIN CLIMBER

**Key Coaching Focus: Brace abs to keep hips and shoulders square to the floor, back long and straight**

- *New move – Pendulum*
- *Move right for 7 counts, back to the middle, then left*
- **Hips and shoulders square to the floor**



## 02. MR. VAIN 4:05mins

### TECHNIQUE AND COACHING

#### BLOCK 3 TRIPLE CROSS CRAWL

##### LAYER 1 / LAYER 2

A quick set of Cross Crawls to break up the Plank work – coach the Layer 1, then challenge your participants to add intensity through lifting higher. What Layer 2 cues will you use to help them execute with precision?

#### TRIPLE CROSS CRAWL

**Key Coaching Focus: Rotate from the center of your chest**

- Roll onto your back
- Same tempo
- Fingertips to temples
- Cross Crawl
- Front, back, front and hold
- Again
- **Rotate from the center of your chest**
- **Shoulder to opposite knee**
- Let's go faster
- Feel the vibes in your sides
- Extended set!
- One inch higher for more oblique engagement

#### BLOCK 4 HOVER / PENDULUM MOUNTAIN CLIMBER

##### LAYER 2 / LAYER 3

Another quick Hover, and then we finish with the Pendulum Mountain Climber! Educate and challenge your participants to stay strong and finish the track. How can you Educate and Motivate them to keep going through Layer 2 and 3 coaching?

- Grab your legs
- Come back to Hover
- Final block!
- If you need to use the option, that's totally OK
- Can you feel how your core is working now?
- Come up to Plank Position
- What is the greatest investment you can make? Invest in yourself – physical health and performance
- Here we go!
- Pull your knees in
- This is it, team! You can go fast – it feels good, right?
- It doesn't matter how you're training, just make it count

#### TIP

Mountain Climbers give us an opportunity to focus on how our core provides stability when we are moving our legs at speed.



# 03. STANDING STRENGTH 1

WEIGHT SELECTION

1x light–medium weight plate and SMARTBAND™

TRACK FOCUS

I want my participants to engage with the Athletic movement patterns in this track through my clear coaching and positive energy.

|   | MUSIC |                                 | EXERCISE            | CTS                                                                                                                                                                                                                                                                   | REPS                      |
|---|-------|---------------------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| 1 | 0:00  | V / <b>Thirty</b> thousand feet | 4x8                 | Set up Lunge Woodchop Combo:<br>Feet under hips, plate at collarbones<br>OPTION: Band folded in half and held at collarbones                                                                                                                                          | 32                        |
|   | 0:15  | C / <b>Ooh</b> -ooh             | 8x8 A               | <b>LUNGE WOODCHOP COMBO</b> L&R<br><b>LUNGE</b> R leg B, plate outside L thigh<br>Tap R leg under hip, <b>WOODCHOP</b> R<br><b>LUNGE</b> R leg B, plate outside L thigh<br>Return to start position<br>Repeat sequence on other side<br>OPTION: Band instead of plate | 4<br>4<br>4<br>4<br>16 2x |
|   | 0:46  | Instr / (Drop)                  | 12x8 A <sup>2</sup> | <b>LUNGE WOODCHOP COMBO</b> (Fast) L&R<br>OPTION: Add Knee Lift after 2 reps                                                                                                                                                                                          | 16 6x                     |
|   | 1:30  | C / <b>Ooh</b> -ooh             | 4x8                 | Set up Discus L:<br>Step L foot in middle of band, drop the inner handle<br>Feet outside hip-width in Wide Squat<br>R arm in front of chest, palm down, L arm B<br>OPTION: Add plate to L hand                                                                        | 32                        |
|   | 1:46  | <b>Ooh</b> -ooh                 | 4x8 B               | <b>DISCUS</b> 2/2 L<br>Lift up from Squat, L arm rotates up towards R corner, R arm swings B<br>Return to start position                                                                                                                                              | 4<br>4 4x                 |
| 2 | 2:01  | Build / <b>Ooh</b> -ooh         | 4x8 B <sup>1</sup>  | <b>DISCUS</b> 1/1/2 L<br>Lift up from Squat, L arm rotates up towards R corner, R arm swings B<br>Hold<br>Return to start position                                                                                                                                    | 2<br>2<br>4 4x            |
|   | 2:16  | Instr / (Drop)                  | 8x8 B <sup>2</sup>  | <b>DISCUS</b> 1/1 L<br>Lift up from Squat, L arm rotates up towards R corner, R arm swings B<br>Return to start position<br>After last rep: Lift and hold                                                                                                             | 2<br>2 16x                |
| 3 | 2:47  | C / <b>Ooh</b> -ooh             | 20x8                | <b>REPEAT BLOCK 2</b> on other side                                                                                                                                                                                                                                   | 160                       |



# 03. V I B R A T I O N 4:05mins

## TECHNIQUE AND COACHING

### BLOCK 1 LUNGE WOODCHOP COMBO

#### LAYER 1 / LAYER 2

A new feel with the Lunge Woodchop Combo – spend time coaching the range and basics, so your participants can move well and safely. These moves are not new to LES MILLS CORE; keep your coaching simple for this block, reinforcing target zones and stability. Add the Knee Lift if your participants look ready for a final challenge!

#### LUNGE WOODCHOP COMBO

**Key Coaching Focus: Long step back (Lunge). Rotate from the center of the chest (Woodchop). Brace abs to keep hips square to front**

- You can use a band, or use a plate
- **Feet under hips**
- **Chest lifted**
- **Abs braced**
- Left leg, **long Lunge**
- Woodchop
- Lunge
- Set, other leg
- Let's get the movement pattern
- Set, other leg
- Long Lunge
- It's a test of coordination
- **Rotate from the center of your chest** in the Woodchop
- Lunge
- Set, other leg
- Let's get the movement pattern
- 90/90 in the Lunge
- We go faster
- We've got the precision on the Lunge, we've got the control on the Woodchop
- You can add a Knee Lift if you want to – or stay with the leg down
- It's a test of core strength, control and balance!
- How does it feel?
- Hit the corner with that Woodchop!

### BLOCK 2 DISCUS

#### LAYER 1

The Discus is back! Spend this block coaching Execution set-up, really reinforcing target zones and stability for the move. Then, once everyone has it, bring in cues to Improve Execution and Manipulate Intensity – powerful imagery can work well here too.

#### DISCUS

**Key Coaching Focus: Brace abs to keep hips square to the front. Rotate from the center of the chest**

- New move – the Discus
- Use the band, or plate, or band and plate
- Step right foot on the band
- Drop inside handle
- Step to a wide Squat
- Knees out over toes
- Chest up
- Hand to hip
- Go to the diagonal – 1, 2, 1, 2
- **Aim for the corner at shoulder height**
- **Brace abs to stabilize the hips**
- Tempo change – up and hold
- Explode, and slow on the way down
- **Drive the rotation from the center of the chest**
- Are you ready for singles?
- In the Squat, really sit your butt back and down to 90 degrees
- Push hips forward and up
- This is how we fire up the hip drive and rotation and power



# 03. V I B R A T I O N 4:05mins

## TECHNIQUE AND COACHING

### BLOCK 3 DISCUS

#### LAYER 2 / LAYER 3

We repeat the Discus on the other side. Intrinsic and Extrinsic Motivational cues both work well in this final block – why do we do these movement patterns? And, how good does it feel to move this way?

- *Other side*
- *Band underneath left foot*
- *Sink down low*
- *This time, let's focus on retracting the right shoulder*
- *Right hand behind the body – that encourages your rotational power*
- *How good does that feel?*
- *Feel the band go slack at the bottom; feel the tension at the top and the tension is where we train*
- *Singles!*
- *Right now, we are loading the obliques*
- *Get your power and drive up*
- *Finish with a bang!*

### TIP

Moves like the Woodchop and Discus allow us to focus on rotation of the thoracic spine. This is a key factor that helps prevent injury to the shoulder when throwing or reaching behind the body.



# 04. STANDING STRENGTH 2

## WEIGHT SELECTION

1x light–medium weight plate and SCULPTBAND™ or SMARTBAND

## TRACK FOCUS

I want my participants to feel a deep burn in their glutes from the Pulse work while training lower body stability with single-leg work.

|   | MUSIC                                |                     | EXERCISE                                                                                                                                                                                                                                                                                                                                                                                                               | CTS              | REPS |
|---|--------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 1 | 0:00 (Vocals) / <b>De</b> Alto Cedro | 6x8                 | Set up equipment and stance:<br>SCULPTBAND – Pull up to middle of thighs<br>SMARTBAND – Find the middle of the band, place at front of thighs, a fist-length above knees. Wrap band behind thighs, bring handles F. Thread handle A through handle B, then handle B through handle A. Feet outside hip-width in Squat Stance<br>Plate at collarbones<br>OPTIONS: No band; no plate. If not using plate, hands at chest | 48               |      |
|   | 0:24 (Clapping)                      | 3x8 A               | <b>SQUAT</b> 1/1                                                                                                                                                                                                                                                                                                                                                                                                       | 4                | 6x   |
|   | 0:36 (Upbeat) / <b>De</b> Alto Cedro | 12x8 A <sup>1</sup> | <b>SQUAT PULSE</b><br>Plate to R hand, L arm wide<br>Last 8cts: <b>TRANSITION</b> to <b>SINGLE-LEG SQUAT</b> L                                                                                                                                                                                                                                                                                                         | 2<br>8           | 44x  |
| 2 | 1:25 Instr / (Drop)                  | 8x8 B               | <b>SINGLE-LEG SQUAT</b> 2/2 L<br>Squat into L leg, R foot taps B<br>Return, tap R foot under hip                                                                                                                                                                                                                                                                                                                       | 4<br>4           | 8x   |
|   | 1:56 Ref / <b>Para</b> Mayari        | 5x8 B <sup>1</sup>  | <b>SINGLE-LEG SQUAT</b> 1/1/2 L<br>Squat into L leg, R foot taps B<br>Hold<br>Return, tap R foot under hip<br>OPTION: Add Knee Lift after 2 reps<br>Last 4cts: Bring plate to vertical at chest                                                                                                                                                                                                                        | 2<br>2<br>4      | 5x   |
|   | 2:16 (Upbeat) / <b>De</b> Alto Cedro | 4x8 B <sup>2</sup>  | <b>SINGLE-LEG SQUAT &amp; KICKBACK COMBO</b> L<br><b>SQUAT</b> into L leg, R foot taps B<br>Return, tap R foot under hip<br><b>BENT KNEE KICKBACK</b> R to 45°<br>Return, tap R foot under hip                                                                                                                                                                                                                         | 4<br>4<br>4<br>4 | 2x   |
|   | 2:32 (Build) / <b>De</b> Alto Cedro  | 8x8 B <sup>3</sup>  | <b>SINGLE-LEG SQUAT &amp; KICKBACK COMBO</b> (Fast) L                                                                                                                                                                                                                                                                                                                                                                  | 8                | 8x   |
|   | 3:04 Instr / (Drop)                  | 8x8 B <sup>4</sup>  | <b>KICKBACK PULSE w. PLATE PRESS</b> L<br>4x <b>KICKBACK PULSE</b> R. Low Plate Press F<br>4x <b>KICKBACK PULSE</b> R. Return plate to chest<br>OPTION: Keep R foot off floor<br>OPTION: Keep plate at chest                                                                                                                                                                                                           | 8<br>8           | 4x   |
|   | 3:35 (Fade)                          | 1x8                 | <b>TRANSITION</b> to <b>SINGLE-LEG SQUAT</b> R                                                                                                                                                                                                                                                                                                                                                                         | 8                |      |
| 3 | 3:39 Instr / (Drop)                  | 33x8                | <b>REPEAT BLOCK 2</b> on R side                                                                                                                                                                                                                                                                                                                                                                                        | 264              |      |



# 04. CHAN CHAN 5:52mins

## TECHNIQUE AND COACHING

### BLOCK 1 SQUAT / SQUAT PULSE

#### LAYER 1

A big set of Squats to start this fun track! Keep coaching to Layer 1, and space your cues out – there is lots of time. Also, take this time to connect with your participants through eye gaze, smiling, questions or praise!

#### SQUAT / SQUAT PULSE

**Key Coaching Focus: Brace abs to support your lower back**

- *Find the middle of the band, feet hip-width apart; stretch the band and set it a palm distance above the knees, taking the handles to the back then front, right handle through left, left through right. Or pull the SCULPTBAND above knees*
- Feet outside hip-width
- Knees out over toes
- Plate to chest
- Squat down and up
- **Chest lifted**
- Upper body stable
- **Butt down and back**
- Now stay low – mid range
- **Abs braced**
- **Press your knees out to feel tension on the band**
- *It's building!*

### BLOCK 2 SINGLE-LEG SQUAT / SINGLE-LEG SQUAT & KICKBACK COMBO / KICKBACK PULSE WITH PLATE PRESS

#### LAYER 1 / LAYER 2

Some killer combos for our legs! Coaching focuses here are the hip hinge and a long stride in the Single-Leg Squat and squeezing the glutes in the Kickback. Once your participants are moving well and safely through Layer 1 coaching, start to bring in cues that help manipulate intensity to feel more tension – use both internal and externally focused cues for variety here!

#### SINGLE-LEG SQUAT

**Key Coaching Focus: Brace abs to support your lower back. Hinge forward from hips. Long step back**

- Plate into right hand
- Shift body weight to left leg
- Single-Leg Squat
- Down and up
- **Long step back**
- Bend your front leg
- *It's a one-legged Squat combined with a Deadlift*
- **Brace your core to support lower back**
- **Square hips and shoulders to the front**
- **Knee in line with toes**
- Tempo change – drop fast
- Try lifting your foot off the floor

#### SINGLE-LEG SQUAT & KICKBACK COMBO

**Key Coaching Focus: Brace abs to support your lower back. Squeeze glutes (Kickback)**

- Next combo
- Plate to chest
- One slow Squat, one bent Kickback
- Load through your left leg
- Push your heel to the back corner
- Faster
- Tap, and lift
- **Keep your chest lifted in the Squat**
- **Squeeze your glutes in the Kickback**
- **Brace your abs to keep your hips and shoulders square to the front**





# 04. CHAN CHAN 5:52mins

## TECHNIQUE AND COACHING

### KICKBACK PULSE WTH PLATE PRESS

**Key Coaching Focus: Brace abs to support your lower back. Squeeze glutes**

- *Now, Kickback Pulses*
- *Push your plate down to 45 degrees*
- *Pull it back to your chest*
- *Push your plate to challenge your core and balance, or keep plate close and tap your foot*
- **Abs braced**
- **Squeeze your glutes**

### BLOCK 3

#### SINGLE-LEG SQUAT / SINGLE-LEG SQUAT & KICKBACK COMBO / KICKBACK PULSE WITH PLATE PRESS

##### LAYER 2 / LAYER 3

Straight to the other leg – tap into your Motivational coaching to keep participants engaged, as the burn will be real! Remind them of the importance of glute training for everyday movement and activity. There are also great chances to connect with the music and your participants in this track, so have some fun here!

- *Straight to the other side*
- *Single-Leg Squat patterns improve structural imbalances, so we are strengthening the quads and all the muscles surrounding our knees for great balance for daily activities and performance*
- *One inch deeper*
- *Tempo change*
- *Back to the combo*
- *Are you ready to speed this up? Let's go!*
- *Tap and kick!*
- *I love what I see – strong and solid, people!*
- *Let's have fun getting stronger together*
- *One more thing to spice it up – only 30 seconds of the Kickback*
- *Option to press the plate*
- *It's OK to keep the plate at the chest – just do what feels right*
- *You can do this!*
- *Can you feel that burn? I can!*

### TIP

Training our hip stabilizers in standing is a unique feature of LES MILLS CORE. This improves alignment during weight bearing activities which helps keep us safe for other types of training.



# 05. CORE STRENGTH 2

## WEIGHT SELECTION

1x light–medium weight plate

## TRACK FOCUS

I want my participants to feel successful through my inclusive coaching of the Side Plank and Copenhagen sequence, and to find the oblique burn in the small contractions of the Windmill Pulses.

|   | MUSIC |                                 |      | EXERCISE                                                                                                                                                                                                                                                                                     | CTS              | REPS |
|---|-------|---------------------------------|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 1 | 0:00  | Intro / (Instr)                 | 4x8  | Set up Kneeling Windmill L:<br>Kneel with L knee under hip, R leg F<br>Plate in L hand by thigh, R arm up                                                                                                                                                                                    | 32               |      |
|   | 0:15  | C / _ Hearts break              | 4x8  | A <b>KNEELING WINDMILL</b> 2/2 L<br><b>SIDE BEND</b> to L<br>Return to start position                                                                                                                                                                                                        | 4<br>4           | 4x   |
|   | 0:30  | (Synth)                         | 4x8  | A <sup>1</sup> <b>KNEELING WINDMILL</b> 1/1/2 L<br><b>SIDE BEND</b> to L (Fast)<br>Hold<br>Return to start position                                                                                                                                                                          | 2<br>2<br>4      | 4x   |
|   | 0:45  | (Synth / Tech)                  | 8x8  | A <sup>2</sup> <b>KNEELING WINDMILL</b> Triple-Pulse L<br>3x <b>PULSE SIDE BEND</b> to L<br>Return to start position                                                                                                                                                                         | 6<br>2           | 8x   |
|   | 1:15  | C / _ Hearts break              | 1x8  | Set up Side Plank Copenhagen Combo L<br>L arm under shoulder, fingers face upward<br>L knee down in Side Plank<br>R arm extends O/H                                                                                                                                                          | 8                |      |
|   | 1:20  | To the <b>ground</b>            | 10x8 | B <b>SIDE PLANK COPENHAGEN COMBO</b> L<br>R elbow and knee crunch to ceiling<br>Return to start position with R foot down<br><b>COPENHAGEN</b> – L knee lifts and travels F<br>Return to start position<br>OPTION: Keep L knee down<br>OPTION: After 3 reps, extend L leg F on<br>Copenhagen | 4<br>4<br>4<br>4 | 5x   |
|   | 1:58  | (Synth)                         | 1x8  | <b>TRANSITION</b> to <b>PLANK</b> on knees or toes                                                                                                                                                                                                                                           | 8                |      |
|   | 2:02  | Ref / _ Don't hang<br>your head | 4x8  | C <b>FIREFLY COMBO</b> F&B<br>Bend knees, hips B<br><b>FIREFLY</b> – Shoot to Plank, front knee to<br>front elbow<br>Repeat with B knee<br>OPTION: Add Jump to Firefly after 3 reps                                                                                                          | 2<br>2<br>4      | 4x   |
|   | 2:17  | Ref (Low) / _ Down              | 1x8  | Hold Firefly then recover                                                                                                                                                                                                                                                                    | 8                |      |
|   | 2:21  | Intro / (Instr)                 | 36x8 | <b>REPEAT BLOCK 1</b> on other side<br>OPTION: Move on or over the beat in Firefly<br>Combo                                                                                                                                                                                                  | 288              |      |
| 3 | 4:38  | Br / (Low synth)                | 2x8  | Set up Kneeling Windmill L                                                                                                                                                                                                                                                                   | 16               |      |
|   | 4:45  | (Tech)                          | 4x8  | A <sup>3</sup> <b>KNEELING WINDMILL</b> Pulse L<br>Change sides to Kneeling Windmill R                                                                                                                                                                                                       | 2<br>2           | 15x  |
|   | 5:00  |                                 | 4x8  | A <sup>3</sup> <b>KNEELING WINDMILL</b> Pulse R                                                                                                                                                                                                                                              | 2                | 16x  |



# 05. HEAD DOWN (LOST FREQUENCIES & SUARK DELUXE MIX) 5:20mins

## TECHNIQUE AND COACHING

### BLOCK 1

#### KNEELING WINDMILL / SIDE PLANK COPENHAGEN COMBO / FIREFLY COMBO

##### LAYER 1 / LAYER 2

The Windmill is back with a new plate set-up – focuses are C-shaping the spine, lifting the chest, and stabilizing the hips through abdominal brace. Then, a brand-new move to LES MILLS CORE – the Copenhagen Plank! Be sure to practice before you teach it. You may not give the option of extending your bottom leg the first time you teach this move, or even the second or third times – look and see if your participants are ready for it, as it is intense! Finally, the Firefly is a super fun move to fire up our whole core.

#### KNEELING WINDMILL

**Key Coaching Focus: Chest lifted, abs braced.  
C-shape the spine**

- *Medium to heavy plate in your right hand*
- *Right knee down*
- *Left leg forward*
- *Lift left arm*
- *Side Crunch 2/2*
- *Down, down, up, up*
- **C-shape the spine**
- **Chest lifted**
- **Abs braced**
- *Feel the rib-to-hip connection*
- *New timing – drop fast, rise slowly*
- *Always come back to square shoulders to front*
- *Three Pulses and reset*
- *This is how we get our obliques warm*
- *Can you feel your obliques?*

#### SIDE PLANK COPENHAGEN COMBO

**Key Coaching Focus: Lift bottom hip, brace abs to square hips to the front**

- *Plate down*
- *Set up for a Side Plank Crunch*
- **Wrist under shoulder**
- **Lift bottom hip**
- *One Crunch in, one Copenhagen*
- *Lift the bottom knee*
- *You can keep your knee down*
- **Brace abs to keep the hips forward**
- *Press your whole foot down if you're not lifting your knee – that's OK*
- *You're going to get your inner thigh muscles strong, and soon you'll be bringing your knee forward*
- *There's always another level – extend the leg*

### FIREFLY COMBO

**Key Coaching Focus: Brace abs to square body to floor. Back long and straight**

- *Plank position*
- *On knees or toes*
- *Firefly, front knee wide*
- **Brace your abs to square your hips to floor**
- **Back long and straight**
- *If you want more intensity, add a Jump*
- *If you are jumping, use your core to land safely*

### BLOCK 2

#### KNEELING WINDMILL / SIDE PLANK COPENHAGEN COMBO / FIREFLY COMBO

##### LAYER 2 / LAYER 3

We repeat everything on the other side. As participants get tired they will start to lose technique. Encourage them to stay strong, Educating them on the benefits of oblique training and little tweaks to improve Execution – look out there, see what your participants need, and tailor your coaching based on this.

- *Change sides*
- *Plate in left hand*
- *Hips and shoulders square to floor*
- *Right hand high*
- *On the way down, C-shape your spine*
- *On the way up, lift your chest*
- *Let's have some fun!*
- *The plate is pulling you down, so your obliques are working hard*
- *Now you are fighting against gravity*
- *From a dynamic motion to stability and control*
- *Setting up for your Side Plank Crunch*
- *Long bodies*
- *You want to try the Copenhagen?*
- *When we press the whole foot down, the inner thighs are engaged*
- *This is a move that is going to get you so strong!*
- *Back to Fireflies*
- *Pull knees to triceps*
- *Go on the beat, or slightly faster – or jump into the Plank!*
- *Brace your core to stop the movement at the last second*



# 05. HEAD DOWN (LOST FREQUENCIES & SUARK DELUXE MIX) 5:20mins

## TECHNIQUE AND COACHING

**BLOCK 3**  
**KNEELING WINDMILL PULSE**  
**LAYER 3**

We’re not done yet! Quick sets of Windmill Pulses. Motivate your participants to stay in the move – there is only one set each side – through encouragement and motivation.

- *Weight plate in right hand*
- *Left hand high*
- *Pulse down!*
- *Can you feel this burning sensation, created by these small precise contractions?*
- *Switch quickly to the other side*
- *Bring it home!*
- *Feel your obliques*

**TIP**

Keeping our hips square during side-loaded abdominal moves ensures we hit the target muscles. If we rotate, we change the loading and increase joint stress.



# 06. CORE STRENGTH 3

## WEIGHT SELECTION

1x SMARTBAND

## TRACK FOCUS

I want my participants to feel long and strong through my fun and encouraging coaching of this posterior training with a dynamic finish!

|   | MUSIC |                                  | EXERCISE           | CTS                                                                                                                                                                                   | REPS |
|---|-------|----------------------------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 1 | 0:00  | Intro / (Instr)                  | 3x8                | Set up Kneeling Wide Fly:<br>Kneel on band with knees wide and feet narrow<br>One handle in each hand; exchange handles to increase resistance<br>Arms out by sides, knuckles to back |      |
|   |       |                                  |                    | 24                                                                                                                                                                                    |      |
|   | 0:14  | V1 / <b>Same</b> old page        | 5x8 A              | <b>KNEELING WIDE FLY 2/2</b><br>Hinge F from hips, arms to Wide Fly<br>Reset to start position                                                                                        |      |
|   |       |                                  |                    | 4                                                                                                                                                                                     |      |
|   |       |                                  |                    | 4                                                                                                                                                                                     | 5x   |
|   | 0:38  | C / Talkin' 'bout <b>freedom</b> | 4x8 A <sup>1</sup> | <b>KNEELING COBRA</b> Pulses<br>4x <b>PULSE</b> to rear, reset to start position                                                                                                      |      |
|   |       |                                  |                    | 8                                                                                                                                                                                     | 4x   |
|   | 0:57  | V2 / _ Was                       | 4x8 A              | <b>KNEELING WIDE FLY 2/2</b>                                                                                                                                                          |      |
|   |       |                                  |                    | 8                                                                                                                                                                                     | 4x   |
|   | 1:16  | C / Talkin' 'bout <b>freedom</b> | 4x8 A <sup>1</sup> | <b>KNEELING COBRA</b> Pulses                                                                                                                                                          |      |
|   |       |                                  |                    | 8                                                                                                                                                                                     | 4x   |
| 2 | 1:36  | Br / _ Oh, ooh                   | 2x8                | Set up Back Extension:<br>Lie down on front facing F<br>Feet together, arms out wide with thumbs up and back                                                                          |      |
|   |       |                                  |                    | 16                                                                                                                                                                                    |      |
|   | 1:45  | Ref                              | 10x8 B             | <b>BACK EXTENSION COMBO</b><br>Arms lift wide<br>Sweep and lift to front<br>Arms lift wide<br>Sweep and lift to back                                                                  |      |
|   |       |                                  |                    | 2                                                                                                                                                                                     |      |
|   |       |                                  |                    | 2                                                                                                                                                                                     |      |
|   | 2:33  | C / Talkin' bout <b>freedom</b>  | 4x8 C              | <b>HEEL BEAT</b><br>Set-up: Hands F on floor, chest lifted<br>Heel taps on or off the beat                                                                                            |      |
|   |       |                                  |                    | 2                                                                                                                                                                                     |      |
|   |       |                                  |                    | 30                                                                                                                                                                                    |      |



# 06. THINKING ABOUT FREEDOM 2:54mins

## TECHNIQUE AND COACHING

### BLOCK 1 KNEELING SIDE RAISE / KNEELING COBRA LAYER 1 / LAYER 2

This block really targets the core and postural muscles – and the arms! Coach for precise Execution – focus on the range and basics for each phase of the moves, so everyone moves well and safely.

#### KNEELING SIDE RAISE

**Key Coaching Focus: Tip forward from the hips. Squeeze shoulder blades together. Lift chest**

- Find the middle of the band
- Kneel on the band
- Cross the band in front of you to create tension
- Side Raise
- Down, down, up, up
- **Hinge forward from the hips**
- **Squeeze shoulder blades together**
- **Chest lifted**
- Tension on the band

#### KNEELING COBRA

**Key Coaching Focus: Tip forward from the hips. Squeeze shoulder blades together. Lift chest**

- Knuckles to the back
- Four Pulses
- Stay down and lean your body forward
- Feel the shoulder blade engagement

### BLOCK 2 BACK EXTENSION COMBO / HEEL BEAT LAYER 1 / LAYER 2

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. Then, we finish our track with a new feel in a Heel Beat to finish off the glutes. Coach precision in the Heel Beat, reinforcing the glute squeeze for lower back stability, and enjoy the feel!

#### BACK EXTENSION COMBO

**Key Coaching Focus: Squeeze glutes**

- Put down the band
- Down to the floor
- Lie on your belly
- Arms wide
- Feet together
- **Squeeze glutes**
- **Chest lifted**
- Arms to the side, front, side and back
- **Chin tucks in, eyes down**
- To increase intensity, lift your chest about an inch higher

#### HEEL BEAT

**Key Coaching Focus: Squeeze glutes**

- Hands go forward
- Heel Beats
- Beat the heels together
- **Squeeze glutes**
- **Chest lifted**
- Let's go to the finish line

#### TIP

Squeezing the glutes during spinal extension exercise helps prevent hyper extension in the lower back.



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

WARM-UP 45

WEIGHT SELECTION

1x light–medium weight plate or SMARTBAND

TRACK FOCUS

I want my participants to feel the targeted abdominal Warm-up in the first 2 blocks, and to experience the dynamic finish through my clear coaching.

|   | MUSIC |                                      | EXERCISE           |                                                                                                                                                                                                                                                                          | CTS                    | REPS |
|---|-------|--------------------------------------|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|------|
| 1 | 0:05  | Intro / _ Ahh ahh                    | 2x8                | Set up Crunch:<br>Lie on back, side-on. Fingertips to temples                                                                                                                                                                                                            | 16                     |      |
|   | 0:12  | V1 / You <b>brought</b> out          | 4x8 A              | <b>CRUNCH</b> 2/2                                                                                                                                                                                                                                                        | 8                      | 4x   |
|   | 0:27  | PC / <b>Tell</b> me boy              | 4x8 A <sup>1</sup> | <b>C-CRUNCH</b> 2/2                                                                                                                                                                                                                                                      | 8                      | 4x   |
|   | 0:42  | C / _ I’m no magician                | 8x8 A <sup>2</sup> | <b>PIKE CRUNCH</b> 2/2<br>Last 8cts: Set up Reverse Bicycle. Knees over hips, arms out wide                                                                                                                                                                              | 8                      | 8x   |
|   | 1:13  | Instr / (Drop with distorted vocals) | 4x8 B              | <b>REVERSE BICYCLE</b> F&B<br>Front leg scoops down, back knee above hip<br>Back leg scoops down, front knee above hip<br>Last 4cts: Bring fingertips to temples                                                                                                         | 2<br>2                 | 8x   |
|   | 1:26  | Instr / (With piano)                 | 4x8 B <sup>1</sup> | <b>REVERSE BICYCLE w. CROSS CRAWL</b> F&B<br>After last rep: Set up Hip Bridge, feet hip-width apart, arms out wide                                                                                                                                                      | 4<br>2                 | 8x   |
| 2 | 1:44  | V2 / You <b>make</b> a nice dinner   | 4x8 C              | <b>BRIDGE</b> 2/2                                                                                                                                                                                                                                                        | 8                      | 4x   |
|   | 1:59  | PC / <b>Tell</b> me boy              | 4x8 C <sup>1</sup> | <b>BRIDGE</b> 1/1/2<br>Last rep: Lift front knee above hip                                                                                                                                                                                                               | 8                      | 4x   |
|   | 2:14  | C / _ I’m no magician                | 8x8 C <sup>2</sup> | <b>SINGLE-LEG BRIDGE PULSES</b><br>7x <b>PULSE</b> , front knee above hip<br>Change legs, keep hips lifted<br>7x <b>PULSE</b> , back knee above hip<br>Change legs, keep hips lifted<br>Last 2cts: Set up Reverse Bicycle                                                | 14<br>2<br>14<br>2     | 2x   |
|   | 2:45  | Instr / (Drop with distorted vocals) | 4x8 B              | <b>REVERSE BICYCLE</b> F&B                                                                                                                                                                                                                                               | 4                      | 8x   |
|   | 3:00  | Instr / (With piano)                 | 4x8 B <sup>1</sup> | <b>REVERSE BICYCLE w. CROSS CRAWL</b> F&B                                                                                                                                                                                                                                | 4                      | 8x   |
|   | 3:15  | C / _ I’m no magician                | 8x8 D              | Set up Hover on knees, side-on<br>Hold<br>OPTION: On toes after 32cts                                                                                                                                                                                                    | 16<br>48               |      |
| 3 | 3:46  | Instr / (Drop with distorted vocals) | 8x8 D <sup>1</sup> | <b>SLIDING HOVER w. LEG LIFT</b> F&B<br>Front Leg Lift, slide F<br>Reset<br>Back Leg Lift, slide F<br>Reset<br>OPTION: On knees, no slide                                                                                                                                | 2<br>2<br>2<br>2       | 8x   |
|   | 4:16  | C / _ I’m no magician                | 2x8                | Set up Half Halo Slam Combo:<br>Feet outside hip-width, knees soft<br>Hold plate low<br>OPTION: Band folded in half                                                                                                                                                      | 16                     |      |
|   | 4:24  | _ I hear a sin saying                | 5x8 E              | <b>HALF HALO SLAM COMBO</b> L&R<br><b>HALF HALO</b> – Lift up, plate circles R behind head<br><b>SLAM</b> – Squat down, plate drops low<br>Step R foot in, plate O/H<br>Step L foot out to Squat, plate drops low<br>Repeat to other side<br>OPTION: With band, no plate | 4<br>4<br>4<br>4<br>16 | 1½x  |
|   | 4:47  | Instr / (Drop with distorted vocals) | 8x8 E <sup>1</sup> | <b>HALF HALO SLAM COMBO</b> (Fast) R&L                                                                                                                                                                                                                                   | 16                     | 4x   |
|   |       |                                      |                    |                                                                                                                                                                                                                                                                          |                        |      |
|   |       |                                      |                    |                                                                                                                                                                                                                                                                          |                        |      |



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

# I'M NO MAGICIAN 5:23mins

## TECHNIQUE AND COACHING

### BLOCK 1

#### CRUNCH / C-CRUNCH / PIKE CRUNCH / REVERSE BICYCLE / REVERSE BICYCLE WITH CROSS CRAWL

##### LAYER 1 / LAYER 2

For each exercise, focus on Position and Execution set-up – this will set your participants up for a great Warm-up and workout ahead. Keep the coaching simple, focusing on technique, range and levels.

### CRUNCH

#### Key Coaching Focus: Lower back towards the floor

- Lie down on your back
- Side on to stage
- **Brace your abs to keep lower back towards the floor**
- Fingertips to temples
- Easy Crunch up and down
- Lift shoulders off the floor
- Chin tucked to chest
- **Slide ribs to hips**

### C-CRUNCH

#### Key Coaching Focus: Lower back towards the floor

- Knees lift over hips
- Reach towards the feet
- **Brace your abs to keep lower back towards the floor** as your feet touch down

### PIKE CRUNCH

#### Key Coaching Focus: Slide ribs to hips

- Straighten your legs
- Pike Crunch
- Reaching up and lowering down
- **Slide ribs to hips**
- Warming up our abs
- Shoulders and shoulder blades off the floor

#### REVERSE BICYCLE / REVERSE BICYCLE WITH CROSS CRAWL

#### Key Coaching Focus: Lower back towards the floor (Reverse Bicycle). Rotate from the center of the chest (Cross Crawl)

- Knees over hips
- Front leg scoops low to high
- **Brace abs to stabilize hips and pelvis**
- Bring fingertips to temples
- We twist back to front
- **Rotate from the center of the chest**

### BLOCK 2

#### HIP BRIDGE / SINGLE-LEG HIP BRIDGE / REVERSE BICYCLE / REVERSE BICYCLE WITH CROSS CRAWL

##### LAYER 1 / LAYER 2

Keep the coaching of the Hip Bridges Layer 1- focused and simple, then in the Reverse Bicycle with Cross Crawl, encourage your participants to lift a bit higher through Layer 2 coaching to further prepare their obliques and abs for the workout ahead.

### HIP BRIDGE

#### Key Coaching Focus: Squeeze glutes

- Place the feet down on floor
- Hips lift up, up, down, down
- **Squeeze glutes**
- Drive out of the heels
- **Still hold that abdominal brace to support our back**
- Up fast
- Slow on the way down
- Firing up our big glute muscles for this workout today

### SINGLE-LEG BRIDGE

#### Key Coaching Focus: Squeeze glutes

- Single-Leg Hip Bridge
- Seven little Pulses
- Pulse in the top range
- Change legs
- Keep the hips up
- **Squeeze glutes**
- **Keep the hips level**
- Drive out of the bottom foot

#### REVERSE BICYCLE / REVERSE BICYCLE WITH CROSS CRAWL

- Front and back
- We love this move
- Lower abs are really starting to fire up
- You know the deal – fingertips to temples
- Twist
- Big rotation now
- Getting up a little higher so we are really ready for this workout





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

# I'M NO MAGICIAN 5:23mins

## TECHNIQUE AND COACHING

### BLOCK 3

#### SLIDING HOVER WITH LEG LIFT / HALF HALO SLAM COMBO

##### LAYER 1 / LAYER 2

Focus on the basics of the Hover with Leg Lift, and be sure to offer plenty of levels so everyone can achieve their perfect Hover. Keep the coaching of the Half Halo Slam Combo simple, using Layer 1 coaching. As this is a new move/feel, give your members space to focus on the movement pattern.

#### SLIDING HOVER WITH LEG LIFT

**Key Coaching Focus: Brace abs to keep hips and shoulders square to the floor. Back long and straight**

- Roll over
- Set up a Hover
- Start on the knees
- Elbows directly under shoulders
- **Brace your abs to keep hips and shoulders square to the floor**
- Next level is on the toes
- Either stay, or come with me
- Leg Lift
- **Squeeze glute**
- **No higher than hip height**
- Shifting the body weight forward and back
- Mobilizing and warming up through the ankles and lower back
- You can be on your knees with a Leg Lift
- Rock solid through the mid-section

#### HALF HALO SLAM COMBO

**Key Coaching Focus: Brace abs to keep hips square to front**

- Come to standing
- Use a plate or band
- Half Halo, slam, step feet together, land wide in a Squat
- Slam down to the front
- One more time, slowly
- Tension on the band if you are using it
- Elbows forward
- **Brace abs to square hips to front**
- **C-shape spine** as you Halo
- Same move, double time
- Focus on the rotation
- Slam down!

#### TIP

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



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

STANDING STRENGTH 1

WEIGHT SELECTION

1x light–medium weight plate or SMARTBAND

TRACK FOCUS

I want participants to feel energized by the blend of Reactive Core Training and rotational athletic movement patterns.

|   | MUSIC |                        |      | EXERCISE                                                                                                            | CTS                                                                                                                                                                                                                                                                      | REPS                   |    |
|---|-------|------------------------|------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|----|
| 1 | 0:00  | Intro / (Instr)        | 2x8  | Set up Half Halo Slam Combo:<br>Feet outside hip-width, knees soft<br>Hold plate low<br>OPTION: Band folded in half | 16                                                                                                                                                                                                                                                                       |                        |    |
|   | 0:06  | C / _ I have enough    | 16x8 | A                                                                                                                   | <b>HALF HALO SLAM COMBO</b> L&R<br><b>HALF HALO</b> – Lift up, plate circles R behind head<br><b>SLAM</b> – Squat down, plate drops low<br>Step R foot in, plate O/H<br>Step L foot out to Squat, plate drops low<br>Repeat to other side<br>OPTION: With band, no plate | 4<br>4<br>4<br>4<br>16 | 4x |
|   | 0:54  | Instr / (Drop)         | 16x8 | A <sup>1</sup>                                                                                                      | <b>HALF HALO SLAM COMBO</b> (Fast) R&L<br>OPTION: After 4 reps, add Hop Over                                                                                                                                                                                             | 16                     | 8x |
|   |       |                        |      |                                                                                                                     |                                                                                                                                                                                                                                                                          |                        |    |
|   | 1:42  | Instr / (Low)          | 4x8  |                                                                                                                     | Set up Inchworm, feet outside hip-width                                                                                                                                                                                                                                  | 32                     |    |
|   | 1:53  | (Drums)                | 12x8 | B                                                                                                                   | <b>INCHWORM</b><br>Squat down, walk hands F to Plank<br>Walk hands B to Squat, stand up<br>Last rep: Hold Plank, set up Walking Plank Combo, feet narrow                                                                                                                 | 8<br>8<br>8            | 6x |
| 2 | 2:30  | (Low vocals)           | 24x8 | C                                                                                                                   | <b>WALKING PLANK COMBO</b> R&L<br>2x <b>WALKING PLANK</b> R<br><b>SIDE PLANK</b> to R<br>Reset<br>Repeat to L<br>OPTION: On knees<br>OPTION: After 2 reps, fast lift to Side Plank                                                                                       | 8<br>4<br>4<br>16      | 6x |
|   | 3:42  | Ref / _ <b>Go</b> , go | 4x8  | C <sup>1</sup>                                                                                                      | <b>PLANK</b>                                                                                                                                                                                                                                                             | 32                     |    |
|   | 3:54  | (Fade) / (Low vocals)  | 4x8  | D                                                                                                                   | <b>CHILDS POSE</b>                                                                                                                                                                                                                                                       | 32                     |    |



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

# DON'T LET GO 4:10mins

## TECHNIQUE AND COACHING

### BLOCK 1

#### HALF HALO SLAM COMBO

##### LAYER 1 / LAYER 2

Rotational and Reactive Core Training at its best! Keep the coaching of the Half Halo Slam Combo focused on Position and Execution set-up, really emphasizing the basics and Must-Do cues – that is how your participants will feel the rotational power of the moves.

#### HALF HALO SLAM COMBO

**Key Coaching Focus: Brace abs to keep hips square to front**

- *Grab a plate or a band*
- **Feet outside hip-width in a Squat position**
- *We move slowly*
- *Half Halo, Slam, step together, and land in a Squat*
- *Plate forward of face*
- **Brace abs to square the hips to front**
- *Let's start simple, getting the basics*
- **Chest lifted**
- *If you're using the band, keep the tension on as you rotate*
- **We are C-shaping the spine on the Halo**
- *We are working on rotation development in this track*
- *Double time*
- *Rotate and then slam!*
- *Use the legs to push the plate up*
- *When you rotate, really brace the core*
- *There's another level – a micro Hop in the transition to the side*
- **Land softly in the Hop**
- *Your core HAS to react when you land and when you push the plate over head*

### BLOCK 2

#### INCHWORM / WALKING PLANK COMBO / PLANK

##### LAYER 1 / LAYER 2 / LAYER 3

Focus on the basics of the Inchworm and Walking Planks – use clear Position and Execution set-up cue. Once your participants have the Walking Plank Combo mastered, challenge them to move more dynamically in the Side Plank to really challenge and improve their reactive core ability. All these movements help us with muscle strength and endurance in the upper body – and are a great cardio kick for health benefits as well! Enjoy the well-deserved Childs Pose at the end of this one, too.

#### INCHWORM

**Key Coaching Focus: Brace abs and lift chest up (Squat). Brace abs and keep back long and straight (Plank)**

- *Equipment down*
- *Take a step back*
- **Feet outside hip-width**
- *Squat down into a Plank*
- *Freeze*
- *Walk it back*
- **Chest lifted**
- **Core braced**
- **Back long and straight**

#### WALKING PLANK COMBO

**Key Coaching Focus: Brace abs to keep hips and shoulders square to the floor. Back long and straight**

- *Hold Plank*
- *Bring your feet in*
- *Two Walks to the right side*
- *Outside hand comes in*
- *Open out to Side Plank*
- *Reset*
- *Other way*
- **Keep the hips level**
- *Come to your knees anytime*
- *More energy – further!*
- *Let's get more dynamic!*
- *Can we turn faster?*
- **Whole body turns as one**
- **Core braced**
- *Stealth mode*
- *Squeeze your thighs and glutes as you travel*
- *Imagine there's a glass of water on your back – keep it level*



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

# DON'T LET GO 4:10mins

## TECHNIQUE AND COACHING

### PLANK

**Key Coaching Focus:** Brace abs and keep back long and straight in the Plank

- *Final challenge!*
- *Hold your Plank*
- *Push out through the heels*
- *Pull up through the quads*
- *Stay with me right to the end!*
- *So strong*

### CHILDS POSE

**Key Coaching Focus:** Sit hips back

- *Knees wide*
- *Sit hips back*
- *A reward for us*

### TIP

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



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

GLUTE ISOLATION

WEIGHT SELECTION

1x light–medium weight plate, SMARTBAND or SCULPTBAND

TRACK FOCUS

I want to connect my participants with the energy of the music to get the maximum burn from these simple but highly effective gluteal exercises.

| MUSIC     |                                         | EXERCISE                                                                                                                                                                                                                                                                  |                                                                                                                                                | CTS    | REPS |
|-----------|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------|------|
| Pre-track |                                         | Set up equipment:<br>SCULPTBAND – Pull up to middle of thighs<br>SMARTBAND – Find the middle of the band, place at front of thighs, a fist-length above knees. Wrap band behind thighs, bring handles F. Thread handle A through handle B, then handle B through handle A |                                                                                                                                                |        |      |
| 1         | 0:03 Intro / (Instr)                    | 2x8                                                                                                                                                                                                                                                                       | Set up for Parachute:<br>Lie on front, side-on. Knees apart, heels together above knees<br>Hands under forehead                                | 16     |      |
|           | 0:10 V1 / Is your <b>head</b> spinnin’  | 4x8 A                                                                                                                                                                                                                                                                     | <b>PARACHUTE 1/1</b><br>Knees lift off floor<br>Reset                                                                                          | 2<br>2 | 8x   |
|           | 0:26 PC / I kinda <b>feel</b> like      | 10x8 A¹                                                                                                                                                                                                                                                                   | <b>PARACHUTE TRIPLE PULSE</b><br>3x <b>PULSE</b><br>Reset                                                                                      | 6<br>2 | 10x  |
| 2         | 1:03 Don’t look <b>down</b>             | 2½x8                                                                                                                                                                                                                                                                      | Set up Clam L:<br>Head to R side, R elbow under shoulder<br>Knees forward at 90°, heels in line with hips<br>Bottom hip lifted or on the floor | 20     |      |
|           | 1:12 Drop / (Instr)                     | 8½x8 B                                                                                                                                                                                                                                                                    | <b>CLAM PULSE L</b><br>Hold last rep<br>OPTION: Hips down                                                                                      | 2<br>4 | 32x  |
|           | 1:44 V2 / Are your <b>hands</b> shakin’ | 3x8                                                                                                                                                                                                                                                                       | Set up Resisted Bridge:<br>Turn onto back, heels close to butt and hip-width apart<br>OPTION: Add weight plate to thighs                       | 24     |      |
|           | 1:55 ‘Cause I <b>wanna</b> get it       | 13½x8 C                                                                                                                                                                                                                                                                   | <b>RESISTED BRIDGE</b><br>Lift<br>Lower halfway                                                                                                | 2<br>2 | 27x  |
|           | 2:46 C / Ooh <b>oh</b> oh               | 2x8 C¹                                                                                                                                                                                                                                                                    | <b>RESISTED BRIDGE PULSE</b>                                                                                                                   | 2      | 8x   |
|           | 2:53 Ooh <b>oh</b> oh                   | 2x8                                                                                                                                                                                                                                                                       | Set up Clam R                                                                                                                                  | 16     |      |
|           | 3:01 Drop / Don’t look <b>down</b>      | 9x8 B                                                                                                                                                                                                                                                                     | <b>CLAM PULSE R</b><br>OPTION: Hips down                                                                                                       | 2      | 36x  |



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

# DON'T LOOK DOWN 3:41mins

## TECHNIQUE AND COACHING

### BLOCK 1 PARACHUTE

#### LAYER 1 / LAYER 2

Keep your coaching for the Parachute focused on Position and Execution set-up – really nail the basics. Look for participants using momentum to push their heels high and therefore jerking the movement – what can you say to keep their range correct and safe?

### PARACHUTE

#### Key Coaching Focus: Squeeze glutes

- Find the middle of the band, feet hip-width apart; stretch the band and set it a palm distance above the knees, taking the handles to the back then front, right handle through left, left through right. Or pull the SCULPTBAND to middle of thighs
- Come down to your belly
- Knees are wide
- Heels together
- **Squeeze glutes**
- Little lifts off floor
- Pushing the heels up to the sky
- Forehead on hands
- Triple Pulse
- Micro Pulses
- Just for this moment in time, we are looking down

### BLOCK 2 CLAM / RESISTED BRIDGE

#### LAYER 1 / LAYER 2

The focus with the Clams is bracing the abs – this keeps the hips level at all points, maximizing glute recruitment and lower back safety. The Resisted Hip Bridge with optional plate will ensure the burn stays in the glutes and hamstrings for the entire block!

### CLAM PULSE

#### Key Coaching Focus: Brace abs to square hips to the front

- Set up for Clam Pulse
- Elbow under shoulder
- Knees forward
- Feet together
- **Lift your bottom hip**
- Open the top knee
- Pulse!
- **Hips square to floor**
- If you need to, drop the bottom hip down
- We aren't here for long
- Chest lifted
- **Abs braced tightly**
- Really sculpting into the glutes

### RESISTED BRIDGE

#### Key Coaching Focus: Squeeze glutes

- Lie on your back
- If you want a challenge, keep a plate on your thighs
- Lift hips high
- Start pulsing
- **Core braced**
- **Squeeze glutes**
- Stay in the top range
- Press the knees out – feel the side glutes
- Power towards the ceiling to really intensify the work
- Strong glutes so we can perform anything we want to – athleticism, speed
- Pulse for 8
- Last challenge!



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

# DON'T LOOK DOWN 3:41mins

## TECHNIQUE AND COACHING

### BLOCK 3

#### CLAM

#### LAYER 2 / LAYER 3

Clams to finish off this fire track! Focus on control and safe Execution first, then Motivate your participants to get to the end.

- *Transition to the other side*
- *Let's finish off really well!*
- *Maintain strong technique*
- *Focus on lifting through the obliques*
- *Keep that good glute work!*

### TIP

Gluteal control is a very important component of core stability. These exercises focus on improving strength at end range extension and abduction/lateral rotation. This is where most people lose hip strength – which makes this a great focus for improving lower back and hip health.



45-MINUTE FORMAT

# STRETCH

WEIGHT SELECTION

1x light weight plate or SMARTBAND

TRACK FOCUS

My participants will feel relaxed and eased of tension through my free-flowing coaching during this cooldown to a summer classic!

|   | MUSIC |                                       |     | EXERCISE                                                                                          | CTS      | REPS |
|---|-------|---------------------------------------|-----|---------------------------------------------------------------------------------------------------|----------|------|
| 1 | 0:01  | Intro / Ooh-Ooh                       | 2x8 | Set up Knee Drop:<br>Sit facing front, feet wide and knees bent<br>Weight leaning back into hands | 16       |      |
|   | 0:12  | V1 / _ I stop and stare               | 4x8 | A <b>KNEE DROP</b> R&L<br>Knees roll R<br>Knees roll L                                            | 8<br>8   | 2x   |
|   | 0:34  | PC / ( <b>Ooh</b> ) _ And no doubt    | 4x8 | B <b>MODIFIED WILD THING POSE</b> L&R<br>Facing L, lift R arm<br>Facing R, lift L arm             | 16<br>16 |      |
|   | 0:57  | Br / _ Baby girl                      | ½x8 | Set up Swan Pose R<br>OPTION: 90/90 Pose                                                          | 4        |      |
|   | 1:00  | C / <b>Ooh</b> , oh, oh               | 6x8 | C <b>SWAN POSE</b> R<br>OPTION: Add Quad Stretch after 32cts                                      | 48       |      |
|   | 1:33  | V2 / _ Watching the sun               | 8x8 | C <b>SWAN POSE</b> L<br>OPTION: Add Quad Stretch after 32cts                                      | 64       |      |
| 2 | 2:18  | Br / _ Baby girl                      | ½x8 | Set up Lunge Stretch R leg F                                                                      | 4        |      |
|   | 2:20  | C / <b>Ooh</b> , oh, oh               | 4x8 | D <b>LUNGE STRETCH w. TWIST</b> R leg F<br>OPTION: Back knee lifted after 8cts                    | 32       |      |
|   | 2:43  | V3 / Been <b>sitting</b> by the phone | 4x8 | E <b>DOWN DOG</b><br>After 8cts, add Alt Calf Stretch                                             | 32       |      |
|   | 3:05  | C / <b>Ooh</b> , oh, oh               | 4x8 | D <b>LUNGE STRETCH w. TWIST</b> L leg F<br>OPTION: Back knee lifted after 8cts                    | 32       |      |
|   | 3:27  | <b>Ooh</b> , oh, oh                   | 2x8 | F <b>FORWARD FOLD</b><br>Last 8 reps: Slowly roll up to standing                                  | 16       |      |





45-MINUTE FORMAT

# MYSTERIOUS GIRL 3:48mins

## TECHNIQUE AND COACHING

**TIP**

Be descriptive in how to stretch and where your participants should be feeling it. Acknowledge the effort that your team put into the workout today, and congratulate them on completing it!



# 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.

