



# BODYPUMP 137



## **Presenters (L-R):**

Maggie Cheng (China), Billy Aw (Singapore), Glen Ostergaard (New Zealand),  
Marlon Woods (United States), Kaylah-Blayr Fitzsimons-Nu'u (New Zealand)

BODYPUMP is light weights and high repetitions; it will build strength endurance and cardiovascular fitness, the perfect blend of training. The coaching focus is to ground and stabilize lifters, so they lift to increase strength safely and effectively.

This release has a beautiful beginning, with smooth grounding and lifting, heels under hips, soft knees, core braced, head's up – we are on the move!

We have a massive Squat track to build strength endurance. The tempo in the combination will engage you for the long sets. *Pretty Woman*, a Roy Orbison remake, is fun but this track has super-intense single reps and Pushups – the perfect way to build muscle tension and pressure. The Back Track is melodic with powerful Clean & Presses and Power Presses which will push the power buttons as we move explosively with weights!

Now two great artists – RAYE with a big Pop sound in the Triceps track, focusing on compound Presses and isolated Extensions then Kings of Leon, with one of their best Rock songs – the slow Curls will build further strength. Time under tension, high-volume Lunges, a flashback to the 60s, pure shoulder isolation with the bar and plates. In the Core track, the Side Hover Pulse move will etch you with a new set of obliques!

Enjoy the feel, the emotion, the training and the connection.

The BODYPUMP Team

# BODYPUMP 137

## GLOSSARY

## MUSIC

## EXPRESS FORMATS

### 01. WARM-UP

### 02. SQUATS **WORKOUT FOR THE WORLD**

### 03. CHEST

### 04. BACK

### 05. TRICEPS

### 06. BICEPS

### 07. LUNGES

### 08. SHOULDERS

### 09. CORE

### 10. COOLDOWN

#### 45-MIN FORMAT

### 05. TRICEPS / BICEPS

#### 45-MIN FORMAT

### 07. LUNGES / SHOULDERS

## DECLARATION OF INTENT

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# GLOSSARY

## SET POSITION

### Position Set-up

- Heels under hips
- Toes turned out slightly
- Knees soft
- Hands thumb-distance from thighs
- Gently draw the belly in and brace the abs
- Lift the chest
- Lift the shoulders up, roll them back and draw the blades down towards the spine
- Chin tucked in

## MID-STANCE SQUAT

### Position Set-up

- Bar on meaty part of upper back
- Feet slightly wider than hips with toes turned out slightly
- Chest lifted, light pinch between the shoulder blades
- Belly in and abs braced
- Bring your elbows forward under the bar to create strength through the upper back

### Execution Set-up

- Sit the butt back and down
- Knees track forward, in line with toes
- Brace the abs tighter
- Butt stops just above knee at 90 degrees

### Layer 2

- Finish with hips under shoulders
- Feel the pressure in your quads
- Brace the abs tighter in the Bottom Halves

## WIDE-STANCE SQUAT

### Position Set-up

- Bar on meaty part of upper back
- Heel-toe wider than Mid-Stance
- Chest lifted, light pinch between the shoulder blades

### Execution Set-up

- Hips sit back and down
- Knees out over toes
- Chest lifted
- Abs braced
- Butt stops just above knee at 90 degrees

### Layer 2

- Push through your heels as you rise, to activate the glutes
- Try to push the floor apart with your feet
- Squeeze the butt on the way up

## WIDER-STANCE SQUAT

### Position Set-up

- Same as for WIDE Stance
- Heel-toe wider than Wide Squat

### Execution Set-up

- Hips sit back and down
- Knees out over toes
- Chest lifted
- Abs braced
- Butt stops just above knee at 90-degree angle

### Layer 2

- Drive your feet apart
- Knees out over toes

## CHEST PRESS

### Position Set-up

- Hands wide on the bar
- Bar above shoulders
- Brace abs – lower back towards the bench
- Feet hip-width apart and close to the bench

### Execution Set-up

- Bar to middle of the chest
- Elbows stop at bench level
- Bar over shoulders (top position)

### Layer 2

- Squeeze shoulder blades together on the way down, to open the chest
- Drive upper back into the bench, to stabilize the upper body

## BENCH PUSHUP

### Position Set-up

- Hands outside shoulder-width
- Abs braced
- Back long and straight

### Execution Set-up

- Lower chest to elbow level

### Layer 2

- Drive the floor/bench away



# GLOSSARY

## DEADLIFT

### Position Set-up

- **SET Position**
- **Slight bend in the knees (20 degrees)**
- **Chest lifted, abs braced**
- Elbows to rear – slight pinch between the shoulder blades
- **Chin tucked in**

### Execution Set-up

- **Tip forward from the hips, keeping the chest lifted**
- **Barbell to knees**
- **Chin tucked in – eye gaze forward, 6½ feet (2 meters) in front**

### Layer 2

- Tension between shoulder blades all the way through
- Squeeze your hamstrings and glutes on the way up
- Heels grounded into the floor

## DEADROW

### Position Set-up

- **SET Position**
- **Slight bend in the knees (20 degrees)**
- **Chest lifted, abs braced**
- Elbows to rear – light pinch between the shoulder blades

### Execution Set-up

- **Tip forward from the hips, keeping the chest lifted**
- **Chin tucked in**
- **Bar to the knees**
- **Bar into the belly button**
- **Squeeze between the shoulder blades**

### Layer 2

- Slide the bar up your thighs
- Squeeze the shoulder blades together
- Bend the legs for more stability and sit into the butt
- Keep the shoulders away from the ears

Emphasizing a squeeze between the shoulder blades will ensure engagement of the scapula retractors to reduce the tendency for participants to hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.

## CLEAN & PRESS

### Position Set-up

- **SET Position**
- **Chest lifted, abs braced**
- **Knees bent**

### Execution Set-up

- Start with more knee bend and use the legs to drive the bar up
- Keep elbows above the bar during the Upright Row phase
- **Bar close to the body, lift to lower chest level**
- **Drop under the bar, bending the knees**
- **Clean the bar and hold in front of the collarbones**
- Press to the top
- **Use the legs to drive the bar up**
- **Abs braced as you press above the head**
- **Elbows slightly forward**
- Bend the legs again, return to SET Position
- Bring the elbows up and over to lower the bar

Fast elbows under the bar. Lift your T-shirt with the bar. Catch bar high on the chest and drive out of the legs.

## POWER PRESS

### Position Set-up

- **SET Stance**
- **Core braced, chest lifted**
- **Bar at collarbones**

### Execution Set-up

- Straighten knees and drive bar upward
- **Keep the elbows soft and slightly forward at the top**
- **Brace the abs as the bar moves above your head**

### Layer 2

- Drive out of the legs for integrated upper and lower body movement



# GLOSSARY

## TRICEP BARBELL EXTENSION

### Position Set-up

- Lying on bench
- **Shoulder-width grip on the bar**
- **Abs braced**
- **Elbows face down the bench**

### Execution Set-up

- **Lower bar to forehead**
- **Keeping upper arms vertical**

### Layer 2

- Lock the upper arm position

## TRICEP PRESS

### Position Set-up

- Lying on bench
- **Hands shoulder-width apart**
- **Core braced**
- **Lower back towards the bench**

### Execution Set-up

- Lower the bar down towards the body
- **Elbows to bench level**
- **Aim for just below the ribcage (lower ribs)**
- Extend to shoulder-width

### Layer 2

- Feel the elbows close to the ribs as you lower and lift the barbell

## TRICEP PUSHUP

### Position Set-up

- **Hands under shoulders**
- **Abs braced**
- **Back long and straight**

### Execution Set-up

- **Lower chest to elbow level**
- **Elbows tuck into ribs**

### Layer 2

- Drive the floor away

## KNEELING TRICEP KICKBACK

### Position Set-up

- On knees, one hand on the bench
- **Hinge forward from hips, chest lifted**
- **Shoulders square**
- **Elbow high and close to the body**

### Execution Set-up

- **Upper arm parallel to floor – extend the elbow**
- **Upper arm still as you extend**

### Layer 2

- Lock the position of the shoulder and upper arm to isolate

## STANDING OVERHEAD TRICEP PLATE EXTENSION

### Position Set-up

- SET Position
- Plate extended over head
- **Elbows facing forward**
- Shoulders away from the ears
- **Abs braced**
- **Chest lifted**
- Squeeze glutes

### Execution Set-up

- **Lower plate back and down to base of neck, keeping elbows facing forward**

### Layer 2

- Lock the position of the shoulders and upper arms to isolate the triceps

## BICEP CURL

### Position Set-up

- Knees soft – Split Stance or SET Position
- **Chest lifted**
- **Abs braced**

### Execution Set-up

- **Curl the bar to just in front of the shoulders**
- **Extend all the way down to your thighs**

### Layer 2

- Elbows by the sides of your body
- Keep the body still



# GLOSSARY

## BICEP PLATE CURL

### Position Set-up

- **Knees soft, Split Stance or SET Position**
- Arms by sides, palms face in, Bicep Plate Curl
- **Chest lifted**
- **Abs braced**

### Execution Set-up

- Curl upward, rotating plates for bottom half and full range
- **Plates in front of shoulders in full-range Curl**
- **Extend down to thighs**
- **Elbows in under shoulders**

### Layer 2

- Brace abs to stop trunk swaying

## BICEP ROW

### Position Set-up

- Underhand grip
- **SET position**
- **Chest lifted**
- **Abs in and braced**

### Execution Set-up

- **Tip forward from the hips**
- **Plate to knees**
- **Bar to lower ribs**
- Elbows pull high to the back

### Layer 2

- Pull the forearms into the biceps
- Squeeze the biceps
- Squeeze the shoulder blades together

## LUNGE

### Position Set-up

- **SET Position**
- One weight plate in each hand or body weight or barbell
- **Long step back**
- **Feet hip-width apart**
- **Hips and shoulders even and square to the front**
- **Knees in line with toes**
- **Abs braced, chest lifted**

### Execution Set-up

- **Bend knees – back knee moves towards the floor**
- **Front thigh parallel to the floor**

### Layer 2

- Focus on maintaining mid-line to engage glutes

## STANDING REVERSE FLY / T-RAISE

### Position Set-up

- **SET Position**
- **Chest lifted, abs braced**

### Execution Set-up

- **Tip forward from the hips**
- **Body leans on a 45-degree angle**
- **Keep the chin tucked in and the back of the neck long, eye gaze forward about 6½ feet (2 meters) in front**
- **Lead with the elbows**
- **Plate stops under the shoulder line**
- **Squeeze between the shoulder blades**
- Aim for stability

### Layer 2

- Keep the chest lifted; try not to drop the shoulders forward
- Shoulders away from ears



# GLOSSARY

## SIDE RAISE / FORWARD PRESS COMBINATION

### Position Set-up

- Elbows at 90 degrees
- Chest lifted, core braced

### Execution Set-up

- Plates stop just under the shoulder line on both moves
- Forearms are parallel to the floor
- Chest lifted, core braced

### Layer 2

- Maintain tension in the whole body to stay strong

## SIDE RAISE

### Position Set-up

- Elbows at 90 degrees
- Chest lifted, core braced

### Execution Set-up

- Lift elbows to just under shoulder line
- Brace abs to square hips to front and keep chest lifted
- Elbows slightly forward of the shoulder line
- Lead the movement with the elbows
- Chin tucked in

### Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from your ears
- Option: To increase intensity, widen the angle of the elbows

## STANDING UPRIGHT ROW

### Position Set-up

- SET Position
- Chest lifted, abs braced
- Slight pinch between the shoulder blades

### Execution Set-up

- Lift bar up to lower chest level
- Lead with the elbows
- Keep bar close to body

### Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades

## STANDING SHOULDER PRESS

### Position Set-up

- SET Position
- Chest lifted, abs braced
- Bar starts at chin height

### Execution Set-up

- Drive bar upward
- Chin tucked in
- Keep the elbows soft and slightly forward at the top
- Brace the abs as the bar moves above your head

### Layer 2

- Drive out of the legs
- Integrated upper and lower body

## CLEAN HOLD AND ALTERNATING BACKWARD-STEPPING LUNGE

### Position Set-up

- Feet hip-width apart
- Hips and shoulders square to the front
- Barbell at thighs

### Execution Set-up

- Take a long stride
- Bend knees – back knee moves towards the floor
- Clean and catch bar at collarbones
- Front thigh parallel to the floor
- Keep bar close to the body



# GLOSSARY

## LUNGE WITH SIDE RAISE / FORWARD PRESS

### Position Set-up

- **Feet hip-width apart**
- Elbows at 90 degrees
- **Hips and shoulders even and square to the front**
- **Belly in, abs braced and chest lifted**

### Execution Set-up

- **Take a long stride back**
- **Bend knees – back knee moves towards the floor**
- **Knees in line with toes**
- **Lead with elbows**
- **Elbows stop just under shoulder line for both movements**
- **Front thigh parallel to the floor**

### Layer 2

- Go low to work the butt
- Body weight even on both legs

## C-CRUNCH

### Position Set-up

- Lie down on floor, plate or fingertips to forehead
- Feet close to butt
- **Abs braced**
- **Lower back pressing down towards the floor**

### Execution Set-up

- **Crunch up, knees over hips, shins parallel**
- **Ribs to hips**
- **Lower back close to the floor**
- **Abs braced**

## ROTATING SIDE HOVER

### Position Set-up

- **Elbow under shoulder**
- Bottom knee down or Scissor Stance
- **Lift bottom hip off floor**
- **Brace abs to square hips to the front**

### Execution Set-up

- From the Side Hover position rotate to full Hover, one knee down
- **Lift the hip away from the floor to engage obliques**
- If you fatigue, drop the bottom hip down
- **Abs braced to keep hips and shoulders square to the floor and stacked**



# MUSIC

01

**Keeping Your Head Up** (5:07)

Neat Pix

© 2026 Les Mills Music Licensing Ltd.

Written by: van den Bodaerge, Hector, McCutcheon

09

**Pick Up The Phone** (2:57)

SOFI TUKKER & Nonô

Courtesy of the Universal Music Group.

Written by: Halpern, Hawley, Lellis, Arantes, Audet, Beynon

WORKOUT  
FOR THE WORLD

02

**Raise Our Voice** (5:55)

Sun Lay feat. Ash Wallace

Courtesy of Les Mills Music Licensing Ltd.

Written by: Finlay, Wallace

**Pick Up The Phone** (1:24)

SOFI TUKKER & Nonô

Courtesy of the Universal Music Group.

Written by: Halpern, Hawley, Lellis, Arantes, Audet, Beynon

03

**Pretty Woman (All Around The World)** (2:07)

Azteck, Pitbull & Gabry Ponte

Courtesy of the Universal Music Group.

Written by: Dees, Orbison

10

**Jealous Type** (2:48)

Doja Cat

© 2025 Kemosabe Records/RCA Records.

Written by: Dlamini, Antonoff, Starace

**Pretty Woman (All Around The World)** (2:15)

Azteck, Pitbull & Gabry Ponte

Courtesy of the Universal Music Group.

Written by: Dees, Orbison

## 45-MIN FORMAT

05

**Do It Bad** (5:08)

Sun Lay feat. Jungle Butterfly

Courtesy of Les Mills Music Licensing Ltd.

Written by: Finlay, Liu

04

**We Might Fall** (5:45)

Ghastly & Matthew Koma

© 2017 Haunted House Collective.

Written by: Crow. Koma

07

**GANGSTA (DJ Fade & Jason Julian Remix)** (6:13)

Major Lazer, Diplo, DJ Fade & Jason Julian feat. Busy Signal & Kybba

© 2025 Mad Decent.

Written by: Boutin

05

**WHERE IS MY HUSBAND!** (5:20)

RAYE

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Written by: Sabath, Keen

06

**Waste A Moment** (3:00)

Kings of Leon

© 2016 RCA Records, a division of Sony Music Entertainment.

Written by: C. Followill, N. Followill, J. Followill, M. Followill

**Waste A Moment** (1:53)

Kings of Leon

© 2016 RCA Records, a division of Sony Music Entertainment.

Written by: C. Followill, N. Followill, J. Followill, M. Followill

07

**Peppa** (5:42)

Wiwiek & Emy Perez

© 2025 Maha Vana.

Written by: Perez, Mahabali

08

**Somebody To Love** (6:42)

Öwnboss

© 2025 Protocol Recordings BV.

Written by: Zaniolo, Rotteveel, Hendriks, Lugthart



# 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.

# WORKOUT SET-UP

Each workout is uniquely structured and requires a variety of weights. We recommend a selection of light – medium and heavier weights. Bench with two each side.

Note: *This is only a recommendation. Do not exceed the SMARTBAR™'s maximum weight of (99lb/45kg).*

# KEY

|               |                                       |              |                                                    |
|---------------|---------------------------------------|--------------|----------------------------------------------------|
| <b>Alt</b>    | Alternating                           | <b>R</b>     | Right                                              |
| <b>Instr</b>  | Instrumental                          | <b>O/H</b>   | Over head                                          |
| <b>Intro</b>  | Introduction                          | <b>Outro</b> | Last few bars of music                             |
| <b>B up</b>   | Build up                              | <b>PC</b>    | Pre-Chorus                                         |
| <b>Br</b>     | Bridge (non-chorus)                   | <b>QC</b>    | Quiet Chorus                                       |
| <b>Rep</b>    | Reprise (part of the chorus repeated) | <b>Ref</b>   | Refrain (recurring phrase or number of song lines) |
| <b>Cts</b>    | Musical counts                        | <b>C</b>     | Chorus                                             |
| <b>F or B</b> | Forward or back                       | <b>ROM</b>   | Range of motion                                    |
| <b>L</b>      | Left                                  | <b>V</b>     | Verse                                              |
| <b>M</b>      | Middle                                |              |                                                    |

# COUNTS

|              |                                           |                |                                                              |
|--------------|-------------------------------------------|----------------|--------------------------------------------------------------|
| <b>1/1</b>   | 2 counts down, 2 counts up                | <b>1/3</b>     | 2 counts down, 6 counts up                                   |
| <b>1/1/2</b> | 2 counts down, 2 counts hold, 4 counts up | <b>1/1/1/1</b> | 2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B |
| <b>2/2</b>   | 4 counts down, 4 counts up                | <b>2/2/2/2</b> | 4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B |
| <b>3/1</b>   | 6 counts down, 2 counts up                | <b>4/4</b>     | 8 counts down, 8 counts up                                   |
| <b>1/2/1</b> | 2 counts down, 4 counts hold, 2 counts up | <b>8/8</b>     | 16 counts down, 16 counts up                                 |

# EXPRESS FORMATS

**Please note:** These 45-minute formats include customized Tracks 5 (a combination of Triceps and Biceps) and 7 (a combination of Lunges and Shoulders). Create variety in your classes during this 12-week cycle by using this option, as well as the original 45-minute format.

## 30-MINUTE FORMAT

|                   |              |
|-------------------|--------------|
| <b>Track 01</b>   | Warm-up      |
| <b>Track 02</b>   | Squats       |
| <b>Track 03</b>   | Chest        |
| <b>Track 04</b>   | Back         |
| <b>Track 09</b>   | Core         |
| <b>Total Time</b> | <b>25:30</b> |

## 45-MINUTE FORMAT

|                   |              |
|-------------------|--------------|
| <b>Track 01</b>   | Warm-up      |
| <b>Track 02</b>   | Squats       |
| <b>Track 03</b>   | Chest        |
| <b>Track 04</b>   | Back         |
| <b>Track 07</b>   | Lunges       |
| <b>Track 08</b>   | Shoulders    |
| <b>Track 09</b>   | Core         |
| <b>Track 10</b>   | Cooldown     |
| <b>Total Time</b> | <b>40:42</b> |

## 45-MINUTE FORMAT

|                      |                    |
|----------------------|--------------------|
| <b>Track 01</b>      | Warm-up            |
| <b>Track 02</b>      | Squats             |
| <b>Track 03</b>      | Chest              |
| <b>Track 04</b>      | Back               |
| <b>Track 05 (45)</b> | Triceps / Biceps   |
| <b>Track 07 (45)</b> | Lunges / Shoulders |
| <b>Track 09</b>      | Core               |
| <b>Track 10</b>      | Cooldown           |
| <b>Total Time</b>    | <b>39:39</b>       |



# 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 your participants will also experience the magic, excitement and training effect of the new launch tracks.

# TECHNICAL TEAM CREDITS

**Technical Consultant** – Bryce Hastings MPhil

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



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](http://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.

## RELEASE FEEDBACK

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

## GENERAL FEEDBACK

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



# 01. WARM-UP

## WEIGHT SELECTION

Light barbell

## DEMONSTRATE

SET Position

## TRACK FOCUS

Be super clear on the **NETT** (Name of Exercise, Timing and Target zones) throughout the track, connecting everyone into the workout, so your participants can transition smoothly through all the changes.

|                                                            | MUSIC                    |     | SEQUENCE/EXERCISE                                                                                 | REPS |
|------------------------------------------------------------|--------------------------|-----|---------------------------------------------------------------------------------------------------|------|
| 1                                                          | 0:07 V1 / _ Times        | 2x8 | Set up SET Position                                                                               |      |
|                                                            |                          |     | <b>SHOULDER ROLL</b>                                                                              | 1x   |
|                                                            | 0:14 _ All I can         | 2x8 | 4/4 <b>DEADLIFT</b> SET Stance                                                                    | 1x   |
|                                                            | 0:22 <b>Till</b> you can | 4x8 | 3/1                                                                                               | 4x   |
|                                                            | 0:37 QC / _ Hold tight   | 8x8 | 1/1/1/1 <b>DEADROW</b>                                                                            | 8x   |
|                                                            |                          |     | Use the last 2cts to transition the hands wide to <b>TRIPLE WIDE DEADROW</b>                      |      |
| 2                                                          | 1:08 Instr / (Drop)      | 8x8 | <b>TRIPLE WIDE DEADROW</b>                                                                        | 4x   |
|                                                            | 1:38 _ Hold tight        | 4x8 | 2/2 <b>WIDE DEADLIFT</b>                                                                          | 4x   |
|                                                            | 1:53 Br /                | 1x8 | <b>TRANSITION:</b> Bring hands back to SET Position                                               |      |
|                                                            | 1:57 V2 / _ Everyone     | 4x8 | 4/4 <b>UPRIGHT ROW</b> SET Stance                                                                 | 2x   |
|                                                            | 2:12 <b>Till</b> you can | 4x8 | 3/1                                                                                               | 4x   |
|                                                            | 2:28 QC / _ Hold tight   | 4x8 | 2/2/2/2 <b>CLEAN &amp; PRESS</b>                                                                  | 2x   |
| 3                                                          | 2:43 (B up)              | 4x8 | 1/1/1/1                                                                                           | 4x   |
|                                                            |                          |     | Use the last 4cts to transition the bar to the upper back, ready for <b>SQUAT</b> MID Stance      |      |
|                                                            | 2:58 (Drop)              | 8x8 | 1/1 <b>SQUAT</b> MID Stance                                                                       | 16x  |
|                                                            | 3:29 Br /                | 1x8 | <b>TRANSITION:</b> Bar up then down, ready for a <b>STANDING UPRIGHT ROW</b>                      |      |
|                                                            | 3:32 V3 / _ Everyone     | 4x8 | 4/4 <b>UPRIGHT ROW</b> SET Stance                                                                 | 2x   |
|                                                            | 3:48 <b>Till</b> you can | 4x8 | 3/1                                                                                               | 4x   |
|                                                            | 4:03 QC / _ Hold tight   | 4x8 | 2/2/2/2 <b>CLEAN &amp; PRESS</b>                                                                  | 2x   |
|                                                            | 4:18 (B up)              | 4x8 | 1/1/1/1                                                                                           | 4x   |
|                                                            |                          |     | Use the last 4cts to transition the bar to the upper back, step R leg B, ready for <b>LUNGE</b> L |      |
|                                                            | 4:33 (Drop)              | 4x8 | 1/1 <b>LUNGE</b> L, R leg B                                                                       | 8x   |
|                                                            |                          |     | Use the last 2cts to transition to the other side                                                 |      |
|                                                            | 4:48                     | 4x8 | 1/1 <b>LUNGE</b> R, L leg B                                                                       | 8x   |
| <b>RECOVERY:</b> Torso Twists. Shake out the arms and legs |                          |     |                                                                                                   |      |



# 01. KEEPING YOUR HEAD UP 5:07mins

## TECHNIQUE AND COACHING

### SET POSITION

#### LAYER 1

Before you begin, coach your class to find SET Position, setting them up into a strong lifting position.

- **Heels under hips, turn the toes out slightly**
- **Soften the knees**
- **Hands thumb-distance from thighs**
- **Chest lifted**
- *Shoulders up, back and down toward the spine*
- **Gently draw in and brace the core**

### NETT

#### BLOCK 1

##### LAYER 1

For each exercise, coach **NETT** – NAME OF EXERCISE, **TIMING** and **TARGET ZONES**.

This makes your coaching clear and easy to follow. We start the block with Deadlifts and Deadrows to warm the posterior chain and set great posture for the workout ahead.

- **Deadlift – Hinge forward from the hips, slide the bar to the top of the kneecaps**
- **Deadrow – SET Position, bar to knees, belly, knees and set**
- **Triple Wide Deadrow – Hands wide on barbell, bar to knees, lower ribs, knees and set**
- **Wide Deadlift – Hands wide on the barbell, hinge forward from the hips, bar to knees**

### BLOCK 2

#### LAYER 1

The second block is focused on developing good pulling Technique; Upright Row building into the Clean & Press. Coach clear Position and Execution to get everyone using the correct timing and Execution. We finish the block with Mid-Stance Squats to fire up the quads and glutes. Once the class is moving well, encourage full range of motion to get ready for the workout ahead.

- **Upright Row – Bar stops at lower chest, elbows wide**
- **Clean & Press – Pull and catch, bend knees, abs braced, chest lifted, bar close to body**
- **Mid-Stance Squat – Feet outside hip-width, Hips go back and down, knees forward, chest lifted, core braced, 90 degrees**

### BLOCK 3

#### LAYER 1 / LAYER 2

The third block is focused on developing great Execution of the Clean & Press Technique, preparing everyone for the Back track, as well as finishing the block with Lunges. It's the perfect opportunity to coach your class on alignment to get their bodies ready for the workout ahead, both physically and mentally. Help your participants connect with their goals for the workout. What can you say to communicate this to them?

- **Upright Row – Keep the bar close to the body as you pull, squeeze shoulder blades together**
- **Clean & Press – We are establishing control in the slow Cleans, hips back to drive power from the legs and core, keeping the bar close to the body**
- **Lunge – Long step back, back knee down, front thigh parallel to the floor**

### CONNECTION

Welcome your class to the workout by being engaging and showing your love of resistance training. Connect with everyone in the room.



# 02. SQUATS

## WEIGHT SELECTION

REGULARS: 1x heavy barbell  
NEW: 1x light barbell

## TRACK FOCUS

Coach your class through the Mid, Wide and Wider Squat stances: Focus on coaching precise Execution to build muscular strength and endurance with minimal recovery.

## MUSCLE FOCUS

**MID Stance:** Quads  
**WIDE Stance:** Gluteus maximus, quads  
**WIDER Stance:** Gluteus maximus, side glutes, posterior chain

## WORKOUT FOR THE WORLD

*Raise Our Voice* by Sun Lay feat. Ash Wallace was created specially for Workout for the World. We love how this high-energy, big-room Techno sparks adrenaline from start to finish. Dynamic Kicks and euphoric drops are sure to help raise your heart rate.  
Be sure to highlight this track at your Workout for the World event! Check out your Instructor assets [here](#).

|   | MUSIC                 |      | SEQUENCE/EXERCISE                                               | REPS |
|---|-----------------------|------|-----------------------------------------------------------------|------|
| 1 | 0:07 Intro /          | 2x8  | Set up <b>SQUAT</b> MID Stance                                  |      |
|   | 0:14 Instr / (B up)   | 2x8  | 4/4 <b>SQUAT</b> MID Stance                                     | 1x   |
|   | 0:21 (Hard beat)      | 8x8  | 2/2                                                             | 8x   |
|   | 0:48 (Distorted)      | 4x8  | 1/1                                                             | 8x   |
| 2 | 1:02 (Low)            | 2x8  | <b>TRANSITION:</b> Feet wider to <b>SQUAT</b> WIDE Stance       |      |
|   | 1:09 (Synth)          | 8x8  | 4/4 <b>SQUAT</b> WIDE Stance                                    | 4x   |
|   | 1:36 V1 / _ Raise our | 8x8  | 2/2                                                             | 8x   |
|   | 2:03 Instr / (Drop)   | 16x8 | <b>COMBINATION</b> (32cts):<br>4x 1/1 (16cts)<br>2x 2/2 (16cts) | 4x   |
|   | 2:58 (Low)            | 4x8  | 4/4                                                             | 2x   |
|   | 3:12 (Hard beat)      | 8x8  | 2/2                                                             | 8x   |
|   | 3:39 (Distorted)      | 4x8  | 1/1                                                             | 8x   |
| 3 | 3:53 (Low)            | 2x8  | <b>TRANSITION:</b> Feet wider to <b>SQUAT</b> WIDER Stance      |      |
|   | 4:00 (Synth)          | 8x8  | 4/4 <b>SQUAT</b> WIDER Stance                                   | 4x   |
|   | 4:28 V2 / _ Raise our | 8x8  | 2/2                                                             | 8x   |
|   | 4:55 Instr / (Drop)   | 16x8 | <b>COMBINATION</b> (32cts):<br>4x 1/1 (16cts)<br>2x 2/2 (16cts) | 4x   |
|   |                       |      | <b>RECOVERY:</b> Shake out legs. Quadricep Stretch              |      |



## 02. RAISE OUR VOICE 5:55mins

### TECHNIQUE AND COACHING

#### 1. MID STANCE

##### LAYER 1

Coach Layer 1 Position and Execution set-up of the MID-Stance Squat to get your class moving well. Use **NETT** to coach good Squat Technique – referring to Timing, Target zones and leg alignment, along with precise pre-cues to help your participants to follow you easily. We are also creating the mindset approach for the workout ahead.

- **Feet outside hip-width, toes turned out slightly**
- **Abs braced, chest lifted**
- *Slow 4/4 timing*
- *Bring your elbows forward under the bar to create strength through the upper back*
- **Hips sit back and down**
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line – that's your range**
- *Squeeze shoulder blades toward the spine*
- *Unleash the singles*
- *Drive through a flat foot*

#### 2. WIDE STANCE

##### LAYER 1 / LAYER 2

Block 2 is a longer block using the Wide Stance; we focus on coaching a strong upper-body positioning and knee alignment to build glute strength and maintain precise Execution. Layer 2 cues are designed to help participants achieve more from the workout; we do this through Improving Execution and Manipulating the Intensity. As your participants fatigue remind them of the range you are chasing.

- **Feet outside hip-width, heel-toe wider for Wide-Stance Squat, toes turned out slightly**
- **Abs braced, chest lifted**
- **Keep sitting the hips back and down**
- **Knees push out to load the glutes** and for good alignment
- **Butt stops just above knee line**
- *Smooth out the execution*
- *As we move slowly, focus on where you are driving from*
- *Combo coming in*
- *4 singles, 4 2/2, 4 rounds*
- *Control as we move*



## 02. RAISE OUR VOICE 5:55mins

### TECHNIQUE AND COACHING

#### 3. WIDER STANCE

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

Quickly reset your class with the Wider Stance – heel–toe wider. The Wider Stance will be more challenging for participants to maintain knee alignment; so give those reminder cues, along with postural cues for the upper-body posture, as the timing will challenge everyone! Be in the moment with your class: look into their eyes when you teach so you bring your authentic self into the room; show your love of this training; show you're with them feeling every rep. This really is THE REP EFFECT™ in action.

- **Wider Stance – heel–toe wider**
- *No recovery – you can do this!*
- *This time round, **push your knees out even further** to fire up the glutes more*
- *As we move with more control, focus on where you are driving from*
- *Mind-body connection*
- *Combination coming*
- *Are you ready?*
- *Use everything you have learned in this track – put it into drive now*
- *We've got your back*

#### PUMP FACT

Changing stance width during the Squat track subtly mixes up muscle recruitment to help everyone make it to the end of the track.



# 03. CHEST

## WEIGHT SELECTION

REGULARS: 1x medium–heavy barbell  
NEW: 1x light barbell

## MUSCLE FOCUS

**Chest Press:** Pectorals, triceps and deltoids  
**Bench Pushup:** Deltoids, pectorals and triceps

## TRACK FOCUS

Four massive blocks of work with the barbell and body-weight Pushups. This superset combination brings fast fatigue. Coach great Timing and Target zones for precise Execution, along with great motivational coaching to help them reach the finish line.

|   | MUSIC |                         | SEQUENCE/EXERCISE |                                                                                         | REPS |
|---|-------|-------------------------|-------------------|-----------------------------------------------------------------------------------------|------|
| 1 | 0:07  | Intro /                 | 1x8               | Set up <b>CHEST PRESS</b>                                                               |      |
|   | 0:10  | C / Pretty <b>woman</b> | 6x8               | 1/1 <b>CHEST PRESS</b>                                                                  | 12x  |
|   | 0:31  | Instr / (Guitar)        | 4x8               | 1/3                                                                                     | 4x   |
|   | 0:46  | V1 / I <b>love</b>      | 4x8               | 2/2                                                                                     | 4x   |
|   | 1:00  | <b>Come</b> on          | 4x8               | 1/1/2                                                                                   | 4x   |
| 2 | 1:14  | QC / Dale _ Pretty      | 4x8               | <b>TRANSITION:</b> Bar down, move to back of the bench, ready for a <b>BENCH PUSHUP</b> |      |
|   | 1:28  | Instr / (Guitar B up)   | 2x8               | 2/2 <b>BENCH PUSHUP</b>                                                                 | 2x   |
|   | 1:35  | C / Pretty <b>woman</b> | 6x8               | 1/1                                                                                     | 12x  |
|   | 1:57  | (Guitar)                | 4x8               | 1/3                                                                                     | 4x   |
| 3 | 2:11  | Br /                    | 2x8               | <b>TRANSITION:</b> Lift up bar, back on the bench, ready for a <b>CHEST PRESS</b>       |      |
|   | 2:18  | C / Pretty <b>woman</b> | 6x8               | 1/1 <b>CHEST PRESS</b>                                                                  | 12x  |
|   | 2:39  | Instr / (Guitar)        | 4x8               | 1/3                                                                                     | 4x   |
|   | 2:54  | V2 / I <b>love</b>      | 4x8               | 2/2                                                                                     | 4x   |
|   | 3:08  | <b>Come</b> on          | 4x8               | 1/1/2                                                                                   | 4x   |
| 4 | 3:22  | QC / Dale _ Pretty      | 16x8              | <b>REPEAT BLOCK 2</b>                                                                   |      |
|   |       |                         |                   | <b>RECOVERY:</b> Shake out arms and roll shoulders. Chest Stretch                       |      |



# 03. PRETTY WOMAN (ALL AROUND THE WORLD)

4:22mins

## TECHNIQUE AND COACHING

### 1. CHEST PRESS

#### LAYER 1

Coach your class into the Position set-up for the Chest Press. Use **NETT** to coach Timing and Target zones so your participants are moving well with Execution, and they can follow the timing successfully with the music.

- **Hands wide on the bar**
- *Feet hip-width apart, close to bench*
- **Bar over shoulders**
- *Shoulders away from the ears*
- *2/2 – get a feel for the timing*
- **Target – middle of the chest**
- **Abs braced, lower back toward the bench**
- *Elbows directly under the wrists*
- **Elbows top of the bench for range**

### 2. BENCH PUSHUP

#### LAYER 1

This block is body-weight training – Bench Pushups. Coach options to bring knees closer to the bench for the new participants, along with knee and toe options to challenge everyone in the room. Let's help make sure everyone feels successful.

- *Sit up, bar goes down*
- *Back of the bench*
- *Hands wide*
- *Elbows to the 45-degree angle*
- *Anytime, come into a kneeling position*
- **Chest to elbow level is the target**
- **Core is braced**

### 3 & 4. CHEST PRESS / BENCH PUSHUP

#### LAYER 2 / LAYER 3

Halfway down – halfway to go! We focus on time under tension to burn and shape the muscles of the chest for another block of Chest Presses & Bench Pushups. Encourage your class to work for quality reps with good Execution, no matter what their level is... Right now they need your help to get more out of the final block of work. What will you say and do to help them finish strongly?

- *Now reset the body again*
- *Let's feel the technique in this block*
- *Focus on pulling your shoulder blades together on the way down to open up the chest*
- *As you pull the shoulder blades down it puts you in the best position for the Chest Press*
- *Keep the range – elbows to top of bench*
- *Work in the bottom range*
- *Can you feel your upper back pressing into the bench to stabilize and keep the work in the isolated muscles? Yes you can*
- *We are getting BODYPUMP strong*
- *One more block of Pushups*
- *We don't mind the options*
- *Keep the shoulders over the hands*
- *Stretching and squeezing is our focus*

### PUMP FACT

Pressing the upper back into the bench promotes thoracic extension – creating a strong platform for the Chest Press.



# 04. BACK

## WEIGHT SELECTION

REGULARS: 1x medium–heavy barbell and extra weight plates to add on  
NEW: 1x light barbell

## MUSCLE FOCUS

**Deadlift/Clean & Press/Power Press:** Posterior chain – glutes, hamstrings, lower and upper back  
**Deadrow:** Lats, muscles of the upper back

## TRACK FOCUS

Three big blocks to challenge strength endurance. We focus on building isolated and dynamic power through solid coaching and modeling strong Execution for everyday life. Encourage extra weight plates for a greater challenge.

|   | MUSIC                 |      | SEQUENCE/EXERCISE                                                                                               | REPS |
|---|-----------------------|------|-----------------------------------------------------------------------------------------------------------------|------|
| 1 | 0:08 V1 / _ Could you | 4x8  | Set up SET Position<br><b>SHOULDER ROLL</b>                                                                     | 1x   |
|   | 0:20 _ Are you still  | 4x8  | 3/1 <b>DEADLIFT</b> SET Stance                                                                                  | 4x   |
|   | 0:33 C / _ Cause      | 8x8  | 1/1/1/1 <b>DEADROW</b>                                                                                          | 8x   |
|   | 0:57 Instr / (Drop)   | 16x8 | <b>COMBINATION 1</b> (16cts):<br>1x 1/1/1/1 <b>CLEAN &amp; PRESS</b> (8cts)<br>1x 1/1/1/1 <b>DEADROW</b> (8cts) | 8x   |
| 2 | 1:47 (Low)            | 4x8  | <b>RECOVERY:</b> Bar down, shake out arms and legs, Torso Twists. Option to add more weight                     |      |
|   | 1:59 V2 / _ You say   | 8x8  | 3/1 <b>DEADLIFT</b> SET Stance                                                                                  | 8x   |
|   | 2:24 C / _ Cause      | 8x8  | 1/1/1/1 <b>DEADROW</b>                                                                                          | 8x   |
|   | 2:49 Instr / (Drop)   | 8x8  | <b>COMBINATION 1</b> (16cts)                                                                                    | 4x   |
|   | 3:13 (Drop)           | 8x8  | <b>COMBINATION 2</b> (32cts):<br>1x <b>POWER PRESS</b> (16cts)<br>1x <b>TRIPLE DEADROW</b> (16cts)              | 2x   |
| 3 | 3:38 (Low)            | 36x8 | <b>REPEAT BLOCK 2</b>                                                                                           |      |
|   | 5:30 Outro /          | 4x8  | <b>RECOVERY:</b> Upper and lower back stretches                                                                 |      |

## SMARTSTART

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



# 04. WE MIGHT FALL 5:45mins

## TECHNIQUE AND COACHING

### 1. DEADLIFT/ DEADROW / CLEAN & PRESS & DEADROW COMBINATION

#### LAYER 1

Coach how to execute all the movements in this block using Position and Execution set-up cues for clarity. This brings focus to developing great lifting Technique to start the track strongly. Simple language and pre-cues are essential for your participants' success.

#### DEADLIFT

- **SET Position** to find our strong posture
- Roll the shoulders back and down to set the lats
- Elbows to the rear for shoulder blade engagement
- Super slow Deadlift
- **Hinge forward from the hips**
- **Abs braced and chest lifted**
- **Bar to top of knees**
- 3/1 tempo
- Drive out of the heels to engage the glutes
- Keep the bar close to the body to keep the back engaged

#### DEADROW

- **Bar to the knees, belly, knees, and stand**
- We are still hip-hinging forward
- **Core braced and chest lifted**
- **Elbows stay close to the body**
- **Squeeze shoulder blades together**

#### CLEAN & PRESS & DEADROW COMBINATION

- 1 Clean & Press, 1 Deadrow
- Squat, press, catch, set and row
- **Catch bar high on collarbones**
- **Abs braced on the Squat**
- **Keep bar close to body**
- **Elbows forward of the face in the Press**
- **Elbows in on the Row**
- **Targets – knees, belly, knees and set**
- Use your legs to drive up the bar
- Feel the heart rate lift

### 2. DEADLIFT / DEADROW / CLEAN & PRESS & DEADROW / POWER PRESS & TRIPLE DEADROW COMBINATION

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

Motivate your participants to drive their training results by coaching to a Layer 2 focus; Improving Execution, Manipulating Intensity for big results. We build the Clean & Press combination into the massive Power Press combination; pre-cue early so participants don't miss your coaching. Your voice will be one of the best ways to Motivate them in this middle block as fatigue will be kicking in fast.

- Add extra weight if you're feeling good
- Bend the knees – lift up the bar
- Strong set
- 3/1 Deadlift
- Let's bring some attitude in this block
- We are going bigger this time
- Squeeze shoulder blades together every time you Row
- 1 Clean, 1 Deadrow
- Feel the power in the combination
- Strength and control are needed now
- Power Press – 3 Presses over head
- **Catch bar on collarbones**
- **Abs braced, keep chest lifted**
- Triple Rows
- Lock your torso for stability to isolate
- **Using core and legs as you press strongly**
- **Elbows forward of the face in the press**



# 04. WE MIGHT FALL 5:45mins

## TECHNIQUE AND COACHING

### 3. DEADLIFT / DEADROW / CLEAN & PRESS & DEADROW / POWER PRESS & TRIPLE DEADROW COMBINATION

#### LAYER 3

Strength endurance is the focus in this third block. It is also the time to Motivate and Educate your participants to drive their training results as fatigue will be kicking in fast. How will you hold everyone in the zone until the finish line? We are training together – show your love of the workout through genuine physical role-modeling of working out to music.

- *It's time to push your hips back further*
- *Feel the strong posterior chain when you stand*
- *Focus on your back*
- *Feel the tension*
- *Every time we put more energy into our bodies*
- *Jump under the bar*
- *Let's finish this together*
- *The challenge – Power Press*
- *You are looking so strong*

#### PUMP FACT

Keeping the elbows slightly forward at the top of the Press reduces joint stress on the shoulders and the tendency to passively lock the joints of the upper limb.



# 05. TRICEPS

## WEIGHT SELECTION

REGULARS: 1x light–medium barbell and 1x light–medium weight plate  
NEW: 1x light barbell and 1x light weight plate

## MUSCLE FOCUS

**Tricep Extensions/Presses:** Triceps and deltoids  
**Tricep Pushups/Kickbacks:** Triceps

## TRACK FOCUS

Clearly coach Position and Execution set-up for all the Tricep exercises, along with options for all fitness levels, so everyone feels successful. Connect your participants with the music and challenge them to work as hard as they can in each exercise to maximize their results.

|   | MUSIC                        |       | SEQUENCE/EXERCISE                                                                                                                                         | REPS |
|---|------------------------------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 1 | 0:08 QC / Baby               | 4½x8  | Set up <b>TRICEP EXTENSION</b>                                                                                                                            |      |
|   | 0:26 V1 / <b>Beautiful</b>   | 4x8   | 2/2 <b>TRICEP EXTENSION</b>                                                                                                                               | 4x   |
|   | 0:43 <b>Need</b> me          | 4x8   | 3/1                                                                                                                                                       | 4x   |
|   | 0:59 C / Baby                | 4x8   | 1/1/2                                                                                                                                                     | 4x   |
| 2 | 1:16 Br /                    | ½x8   | <b>TRANSITION:</b> To bench, lift up bar, ready for <b>TRICEP PRESS</b>                                                                                   |      |
|   | 1:18 I’m <b>doing</b>        | 4x8   | 2/2 <b>TRICEP PRESS</b>                                                                                                                                   | 4x   |
|   | 1:35 Must <b>need</b>        | 4x8   | 3/1                                                                                                                                                       | 4x   |
|   | 1:51 C / Baby                | 4x8   | 1/1/2                                                                                                                                                     | 4x   |
| 3 | 2:07 <b>He</b> should holler | 2½x8  | <b>TRANSITION:</b> Bar down, lift up weight plate and hold in R hand, move to back of bench, ready for <b>KNEELING TRICEP KICKBACK</b> L, L hand on bench |      |
|   | 2:18 Uh, uh                  | 5½x8  | 1/1 <b>KNEELING TRICEP KICKBACK</b> L                                                                                                                     | 11x  |
|   | 2:41 QC / Baby               | 4x8   | 4/4                                                                                                                                                       | 2x   |
|   | 2:57 Br / _ Your husband     | ½x8   | <b>HOLD</b>                                                                                                                                               |      |
|   | 2:59 _ I would               | 4x8   | 1/1 <b>TRICEP BENCH PUSHUP</b>                                                                                                                            | 8x   |
| 4 | 3:16 Br /                    | 2½x8  | <b>TRANSITION:</b> To bench, lift up bar, ready for <b>TRICEP PRESS</b>                                                                                   |      |
|   | 3:26 I’m <b>doing</b>        | 2x8   | 2/2 <b>TRICEP PRESS</b>                                                                                                                                   | 2x   |
|   | 3:35 Must <b>need</b>        | 4x8   | 3/1                                                                                                                                                       | 4x   |
|   | 3:51 C / Baby                | 4x8   | 1/1/2                                                                                                                                                     | 4x   |
| 5 | 4:07 <b>He</b> should holler | 16½x8 | <b>REPEAT BLOCK 3</b> on R side<br><b>RECOVERY:</b> Shake out arms. Tricep Stretches                                                                      |      |



# 05. WHERE IS MY HUSBAND! 5:20mins

## TECHNIQUE AND COACHING

### 1. TRICEP EXTENSION

#### LAYER 1

Coach Position and Execution set-up with focus on Timing and Target zones for the Tricep Extension with the barbell. It's a short set, so encourage precise Technique to build isolation in the back of the arms.

- *Grab your barbell*
- **Hands shoulder-width apart**
- *Lie down on the bench*
- *Feet close to the bench*
- **Abs braced**
- **Lower back toward the bench**
- *Shoulders back and down*
- *We isolate the triceps with extensions to start*
- *2/2 tempo*
- **Bar to forehead**
- **Full extension to the top**
- **Elbows point toward ceiling**
- **Elbows stay directly above shoulders**
- **Elbows to 90 degrees**
- *Pause and push is the focus to create isolation*

### 2. TRICEP PRESS

#### LAYER 1

We change direction, bringing the barbell toward the lower ribs for the Tricep Press work. Think one cue at a time, allowing space for each cue to land so your participants understand the Execution of the exercise.

- **Elbows stay close to body**
- **Target – bottom of the ribs for the Press**
- *Wrists are strong*
- *Drive your upper back into the bench*
- *We are learning to stabilize our bodies as we isolate*
- *Big compound movement*

### 3. KNEELING TRICEP KICKBACK / TRICEP BENCH PUSHUP

#### LAYER 1 / LAYER 2

New exercises in this block: Tricep Kickbacks and Pushups. Use Layer 1 Position and Execution cues to get your participants moving with great Timing, range and control, hooking them into the feel and strength of the song. As participants fatigue they will be likely to lose timing and their range. Coach to the options to ensure you take everyone with you to the end of the block.

#### KNEELING TRICEP KICKBACK

- *Back of the bench*
- *On knees, one hand on bench*
- **Hinge forward from hips, chest lifted**
- **Shoulders square to front**
- **Elbow high and close to the body**
- **Extend from the elbow – upper arm parallel to floor**
- **Upper arm still as you extend**
- *Keep the shoulders square to front as you kick it back*
- *Press the palm into the bench to stabilize the body*

#### TRICEP BENCH PUSHUP

- *On knees or toes*
- **Hands under shoulders**
- *Lower chest in between your arms*
- **Abs braced**
- **Back long and straight**
- **Lower chest to elbow level**
- **Elbows tuck into ribs**
- *8 reps is the big challenge*



# 05. WHERE IS MY HUSBAND! 5:20mins

## TECHNIQUE AND COACHING

### 4 & 5. TRICEP PRESS / KNEELING TRICEP KICKBACK / TRICEP BENCH PUSHUP

#### LAYER 2 / LAYER 3

Two big blocks of work: back to the barbell for Press work, and Kickbacks and Pushups to finish the block. Encourage your participants to finish the block as best they can. What will you say and do to Motivate everyone to the finish line?

- *Reset your body on the bench, team*
- *Let's maximize the work in the triceps*
- *The pause is where the muscle tension is gathered*
- *Kickbacks – make sure you change the arm*
- *Start and finish at the hips*
- *Press the palm down into the bench*
- *Strong and stable*
- *Heading into the lockdown*
- *8 Tricep Pushups and we are done*

#### PUMP FACT

Actively pushing into the bench in the supporting arm during Kickbacks engages the scapula stabilizers. Improving strength in these muscles helps improve our Press strength.



# 06. BICEPS

## WEIGHT SELECTION

REGULARS: 1x light–medium barbell  
NEW: 1x light barbell

## MUSCLE FOCUS

Biceps

## TRACK FOCUS

Focus on coaching stability to find the tension, isolation and control in the Bicep Curl. Clearly coach Timing to connect your participants with the feel and musical energy of the song.

|   | MUSIC |                     | SEQUENCE/EXERCISE                                                                                                                                   | REPS |
|---|-------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 1 | 0:05  | Intro /             | 2x8 Set up SET Position, Underhand Grip<br><b>SHOULDER ROLL</b>                                                                                     | 1x   |
|   | 0:11  | Instr / (Guitar)    | 6x8 4/4 <b>BICEP CURL</b> SET Stance                                                                                                                | 3x   |
|   | 0:30  | V1 / <b>All</b> the | 8x8 2/2                                                                                                                                             | 8x   |
|   | 0:55  | C / _ Take the      | 8x8 4/4                                                                                                                                             | 4x   |
| 2 | 1:21  | V2 / Tex, he        | 8x8 1/1/1/1 <b>BICEP ROW</b>                                                                                                                        | 8x   |
|   | 1:46  | C / _ Take the      | 8x8 4/4 <b>BICEP CURL</b>                                                                                                                           | 4x   |
|   | 2:11  | Instr / (Guitar)    | 4x8 <b>RECOVERY:</b> Bar down, shake out arms                                                                                                       |      |
|   | 2:24  | (Guitar)            | 3x8 3/1 <b>BICEP CURL</b> SET Stance                                                                                                                | 3x   |
|   | 2:33  | C / _ Take the      | 8x8 <b>COMBINATION</b> (16cts):<br>3x <b>BOTTOM HALF BICEP CURL</b> (10cts)<br><b>HOLD</b> at the top of 3rd Curl (2cts), lower bar to thigh (4cts) | 4x   |
|   | 2:58  | Instr /             | 2x8 <b>BOTTOM HALF BICEP CURL</b><br>Hold at the top of the last Curl                                                                               | 5x   |
| 3 | 3:04  | Br /                | 1½x8 Lower bar to thigh                                                                                                                             |      |
|   | 3:06  | V2 / Tex, he        | 33x8 <b>REPEAT BLOCK 2</b><br><b>RECOVERY:</b> Bar down, shake out arms,<br>Bicep Stretches                                                         |      |



# 06. WASTE A MOMENT 4:53mins

## TECHNIQUE AND COACHING

### 1. BICEP CURL

#### LAYER 1

Use Layer 1 Position and Execution cues to get participants moving with great Timing, Target zones and range, connecting them into the feel and energy of the song.

#### BICEP CURL

- *Lift up your barbell*
- *SET Position*
- *Super slow Curl*
- *We are going down memory lane*
- *We are on the 2/2*
- **Targets – shoulders and thighs**
- **Elbows under shoulders**
- **Chest lifted**
- **Abs engaged**
- *We are working with time under tension to create pressure*

### 2. BICEP ROW / BICEP CURL

#### LAYER 1 / LAYER 2

The second block starts with some Bicep Rows to provide a short recovery before the longer block of work. Focus on the foundation of the SET Position and elbow placement to use as your Layer 2 cues to achieve the isolation. This keeps the load in the targeted muscles and creates a strong platform from which to load effectively.

#### BICEP ROW

- **Bar to knees, ribs, knees and set**
- **Core braced, chest lifted**
- *Firing up the posterior chain to give us stability for all the bicep work today*

#### BICEP CURL

- *Super slow, stand tall*
- *Slow down and drag the bar on the way down*
- *Good vibes and good feels*
- *Short recovery, shake out arms and legs*
- *Increase tempo to 3/1*
- *Bottom Half Curls*
- *Feel the pause*
- *Feel the biceps locking into your side ribs*

### 3. BICEP ROW / BICEP CURL

#### LAYER 2 / LAYER 3

Muscular overload and tension are building, and your participants will need you to Motivate them to the finish line, especially in the Bottom Half Curls. How will you bring your class to the end?

- *We are back to the Bicep Rows*
- *Take the time*
- *Feel the music*
- *Light weight, high reps*
- *Recover, add weight if you can*
- *From the past to the present*
- *The magic is in the hold*
- *Strength is steady*
- *Strength is patience*

#### PUMP FACT

The Bicep Rows provide an opportunity to re-engage the scapula retractors. This can help stabilize the shoulder girdle creating a strong platform for the Bicep Curls.



# 07. LUNGES

## WEIGHT SELECTION

REGULARS: 2x light–medium weight plates  
NEW: 2x light weight plates  
OPTION: 1x light barbell or body weight

## MUSCLE FOCUS

**Lunges:** Glutes and quads

## TRACK FOCUS

Focus on coaching alignment of the Lunge and Squat to help your participants to set great Technique from the start of the track, then focus on holding them in the Intensity. Offer equipment options to keep them in the workload, ensuring success is created for everyone.

|   | MUSIC |                  | SEQUENCE/EXERCISE                                                                                                           | REPS |
|---|-------|------------------|-----------------------------------------------------------------------------------------------------------------------------|------|
| 1 | 0:05  | Intro /          | 4x8 Set up <b>LUNGE</b> L, R leg B, hold one weight plate in each hand<br>OPTION: Barbell on upper back or body weight only | 1x   |
|   | 0:19  | (Vocals + drums) | 4x8 2/2 <b>LUNGE</b> L, R leg B                                                                                             | 4x   |
|   | 0:34  | (Upbeat drums)   | 4x8 1/1                                                                                                                     | 8x   |
|   | 0:48  | (Vocals + drums) | 4x8 2/2                                                                                                                     | 4x   |
|   | 1:03  | (Upbeat drums)   | 8x8 1/1<br>Use the last 4cts to transition to <b>SQUAT</b> MID Stance. Stack weight plates to the front of chest            | 16x  |
|   | 1:32  | (Vocals)         | 4x8 2/2 <b>SQUAT</b> MID Stance                                                                                             | 4x   |
|   | 1:47  | (B up)           | 4x8 1/1/2<br>Use the last 4cts to transition to <b>LUNGE</b> R, L leg B, weight plates at sides                             | 4x   |
|   | 2:01  | (Low)            | 2x8 4/4 <b>LUNGE</b> L                                                                                                      | 1x   |
|   | 2:08  | (Drum rhythm)    | 8x8 <b>TRIPLE-PULSE LUNGE</b> L                                                                                             | 8x   |
|   | 2:37  | (Vocals + drums) | 4x8 1/1 <b>LUNGE</b> L                                                                                                      | 8x   |
| 2 | 2:52  | (Low)            | 46x8 <b>REPEAT BLOCK 1</b> on R side, L leg B<br><b>RECOVERY:</b> Shake out legs. Quadricep Stretches                       |      |



# 07. PEPPA 5:42mins

## TECHNIQUE AND COACHING

### 1. LUNGE / MID-STANCE SQUAT

#### LAYER 1 / LAYER 2

Use simple cues to coach Position and Execution of the Lunge and Squat patterns bringing focus to alignment, Timing and Target zones. Feet are hip-width apart in the Lunges and outside hip-width in the Mid-Stance Squat.

#### LUNGE

- **Feet hip-width apart**
- *One weight plate in each hand*
- **Long step back**
- **Core braced, chest lifted**
- **Bend the back knee down, front knee out over toes**
- **90 degrees on the Lunge**
- **Hips and shoulders square to the front**
- *Let's go faster*
- *Drive the front heel into the floor*
- *Start to feel the tension in the lower body*
- *Triple Pulses now*
- *Stay low in the bottom range to feel the burn*
- *Muscular burn*

#### MID-STANCE SQUAT

- *Fast transition*
- *Weight plates stack at collarbones*
- **Feet outside hip-width**
- **Hips sit back and down**
- **Abs braced, chest lifted**
- **Hips and knees to 90 degrees**
- *More tension coming*

### 2. LUNGE / MID-STANCE SQUAT

#### LAYER 2 / LAYER 3

Once everyone is moving well on the other leg coach to Layer 2 focuses, helping your participants to stay connected with the workout as the Intensity builds fast. As you Educate, you Motivate and, most importantly, this connects your participants into their bodies. Check for their learning by asking questions so your connection with your class deepens and you involve them in the experience.

- *Let's do it all again on the other side*
- *Bring back the strong stable Lunge position*
- *Reset the alignment first*
- *Back knee down, front knee out over toes*
- *Keeping the intensity in the legs*
- *Bend the back knee to get the work in the back quad*
- *Front leg is firing into the glutes*
- *You can use just one weight plate anytime*
- *This is where the results live*
- *We squat, keeping the whole foot flat*
- *Keep the chest lifted*
- *Strong posture*
- *This is your last set of Lunges*
- *Pulse it now*
- *Remember the vertical drive*
- *We will get you to the finish line*

#### PUMP FACT

Focusing on a long stride when setting up Lunges helps prevent excessive forward movement at the front knee.



# 08. SHOULDERS

## WEIGHT SELECTION

REGULARS: 1x light–medium barbell and 2x light weight plates  
NEW: 1x light barbell and 2x light weight plates

## MUSCLE FOCUS

**Barbell work:** Deltoids, trapezius  
**Plate work:** Deltoids, trapezius, muscles of the upper back

## TRACK FOCUS

We train the shoulders with a 3-dimensional focus – front, side, rear – in the barbell and plate work. Clearly coach the Position and Execution set-up of all the exercises for good Execution so your participants can generate tension in their target muscles for the entire track.

|   | MUSIC                      |      | SEQUENCE/EXERCISE                                                                                        | REPS |
|---|----------------------------|------|----------------------------------------------------------------------------------------------------------|------|
| 1 | 0:05 V1 / The <b>truth</b> | 4x8  | Set up SET Position<br><b>SHOULDER ROLL</b>                                                              | 1x   |
|   | 0:20 <b>Want</b> somebody  | 4x8  | 3/1 <b>STANDING UPRIGHT ROW</b> SET Stance                                                               | 4x   |
|   | 0:35 Instr / (B up)        | 4x8  | 2/2                                                                                                      | 4x   |
|   | 0:50 (B up)                | 5x8  | 1/1/2<br>Use the last rep to transition bar to collarbones, ready for <b>STANDING O/H SHOULDER PRESS</b> | 5x   |
|   | 1:09 (Heavy synth)         | 4x8  | 2/2 <b>STANDING O/H SHOULDER PRESS</b>                                                                   | 4x   |
|   | 1:24 (Synth + beat)        | 4x8  | 1/1/2                                                                                                    | 4x   |
|   | 1:39 (Distorted vocals)    | 4x8  | 1/1                                                                                                      | 8x   |
|   |                            |      |                                                                                                          |      |
| 2 | 1:54 V2 / <b>Truth</b> is  | 4x8  | <b>TRANSITION:</b> Bar down, lift up two weight plates, set up <b>STANDING REAR DELTOID FLY</b>          |      |
|   | 2:09 <b>Want</b> somebody  | 4x8  | 3/1 <b>STANDING REAR DELTOID FLY</b>                                                                     | 4x   |
|   | 2:24 <b>Want</b> somebody  | 4x8  | 2/2                                                                                                      | 4x   |
|   | 2:39 Instr / (B up)        | 4x8  | 1/1/2                                                                                                    | 4x   |
|   | 2:54 (B up)                | 6x8  | 2/2 <b>STANDING SIDE RAISE</b>                                                                           | 6x   |
|   | 3:16 (Heavy synth)         | 8x8  | 1/1/1/1 <b>SIDE RAISE / FORWARD PRESS</b> (8cts)                                                         | 8x   |
|   | 3:46 (Synth)               | 4x8  | 2/2 <b>SIDE RAISE</b>                                                                                    | 4x   |
|   | 4:01 (Distorted vocals)    | 4x8  | 1/1                                                                                                      | 8x   |
| 3 | 4:16 V3 / <b>Truth</b> is  | 38x8 | <b>REPEAT BLOCK 2</b><br><b>RECOVERY:</b> Weight plates down, shake out arms. Deltoid Stretches          |      |
|   |                            |      |                                                                                                          |      |



# 08. SOMEBODY TO LOVE 6:42mins

## TECHNIQUE AND COACHING

### 1. STANDING UPRIGHT ROW / STANDING OVERHEAD SHOULDER PRESS

#### LAYER 1 / LAYER 2

Clearly coach the Position and Execution of the barbell work in this block to help everyone be successful. Use NETT to coach Timing and Target zones so your participants are moving well with strong foundations.

#### STANDING UPRIGHT ROW

- Grab your barbell
- Upright Row 3/1
- **Strong SET Position**
- **Bar to the lower chest**
- **Keep the bar close to the body**
- **Abs braced, chest lifted**
- Every time you pull up the bar, you are feeling the shoulders gaining the tension

#### STANDING OVERHEAD SHOULDER PRESS

- Transition to the Overhead Shoulder Press
- **Barbell from the chin to the ceiling**
- **Elbows forward of the face**
- **Core braced to stabilize your body**
- Slow yourself down now – 2/2
- Feel the load; feel the work in the shoulders
- Mind-body connection is a real thing – stay connected
- Squeeze your butt
- Think strong
- Bars down and out of the way
- Compound work is done

### 2. STANDING REAR DELTOID FLY / STANDING SIDE RAISE AND SIDE RAISE / FORWARD PRESS COMBINATION

#### LAYER 1 / LAYER 2

We use light weight plates to isolate and sculpt the shoulders – rear, side and front. This block is all about helping your participants to move with Precision as they build strength endurance.

#### STANDING REAR DELTOID FLY

- Grab your light weight plates
- **Tip forward from the hips**
- Rear Deltoid Fly 3/1
- **Elbows lead and stop just under the shoulders**
- **Chest lifted**
- **Core braced to support the lower back**
- Back long and straight
- Can we **squeeze through the shoulder blades in this block?**
- Smooth like butter
- Resist gravity to build strength

#### STANDING SIDE RAISE

- **Elbows lead the movement**
- **Elbows stop under the shoulder line**
- Isolated movements – feel the tension and trap it in

#### SIDE RAISE / FORWARD PRESS COMBINATION

- **Plates are just under the shoulder line**
- Forearms are parallel to the floor
- **Chest lifted, core braced**
- Maintain tension in the whole body to stay strong
- Bend the knees even more
- The strong push and pull
- Fast Side Raises to finish the block



# 08. SOMEBODY TO LOVE 6:42mins

## TECHNIQUE AND COACHING

### 3. STANDING REAR DELTOID FLY / STANDING SIDE RAISE AND SIDE RAISE / FORWARD PRESS COMBINATION

#### LAYER 2 / LAYER 3

A quick shake-out, we repeat the plate work for the final block. Quickly remind your participants of alignment and Timing, as fatigue will be kicking in fast! Be super clear with pre-cues for the combination so they are successful. Encourage them to finish the block strongly! What will you say and do to bring them to the finish line?

- *We lift with control on the Fly*
- *Squeeze into the upper back*
- *Shoulders away from the ears*
- *Elbows higher than your wrists*
- *Let the music help you now*
- *Precision and range*
- *Commit to the range*
- *Correct alignment keeps our bodies safe and strong*

#### PUMP FACT

Correct execution of the Standing Rear Deltoid Fly requires the trunk to be inclined far enough forward to activate the rear deltoids. This is key to achieving balance in our shoulder training.



# 09. CORE

## WEIGHT SELECTION

REGULARS: 2x light–medium weight plates  
NEW: 2x light weight plates  
OPTION: Body weight only

## MUSCLE FOCUS

**C-Crunch:** Rectus abdominis  
**Side Hover:** Rectus abdominis, obliques, shoulders and triceps

## TRACK FOCUS

Simple coaching of the Position and Execution.  
Think one cue at a time, allowing your participants to hear it and apply it. Once they know the exercises, help them understand how to increase or decrease Intensity so everyone is successful.

|   | MUSIC |                            |      | SEQUENCE/EXERCISE                                                                                                          | REPS |
|---|-------|----------------------------|------|----------------------------------------------------------------------------------------------------------------------------|------|
| 1 | 0:07  | Intro /                    | 4x8  | Set up <b>C-CRUNCH</b> weight plates at temples<br>OPTION: Fingertips to temples                                           |      |
|   | 0:23  | Instr / (Vocals + sirens)  | 4x8  | 2/2 <b>C-CRUNCH</b>                                                                                                        | 4x   |
|   | 0:37  | V1 / I’m after a different | 8x8  | 1/1/2                                                                                                                      | 8x   |
|   | 1:08  | Instr / (Beat)             | 4x8  | 2/2                                                                                                                        | 4x   |
| 2 | 1:23  | (Vocals)                   | 6x8  | <b>TRANSITION:</b> To a <b>SIDE HOVER L</b><br>OPTION: Weight plate in top hand                                            |      |
|   | 1:45  | _ Pick up the phone        | 8x8  | 2/2 <b>ROTATING SIDE HOVER L</b>                                                                                           | 8x   |
|   | 2:16  | V2 / I’m after a different | 8x8  | <b>SIDE HOVER COMBINATION</b> (16cts):<br>1x 2/2 <b>ROTATING SIDE HOVER L</b> (8cts)<br>4x <b>HIP LIFT PULSES L</b> (8cts) | 4x   |
|   | 2:46  | Instr / (Beat)             | 4x8  | <b>SIDE HOVER AND HIP LIFT PULSES L</b>                                                                                    | 16x  |
| 3 | 3:01  | Br /                       | ½x8  | <b>HOLD</b>                                                                                                                |      |
|   | 3:03  | (Vocals)                   | 26x8 | <b>REPEAT BLOCK 2</b> on R side                                                                                            |      |



# 09. PICK UP THE PHONE 4:21mins

## TECHNIQUE AND COACHING

### 1. C-CRUNCH

#### LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution of the C-Crunches to ensure your participants are moving well.

- *Lie down, side-on*
- *Plates or fingertips to temples*
- *C-Crunch up and down*
- *Shoulders off the floor*
- *Knees over hips*
- *Shins parallel*
- **Feel the ribs-to-hips connection as you crunch up**
- **Lower back stays close to the floor as feet lower**
- *This keeps the core engaged*

### 3. ROTATING SIDE HOVER / COMBINATION

#### LAYER 2 / LAYER 3

We repeat the Side Hover on the other side. Coach options to help your participants to success. Challenge them to stay in the workout to the end as we strengthen the core cylinder, getting them ready for their next BODYPUMP workout.

- *Let's nail the precision again on the other side*
- *Our focus is for the body to move as one unit*
- *Square the shoulders and hips to the floor as you come into the Hover*
- *Keep focused on lifting the underside body to fire up your obliques*

### 2. ROTATING SIDE HOVER / COMBINATION

#### LAYER 1 / LAYER 2

- *Setting up for Rotating Side Hover*
- *One weight plate or no weight plate*
- *Elbow under shoulder*
- *Plate in the top arm*
- *One knee to both knees*
- **Back long and straight**
- **Core braced tightly so body moves as one**
- *One knee to 2 knees or pivot on your feet*
- *Every time we come back to Hover, **square hips and shoulders to floor***
- **Focus is to lift the bottom hip off the floor**
- *You can put the weight plate down anytime*
- *Hold and pulse*
- *Push the weight plate up strongly*



# 10. COOLDOWN

## TRACK FOCUS

Connect with your participants through music and movement to stretch each worked muscle group.

|   | MUSIC                           |     | SEQUENCE/EXERCISE                                                                                            |
|---|---------------------------------|-----|--------------------------------------------------------------------------------------------------------------|
| 1 | 0:06 Let me <b>know</b>         | 4x8 | <b>CHILDS POSE</b>                                                                                           |
|   | 0:22 V1 / _ But he can't        | 4x8 | <b>KNEELING HIP FLEXOR STRETCH</b> R, L leg F, R arm up<br>Add Twist, R hand to outside of L thigh after 2x8 |
|   | 0:38 PC / <b>I'm</b> so over    | 4x8 | <b>KNEELING HAMSTRING STRETCH</b> L                                                                          |
|   | 0:54 C / Let me <b>know</b>     | 4x8 | <b>KNEELING HIP FLEXOR STRETCH</b> L, R leg F, L arm up<br>Add Twist, L hand to outside of R thigh after 2x8 |
|   | 1:10 <b>Oh</b> , I'm jealous    | 4x8 | <b>KNEELING HAMSTRING STRETCH</b> R<br>Use the last 8cts to transition to <b>90/90 GLUTE STRETCH</b> L       |
| 2 | 1:26 V2 / <b>You</b> wanna do   | 4x8 | <b>90/90 GLUTE STRETCH</b> L                                                                                 |
|   | 1:42 PC / <b>No</b> girl enjoys | 4x8 | <b>90/90 GLUTE STRETCH</b> R<br>Use the last 8cts to transition to <b>STANDING QUADRICEP STRETCH</b> L       |
|   | 1:58 C / <b>Boy</b> , let me    | 2x8 | <b>STANDING QUADRICEP STRETCH</b> L                                                                          |
|   | 2:06 _ Which one                | 2x8 | <b>STANDING SHOULDER STRETCH</b> L                                                                           |
|   | 2:14 _ I'm jealous              | 2x8 | <b>STANDING QUADRICEP STRETCH</b> R                                                                          |
|   | 2:22 _ I'm jealous              | 2x8 | <b>STANDING SHOULDER STRETCH</b> R                                                                           |
|   | 2:30 Outro /                    | 4x8 | Shake out arms and legs; congratulate your participants                                                      |



# 10. JEALOUS TYPE 2:48mins

## TECHNIQUE AND COACHING

### COACHING TIPS

- *Be descriptive in how to stretch and where your participants should feel it*
- *Acknowledge the effort that's gone into the workout today and congratulate them on completing it!*



45-MIN FORMAT

05. TRICEPS / BICEPS

WEIGHT SELECTION

REGULARS: 1x light–medium barbell and 1x medium–heavy weight plate  
NEW: 1x light barbell and 1x light weight plate

MUSCLE FOCUS

**Standing O/H Tricep Extension/Pushup:** Triceps and deltoids  
**Standing Bicep Curl:** Biceps

TRACK FOCUS

Encourage your participants to challenge themselves as the blocks of work are short and the recoveries are also to short to challenge strength endurance. Coach Execution and transitions well so your class can follow easily through the different exercises.

|   | MUSIC |                | SEQUENCE/EXERCISE                                                                                  | REPS |
|---|-------|----------------|----------------------------------------------------------------------------------------------------|------|
| 1 | 0:05  | Intro /        | 4x8 <b>Set up STANDING O/H TRICEP EXTENSION</b>                                                    |      |
|   | 0:17  | V1 / _ Making  | 8x8 2/2 <b>STANDING O/H TRICEP EXTENSION</b> SET Stance                                            | 8x   |
|   | 0:41  | _ Now now      | 4x8 4/4                                                                                            | 2x   |
|   | 0:53  | Instr / (Drop) | 8x8 1/1/2                                                                                          | 8x   |
| 2 | 1:17  | Br /           | 2x8 <b>TRANSITION:</b> Weight plate down, lift up bar, ready for <b>STANDING BICEP CURL</b>        |      |
|   | 1:23  | V2 / (Rap)     | 8x8 2/2 <b>STANDING BICEP CURL</b> SET Stance                                                      | 8x   |
|   | 1:47  | _ Now now      | 4x8 4/4                                                                                            | 2x   |
| 3 | 1:59  | Br /           | 2x8 <b>TRANSITION:</b> Bar down, lie face down to floor, ready for <b>TRICEP PUSHUP</b>            |      |
|   | 2:05  | Instr / (Drop) | 8x8 1/1/2 <b>TRICEP PUSHUP</b>                                                                     | 8x   |
|   | 2:29  | (Low)          | 4x8 4/4                                                                                            | 2x   |
| 4 | 2:41  | (B up)         | 2x8 <b>TRANSITION:</b> Stand up, lift up bar, ready for <b>STANDING BICEP CURL</b>                 |      |
|   | 2:47  | (Beat)         | 8x8 4x <b>SLOW MID-RANGE PULSE BICEP CURL</b> (16cts) SET Stance                                   | 4x   |
| 5 | 3:11  | Br /           | 2x8 <b>TRANSITION:</b> Bar down, shake out arms, lift up bar, ready for <b>STANDING BICEP CURL</b> |      |
|   | 3:17  | V3 / (Rap)     | 8x8 2/2 <b>STANDING BICEP CURL</b>                                                                 | 8x   |
|   | 3:41  | _ Now now      | 4x8 4/4                                                                                            | 2x   |
| 6 | 3:53  | Br /           | 2x8 <b>TRANSITION:</b> Bar down, lie face down to floor, ready for <b>TRICEP PUSHUP</b>            |      |
|   | 3:59  | Instr / (Drop) | 8x8 1/1/2 <b>TRICEP PUSHUP</b>                                                                     | 8x   |
|   | 4:23  | (Low)          | 4x8 4/4                                                                                            | 2x   |
| 7 | 4:35  | (B up)         | 2x8 <b>TRANSITION:</b> Stand up, lift up bar, ready for <b>STANDING BICEP CURL</b>                 |      |
|   | 4:41  | (Beat)         | 8x8 4x <b>SLOW MID-RANGE PULSE BICEP CURL</b> (16cts) SET Stance                                   | 4x   |
|   |       |                | <b>RECOVERY:</b> Bar down, shake out arms. Bicep and Tricep stretches                              |      |



## 45-MIN FORMAT

# 05. DO IT BAD 5:08mins

## TECHNIQUE AND COACHING

### 1. STANDING OVERHEAD TRICEP EXTENSION

#### LAYER 1

Coach Layer 1 Position and Execution set-up of the standing overhead Tricep Extensions to ensure everyone is moving with good Timing, alignment and feel.

- *Overhead Extensions*
- *2/2 timing*
- **Weight plate to base of neck**
- **Full extension to the top**
- **Elbows in**
- *Shoulders down*
- **Core braced and squeeze glutes to stabilize body**
- *Can you squeeze your elbows in to maximize the isolation?*

### 2. STANDING BICEP CURL

#### LAYER 1

We move to the Bicep Curl with the barbell. Use Layer 1 Position and Execution cues to get your participants moving with great Timing, range and control, hooking them into the feel and strength of the song.

- *Grab your barbell*
- Find strong **SET Position**
- *2/2 Curl*
- **Abs braced, chest lifted**
- *Squeeze the shoulder blades together and set the scapula*
- **Bar to shoulders**
- **Lower all the way down to thighs**
- *Keep the elbows close to body*
- **Elbows under the shoulders**
- *We are aiming for less swing, more activation*
- *This is all about control*

### 3. TRICEP PUSHUP

#### LAYER 1 / LAYER 2

A short block of Tricep Pushups to challenge body weight. Give options, Target zones and Motivation to help all your participants to be successful.

- *Down to the floor*
- *Tricep Pushups*
- *On knees or toes*
- **Hands shoulder-width apart**
- **Chest to elbow level**
- **Elbows close to the ribs**

### 4, 5, 6 & 7. STANDING BICEP CURL / TRICEP PUSHUP

#### LAYER 2

A short set of Bicep Mid-range Pulses, then back to the Pushups and final set of Bicep Curls to finish off the arms. As participants become fatigued they might lose their Timing and their range. When we take the time to set people up well, they understand the mechanics of what's moving and what's not moving. Educate them on what good Technique looks and feels like.

- *Short recovery everyone*
- *SET Position*
- *Back to the Bicep Curls*
- *Inch above and below the halfway mark*
- *This track is trying to knock us down!*
- *We can feel the load*
- *Hit the floor for Pushups*
- *Challenge yourself now*
- *Nail the target – chest to elbow level*
- *Final set with the barbell – finish strongly*

### PUMP FACT

Supersetting between the biceps and triceps not only keeps the intensity high, it also allows us to use more resistance due to the shorter working blocks.



45-MIN FORMAT

07. LUNGES / SHOULDERS

WEIGHT SELECTION

REGULARS: 1x light–medium barbell or 2x light weight plates

NEW: 1x light barbell or 2x light weight plates

MUSCLE FOCUS

Deltoids, trapezius, muscles of the upper back, glutes, quads, core and posterior chain

TRACK FOCUS

Coaching focus is on integrating the connection from the lower to upper body. We optimize functional strength, building fatigue super-fast through muscular endurance. Clear set-up of alignment, along with early pre-cues, is essential to enable your participants to follow easily.

|   | MUSIC |               | SEQUENCE/EXERCISE                                                         | REPS |
|---|-------|---------------|---------------------------------------------------------------------------|------|
| 1 | 0:05  | Intro /       | 4x8 Set up SET Position<br>SHOULDER ROLL                                  |      |
|   | 0:12  | (Fast rap)    | 4x8 4/4 STANDING UPRIGHT ROW SET Stance                                   | 1x   |
|   | 0:34  | _ To di place | 4x8 1/1/2                                                                 | 4x   |
|   | 0:49  | (Drop)        | 8x8 1/2/1 CLEAN HOLD and 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R (16cts) | 4x   |
|   | 1:19  | (Synth beat)  | 4x8 2/2 STANDING UPRIGHT ROW                                              | 4x   |
|   | 1:33  | (Clap)        | 4x8 1/2/1 CLEAN HOLD and 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R (16cts) | 2x   |
| 2 | 1:48  | (Horns)       | 3x8 TRANSITION: Bar down, lift up weight plates, set up LUNGE L           |      |
|   | 1:56  | (Rap)         | 1x8 2/2 LUNGE L, R leg B                                                  | 1x   |
|   | 2:03  | (Fast rap)    | 4x8 2/2                                                                   | 4x   |
|   | 2:18  | _ To di place | 4x8 1/1/2 LUNGE L with 1/1/2 SIDE RAISE                                   | 4x   |
|   | 2:32  | (Drop)        | 8x8 1/2/1 LUNGE L with 1/1/1/1 SIDE RAISE / FORWARD PRESS                 | 8x   |
| 3 | 3:01  | (Beat)        | ½x8 HOLD                                                                  |      |
|   | 3:04  | (Synth beat)  | 7x8 TRIPLE-PULSE LUNGE L                                                  | 7x   |
|   | 3:30  | (Beat)        | 1x8 HOLD                                                                  |      |
|   | 3:32  | (Drop)        | 7x8 1/1/2 LUNGE L with 1/1 SIDE RAISE / FORWARD PRESS                     | 7x   |
| 4 | 4:00  | (Horns)       | 4x8 RECOVERY: Shake out legs and change sides                             |      |
|   | 4:14  | (Fast rap)    | 4x8 2/2 LUNGE R                                                           | 4x   |
|   | 4:29  | _ To di place | 4x8 1/1/2 LUNGE R with 1/1/2 SIDE RAISE                                   | 4x   |
|   | 4:43  | (Synth drop)  | 8x8 1/1/2 LUNGE R with 1/1 SIDE RAISE / FORWARD PRESS                     | 8x   |
| 5 | 5:12  | (Beat)        | ½x8 HOLD                                                                  |      |
|   | 5:15  | (Synth beat)  | 7x8 TRIPLE-PULSE LUNGE R                                                  | 7x   |
|   | 5:40  | (Beat)        | 1x8 HOLD                                                                  |      |
|   | 5:44  | (Drop)        | 7x8 1/1/2 LUNGE R with 1/1 SIDE RAISE / FORWARD PRESS                     | 7x   |



## 45-MIN FORMAT

# 07. GANGSTA (DJ FADE & JASON JULIAN REMIX)

6:13mins

## TECHNIQUE AND COACHING

### 1. STANDING UPRIGHT ROW / CLEAN HOLD AND ALTERNATING BACKWARD-STEPPING LUNGE

#### LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution set-up of the Upright Row, which builds into the Alternating Lunges with Clean. This is a Technical move, so focus on Timing, range and Precision of movement.

- Upright Row
- **Bar stops at lower chest**
- **Bar stays close to body**
- **Abs braced, chest lifted**
- **Elbows lead the movement**
- Lunge and Clean
- **Bar stays close to the body**
- **Long step back on the Lunge**
- **Catch the bar on the collarbones**
- Alternate the legs
- **Front thigh parallel**
- Upright Row 2/2
- We are going back into the combination
- Lock the core before you move

### 2 & 3. LUNGE WITH SIDE RAISE / FORWARD PRESS

#### LAYER 1 / LAYER 2

Switching to light weight plates for Lunges with shoulder exercises. Coach Position and Execution for Precision where we challenge with Pulses, building massive tension and strength endurance.

- Barbells down, weight plates up
- **Left leg long, step back**
- **Square hips and shoulders to front**
- **Back knee down, front knee out over toes**
- **90-degree Lunge**
- Side Raise, **elbows under shoulders**
- Add on the Front Press
- **Weight plates stop under the shoulder line**
- Keep the chest lifted and the scapula engagement in the back body as you do the Forward Press
- Focus on nailing the range of the Lunges for full integration of lower and upper body

### 4 & 5. LUNGE WITH SIDE RAISE / FORWARD PRESS

#### LAYER 2 / LAYER 3

We stay with the light weight plates and repeat the Lunges, all on the other side. Motivate your participants to stay in the work and not to check out. What will you say and do to hold them there?

- Both legs – shake them out
- Stability and integration
- Stable lower body to integrate the upper body
- Keep the weight plates flat
- Stay in the load
- Keep bending the back knee to keep the load integrated
- 3 Pulses – we are at the end
- Stay in the work and be proud of yourself
- Driving straight up
- Isolate and integrate

#### PUMP FACT

Integrating Lunges with upper body exercises requires strong core activation to achieve Precision in our movement patterns.



# 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.

