



BODYCOMBAT 107



Presenters

Back row (L–R): Meno Thomas (New Zealand), Erin Maw (New Zealand),
Dan Cohen (United Kingdom/New Zealand), Mai Sato (Japan)

Front row (L–R): Marlon Woods (United States), Vili Fifita (New Zealand)

Calm. Clean. Explosive.

BODYCOMBAT Release 107 is built on intelligent simplicity.

Layer 1 Coaching cues set participants up with optimal alignment and efficiency, so when speed and power arrive, the performance skyrockets. This enables deep feeling so your participants can self-adjust to maximize their training.

The soundtrack hits hard with heavy beats, melodic hooks, and unexpected singalong moments that create a true emotional arc throughout the workout. And the movement focus? A striking fusion of Muay Thai, Kick-boxing, Capoeira and Boxing – fluid, fierce, and rhythmically sharp.

This release is about clarity before chaos, precision before power.

When technique locks in... the workout ignites.

BODYCOMBAT Creative Team

BODYCOMBAT 107

GLOSSARY

MUSIC

EXPRESS FORMATS

01A. UPPER BODY WARM-UP

01B. LOWER BODY WARM-UP

02. COMBAT 1

03. POWER TRAINING 1

04. COMBAT 2

05A / 05B. POWER TRAINING 2

06. COMBAT 3

07. MUAY THAI

08. POWER TRAINING 3

09. CONDITIONING

10. COOLDOWN

THE HISTORY OF MARTIAL ARTS

DECLARATION OF INTENT

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GLOSSARY

FRONT STANCE

STANCE

- Body faces the front
- Feet wider than shoulders
- Knees soft and aligned with toes, abs braced
- Chest lifted
- Weight centered

COACHING

Layer 1

- Front Stance
- Face your body to the front, take your feet wide, bend your knees
- Feet wider than shoulders for stability

COMBAT STANCE

STANCE

- Lead leg forward
- Feet shoulder-width apart
- Front foot facing target, rear foot at 45 degrees
- Chest and hips align and more face forward, not side-on
- Body weight centered and lean slightly forward, abs braced
- Knees soft

Variation 1:

- Boxing – back heel lifted, balanced weight distribution

Variation 2:

- Tae Kwon Do – slightly wider stance, bent knees, up on toes (constant movement)

Variation 3:

- Karate – wider stance, more knee bend, sit lower and firmly on the floor

COACHING

Layer 1

- Combat Stance
- Take your right foot forward
- **Bend your knees**

BOXING GUARD

STANCE

- Either Combat or Front Stance
- Back heel off the floor (Boxing Stance)
- Chin tucked in
- Knuckles to jawbone/cheeks – protecting face
- Elbows tucked in to ribs
- Shoulders slightly rounded

COACHING

Layer 1

- Slightly round your shoulders
- Boxing Guard
- Hands up by your face
- Get your elbows in – keep it nice and tight

MARTIAL ARTS GUARD

STANCE

- Combat Stance, feet slightly wider
- On your toes and agile
- Tight fists
- Hands slightly lower than chin and in front of chest
- Front arm extended slightly away from body
- Rear arm in with forearm touching ribcage
- Elbows soft and facing down
- Knuckles angle to the front

COACHING

Layer 1

- Martial Arts Guard
- Get your hands up and out in front of you. Front arm out, back arm tight to the body
- Pull shoulders back
- Brace abs
- Tension in the arms
- Get on the balls of your feet and stay agile, ready to move quickly



GLOSSARY

JAB

PREPARATION

- Rotate the torso to bring the shoulder forward
- Relax the shoulders
- Push weight off the back foot and into the front foot by lifting the heel

STRIKE

- Punch the lead hand forward in a straight line
- Rotate the wrist. Elbow turns out as the arm extends, keeping elbow soft
- Target Zones: The nose, lip, chin or stomach of your opponent
- Strike Surface: The first two knuckles of the fist
- Return the fist back to Guard position

COACHING

Layer 1

- Jab
- Aim for the nose, lip or chin using the big two knuckles
- **Keep elbow soft**
- Return your fist to Guard position
- **Abs braced**

CROSS

PREPARATION

- Rotate the torso to bring the back shoulder forward
- Add hips and heel rotation to reach the target
- Body weight moves from back to front, driving force from the floor through the leg, hips, torso, shoulder and out through the fist

STRIKE

- Target Zones: The nose, lip, chin or stomach of your opponent
- Strike Surface: First two knuckles, palm and thumb down
- Extend through the shoulder girdle
- Relax until the point of 'contact'

COACHING

Layer 1

- Cross
- Aim for the nose, lip or chin using the big two knuckles
- **Keep elbow soft**
- Return your fist to Guard position
- **Release back heel**
- **Abs braced**

HOOK

GUARD

- High Boxing Guard
- Knuckles to chin
- Elbows tucked in to ribs
- Chin tucked in
- Shoulders slightly rounded

PREPARATION

- Body weight centered and firmly on the floor
- Transfer weight onto opposite leg
- Draw opposite shoulder back
- Release knuckles from jaw with bent elbow
- Rotate hip, torso, chest and shoulder into the punch
- Release heel of striking side
- Brace abs and engage obliques

STRIKE

- Target Zones: The jaw or ribs of your opponent
- Strike Surface: First two knuckles, palm down
- Elbow forward of the shoulder
- Elbow 90 degrees maximum
- Elbow at shoulder height with forearm parallel to the floor
- Punch to the jaw
- Retract along same path back to Guard position
- Non-punching hand remains at Guard for protection

COACHING

Layer 1

- Hook
- Target Zones: Jaw or temple
- **Release your heel and turn your knee, hip and body**
- Elbow at 90 degrees
- **Abs braced**



GLOSSARY

UPPERCUT

PREPARATION

- Weight in front leg
- Rotate the torso, bringing the back shoulder forward
- Bend knees
- Drive forward from the legs and hips
- **Release heel as you load for extra rotation**
- Recruit obliques and abdominals

STRIKE

- Strike Surface: First two knuckles, palm facing you
- Target Zone: Under the chin

COACHING

Layer 1

- Uppercut
- Strike Surface: First two knuckles
- Target Zone: Under the chin
- A driving vertical punch
- **Abs braced**

FRONT KNEE

PREPARATION

- Step back foot in to balance weight, turning back toes out slightly
- Reach arms up and forward
- Load the hips by sitting back slightly
- Abs contract as the knee lifts

STRIKE

- Strike Surface: Top of the knee
- Target Zones: The stomach, groin, legs or head of your opponent
- Lift your knee up in a straight line and push your hips forward
- Keep your heel close to your butt
- Push hips forward and lean back, pulling both hands to same side hip
- Return to stance

COACHING

Layer 1

- Front Knee
- Target the ribs/stomach of your opponent
- Striking knee comes up and forward
- **Shoulders back, abs braced to protect your lower back**

FRONT KICK

PREPARATION

- Step back foot in to balance weight, lean back turning back toes out slightly
- Shift weight into back leg
- Lift the knee and point it to the target
- Keep your heel close to your butt
- Brace abs

STRIKE

- Target Zones: The knee, groin or stomach level
- Strike with the ball of the foot
- Extend your leg forward at the knee
- Push hips forward and lean back, bracing abs tighter
- Retract heel back toward your butt before returning to stance

COACHING

Layer 1

- Front Kick
- Target Zones: Thigh, stomach or chest level
- Strike with ball of the foot
- Shoulders lean backwards; **abs braced to protect the lower back**



GLOSSARY

ROUNDHOUSE KICK

PREPARATION

- Step the rear foot in under the body with heel toward (¾) target
- Slight bend in supporting knee
- **Brace abs** and lean away with head up for balance
- Extend leading arm for balance, rear arm into ribs with knuckles facing up
- Push hips forward to open them as you lift your knee to hip height; ideally knee, hips and shoulders are in alignment and knee pointing toward target
- Shin parallel to the floor, heel toward butt and toes pointed

STRIKE

- Strike Surface: Lower shin
- Target Zones: Leg, body, shoulder or head
- Extend lower leg from knee to toes
- Retract in same path of movement

COACHING

Layer 1

- **Set your heel toward your target**
- Lean upper body away and look toward your target
- Pre-load and then open your hips and lift your knee up, shin parallel to floor
- **Brace core**
- One arm out for balance, other arm tucked in
- Retract lead leg back to the pre-load position

BACK KICK

PREPARATION

- Step front foot back underneath body to balance your weight
- Look over your shoulder
- Shift your weight into the front leg
- Drop the torso forward as you lift and bend the back knee
- Take a small lean forwards
- **Brace abs**

STRIKE

- Strike Surface: The heel of your foot
- Target Zones: Knee, groin or stomach
- Lift the back leg by bringing the knee slightly up and out
- Push your heel behind you and kick with your toes turned downwards
- Retract the knee back in before returning to stance

COACHING

Layer 1

- From Guard position
- Strike Surface: Heel of the foot
- Target Zones: Groin or stomach
- Look over rear shoulder, kick with back leg
- Retract the knee back in to stance position
- Drop the torso forward
- Hands back to Guard position
- **Brace abs**



GLOSSARY

SIDE KICK

PREPARATION

- Set your heel in line with the target
- Back foot directly under the body and soft knee bend in back leg
- Transfer weight to the back foot and lean body away from the target but keep head up for balance
- Draw knee up and in front of the body toward the chest across the center line
- Pull up through the arch of the kicking foot, pushing the ankle out to create a blade with outside of foot
- Toes down slightly and heel turned up slightly
- Extend same arm as kicking leg to keep balance
- Opposite arm fist to ribs with knuckles facing down
- Engage obliques and glutes

STRIKE

- Target Zones: Knee, thigh, hip, stomach, head or throat (advanced)
- **Brace abs and use glutes**
- Extend the knee to a straight leg with your toes angled down slightly
- Hips and knee of kicking leg face more forward, not down to floor
- Lean body and shoulders away but keep head up
- Strike with the edge or heel of the foot

COACHING

Layer 1

- Side Kick
- **Brace abs**
- Draw the knee in and load the kicking leg
- Strike with your heel or blade of foot
- Turn toes down and heel up
- Retract kicking leg on the way back in landing in Combat or Front Stance

JUMP KICK

PREPARATION

- Step and Kick, left, right
- Squeeze glute and use hip to fire the Kick
- Hips level, stable, strong

STRIKE

- Target Zones: Aim Kick to stomach, striking with ball of foot

COACHING

Layer 1

- Lean shoulders back and brace abs tightly
- **Land softly by bending knees**
- Knee in line with mid-foot
- The Jump Kick is long and low

DESCENDING ELBOW

PREPARATION

- Release heel of striking side and elbow simultaneously
- Rotate hip, torso and shoulder
- Engage obliques
- Lift elbow up to the diagonal

STRIKE

- Strike Surface: Point of elbow and forearm
- Target Zone: The eyebrow of your opponent
- Lift elbow upwards and forward of the face
- Strike downwards in a diagonal line
- Finish hand under arm, close to chest
- Rotate your hips and heel, using the whole body to strike

COACHING

Layer 1

- Descending Elbow
- Strike Surface: Forearm and elbow
- Target Zones: Jaw, temple or the bridge of the nose
- Lift the elbow high and strike diagonally down
- Crunch abs



GLOSSARY

ASCENDING ELBOW

PREPARATION

- Release heel of striking side
- Rotate hip, torso and shoulder
- Engage obliques

STRIKE

- Target Zone: The chin of your opponent
- Strike Surface: The point of the elbow and forearm
- Keep your arm flexed and follow an ascending vertical line
- Hand to the back of your shoulder
- Lift ribs and chest as you rotate
- Opposite hand either in Guard position or to waist (release specific)
- Use your legs to drive up the power

COACHING

Layer 1

- Ascending Elbow
- From Muay Thai or Boxing Guard
- Strike Surface: Forearm or elbow
- Target Zone: Jaw

RISING BLOCK

PREPARATION

- Rear arm may move across body or arms cross in front before rising
- May have slight elevation by extending the legs
- Low and loaded in legs

STRIKE

- Strike Surface: Outside edge of forearm
- The blocking arm drives up and stops above the head
- A fast flick at the top and wrist faces out
- Tense muscles strongly for authenticity
- Opposite arm to waist
- Sink into legs if in wide Karate Stance

COACHING

Layer 1

- Rising Block
- Protect yourself against an attack from above
- Raise the forearm above the head, stopping between 90 and 45 degrees
- Tension in the forearm
- **Brace abs – to keep ribs down**
- Exhale as you block
- Clear start, strong finish to block
- Sink lower into your stance by bending at the knees to create a stable base

MID BLOCK / OUTER BLOCK

PREPARATION

- Rear arm may move across body
- May have slight elevation by extending the legs

STRIKE

- Leading arm draws up toward rear shoulder
- Sweeps in front of body, knuckles rotate 180 degrees
- In line with shoulder
- Elbow bent
- Strike Surface: Forearm

COACHING

Layer 1

- Mid block
- Tension in fist and forearm
- Blocking technique
- Arm/fist in line with shoulder
- Abs braced
- Weight in the heels, bend the knees, chest up, abs braced and exhale to lock the ribcage down



GLOSSARY

LOW BLOCK

PREPARATION

- Squeeze fists
- Chest up and back straight
- Front forearm and rear forearm may cross in front of the mid-line of the body, front forearm in front of the rear forearm
- May have slight elevation from low stance by extending the legs

STRIKE

- Leading arm draws up toward rear shoulder
- Hammer-like action, diagonally down with arm and fist
- Arm extends and fist stops in line with inside of lead leg knee
- Elbow soft but arm rigid with tension in muscles
- Strike Surface: Forearm
- Non-blocking arm, fist to ribs with knuckles facing up
- Chest stays up, back long and straight, shoulders stacked directly above hips

COACHING

Layer 1

- Low Block
- Cross your arms in front
- Strike down fist to knee
- Your forearm blocks your opponent's kick
- Squeeze your fist and fully extend at the elbow. (Be mindful of not hyper-extending it and snap-locking at the joint)
- **Brace abs**
- Stay grounded and posturally upright



MUSIC

- 01A

Bring Me Techno (5:15)

Laminar
Courtesy of Les Mills Music Licensing Ltd.
Written by: Kasler
- 01B

Overflo (3:33)

Blendwise feat. Rubi Du
Courtesy of Les Mills Music Licensing Ltd.
Written by: Raju, Cranston, Dyer
- 02

Up Top (4:31)

NGHTMRE, Flowdan & Sully
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Written by: Marenyi, Veria, Sullivan
- 03

Baby, You Make Me Crazy (Friction Remix) (3:10)

Sam Smith
Courtesy of the Universal Music Group.
Written by: S. Smith, Napier, Haynie, Ronald Bell, Westfield, Robert Bell, C. Smith, Thomas, Mickens, Brown, Sparrow, Redd

Baby, You Make Me Crazy (Friction Remix) (3:12)

Sam Smith
Courtesy of the Universal Music Group.
Written by: S. Smith, Napier, Haynie, Ronald Bell, Westfield, Robert Bell, C. Smith, Thomas, Mickens, Brown, Sparrow, Redd
- 04

VICTORY (5:25)

WLDHRT feat. S.O.
© 2023 WLDHRT.
Written by: Chen, Otukpe
- 05

badboysound (2:46)

HEDEGAARD X Sanjin
© 2025 OneHundred.
Written by: Hedergaard, Kljucanin
- 06

Dominos (Friction Remix) (3:55)

D.O.D feat. Hannah Boleyn
© 2024 Armada Music B.V.
Written by: O'Donnell, Dunford, Jackson, Carroll-Wilthien, Koi

Glow (4:56)

Black Caviar & TT The Artist
© 2024 Club Queen Records.
Written by: Wilson, Nissley, Hinson, Piccone
- 07

Body Work VIP (5:00)

Circadian
© 2023 Elevate Records.
Written by: Garvey
- WORKOUT
FOR THE WORLD

08

Freefall (5:11)

Max Capacity feat. Immy Odon
Courtesy of Les Mills Music Licensing Ltd.
Written by: Lee, Matthews, O'Donoghue
- 09

Calabria 2007 (Radio Edit) (3:51)

Enur feat. Natasja
© 2007 Ministry Of Sound Recordings.
Written by: Kolsch
- 10

Home (2:37)

Good Neighbours
Courtesy of the Universal Music Group.
Written by: Fox, Verrill

Home (1:06)

Good Neighbours
Courtesy of the Universal Music Group.
Written by: Fox, Verrill



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.

KEY

AIK	Aikido	BJJ	Brazilian Jiu Jitsu
BOX	Boxing	CAP	Capoeira
KAR	Karate	KB	Kick-boxing
KF	Kung Fu	MA	Martial Arts
MMA	Mixed Martial Arts	MT	Muay Thai
TKD	Tae Kwon Do	B up	Build up
Br	Bridge (non-chorus)	C	Chorus
F&B	Forward and backward	HOH	Hands on hips
Instr	Instrumental	Intro	Introduction
L	Left	R	Right
Mins	Minutes	O/H	Over head
OTS	On the spot	Outro	Last few bars of music
PC	Pre-chorus	QC	Quiet chorus
Ref	Reference	Seq	Sequence
V	Verse	Vox	Voice

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created but you can apply more modern language and terminology.

EXPRESS FORMATS

45-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 04	Combat 2
Track 05	Power Training 2
Track 06	Combat 3
Track 07	Muay Thai
Total Time	41:43

30-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai
Track 09	Conditioning
Total Time	28:32

Notes: As the 45-minute and 30-minute Express formats are shorter than the allocated time, you can include a shorter Cooldown of your own.

The 45-minute and 30-minute class formats have been customized for this release.

TECHNICAL TEAM CREDIT

Technical Consultant – Rob Lee BHSc (Physio), PGD (Musc)

RELEASE FEEDBACK

Got feedback on this release? [Click here.](#)

GENERAL FEEDBACK

Got general feedback for Les Mills? [Click here.](#)



MIXED EXPRESS FORMATS

We have updated the Express formats that should be used when mixing releases. From now on, when teaching a mixed 45-minute or 30-minute class, the following formats should be used:

45-MINUTE FORMAT

- Track 01A** Upper Body Warm-up
- Track 01B** Lower Body Warm-up
- Track 02** Combat 1
- Track 03** Power Training 1
- Track 04** Combat 2
- Track 05** Power Training 2
(MMA circuit or Bonus Boxing Track 05)
- Track 06** Combat 3
- Track 07** Muay Thai
- EITHER Track 08 Power Training 3, OR Track 09 Conditioning, OR Track 10 Cooldown**

Please note: Choose your final track based on time, aiming for 42 to 43 minutes of music.

30-MINUTE FORMAT

- Track 01A** Upper Body Warm-up
- Track 01B** Lower Body Warm-up
- Track 02** Combat 1
- Track 03** Power Training 1
- Track 07** Muay Thai
- EITHER Track 09 Conditioning OR Track 10 Cooldown**

Please note: Choose your final track based on time, aiming for 26 to 27 minutes of music.

We will continue to provide a release-specific recommended option in each set of choreography notes as well. We believe this change is more straightforward, as well as keeping the class in the order in which it was designed, and we hope you enjoy teaching these formats.

WORKOUT FOR THE WORLD

Workout for the World is on June 20, 2026, which aligns with the launch of this quarter’s new releases. Check with your club to find out about their launch plans and encourage them to get involved at workoutfortheworld.org.nz.

We've created a Workout for the World album, featuring the specially made tracks that feature in each program release. These tracks were inspired by what kids said about the important work UNICEF do, and the impact we're trying to make. The album will be available on Spotify as well as limited edition vinyl. Stay tuned to Les Mills Instagram and we'll share details during May and June.



01A. UPPER BODY WARM-UP

TRACK FOCUS

BODYCOMBAT 107 is a huge workout, and this Warm-up is the perfect start! The focus is on simple choreography to high-energy music. Use clear coaching and natural connection to lift your participants heart rate and excitement in preparation for what’s to come.

FEEL

The music is so big it lights the fuse; combined with easy-to-follow sequences, feel yourself swiftly enter a state of cardio readiness!

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / (Instr)	1x8	Front Stance	8	
0:08		3x8	A L, R PULSE TRANSITION: L Combat Stance on last 8cts	2	12x
0:18	V1 / Give me life	8x8	B L JAB x2 PULSE F&B x2 PREVIEW: L Jab, R Cross, L Uppercut on last rep	4 4	8x
0:43	C / (Drop)	8x8	C L JAB , R CROSS L UPPERCUT PULSE F&B x2	2 2 4	8x
1:09	Br / (Quiet sounds)	4x8	D R, L SLIP x2 L JAB , R CROSS x4	8 8	2x
1:22	V2 / Give me life	8x8	D ¹ R, L SLIP L JAB , R CROSS x2 OPTION: Add rotation to Slip after 4 reps	4 4	8x
1:47	QC / Give me life	4x8	E L, R HOOK PREVIEW: Jumping Jack on last 4cts	4	8x
2:00	B up / Give me life	4x8	F JUMPING JACK OPTION: Squat	2	16x
2:13	C / (Drop)	8x8	G L JAB , R CROSS L UPPERCUT JUMPING JACK x2 OPTION: Squat instead of Jumping Jack	2 2 4	8x
2:39	Br / (Fade out)	½x8	A-Frame position to finish	4	
2:43	V3 /	REPEAT SEQUENCES A to G – R A-Frame position to finish			



01A. BRING ME TECHNO 5:15mins

TECHNIQUE AND COACHING

JAB, CROSS, UPPERCUT & PULSE COMBINATION

LAYER 1

- Right Combat Stance
- Boxing Guard
- Double right Jab
- Pulse forward and back
- Target zones – nose, lip and chin
- Big knuckles strike
- **Keep elbow soft**
- Chin tucked in

Into Jab, Cross, Uppercut Combination:

- Jab, Cross, Uppercut
- 3 strikes – right, left, right
- Pulse forward and back
- Aim for the chin on Uppercut
- 45-degree bend in elbow
- Knees soft on Pulses

LAYER 2

- On the Cross, bring the rear shoulder across the mid-line of the body, then naturally your hip and heel will start to lift
- Focus on the range, by turning through the shoulders for a long reach

LAYER 3

- How good does it feel to start this Warm-up together?

SLIP & JAB, CROSS COMBINATION

LAYER 1

- Slip – left, right 4 times
- Jab, Cross – 8 punches
- Target zones – nose, lip and chin
- Big knuckles strike
- **Keep elbow soft**
- Chin tucked in

2 Slips and Jab, Cross twice:

- Cut it in half
- Slip – 2 times
- Jab, Cross – 4 punches

LAYER 2

- Use side flexion to slip out of the way of your opponent's counter-strike
- To work your obliques even more, add a little rotation as you twist on the Slip

LAYER 3

- Looks great out there, nice defensive Slips!

HOOK

LAYER 1

- Right Combat Stance
- Boxing Guard
- Hook right, Hook left
- **Release your heel and turn your knee, hip and body**
- **Abs braced**
- 90-degree bend in elbows
- Target the jaw of your imaginary opponent
- Elbow slightly higher than the wrist

Add on reps and Jumping Jacks:

- Add on 4 Hooks, 4 Jacks
- Jacks in and out
- Bend knees on Jacks
- Chest lifted and abs braced

LAYER 2

- Our Hook is a circular strike
- Release heels on punches to allow an unwinding of the body – it's a chain reaction
- Elbow slightly above the wrist and focus on rotation

LAYER 3

- Option: Squat instead of Jumping Jack



01A. BRING ME TECHNO 5:15mins

TECHNIQUE AND COACHING

JAB, CROSS, UPPERCUT & JUMPING JACK COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, Cross, Uppercut*
- *Jumping Jacks 2 reps*
- *Jacks out and in*
- *Bend knees on Jacks*
- ***Chest lifted and abs braced on Jacks***

LAYER 2

- *Naturally, let the shoulders roll inwards on the punches*
- *Channel a calm feeling; breathe in through the nose and out through the mouth*

LAYER 3

- *Beautiful work team. This is the energy of BODYCOMBAT 107 – here we go!*
- *Option: Squat instead of Jumping Jack*

TIPS

FUNDAMENTALS

WHY?

Coach with connection, warmth and friendliness. Create an environment that will help your participants’ journey into this workout. It also helps to set up a great atmosphere and mindset for them.

WHAT?

Focus on Layer 1 Coaching cues and be clear with RIGHTS and LEFTS, directional changes and names of ALL strikes, including target zones, ranges of motion, and the number of reps.
Combining offensive and defensive moments in the Upper Body Warm-up feels such a perfect start to the class ahead! Use a calm energy to match the music to set up then build, physically and verbally, with the music as you layer in the next two stages of this great Slip, Jab and Cross combination!

HOW?

Create a functional language that can be used throughout the workout to connect with and motivate your participants. Be specific with targets and heights. Keep them low and explain that while warming up the muscles, we want to kick low with full range at a slower pace as this will really help them when they speed up movement patterns later on in the workout.



01B. LOWER BODY WARM-UP

TRACK FOCUS

We continue the theme of simple choreography coupled with fantastic music. Take your time to teach members how to execute each lower-body strike safely and effectively. This track allows for plenty of space to do this with confidence and clarity. Focus on providing concise information that sets up your class for success.

FEEL

Use the musical contrast well to avoid an 'overflow'! We drill each strike numerous times without sudden transitions. Tap into this controlled feel in your movement and coaching style.

MARTIAL ARTS

Kick-boxing, Karate and Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
5:14	Intro / (Fade out)	½x8	A-Frame in Front Stance – hold Cross wrists in front on chest		2 2	
5:15	(Instr)	2x8	H	SQUAT PULSE PREVIEW: L Front Knee, Step B, F	2	8x
5:22	V1 / See how me _	8x8	I	L FRONT KNEE STEP B, F PREVIEW: L Front Kick on last rep	4 4	8x
5:35	B up / Get my cup	8x8	J	L FRONT KICK STEP B, F TRANSITION: Front Stance on last 4cts	4 4	8x
5:49	C / (Drop)	8x8	K	L SIDE KICK PULSE OTS TRANSITION: R Combat Stance on last 4cts	4 4	8x
6:16	V2 / Wooo	8x8	I	R FRONT KNEE STEP B, F PREVIEW: R Front Kick on last rep	4 4	8x
6:31	B up / Get my cup	8x8	J	L FRONT KICK STEP B, F TRANSITION: Front Stance on last 4cts	4 4	8x
6:43	C / (Drop)	8x8	K	R SIDE KICK PULSE OTS	4 4	8x
7:10	Br / (Quiet)	2x8	TRANSITION: L Combat Stance PREVIEW: L Roundhouse Kick Set-up, Pulse OTS		8 8	
7:17	V3 / See how me _	4x8	L	L ROUNDHOUSE KICK SET-UP PULSE OTS PREVIEW: L Roundhouse Kick on last rep	4 4	4x
7:30	B up / Get my cup	8x8	L¹	L ROUNDHOUSE KICK PULSE OTS	4 4	8x
7:58	Br / (Quiet)	2x8	TRANSITION: R Combat Stance PREVIEW: R Roundhouse Kick Set-up, Pulse OTS		8 8	
8:04	V4 / See how me _	4x8	L	R ROUNDHOUSE KICK SET-UP PULSE OTS PREVIEW: R Roundhouse Kick on last rep	4 4	4x
8:18	B up / Get my cup	8x8	L¹	R ROUNDHOUSE KICK PULSE OTS R ROUNDHOUSE KICK to finish	4 4	8x



01B. OVERFLO 3:33mins

TECHNIQUE AND COACHING

FRONT KNEE / FRONT KICK, STEP SEQUENCE

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Right Knee, step back, step forward*
- *Strike with top of your knee, aim for stomach*
- **Shoulders back, abs braced to protect lower back**

Add Front Kick, Step Sequence:

- *Keep the same rhythm, watch the move change*
- *Front Kick, step back*
- *Strike with ball of the foot, target low*
- **Shoulders back, abs braced**
- *Keep knee soft on Kick*

LAYER 2

- *Keep the kick nice and low as we are just starting to warm up the hamstrings*
- *With a great Warm-up we can lift the heart rate higher later on*

LAYER 3

- *Can you feel your legs and hips getting warm?*
- *Option: Kick low*

SIDE KICK

LAYER 1

- *Front Stance*
- *Boxing Guard*
- *Low Side Kick, right leg*
- *Set heel toward target, soften knee and lean away*
- *Strike with blade of foot, heel up, toes point down*
- *Target the knee, groin or hip of your opponent*
- **Abs braced**, *lean away and keep chest lifted*
- *Return to Front Stance and Pulse OTS*

LAYER 2

- *The supporting foot goes toward the direction you are striking. Once you've got that you can bend your knee, which brings balance and leads to alignment later on*
- *Lean torso on a 45-degree angle and extend arm for balance*

LAYER 3

- *Feel the control on the Side Kick*
- *Option: Kick low*

ROUNDHOUSE KICK SET-UP / ROUNDHOUSE KICK

LAYER 1

- *Right Combat Stance*
- *Roundhouse Kick set-up, right leg*
- **Set back heel toward target**
- *Lift shin parallel to the floor*
- *Return to Combat Stance and Pulse OTS*
- *Knee, hip and shoulder all in a line*

Add Roundhouse Kick:

- *Right Roundhouse Kick*
- *Pulse OTS*
- *Extend leg and strike with shoelaces or instep of the leg*
- *Aim low toward knee/hip level*
- **Chest lifted and abs braced as you lean away**

LAYER 2

- *The direction of the knee is important on the set-up. Aim the Knee/Kick in line with the hip to improve efficiency, power and speed later!*
- *Lift your chest more as you strike, to assist balance*

LAYER 3

- *We don't want our cup to "overflow" in the Warm-up so just keep those Kicks low and controlled!*
- *Option: Kick low*



01B. OVERFLO 3:33mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

Continue to coach with connection, warmth and friendliness. Creating a teaching and learning environment will help your participants' journey into this workout.

WHAT?

Focus on Layer 1 Coaching. Be clear with RIGHTS and LEFTS, directional changes, and names of ALL the strikes. **This is a super simple and effective Lower Body Warm-up featuring all the fundamental moves – Front Knee, Front Kick, Side Kick and Roundhouse Kick. There is plenty of time to set your participants up for success here – their cup will be full of energy after finishing this one!**

HOW?

Be specific with targets and heights. Keep them low and explain that while warming up the muscles, we want to kick low with full range at a slower pace as this will really help them when they speed up movement patterns later on in the workout.



02. COMBAT 1

TRACK FOCUS

We’ve reached the first working track after the Warm-up got us 'ready to rumble'! Focus on maintaining the energy created early on as this track challenges you 'right out the gate'.

FEEL

Dial up the style and attitude in this first working track. We are ready on the left, ready on the right, ready up top... always READY!

MARTIAL ARTS

Boxing, Kick-boxing and Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / _ Yo, Yo, Yo	5x8		L Combat Stance PREVIEW: L Jab, R Cross, L Hook L Jab, R Cross, L Hook Pulse F&B x4	40	
0:14	V1 / _ Busy with the	8x8	A	L JAB , R CROSS , L HOOK L JAB , R CROSS , L HOOK PULSE F&B x4 PREVIEW: R Knee x2 on last 4cts	4 4 8	4x
0:36	B up / _ Ready on the left	8x8	A ¹	L JAB , R CROSS , L HOOK L JAB , R CROSS , L HOOK R KNEE x2 PULSE OTS x2 PREVIEW: Front Kick on last rep	4 4 4 4	4x
0:58	C / (Drop)	8x8	A ²	L JAB , R CROSS , L HOOK L JAB , R CROSS , L HOOK R KNEE , R FRONT KICK PULSE OTS PREVIEW: L Lunge, R Front Kick on last 8cts	4 4 4 4	4x
1:20	V2 / Launchin’ for one	8x8	B	L LUNGE (R leg B) R FRONT KICK	2 2	16x
1:42	_ Ready up top	2x8		L LUNGE and hold to finish TRANSITION: R Combat Stance	4 12	
1:48	Tonight		REPEAT SEQUENCES A to 2nd B – R			
3:17	V3 / Tonight	2x8		R LUNGE and hold to finish TRANSITION: Front Stance	4 12	
3:22	_ One sip of this	6x8	C	L, R JAB x2 L, R UPPERCUT PREVIEW: L Knee x2, R Knee x2 on last rep	4 4	6x
3:38	B up / _ Ready on the left	18x8	C ¹	L, R JAB x2 L, R UPPERCUT L KNEE x2 R KNEE x2 Level 2 after 4 reps L KNEE to finish	4 4 4 4	9x



02. UP TOP 4:31mins

TECHNIQUE AND COACHING

JAB, CROSS, HOOK, KNEE & FRONT KICK COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, Cross, Hook – 2 times*
- *Pulse forward and back*
- *Strike with front two knuckles*
- *Target zones – nose and jaw*
- **Soft elbows on Jab, Cross**

Add Double Rear Knee:

- *Add Double Rear Knee to the front*
- *Pulse OTS*
- *Strike with top of your knee, aim for stomach*
- **Shoulders back, abs braced to protect lower back**

Add Front Kick:

- *This time, 1 Knee and 1 Front Kick*
- *Kick with ball of the foot*
- **Shoulders back, abs braced**
- *Keep knee soft on Kick*
- *In the Hook, **release the hip and the heel**, bring the elbow to shoulder height*

LAYER 2

- *Reach long with the Front Kick by extending the leg and leaning away with control*

LAYER 3

- *Feel the power of this great full-body Kick-boxing combination!*

LUNGE & FRONT KICK COMBINATION

LAYER 1

- *Lunge, Front Kick*
- **Left leg steps back, long step into Lunge, same leg kicks**
- *Work in the top range (top-half Lunge)*
- **Hips and shoulders square to the front**
- **Chest lifted and core braced**

LAYER 2

- *Swing your hip through and arm down to add more power to the Kick*
- *To increase the challenge, drop your front thigh parallel to floor at the bottom of the Lunge*

LAYER 3

- *Can you feel how you anchor your front foot to the floor? The burn in the front leg is real!*
- *That's it team – use the momentum and go get it!*

Options:

- *Stay higher in top-half Lunge or drop deeper*
- *Kick low*



02. UP TOP 4:31mins

TECHNIQUE AND COACHING

JAB x4, UPPERCUT x2 & DOUBLE KNEE COMBINATION

LAYER 1

- *Front Stance*
- *Boxing Guard*
- *4 Jabs – right and left*
- *2 Uppercuts – right and left*
- *Target zone for Jabs is nose, lip or chin*
- *Big knuckles strike*
- **Keep elbow soft on Jabs**
- *Target chin on Uppercuts*
- *45-degree bend in elbow*
- *Chin tucked in*

Add 2 Knees:

- *Add on Double Knees – right and left*
- *Top of knee strikes into the punchbag*
- **Shoulders back, abs braced to protect lower back**
- *Little Hop or stay grounded*
- *Chest lifted*

LAYER 2

- *Elbows come down as knee lifts up, crunch obliques*
- *Sharpen your knee by bringing heel to butt and pointing toes down*
- *Maximize your core recruitment and actively crunch your abs*

LAYER 3

- *This right here is our first Combat training track – are you ready to come with me?*
- *Feel the energy shift right here – the heart rate lifts and the whole body reacts!*
- *Option: Stay grounded on Knees (no Hop)*

TIPS

FUNDAMENTALS

WHY?

This track features three unique combinations. It heightens the cardiovascular training from the Warm-up track with pockets of explosive strikes to elevate the heart rate, bringing a sense of style and challenge very early on.

WHAT?

Boxing, Kick-boxing and a touch of Capoeira bring the feels to this first Combat track. We have a strong focus on power throughout, especially when mastering the 2 Kick-boxing combinations and 'letting loose'!

Combination 1:

Starting with Boxing, we gradually build in both complexity and intensity. First up, we practice a Jab, Cross, Hook – twice – and Pulse combination. Once we've established the basics of punching, we layer in the lower body by adding 2 Rear Knees. This takes us into the first full Kick-boxing combination as we make the second knee a Front Kick. This creates an awesome full-body sequence which we drill with power!

Combination 2:

Focusing on leg conditioning, speed and control, our second combination draws from Capoeira. We move with a light and fast feel here, which contrasts the power of Kick-boxing beautifully.

Combination 3:

The final round is in Front Stance, where we hit another big Kick-boxing combination. We gradually build intensity here with a burst of Jabs, Uppercuts and Knees. The musical and physical shift from calm to explosive is superb. Encourage your participants to 'let loose' on the last 5 reps of this powerful combination, finishing strong together!



02. UP TOP 4:31mins

TECHNIQUE AND COACHING

HOW?

The focus points are:

Combination 1:

We begin by drilling the Jab, Cross, Hook combination before layering in the Knees and finishing with a Front Kick. Use energy in your voice and body, building with the music to bring your own Performance to life with confidence.

Combination 2:

Initially coach and role-model staying in the top range of the Lunge. This sets you up for success as you focus on alignment, posture and control. Once you are 'good to go' – use momentum and a 'bounce' feeling to strike lightly and fast while staying super agile. For those who then want a bigger challenge, start to drop your front thigh parallel to the floor on the Lunge and reach hand lower – Capoeira style!

Combination 3:

We 'stand our ground', square up to our opponent and finish with an awesome 10-strike combination! Gradually build in both vocal and physical intensity as the last 5 reps call for 'through the roof' commitment!



03. POWER TRAINING 1

TRACK FOCUS

Boxing conditioning to build cardio endurance with power and speed.

Cruise into this one to develop the feature combinations gradually. Focus on gently layering in each phase of the combinations, supporting learning and execution. When the time is right, unleash with full speed and power to reach that first cardio peak.

FEEL

Fun feels, great grooves and vocal vibes fill this track. This music style is perfectly sandwiched between darker and more serious sounds.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	8x8	A L, R RUN OTS OPTION: Recover before moving into the Run PREVIEW: L Jab x2 on last 4cts	2	32x
0:22	V1 / You say that you're leaving	8x8	B L Combat Stance L JAB NOTE: Add Step to Jab after 16 reps PREVIEW: L Jab, R Cross x2, R Roll, R Cross on last 8cts	2	32x
0:44	PC / I'm gonna play my favorite	8x8	C L JAB , R CROSS x2 R ROLL R CROSS PULSE F&B x4 PREVIEW: L Jab, R Cross x2, R Roll, R Cross on last 8cts	4 2 2 8	4x
1:06	C / Baby , you make me crazy	8x8	C ¹ L JAB , R CROSS x2 R ROLL R CROSS TRANSITION: Front Stance PREVIEW: L Uppercut, L Hook, R Uppercut, R Hook Front Stance on last rep	4 2 2	8x
1:28	V2 / It wasn't enough, but	8x8	D L UPPERCUT , L HOOK R UPPERCUT , R HOOK Level 2 after 1 rep	4 4	8x
1:50	PC / I'm gonna play my favorite	8x8	D ¹ L UPPERCUT , L HOOK R UPPERCUT , R HOOK L, R JAB x4	4 4 8	4x
2:12	(Instr)	8x8	A L JAB to finish L, R RUN OTS Level 2 after 28 reps	8 2	28x
2:34	(Build)	4x8	A ¹ L, R HIGH KNEE RUN OTS TRANSITION: L Combat Sance PREVIEW: L Jab, R Cross x2, R Roll, R Cross on last 8cts	2	16x
2:45	C / Baby , you make me crazy	8x8	B ¹ L JAB , R CROSS x2 R ROLL R CROSS	4 2 2	8x
3:08	Br / (Fade out)	1x8	L JAB to finish RECOVER	8	
3:11	V3 /	REPEAT SEQUENCES A to 2 nd B ¹ – R			



03. BABY, YOU MAKE ME CRAZY (FRICTION REMIX)

6:22mins

TECHNIQUE AND COACHING

JAB, CROSS x2, ROLL & CROSS COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Single Jabs – right hand*
- *Target the nose with front two knuckles*
- **Soft elbows on punches**
- *Chin tucked in*

Add Step to Jab:

- *Footwork – add Step to Jab*
- *Right foot steps forward and back*
- *Push off the back foot*

Add Jab, Cross x2, Roll and Cross:

- *First Combo*
- *Jab, Cross, Jab, Cross, Roll and Cross*
- *Pulse forward and back*
- *Guard up*
- *Non-stop – take away the Pulse*
- **Release heel on Roll**

LAYER 2

- *Focus on torso rotation – this will improve your striking range, power and extension*
- *Wind up and 'whip it' – the key is to generate force from the floor up, release the heel and 'whip' the hip*

LAYER 3

- *Yes, back row – I feel your energy!*
- *Let's see it, front row – you look great!*

UPPERCUT, HOOK & JAB x8 COMBINATION

LAYER 1

- *Front Stance*
- *Boxing Guard*
- *1 Uppercut, 1 Hook – right arm*
- *Left side the same*
- *Aim for the chin on the Uppercuts*
- *Target side of face on Hooks*
- **Release heel on Hook**

Add Jabs:

- *Add on 8 Jabs*
- *Keep elbow soft*
- *Use front two knuckles and aim straight down the line*

LAYER 2

- *Take your head off 12 o'clock position; dip and drive the Uppercut vertically*
- *Bend your knees and use your whole body on the Uppercuts and Hooks*

LAYER 3

- *Can you stay in the pocket? Keep them in the corner – don't let them go!*
- *Earn your recovery... We can celebrate together soon!*



03. BABY, YOU MAKE ME CRAZY (FRICTION REMIX)

6:22mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

This is a fast-paced Power Training track featuring both offensive and defensive movements. This Boxing track challenges our cardiovascular system and delivers great results.

WHAT?

Boxing combinations where speed, power, torso rotation and lower-body integration all feature! The music is a refreshing and uplifting sound which contrasts beautifully at this point in the workout.

FIRST...

- We start by elevating the heart rate with a Run OTS while setting the scene for what's to come

THEN...

- A sequence of Jabs prepares us for our first Boxing combination in Combat Stance. This is a 5-punch combination with a defensive Roll in the mix! It's a sure-fire way to channel speed and elevate the cardio response

THEN...

- A holding pattern of Uppercuts and Hooks from a Front Stance, before we add Jabs to form a huge second combination

THEN...

- We immediately return to the first combination, keeping the heart rate high and challenging our muscular endurance. As this is a repeat, aim to build on your Layer 2 or 3 cues, helping your participants to move with enhanced confidence and commitment.

HOW?

A superb feel-good groovy sound! Bring the music and moves to life with your voice, face and body language. When we reach the second round of combination 1, 'empty the tank' to hit your first cardio spike!



04. COMBAT 2

TRACK FOCUS

The Advancing Power Side Kick has various modifications to suit your whole class. Focus on role-modeling and verbally coaching these choices, helping your participants to personalize their workout.

FEEL

Victory always feels ultra euphoric – so, go for the win!

There are some awesome moments of musical drama in this track. Aim to match your actions to them to maximize the impact.

MARTIAL ARTS

Kick-boxing and Tae Kwon Do

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Faint)	1x8	RECOVER and prepare	8	
0:03	V1 / _ W's only	1x8	L Combat Stance	8	
0:06	That's victory	3x8	A L JAB , R CROSS L UPPERCUT PULSE F&B x2	2 2 4	3x
0:16	PC / (Dramatic sounds)	2x8	A ¹ L JAB , R CROSS L UPPERCUT HOLD PREVIEW: R Knee x2 on last 4cts	2 2 4	2x
0:22	C / Victory , I came for the	8x8	A ² L JAB , R CROSS L UPPERCUT R KNEE x2	2 2 4	8x
0:47	B up / _ Victory, victory	4x8	B L KNEE REPEATER NOTE: Speed increases slightly after 8 reps OPTIONS: Slight Hop or stay grounded	2	16x
1:00	Br / (Quiet)	1x8	L KNEE to finish TRANSITION: Front Stance	8	
1:03	V2 / Look at the man in the	9x8	C L ADVANCING POWER SIDE KICK TRANSITION: L Combat Stance on last 4cts	8	9x
1:32	B up / _ Victory, victory	4x8	B L KNEE REPEATER NOTE: Speed increases slightly after 8 reps OPTIONS: Slight Hop or stay grounded	2	16x
1:44	Br / Victory _ (Quiet)	1x8	L KNEE to finish RECOVER	8	
1:47	V3 / Do what I can man	4x8	A L JAB , R CROSS L UPPERCUT PULSE F&B x2 PREVIEW: R Knee x2 on last rep	2 2 4	4x
2:00	Look at the man in the	8x8	A ² L JAB , R CROSS L UPPERCUT R KNEE x2 NOTE: Add Power Knee to 2 nd Knee after 4 reps	2 2 4	8x
2:25	PC / (Dramatic sounds)	1x8	A ³ L JAB , R CROSS L UPPERCUT R KNEE HOLD	2 2 2 2	1x
2:28	B up / _ Victory, victory	4x8	B L KNEE REPEATER NOTE: Speed increases slightly after 8 reps OPTIONS: Slight Hop or stay grounded	2	16x



04. COMBAT 2

MUSIC			EXERCISE	CTS	REPS
2:41	Br / Victory (Quiet)	1x8	L KNEE to finish RECOVER	8	
2:44	V4 / _ W's only		REPEAT SEQUENCES A to 3rd B – R NOTE: 1 st Sequence A is for 4 reps R KNEE to finish		

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.



04. VICTORY 5:25mins

TECHNIQUE AND COACHING

JAB, CROSS, UPPERCUT & 2x REAR KNEE COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, Cross, Uppercut*
- *Pulse forward and back*
- **Soft elbow on Jab and Cross**

Add on Double Rear Knee:

- *Add on 2 Rear Knees*
- *Strike with top of your knee – aim for stomach*
- **Shoulders back, abs braced to protect lower back**

LAYER 2

- *Pull the arms past the hip-line to fire up the core even more*
- *To find better alignment, drive the knees forward. This will increase efficiency and take your workout up another level*
- *Use the hips to power the second Knee to increase intensity*

LAYER 3

- *Who's going for the victory? (Wins) only, for sure!*
- *Can you feel your speed and heart rate lift on that second Knee?*
- *Option: Grounded Knee (no Hop)*

KNEE REPEATER

LAYER 1

- *Right Knees*
- *17 reps*
- *Drive the knee up to hip height or just above*

Add speed to Knees:

- *Start to increase the speed slightly*
- *Reach hands up high and pull down faster*
- *Heel high and point toes down*

LAYER 2

- *Go easy... then 5% faster... 7% faster... 9% faster*
- *Moving with speed and agility to increase the pace*

LAYER 3

- *Can you hit that 9% faster tempo? Catch it!*
- *That's it – brilliant speed on those Knees!*
- *Option: Grounded Knee (no Hop)*

ADVANCING POWER SIDE KICK

LAYER 1

- *Front Stance*
- *Martial Arts Guard to right side*
- *Left foot steps behind, right leg Side Kick*
- **Heel toward target**
- *Reset by stepping right foot over left – return to Front Stance*
- **Abs braced**, lean away and keep chest lifted
- *Knee soft on strike*
- *Return to stance with feet wide and knees soft*
- *Heel up and toes point down*
- *Strike with blade of foot*

LAYER 2

- *Minimize the step behind the body to maximize the Side Kick*
- *Tae Kwon Do – it's all about finding the flow through the floor, step light and kick heavy*

LAYER 3

- *Make it feel right for you – everyone is different and every day is different*
- *Amazing work on the power you are producing!*

Options:

- *Standard Side Kick (no step behind)*
- *Step in front (instead of stepping behind)*
- *Kick low*



04. VICTORY 5:25mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

To build both confidence and competence – improve timing, kicking techniques and understanding of Kick-boxing and Tae Kwon Do. We focus on control contrasting with speed and power. This allows us to move in a way that brings great physical results while enjoying the ‘feel’ of each unique Martial Art.

This track has three unique components:

Jab, Cross, Uppercut & 2x Rear Knee Combination

We start with revisiting the fundamentals of this Boxing combination already experienced in the Upper Body Warm-up. Use the dramatic music as you layer in the Double Rear Knees. This is a superb Kick-boxing section where the speed is slower, to aid competence and confidence.

Knee Repeater (speed challenge!)

Time to switch off the brain from the complex combinations and physically 'go all out'! This is the perfect way to show you ‘came for the victory!’ – a win for new-found fitness levels.

Advancing Power Side Kick

Tae Kwon Do is up next where we really take the fight to our opponent! In previous releases, we have always performed the Advancing Side Kick from one side directly to another. This time, we inject a fresh feel by harnessing all the power of an Advancing Side Kick and drilling it to one side only.



05A / 05B. POWER TRAINING 2

TRACK FOCUS

Inspired by MMA circuit training with various options/alternatives.
Offer all the different variations so your participants can personalize their workout.
Our first focus is on lower or upper body conditioning, featuring Reactive Core Training, utilizing depth and stability to fire up our mid-section.
The focus then shifts to striking with power and speed for a huge cardio kicker!

FEEL

Controlled strength followed by uplifting cardio. There is beautiful contrast in feeling strong and stable then fast and free!

MARTIAL ART

MMA Circuit Training

	MUSIC		EXERCISE	CTS	REPS
0:00	(Intro) / Ready for the, ready for	4x8	RECOVER and prepare for Squats in standing OR Pushups on the floor	32	
0:11	QC / _ Understand	8x8	A <u>Grounded Variation</u> 2/2 PUSHUP OR <u>Standing Variation</u> 2/2 SQUAT PREVIEW: 2/2 Pushup, L hand Pike to R leg	8	8x
0:33	V1 / When the film is done	8x8	A ¹ <u>Grounded Variation</u> 2/2 PUSHUP 2/2 PIKE L hand toward R leg 2/2 PUSHUP 2/2 PIKE R hand toward L leg OR <u>Standing Variation</u> 2/2 SQUAT 2/2 L KNEE 2/2 SQUAT 2/2 R KNEE OPTION: Both hands stay down on Pike	8 8 8 8 8 8 8 8	2x 2x
0:55	B up / Ready for the, ready for	8x8	A <u>Grounded Variation</u> 2/2 PUSHUP OR <u>Standing Variation</u> 2/2 SQUAT PREVIEW: 1/1 Pushup x2, 2/2 L hand Pike to R leg	8	8x
1:17	C / _ Understand	8x8	A ² <u>Grounded Variation</u> 1/1 PUSHUP x2 2/2 PIKE L hand 1/1 PUSHUP x2 2/2 PIKE R hand OR <u>Standing Variation</u> 1/1 SQUAT x2 L KNEE x2 1/1 SQUAT x2 R KNEE x2 OPTION: Both hands stay down on Pike	8 8 8 8 8 8 8 8	2x 2x
1:39	V2 / I'm rushing in like a	4x8	RECOVER TRANSITION: Pushup OR Squat position	32	



05A / 05B POWER TRAINING 2

	MUSIC		EXERCISE	CTS	REPS
1:50	Roller , man the base	4x8	B <u>Pushup</u> 4/4 PUSHUP OR <u>Standing Variation</u> 4/4 SQUAT	16	2x
2:02	B up / Ready for the, ready	8x8	A REPEAT SEQUENCE A	8	8x
2:24	C / _ Understand	8x8	A ² REPEAT SEQUENCE A²	16	4x
2:45	Br / (Fade out)	4½x8	RECOVER TRANSITION to standing	36	
2:58	B up / (Electronic)	8x8	L, R RUN OTS TRANSITION: L Combat Stance on last 4cts	2	32x
3:20	V1 / It's the feeling	4x8	C L JAB , R CROSS (slow)	4	8x
3:31	PC / It's the feeling	4x8	C ¹ L JAB , R CROSS (fast) PREVIEW: Sprawl and Stand, Sprawl with Vertical Leap on last 16cts	2	16x
3:42	C / It's the feeling	16x8	C ² L JAB , R CROSS x7½ (15 punches) SPRAWL AND STAND SPRAWL WITH VERTICAL LEAP	16 8 8	4x
4:26	Br / Dominoes _ (Quiet)	4x8	RECOVER L, R RUN TRANSITION: R Combat Stance on last 4cts	16 2	8x
4:37	V2 / It's the feeling		REPEAT SEQUENCES C to C² – R		
5:44	Br / Dominoes _ (Quiet)	4x8	RECOVER TRANSITION: Front Stance on last 4cts		
5:54	PC / It's the feeling	4x8	D L, R JAB (slow)	4	8x
6:05	C / It's the feeling	12x8	D ¹ L, R JAB (fast) Level 2 after 16 reps L JAB to finish	2	48x



05A / 05B BADBOYSOUND / DOMINOS (FRICTION REMIX) 6:41mins

TECHNIQUE AND COACHING

PUSHUP OR SQUAT

LAYER 1

- On floor for Pushups or stay standing for Squats
- **Hands just outside shoulder-width for Pushup**
- Feet just outside hip-width for Squats
- Body in Plank position, **abs braced**
- Hips and shoulders square to the floor
- 2/2 tempo Pushup or Squat
- **Chest no lower than the elbow crease on Pushup**
- **Hips sit back and down to just above knee level in Squat**
- **Chest lifted and abs braced in Squat**

LAYER 2

- Drive the floor away with hands or heels as you lift up
- Lock in the core by squaring the hips and shoulders

LAYER 3

- Are we enjoying this conditioning work? Feels good, huh!
- Options: Pushups on knees or toes

PUSHUP & PIKE OR SQUAT & KNEE

LAYER 1

- 2/2 tempo Pushup or Squat
- **(After Pushup)** right hand toward left knee
- **(After Squat)** slow right Front Knee
- We've added a Pike or Front Knee
- Other side (Pike or Front Knee)
- Core braced as hips lift up in the Pike
- On Front Knee, **shoulders back, abs braced to protect lower back**
- Keep alternating the leg and arms each time
- Keep hips square to the floor

2 Single Pushups/Squats:

- 2 Single Pushups or Squats
- Same slow tempo on Pike
- 2 Front Knees, quicker tempo now

LAYER 2

- If you want more of a challenge, increase the reach from your knee to ankle
- To reduce intensity slightly, reach toward thigh instead of knee
- This is what Reactive Core Training is all about: training strength and stability to power up your core

LAYER 3

- Come on team – it's a slow burner and you are doing great!
- Stay in it – building huge Integrated Core strength!

Options:

- Pushups on knees or toes
- Pike on knees, keeping both hands on floor
- Reach hand toward thigh, knee or ankle on Pike



05A / 05B BADBOYSOUND / DOMINOS (FRICTION REMIX) 6:41mins

TECHNIQUE AND COACHING

JAB, CROSS x7½ & SPRAWL x2 COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, Cross – slow*
- *Strike with front two knuckles*
- *Target zones – nose, lip and chin*
- **Soft elbow on strikes**

Add Speed:

- *Faster*
- *1-2, 1-2, quicker tempo*
- *Chin tucked in*

Add Sprawl with Vertical Leap:

- *Jab, Cross – 15 punches (7½ reps)*
- *Add Sprawl and Stand, Sprawl with Vertical Leap (all Sprawls on diagonal angle)*
- **Squat**, hands down, shoot legs out into **Plank**
- **Abs braced tightly**, squeeze glutes then Squat back to standing position
- *Land softly – bending knees after the Vertical Leap*
- *Options: Run OTS or Squats instead of Sprawls*

LAYER 2

- *First Sprawl has a focus on control, the second is more explosive as you add a Vertical Leap*
- *This combination builds stamina and endurance for your entire body*

LAYER 3

- *How are you feeling team? Hopefully good because you look it!*
- *Challenge yourself; don't compare to others – you've got this!*
- *Options: Run OTS or Squats instead of Sprawls*

JAB

LAYER 1

- *Front Stance*
- *Boxing Guard*
- *Jabs, right and left – slow*
- **Soft elbows on strikes**
- *Target zones – nose, lip or chin*

Add Speed:

- *Speed it up*
- *Shoulders relaxed*

LAYER 2

- *Rotate your torso to fire up your obliques on the Jabs*
- *Sink into the legs a little more and bring your body weight into the balls of your feet. This gives you stability and helps you lean into the pressure*

LAYER 3

- *Let's make a promise together: no T-Rex Arms, let's all go full range together for the win!*
- *Only 15 seconds left – 'max out' and give it everything you've got!*



05A / 05B BADBOYSOUND / DOMINOS (FRICTION REMIX) 6:41mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

This MMA-inspired Power Training track has all the training principles needed to build a large physical fitness engine. The Integrated Core Training, combined with high-volume upper-body/lower-body conditioning, builds strength and muscular endurance, while the Sprawls improve both body weight and cardiovascular fitness.

WHAT?

We begin with a conditioning section featuring Integrated Core and body-weight training. This block starts with Pushups or Squats – everyone can choose to train either upper or lower body. Once we've learned the foundations, we add either a Pike to the Pushup or a Knee to the Squat. This adds an additional core challenge while increasing the strength demands on our muscles.

As a holding pattern we return to solely drilling 2/2 Pushups or Squats before firing up the heat by moving quicker. This is where we hit 2x single-tempo Pushups and Squats and a slow Pike or 2x single Knees. After a short recovery we challenge ourselves with 4/4 and 2/2 tempos to build strength, before hitting the faster Integrated Core combination again!

Next, we transition to standing for striking and Sprawls. This combination is a beast – 15 punches and 2x Sprawls (one while standing, one with a Vertical Leap). This high-energy combination blends power and speed to build a large physical fitness engine.

HOW?

During the beginning of each block, coach to the choreography and body-part direction, meaning what's moving and what's not. This sets up your participants for great movement control, along with a better understanding of how to execute each move.

Note: This track has two variations in movement patterns – a floor section and a standing section.

The variations are:

- Pushups or Squats
- Pushups on knees or toes
- Pushups & Pikes or Squats & Front Knees
- 3 different targets for Pike reach – thigh, knee or ankle
- Sprawls or Jumping Jacks/Run OTS or Squats



06. COMBAT 3

TRACK FOCUS

Time for attitude, confidence and a little swagger. The music is overflowing with sass, so it's only right to match our teaching style with it! Focus on coaching balance and control in the Back Kick Repeater – it's also a great butt blaster!

FEEL

You've gotta feel the flow to get the glow! Capoeira is fluid, free flowing and fun. Tap into this to gain the glowing results of this unique Martial Art.

MARTIAL ART

Capoeira

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Shining from my neck	4x8	RECOVER and prepare for L Lunge (R leg B)	32	
0:08	V1 / Bust up in the room	8x8 A	L LUNGE (R leg B) PREVIEW: Staggered Lunge Combo on last 8cts	8	8x
0:26	PC / _ Watch me glow	11x8 A ¹	STAGGERED LUNGE COMBO L LUNGE down LIFT up halfway LUNGE down TAP IN (R foot in)	2 2 2 2	11x
0:49	(Synth scratch)	1x8	STEP BACK AND HOLD Prepare for Back Kick	8	
0:52	(Sirens)	8x8 B	R BACK KICK REPEATER	4	16
1:09	V2 / _ The world is my runway	12x8 C	R, L, R FORWARD-FACING ESQUIVA L LUNGE (R leg B) Level 2 after 4 reps (drop lower)	12 4	10x
1:52	C / Look at me	7x8 A ¹	STAGGERED LUNGE COMBO L (R leg B)	8	7x
2:07	(Synth scratch)	1x8	STEP BACK AND HOLD PREVIEW: L Front Kick, Step B to L corner on last 8cts	8	
2:09	Br / Shining from my neck	8x8 D	L FRONT KICK to L corner (Step R, Kick L) STEP B (Step B L, R)	4 4	8x
2:27	Shining from my neck	4x8	Feet together and finish with sass! RECOVER and set up R Combat Stance	32	
2:36	V3 / Bust up in the room	REPEAT SEQUENCES A to D – R Feet together and finish with sass!			



06. GLOW 4:56mins

TECHNIQUE AND COACHING

STAGGERED LUNGE COMBINATION

LAYER 1

- Right leg forward – **left leg long step back** – set up the Lunge
- **Hips and shoulders square to the front**
- Lunge – down, up
- **Chest lifted and core braced**
- Reach right hand toward floor
- Left hand protects face
- **Knees bend to 90 degrees**
- **Front thigh parallel to floor at the bottom**

Add Double Lunge Pulse, Step in/back:

- 2 Lunge Pulses – stay low
- Step in and back with back foot
- Switch arms/hands as you step in and back

LAYER 2

- Push your front knee out in line with toes to fire up the front glute more
- Load your front leg with body weight, keeping front knee bent, staying low

LAYER 3

- Good job keeping the load in the legs!
- I can see you shining; I'm watching you 'glow'!
- Options: Stay high or drop deeper on Staggered Lunge Combination

BACK KICK REPEATER

LAYER 1

- Right Combat Stance
- Martial Arts Guard
- Back Kick, left leg – 16 reps
- Kick, tap, kick, tap – find the rhythm
- Strike with heel, toes down
- Aim for knee, groin or stomach height
- **Turn your head and look over your shoulder for safety**
- Lean forward and keep **abs braced** as you kick
- Knee soft at end range

LAYER 2

- Push your front foot down to stabilize your body
- Light Kicks; we are not looking for power here – it's a balance challenge!
- Square hips to front, heel up and toes down

LAYER 3

- Can you hear your glute talking to you?
- Let's go! 5... 4... 3... 2... 1!
- Option: Kick low



06. GLOW 4:56mins

TECHNIQUE AND COACHING

FORWARD-FACING ESQUIVA & LUNGE COMBINATION

LAYER 1

- *Left foot steps out*
- *Forward-Facing Esquiva – left, right, left*
- *Lunge – left leg back*
- *3 Esquivas and 1 Lunge*
- **Hips and shoulders square to the front**
- **Chest lifted and core braced**
- *Step wide on the Esquiva*
- *Shift body weight side to side*
- **Push knees out in line with toes**

LAYER 2

- *See if you can reach lower toward the floor to heat the legs up more*
- *Push off the outside of the foot on the Esquiva*
- *Just a little bit of side flexion here as we lean laterally*

LAYER 3

- *Feel your body slide gently from side to side on the Esquivas!*
- *It's going to be a challenge – let's succeed together!*
- *Options: Stay high or drop lower on Esquivas and Lunge*

FRONT KICK TO CORNER SEQUENCE

LAYER 1

- *Right Combat Stance to right corner*
- *Step, Front Kick, step back*
- *Aim on a 45-degree angle; strike with ball of the foot – target the stomach*
- **Shoulders back, abs braced to protect lower back**
- *Keep knee soft on Kick*

LAYER 2

- *We don't need power here, think light and flush out the legs*
- *Focus on the footwork – step, strike, step, reset*

LAYER 3

- *Can you feel your legs, glutes and hips getting warm?*
- *Option: Kick low*

TIPS

FUNDAMENTALS

WHY?

Leg conditioning hits hard with authentic Capoeira! This track has movement patterns which challenge our coordination and rhythm. This improves our motor skills and ability to move quickly with multi-directional changes.

WHAT?

Staggered Lunges, Forward-Facing Esquivas and Front Kicks to the corner all feature in this track. These create 3D, multi-planar movements which can improve sport-specific agility, injury prevention and body control. In true authentic Capoeira style, this track focuses the challenge on your lower body and core.

HOW?

Feel the rhythm, energy and flow of this track. Once you've coached your participants through the sequences let them free to feel and enjoy! Have fun with the moves and music as you 'glow' and shine brightly together!



07. MUAY THAI

TRACK FOCUS

Focus on using the builds to teach the combinations and ramp up the intensity. This allows your participants to learn the sequences early, then just 'let loose' when it drops! It's a simple, flowing and challenging Muay Thai track which trains our core, cardio and conditioning.

FEEL

Electro robotic vibes provide the perfect soundtrack to reach another cardio peak. Work the builds wisely and push yourself in the drops – 'max out' and earn your new fitness level!

MARTIAL ART

Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Siren sound)	1x8	RECOVER and prepare	8	
0:03	(Bouncy electro sound)	1x8	L Combat Stance	8	
0:06	B up / (Increasing energy)	7x8 A	L JAB , R CROSS	2	28x
0:25	PC / (Electro synth)	12x8 B	R KNEE x4	8	
			L JAB , R CROSS x3½ (7 punches) Level 2 after 2 reps OPTIONS: Hop or stay grounded on Knees PREVIEW: R Descending Elbow, L Knee x3 on last 8cts	8	6x
0:58	C / (Synth and bouncy electro drop)	8x8 C	R DESCENDING ELBOW L FRONT KNEE x3 OPTIONS: Hop or stay grounded on Knees	2 6	8x
1:20	(Synth drop)	8x8 D	R, L RUNNING KNEE OPTION: Grounded Knees	4	16x
1:42	Br / (Fade out)	2x8	L KNEE to finish and RECOVER TRANSITION: R Combat Stance	8 8	
1:47	B up / (Increasing energy)		REPEAT SEQUENCES A to D – R NOTE: Sequence A is for 32 reps		
3:27	(Fade out)	1x8	R KNEE to finish and RECOVER	8	
3:30	(Dramatic sounds)	4x8	RECOVER and set up Front Stance	32	
3:41	B up / (Increasing energy)	8x8 E	L, R JAB	2	32x
4:02	PC / (Synth and bouncy electro drop)	4x8 F	L, R DESCENDING ELBOW	4	8x
4:14	C / (Synth drop)	8x8 G	L KNEE x2	4	
			R KNEE x2 Level 2 after 4 reps OPTIONS: Hop or stay grounded on Knees	4	8x
4:36	(Deeper synth drop)	8x8 D	L, R RUNNING KNEE L KNEE to finish OPTION: Grounded Knees	4	16x



07. BODY WORK VIP 5:00mins

TECHNIQUE AND COACHING

JAB & CROSS SEQUENCE

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, Cross – right and left*
- *Target zones – nose, lip or chin*
- *Big knuckles strike*
- **Keep elbows soft**

LAYER 2

- *Relax your shoulders, releasing tension and increasing speed*
- *Lean slightly into the punches, back heel lifted and body weight shifting forward*

LAYER 3

- *Sharp strikes with solid focus, that's the intention of Muay Thai!*
- *Prepare to smash combination everyone, lower and upper body combined!*

REAR KNEE x4 & JAB, CROSS x3½ COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *4 left knees*
- *Jab, Cross – 7 punches (3½ reps)*
- *Target zones – nose, lip or chin*
- **Keep elbows soft**
- *Strike with top of your knee, aim for stomach*
- **Shoulders back, abs braced to protect lower back**

LAYER 2

- *Commit to this combo and propel your heart rate up by adding power to each strike*
- *Point toes down and drive knee up for a sharper strike*

LAYER 3

- *Let's go everyone, time to drop the hammer!*

DESCENDING ELBOW & FRONT KNEE x3 COMBINATION

LAYER 1

- *Right Combat Stance*
- *Muay Thai Guard*
- *Descending Elbow – left arm*
- *Front Knee – 3 times*
- *Strike with the forearm or elbow*
- *Strike with top of your knee, aim for stomach*
- **Shoulders back, abs braced to protect lower back**
- *Lift the elbow high and strike diagonally down*
- *Target nose or eyebrow on Descending Elbow*

LAYER 2

- *The elbow lifts up, forward then down on a diagonal angle across the body*
- *Keep thumb close to chest and really bend the elbow to look after your shoulder*

LAYER 3

- *This is where we work our cross slings, crossing the body and forcing the core to react by getting stronger!*
- *Looking beautiful team – well done!*
- *Option: Stay grounded on Knees (no Hop)*

RUNNING KNEE SEQUENCE

LAYER 1

- *Front Stance*
- *Boxing Guard*
- *Running Knees – left and right*
- *Top of knee strikes into the punch bag*
- *Shoulders lean forwards as hips shift back*
- *Swing your leg through*
- *Knees soft on landing*
- *Options: Running Knee style or grounded*

LAYER 2

- *Reach hands up super high and drag down to the hip*
- *Try to crunch your abdominals on every strike*
- *The hips are working hard here – drive the knee forward and up*

LAYER 3

- *Knees up, hands up... the heart rate is definitely up*
- *Pushing your limits, pushing your heart rate, pushing your limits!*
- *Option: Stay grounded on Knees (no Hop)*



07. BODY WORK VIP 5:00mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

Get ready for our final big cardiovascular peak with this authentic and challenging Muay Thai track!

This one brings a steady flow of combinations without overloading complexity. This allows your participants to focus their mind on sending their physical energy 'through the roof'!

WHAT?

- Progressive intensity builds where we master then maximize! – learn first then 'let loose'!
- A focus on striking using our cross slings – shoulder to opposite hip. This builds functional strength and fitness
- A demanding finisher of Running Knees – a final opportunity to reach maximum effort!

HOW?

Maximize the musical builds to teach the combinations and ramp up the intensity with your voice, face and actions!

This provides adequate time for your participants to learn the sequences then commit to the drop when it's time to unleash! It's a simple, flowing and challenging Muay Thai track which trains our core, cardio and conditioning.



08. POWER TRAINING 3

TRACK FOCUS

It feels phenomenal to 'freefall' at this point in the workout! Track 8 is literally the peak of our BODYCOMBAT 107 mountain. It's been a journey to get here and now we dig in deep to reach the summit. Imagine the euphoria of base jumping and freefalling from the top of your fitness mountain! Teach with a sense of emotion and celebration, yet still challenging your participants. It's not over until we 'freefall' together – let's get there as a team, always united and lifting each other higher.

FEEL

Empowering, uplifting and energizing – these are the perfect feels in our last standing track.

MARTIAL ART

Boxing

WORKOUT FOR THE WORLD

Freefall by Max Capacity was created specially for Workout for the World. We love the rolling breaks, deep sub-bass, and soulful emotive vocals that weave something deeply atmospheric. This drum & bass track can make a crowded room feel intimate and united. Be sure to highlight this track at your Workout for the World event! Check out your Instructor assets [here](#).

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	6x8	RECOVER and set up Front Stance	48	
0:17	V1 / _ As the nights grow	8x8	L SHOULDER STRETCH	32	
			R SHOULDER STRETCH	32	
0:38	PC / I'm in freefall	8x8	A L WALKING JAB to L side	8	
			R WALKING JAB to R side PREVIEW: Traveling Power Jab x2, Uppercut x2, Hook on last 8cts	8	4x
1:01	C / I'm in freefall	8x8	A ¹ L TRAVELING POWER JAB x2	4	
			L, R UPPERCUT to front	2	
			L HOOK to front	2	
			REPEAT on R side Level 2 after 2 reps	8	4x
1:23	_ Your love	8x8	B L, R JAB	2	32x
1:45	Br / (Fade out)	5x8	L fist to ceiling and hold to finish	8	
			RECOVER TRANSITION: L Combat Stance on last 4cts	32	
1:58	PC / I'm in freefall	8x8	C L JAB x2	2	
			R CROSS PREVIEW: L Jab, R Cross, L Jab, R Cross, L Jab x2, R Cross on last 8cts	2	16x
2:21	C / I'm in freefall	8x8	C ¹ L JAB , R CROSS x2	4	
			L JAB x2	2	
			R CROSS PREVIEW: L Uppercut x2, R Uppercut x2	2	8x
2:43	Br / _ Your love	8x8	D L UPPERCUT x2	4	
			R UPPERCUT x2 TRANSITION: Front Stance PREVIEW: L, R Jab on last 8cts	4	8x
3:05	C / I'm in freefall	8x8	B L, R JAB	2	32x
3:27	Br / I'm in freefall (Quiet)	4x8	L fist to ceiling and hold to finish		
			RECOVER TRANSITION: R Combat Stance on last 4cts	32	
3:38	PC / I'm in freefall	REPEAT SEQUENCES C to 2nd B – R			



08. FREEFALL 5:11mins

TECHNIQUE AND COACHING

TRAVELING POWER JAB x2, UPPERCUT & HOOK COMBINATION

LAYER 1

- 4 Walking Jabs to the right
- Change to the left side
- Target zones – nose, lip or chin
- Big knuckles strike
- **Keep elbows soft**

Add Power Jab x2 to side, Uppercut x2 and Hook to front:

- 2 Power Jabs to side, Uppercut, Uppercut and Hook to front
- Target jaw of temple on Hook
- **Release heel on Hook**
- Aim for chin on Uppercut
- 45-degree bend in elbow on Uppercut
- Chin tucked in, shoulders relaxed and abs braced

LAYER 2

- Our footwork helps to extend our punch longer, so the bigger the step, the bigger the punch
- 2 heavy shots and 3 sharp – use power then speed as you strike side and front
- Your choice: you may want to roll and add a little more sting to the Uppercut, Uppercut and Hook phase

LAYER 3

- Feels great to move off the spot with power then become grounded for speed!
- Look at you all, moving so well together – you're taking the fight to your opponent for sure!

JAB

LAYER 1

- Front Stance
- Boxing Guard
- Jabs – right, left
- Strike with front two knuckles
- Target zones – nose and chin
- **Soft elbows**
- **Abs braced**

LAYER 2

- Become grounded, sinking into your stance as you lean slightly forward on the Jabs
- Find more torso twist for more range in your strikes

LAYER 3

- It's like you are standing at the crossroads – what decision are you going to make? It doesn't matter, as long as you take someone else with you; it's going to be the right decision for your fitness!
- "I'm in freefall" – who's with me? How good does it feel?

JAB, CROSS x2, JAB x2 & CROSS COMBINATION

LAYER 1

- Right Combat Stance
- Boxing Guard
- Double Jab – right
- Cross – left
- Target zones – nose, lip or chin
- **Soft elbows**
- Strike with front two knuckles

Add Jab, Cross x2, Double Jab and Cross:

- Jab, Cross – four strikes, Double Jab and Cross combination
- 4, 3, 2, 1 – double, single (phonetic cueing)
- Chin tucked in and shoulders relaxed

LAYER 2

- Revisit your wide Combat Stance, elbows tucked in toward ribs and guard high
- Having a high guard helps our alignment, which produces better efficiency and effectiveness

LAYER 3

- Great – you've got it!
- So good to see you rolling into the Cross!



08. FREEFALL 5:11mins

TECHNIQUE AND COACHING

UPPERCUT x2

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Double Uppercuts, right and left*
- *Use front two knuckles to strike*
- *Aim for the chin*
- *45-degree bend in elbow*

LAYER 2

- *To get double the amount of speed, roll forward and backward. One shoulder rolls forward as the other, simultaneously, rolls backward*
- *As your upper body gets tired use your legs more to help drive the movement*

LAYER 3

- *We stay in this 'holding pattern' for a little while – it's an opportunity to relax our brain a little and drill one type of move*
- *The moment you've been waiting for is coming – let's finish together team!*

TIPS

FUNDAMENTALS

WHY?

This track is an all-out blend of power, endurance, high-volume, high-energy Boxing. It has been designed to bring your participants' technique to a place of confidence, and to give them a sense of huge achievement.

WHAT?

Starting with a Shoulder Stretch, use this time to create awareness of this epic shared experience. We acknowledge that we are truly training together, which is challenging but we are also still having fun – so let's tap into a positive mindset from the beginning. Fatigue is a factor by this point in the workout; your participants may need you to lift their self-belief and trust they can reach the end together!

We start by combining footwork and Boxing strikes to the side and front – lateral and linear patterns. There is an option to increase authenticity in the Uppercuts by rolling into a 'fast flurry' – off the beat! Channel your inner Floyd Mayweather Junior for this and imagine hitting the focus pads super quickly!

We then transition immediately into Jabs from Front Stance. This is a great way to lift the heart rate and bring heat into the shoulders and core straightaway! Once you've completed this opening block you are super ready for the other challenges coming up in this track.

After a short recovery, Round 1 opens with building a combination in Right Combat Stance. Round 2 later will be in Left Combat Stance and a carbon copy of the choreography. We focus on basic foundational Boxing combinations to build intensity and control. The first combination features a simple mix of Jab and Crosses – 7 strikes in total.

A holding pattern is next with Double Uppercuts, where we encourage participants to focus on efficiency and speed as the complexity drops. Without taking a rest we head straight into another set of Jabs from Front Stance. Tap into the beautiful music, team commitment and euphoria here.

HOW?

As the combinations within this track build, increase both the motivation and energy. There's no need to overly coach how to execute the strikes but instead coach to the increase in energy and intensity. Connect with your participants and give them encouragement and praise.



09. CONDITIONING

TRACK FOCUS

Building a strong foundation is integral to functional fitness. This track combines exercises strategically to work all areas of our core. Coach your participants on which muscles are being targeted as you move through the sequences. To increase the learning opportunity for your class, explain how these exercises positively impact moves in BODYCOMBAT.

FEEL

A strong sense of control is felt in this Conditioning track. Guide your participants to where they should feel each exercise.

	MUSIC		EXERCISE	CTS	REPS
0:00	V1 / Easy now, no need to	4x8	TRANSITION to the floor, lie side-on, knees bent, feet flat on floor	32	
0:15	C / (Instr)	8x8	A HIP BRIDGE & CRUNCH COMBO HIP BRIDGE PULSE x3 RESET CRUNCH PULSE x3 RESET	6 2 6 2	4x
0:45	V2 / Easy now, no need to	4x8	B 1/1 HIP BRIDGE PREVIEW: Front, back Single-Leg Hip Bridge on last 8cts	4	8x
1:01	And you hit that	4x8	B ¹ 1/1 SINGLE-LEG HIP BRIDGE – Front leg lifts 1/1 SINGLE-LEG HIP BRIDGE – Back leg lifts OPTION: Stay with Hip Bridge	4 4	4x
1:16	PC / (Instr)	4x8	RECOVER and TRANSITION to SIDE HOVER PREVIEW: Hip Lift Pulse x3 on last 8cts	32	
1:31	C / _ Whoop whoop	4x8	C L SIDE HOVER, HIP LIFT, PULSE HIP LIFT PULSE x3 (R hip lifts) LOWER (reset) PREVIEW: Side Hover & Side Kick Combo	6 2	4x
1:46	V3 / Best shown overall	8x8	D L SIDE HOVER & SIDE KICK COMBO R knee in, R arm in R kick out R knee in R foot down, R arm up (reset)	2 2 2 2	8x
2:17	Br / (Instr)	4x8	RECOVER and TRANSITION to SIDE HOVER	32	
2:33	V4 / Easy now, no need to		REPEAT SEQUENCES C to D – R		
3:18	Br / (Instr)	2x8	RECOVER and TRANSITION: Lie on back	16	
3:26	C / _ Whoop, whoop	6x8	A HIP BRIDGE & CRUNCH COMBO	16	3x



09. CALABRIA 2007 (RADIO EDIT) 3:51mins

TECHNIQUE AND COACHING

HIP BRIDGE & CRUNCH COMBINATION

LAYER 1

- Lie on your back
- Arms on floor, palms up
- Knees bent at 90 degrees, heels hip-width apart
- Hip Bridge Triple Pulse
- Crunch Triple Pulse
- Clasp hands, arms long, and reach through knees on Crunch Pulses
- Squeeze glutes to lift hips on Hip Bridge
- **Slide ribs toward hips** as you crunch up
- Push heels into floor to elevate into the Hip Bridge

LAYER 2

- Take your chest toward your thighs on the Crunch Pulses
- On the Bridge, push your chin toward your chest for more hip height

LAYER 3

- Feel the pressure building in the back then the front of the body
- How good is this posterior and anterior core combination?

SINGLE-LEG HIP BRIDGE

LAYER 1

- Arms on floor by sides, palms facing up
- Knees bent at 90 degrees, heels hip-width apart
- Single-tempo Hip Bridge
- Up and down, up and down
- Push heels into floor and squeeze glutes to lift hips

Add Single-Leg Hip Bridge:

- Stay with double or try Single-Leg Bridge
- Front leg and back leg
- **Keep your hips square to the floor**
- Knee stay bent at 90 degrees, shin parallel to floor at top

LAYER 2

- Try to push the floor away as you drive your hips up
- Shift your balance and weight transfer each time – working each leg equally as hard

LAYER 3

- This type of training improves your kicking power
- Feel your glutes and hamstrings getting stronger!
- Option: Stay with Hip Bridge (both feet down on floor)



09. CALABRIA 2007 (RADIO EDIT) 3:51mins

TECHNIQUE AND COACHING

SIDE HOVER, HIP LIFT, PULSE / SIDE HOVER & SIDE KICK COMBINATION

LAYER 1

- *Lift up and turn side-on, facing front*
- *Set up the Side Hover*
- **Bottom elbow stacked under the shoulder**
- *Top arm long, hand open and fingers reaching up*
- *Hip Lift – Triple Pulse*
- *3, 2, 1 and down to reset*
- *Lift bottom hip away from floor*
- **Core braced**
- **Hips and shoulders square to the front**

Add Side Kick:

- *Top leg – 1 Knee, 1 Kick, 1 Knee and reset*
- *Bring the leg in, out, in, down*
- *Arm lowers into body as you do the Side Kick*
- *Arm reaches back up as you reset the foot down between reps*
- **Shoulders, hips and knees all in one line**

LAYER 2

- *Push your heel away to work your glute on Side Kick*
- *Use core control and glute power to drive your Kick out and in*
- *Using the floor, push forearm down to stabilize your shoulder*

LAYER 3

- *You're going to feel a little bit of a shake and that's OK – hold on strongly!*
- *Feel that retraction as you pull the knee in toward the chest – obliques working hard*
- *Option: Bottom hip down*

TIPS

FUNDAMENTALS

WHY?

A Conditioning track with a strong focus on complete 360-degree training feels amazing at this point of the workout. This track strengthens the core through integration and isolation exercises. Training the core like this will help contribute to your speed and power in Punches and Kicks.

WHAT?

We begin with a Triple-Pulse Hip Bridge & Crunch Combination which targets both posterior and anterior core muscles. Next, we keep the focus on glutes and hamstrings by drilling Hip Bridges and Single-Leg Hip Bridges. After a short recovery, we transition to a Side Hover with even more Triple Pulses to build Integrated Core strength! Adding a Side Kick to our Side Hover is our next challenge – here, we target the glutes and stabilizing muscles. Once we have exhausted both sides of Side Hover Hip Lifts and Side Kicks, we finally bring it home with another round of the Hip Bridge & Crunch Combination!

HOW?

This is a cool song featuring an iconic saxophone hook and lyrics by the late Danish reggae artist Natasja Saad. The aim is to allow space for your participants to enjoy the music while being motivated to continue working hard one last time. Keeping to the basics and ensuring your coaching is clear and direct will help achieve this.

Note: As you'll be coaching on your back for a lot of this track, use easy-to-follow coaching cues and remember to look out and connect with your participants. Coach how to execute each move by explaining what's moving and what's not.



10. COOLDOWN

TRACK FOCUS

We spend an extended period of time stretching the glutes and hips first – giving them back some love after all the work they’ve done! Focus on coaching your participants through the various stages of deepening these stretches. Providing these details will allow everyone to find their perfect stretch gently and gradually.

FEEL

Nothing beats the feeling of coming home! This Cooldown literally brings the workout home in a calm, inclusive and much-needed way.

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro / (Piano and whistling sounds)	4x8	Prepare to stretch in seated position	32	
0:12	V1 / _ It’s a light relief	8x8	L SEATED GLUTE STRETCH L hand to floor adding gentle rotation after 32cts	64	
0:37	C / Take me home	8x8	R SEATED GLUTE STRETCH R hand to floor adding gentle rotation after 32cts	64	
1:02	Br / _ Oh-oh, oh-oh-oh	10x8	R KNEELING HIP FLEXOR STRETCH (L leg F) Add R hand reaches up after 48cts	80	
1:33	C / Take me home	8x8	L KNEELING HIP FLEXOR STRETCH (R leg F) Add L hand reaches up after 32cts	64	
1:58	Yeah, won’t you take me _	1x8	TRANSITION to standing	8	
2:01	_ Oh-oh, oh-oh-oh	3x8	L STANDING QUAD STRETCH	24	
2:11	_ Oh-oh, oh-oh-oh	4x8	L ILIOTIBIAL BAND STRETCH (L foot behind)	32	
2:23	Br / (Piano and whistling sounds)	4x8	L SHOULDER STRETCH	32	
2:36	(Quiet)	1x8	Prepare for Quad Stretch	8	
2:39	C / Won’t you take me home	4x8	R STANDING QUAD STRETCH	32	
2:52	Across my mouth	4x8	R ILIOTIBIAL BAND STRETCH (R foot behind)	32	
3:04	Yeah, won’t you take me _	4x8	R SHOULDER STRETCH	32	
3:16	_ Oh-oh, oh-oh-oh	4x8	CHEST STRETCH	32	
3:29	Outro / (Piano and whistling sounds)	4x8	Celebrate together!	32	



10. HOME 3:43mins

TECHNIQUE AND COACHING

SEATED GLUTEAL STRETCH

LAYER 1

- Seated position
- Right leg over left
- Stretch the right glute
- Left leg long on floor or bend knee
- Gently hug right knee with left arm
- Chest lifted
- Right hand on floor behind you and gently twist to right

LAYER 2

- Assess if you have a tighter side – breathe and gently ease into the stretch
- Take your time throughout this Cooldown to allow the heart rate to lower

LAYER 3

- Options: Leg long on floor or bend knee

KNEELING HIP FLEXOR STRETCH

LAYER 1

- Right foot steps forward, left knee on floor
- Hip Flexor Stretch – left side
- Relax the back ankle and gently push the hip forward to open into the stretch
- Turn front toes out slightly, in line with knee
- Chest lifted
- Left hand reaches high

LAYER 2

- Drop the left hip down a little more to increase the stretch
- Squeeze the back glute

LAYER 3

- How are you feeling? Hopefully proud with a sense of achievement

STANDING QUADRICEPS STRETCH

LAYER 1

- Hold right ankle in right hand, left arm extends out to side
- Find balance on left leg, keeping knee slightly bent
- Bring knees close together
- Chest lifted and abs braced
- Right heel close to butt

LAYER 2

- Push the hip forward slightly, soften your supporting knee
- Pointing right knee to floor will enhance the Quadriceps Stretch

LAYER 3

- If you lose balance don't worry – we all do! Try and find a stable spot to look at and keep focusing your eyes there

ILIOTIBIAL BAND STRETCH

LAYER 1

- Step right foot behind the left
- Reach right arm over head and toward left side
- Chest lifted
- Hip shifts toward the right side
- Keep hips and shoulders square to front

LAYER 2

- To increase the stretch down the side flexors, take top elbow slightly back as you lean over
- Press the back heel into the floor more to enhance the stretch

STANDING SHOULDER STRETCH

LAYER 1

- Feet outside hip-width
- Shoulder Stretch – right arm
- Bring arm across chest
- Hold above or below the elbow

LAYER 2

- Allow your shoulder to relax away from ears to avoid hunching and holding tension
- Breathe throughout the stretch to help the muscles relax

LAYER 3

- Feel the tension slowly ease in your shoulder



10. HOME 3:43mins

TECHNIQUE AND COACHING

STANDING CHEST STRETCH

LAYER 1

- *Feet outside hip-width*
- *Hands behind lower back – clasped together gently*
- *Pull elbows out and back*
- *Chest Stretch*

LAYER 2

- *If you want to increase the stretch felt, extend through the arms and lift up chin slightly*
- *Slight squeeze between the shoulder blades to help expand the chest more*

LAYER 3

- *Option: Lengthening arms and lifting the chin to deepen the stretch*

TIPS

FUNDAMENTALS

Time to “take it home” with this superb lyrical Alternative Rock Indie track. Let the energy of this song fill your heart space and finish an amazing workout. Encourage your participants to move slowly between stretches and take their time to explore ranges that feel right for them. Stretching, like exercising, is a very personal and subjective experience where we aim to offer everyone to personalize in a way that suits them.



THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

Boxing is a combat sport where two participants, generally of similar weight, fight each other with only their fists. Boxing is supervised by a referee and is typically performed inside a ring with rounds lasting 1 to 3 minutes. There are three ways to win:

- Victory is achieved if the opponent is knocked down and unable to get up before the referee counts to 10 seconds; this is called a knockout or KO.
- If the opponent is deemed too injured to continue, this is called a technical knockout or TKO.
- If there is no stoppage of the fight before an agreed number of rounds, a winner is determined either by the referee's decision or by judges' scorecards.

There are four basic punches in Boxing: Jab, Straight Right/Cross, Hook and Uppercut.

THE HISTORY OF KARATE

Karate is a Martial Art that is centuries old and essentially Japanese. The translation of 'kara' is open and the translation of 'te' is hand. So, Karate means 'empty hand'. Karate training is commonly divided into three sections:

- Kihon (the basics or fundamentals)
- Kata (forms)
- Kumite (sparring)

THE HISTORY OF MUAY THAI

Muay Thai is referred to as 'The Art of Eight Limbs', as the hands, shins, elbows and knees are all used extensively in this art. A practitioner of Muay Thai (Nak Muay) thus has the ability to execute strikes using eight 'points of contact', as opposed to 'two points' (fists) in Western Boxing and 'four points' (fists, feet).

Muay Thai is the national sport of Thailand.

THE HISTORY OF KUNG FU

Kung Fu consists of a number of fighting styles that were developed over many centuries.

Essentially this is a Chinese Martial Art, practiced by Shaolin monks. Those fighting styles are identified as 'families' or schools. Examples of these styles are physical exercises that mimic movements from animals.

There are five animal forms:

- The Dragon
- The Snake
- The Tiger
- The Crane
- The Leopard or Panther

THE HISTORY OF TAE KWON DO

Tae Kwon Do is a Korean Martial Art. The word 'tae' means 'to strike or break with foot'; 'kwon' means 'to strike or break with fist'; and 'do' means 'way', 'method', or 'art'. So, 'Tae Kwon Do' may be loosely translated as 'the way of the foot and fist' or 'the way of kicking and punching'.

Tae Kwon Do is a flamboyant Martial Art that is agile, fast and precise; it is 90% feet and only 10% hands.



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.

