



BODYCOMBAT 100



Presenters L-R:

Back row: Eileen Post (Germany), Raïssa Vanfleteren (Netherlands),
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Sebastian Jaramillo (Germany), Kenshin Tani (Japan)

Middle row: Mai Sato (Japan), Vili Fifita (New Zealand), Stephanie Angkiriwang (Indonesia)

Front row: Marlon Woods (United States), Lula Slaughter (United States), Natasha Vincent (New Zealand),
Meno Thomas (New Zealand)

Get ready to unleash 25 years of power, passion and perseverance in the ultimate BODYCOMBAT 100! Join us as we celebrate a quarter-century of fitness, fierceness and fighting spirit.

From the first Jab to the final Kick, feel the adrenaline surge as we honor the journey of strength and determination. Together, we've conquered every challenge, smashed every barrier and ignited countless transformations.

Let's raise the bar, break boundaries and show the world what we're made of. BODYCOMBAT 100 is not just a milestone, it's a testament to our unstoppable drive, our unwavering commitment and our unbreakable unity.

Join the celebration – with 100 presenters and shadows, feel the energy and unleash your warrior within. Together we'll write the next chapter of greatness in the history of BODYCOMBAT. Are you ready to conquer 100?

Let's do this!

#BODYCOMBAT100 #UnleashTheWarriorWithin

Dan, Rach and the BC Creative Team

Keep it real and stay with the fight!

Dan Raeh

BODYCOMBAT 100

GLOSSARY

MUSIC

EXPRESS FORMATS

01A. UPPER BODY WARM-UP

01B. LOWER BODY WARM-UP

02. COMBAT 1

03. POWER TRAINING 1

04. COMBAT 2

05. POWER TRAINING 2

06. COMBAT 3

07. MUAY THAI

08. POWER TRAINING 3

09. CONDITIONING

10. COOLDOWN

BONUS

03. POWER TRAINING 1

BONUS

04. COMBAT 2

BONUS

06. COMBAT 3

BONUS

07. MUAY THAI

BONUS

08. POWER TRAINING 3

DECLARATION OF INTENT

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GLOSSARY

FRONT STANCE

STANCE

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

COACHING

Layer 1

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

COMBAT STANCE

STANCE

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

Variation 1:

- Boxing – back heel lifted, balanced weight distribution

Variation 2:

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

Variation 3:

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

COACHING

Layer 1

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

BOXING GUARD

STANCE

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

COACHING

Layer 1

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

MARTIAL ARTS GUARD

STANCE

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

COACHING

Layer 1

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



GLOSSARY

JAB

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

CROSS

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

HOOK

GUARD

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

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

UPPERCUT

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

FRONT KNEE

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

FRONT KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

ROUNDHOUSE KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

BACK KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

SIDE KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

JUMP KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

DESCENDING ELBOW

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

ASCENDING ELBOW

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

RISING BLOCK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

MID BLOCK / OUTER BLOCK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

LOW BLOCK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



MUSIC

- 01A

Barricade (Radio Edit) (5:03)
Axwell
© 2016 Axtone Records Ltd.
Written by: Hedfors, Ingrosso, Santos, Pontare, Al Fakir, Fondell, Sodahl
- 01B

Tambor (4:07)
Sak Noel
© 2023 Barnaton.
Written by: Noell
- 02

Don't Stop (5:19)
MUZZ
© 2023 UKF.
Written by: Alobaidi
- 03

Make No Sound (4:49)
Brookes Brothers feat. Liam Bailey
© 2020 Drum&BassArena.
Written by: L. Brookes, P. Brookes, Bailey
- 04

Winning Time (6:53)
Joznez & Bazanji feat. Marvin Brooks
© 2023 2WEI Records / Position Music.
Written by: Vorlander, Heeger, Loeffler, Kucklack, Albarazanji
- 05

Woofa Killa (2:28)
Dan Aux
Courtesy of Les Mills Music Licensing Ltd.
Written by: Matthews
- Circles** (2:11)
I See MONSTAS
Courtesy of the Universal Music Group.
Written by: Lowe, Christopher, Morris, Sandilands
- Circles** (2:06)
I See MONSTAS
Courtesy of the Universal Music Group.
Written by: Lowe, Christopher, Morris, Sandilands
- 06

Ravers (4:55)
Tujamo & TV Noise
© 2023 STMPD RCRDS B.V.
Written by: Salomons, Gelderblom, Richter, Hendriks
- 07

We Can't Stop (5:39)
AFROJACK, Timmy Trumpet & Lil Jon
© 2024 Tomorrowland Music.
Written by: van de Wall, T. Smith, J. Smith, Bunawan

- 08

Ready To Fly (1:40)
Sub Focus & Dimension
Courtesy of the Universal Music Group.
Written by: Hill, Douwma, Etheridge
- Ready To Fly** (3:01)
Sub Focus & Dimension
Courtesy of the Universal Music Group.
Written by: Hill, Douwma, Etheridge
- 09

Woke Up This Morning (4:22)
FLAME feat. Wes Writer
© 2019 Clear Sight Music.
Written by: Grey, Smith, Mashell Leroy
- 10

Bring The Whole Hood (3:06)
Evvie McKinney
Courtesy of the Universal Music Group.
Written by: Trainor, Hindlin, Wells, McKinney
- 10

Bring The Whole Hood (0:22)
Evvie McKinney
Courtesy of the Universal Music Group.
Written by: Trainor, Hindlin, Wells, McKinney
- BONUS

03

Give It All (5:55)
Laminar & Dan Aux feat. Ruth Royal
Courtesy of Les Mills Music Licensing Ltd.
Written by: Matthews
- BONUS

04

I Am The Hype (Dan Aux Remix) (4:50)
St Urbain feat. INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Yeh, Tyson
- BONUS

06

East Bounce (Extended Mix) (4:46)
Curbi
© 2024 Seeing Is Believing.
Written by: Curwen-Bingley
- BONUS

07

Run The Show (5:44)
Freaks & Geeks feat. Flowdan
© 2023 Elevate Records.
Written by: Desborough, Brokhurst, Vieira
- BONUS

08

Kick It Down (5:01)
Dan Aux
Courtesy of Les Mills Music Licensing Ltd.
Written by: Matthews
- ALT

09

Used To (4:22)
Nbhd Nick
Courtesy of Epidemic Sound.
Written by: Unknown



TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music, but participants will also experience the magic, excitement and training effect of the new launch tracks.

KEY

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

HEY INSTRUCTORS

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

RELEASE FEEDBACK

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

EXPRESS FORMATS

45-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 04	Combat 2
Track 05	Power Training 2
Track 06	Combat 3
Track 07	Muay Thai
Total Time	43:30

30-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai
Track 09	Conditioning
Total Time	29:19

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

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



NEW MIXED EXPRESS FORMATS

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

45-MINUTE FORMAT

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

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

30-MINUTE FORMAT

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

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

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



01A. UPPER BODY WARM-UP

TRACK FOCUS

BODYCOMBAT 100 is here!

Start the celebrations early with a banger of a Warm-up! Setting up our participants for success from the beginning is our focus. Clearly stating move names, directions and safety points will help them feel competent and confident. Alongside this, enjoy the hype of welcoming your class to this landmark release!

FEEL

The empowering lyrics “we are the future, live today!” says it all. There is drama, high energy and positive vibes in abundance. Let the epic music and moves light up the room as you hook into the celebratory feels from the ‘get-go’!

MARTIAL ARTS

Boxing and Karate

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / (Instr)	2x8	L Combat Stance	16	
0:12	QC / We are the future, live today!	3x8 A	L JAB x2 PULSE F, B x2	4 4	3x
0:22	B up / We are the future, live today!	3x8 A ¹	L JAB PREVIEW: L Jab, R Cross x2, L Jab x2 on last 8cts	2	12x
0:32	C / Get up erase the barricade! _	4x8 A ²	L JAB , R CROSS x2 L JAB x2 PREVIEW: Add Bob on last rep	4 4	4x
0:46		8x8 A ³	L JAB , R CROSS x2 L JAB , BOB L JAB NOTE: Add Step F on last Jab after 4 reps	4 2 2	8x
1:13	Br /	4x8 B	SHUFFLE F R CROSS SHUFFLE B L HOOK	3 1 3 1	4x
1:27	C / Get up erase the barricade _	8x8 C	L HOOK , R UPPERCUT , L HOOK R, L SCISSOR x2 OPTION: Squat instead of Scissors	4 4	8x
1:55		4x8 D	FRONT STANCE SHUFFLE R JUMPING JACK x2, reach down R, L SHUFFLE L JUMPING JACK x2, reach down L, R OPTION: Squat instead of Jumping Jacks	4 4 4 4	2x
2:09	Br /	2x8	A-Frame Arms to finish. Transition to R Combat Stance	16	
2:16	We are the future		REPEAT SEQUENCES A – D on R		
4:13	Br /	2x8	A-frame Arms. Hands circle forward, palms open and face down, roll hands into fists and pull to ribs	8 8	
4:20	V1 / _ Breathe in, blow out	4x8 E	R SIDE LUNGE (R knee bent, L leg straight), L LOW BLOCK L MID BLOCK L LOW BLOCK (slow) Repeat on other side	2 2 4 8	2x
4:33	_ Breathe in, blow out	4x8 F	L, R, L KARATE PUNCH R, L, R KARATE PUNCH	4 4	4x
4:49	The barricade, the barricade	4x8 E	R SIDE LUNGE (R knee bent, L leg straight) – L LOW BLOCK L MID BLOCK L LOW BLOCK (slow) Repeat on other side	2 2 4 8	2x
5:00	Barricade	½x8	A-frame Arms to finish	4	



01A. BARRICADE (RADIO EDIT) 5:03mins

TECHNIQUE AND COACHING

JAB, CROSS x2, JAB, BOB, JAB COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Double right Jab, Pulse forward and back*
- *Target is nose, lip or chin*
- *Big knuckles strike*
- **Keep elbow soft**
- *Continuous Jab, non-stop*

JAB, CROSS COMBINATION

- *Jab, Cross four and double Jab*
- **Release back heel on the Cross**
- **Elbow soft on Cross**

Add Bob:

- *We're going to add on Jab, Bob and Jab*
- *4, 3, 2, 1 – Jab, Bob, Jab*
- *Brace core*

Add Step on last Jab:

- *If you want to, add a little step on the last Jab*
- *Push off from your back foot*
- *Knees soft*

LAYER 2

- *Actively crunch your abs in the Bob*
- *Shift your body weight forward as you step into the last Jab*
- *Getting those fast-twitch muscle fibers working!*

HOOK, UPPERCUT, HOOK AND SCISSOR COMBINATION

LAYER 1

- *Hook, Uppercut, Hook*
- *Scissors, left and right*
- *90-degree bend in elbows on Hooks*
- *Target the jaw of your imaginary opponent*
- **Release your heel and turn your knee, hip and body**
- **Abs braced**
- *Aim for the chin on the Uppercuts*
- *Use front two knuckles to strike*
- **Knees bent on Scissors**

LAYER 2

- *Light on the feet in Scissors*
- *Our Hook is a circular strike – bring it around to warm up the waist*
- *Release heels on punches to allow an unwinding and rotating of the body*

LAYER 3

- *Start to feel the buzz, the best is yet to come!*
- *Option: Squat instead of Scissors*

SHUFFLE AND JUMPING JACK WITH REACH DOWN

LAYER 1

- *Front Stance*
- *Shuffle left*
- *2 Jacks – reach down left, right*
- *Shuffle right*
- *2 Jacks – reach down right, left*
- **Chest up, hips back and knees out over toes**
- **Bend knees as you land the Jumping Jacks**

LAYER 2

- *Drive the floor away as you lift up*
- *One hand stays in Boxing Guard as other hand reaches down*

LAYER 3

- *Looking good team!*
- *Feel the warmth in the legs*
- *Option: Squat and Reach Down instead of Jumping Jacks*



01A. BARRICADE (RADIO EDIT) 5:03mins

TECHNIQUE AND COACHING

LOW, MID, LOW BLOCK KATA

LAYER 1

- Feet outside hip-width, chest up
- Roll fists to ribs
- Low Block, Mid Block – right arm
- Bend left knee, straighten right leg
- Slow Low Block, left
- Switch sides
- Lift chest and brace core tightly

LAYER 2

- Gently shift the body, nice and light
- Get the timing first
- Soft knees, strong posture
- Grounded to the floor

LAYER 3

- Get the feelings of this disciplined Martial Art style

KARATE PUNCH SEQUENCE

LAYER 1

- New move – Karate Punch
- Right, left, right
- Switch – left, right, left
- Target the sternum of opponent
- **Elbow soft**
- Freeze the last strike for a split second
- **Chest lifted and abs braced**

LAYER 2

- Push knees out and sink into Wide Karate Stance
- Shoulders are back and down
- Relax until the moment of impact

LAYER 3

- Excellent control!

TIPS

FUNDAMENTALS

WHY?

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

WHAT?

Keep using the Layer 1 coaching cues and be clear with RIGHTS and LEFTS, directional changes and names of ALL strikes, including target zones, ranges of motion, and the number of reps.

Use clear coaching to build the first big combination of BODYCOMBAT 100! We progressively build by adding speed, Strikes, defensive moves and an agile step. When the full combination and beat drops, it's the perfect way to kick off this milestone release!

HOW?

Create a functional language that can be used throughout the workout to connect with and motivate your participants.



01B. LOWER BODY WARM-UP

TRACK FOCUS

Time to prepare the lower limbs with mobility and warmth. The aim is to seamlessly flow through the various moves with clear and concise Layer 1 coaching.

By providing early pre-cues, we can ensure our participants follow along successfully.

FEEL

Put your hands up for this epic Lower Body Warm-up! There are beautiful moments of contrast from calm to crazy. Manage the energy here to match the ever-changing feels.

MARTIAL ARTS

Kick-boxing, Muay Thai, Tae Kwon Do

MUSIC		EXERCISE		CTS	REPS
5:02	Intro / (Beats)	2x8	A Front Stance SQUAT PULSE – Cross Block arms	2	8x
5:09	Hands up, put your hands up	2x8	B L ADDUCTOR STRETCH – double pulse (hands on L thigh) R ADDUCTOR STRETCH – double pulse (hands on R thigh)	4	2x
5:16	B up / Hands up , hands up,	2x8	B ¹ L, R ADDUCTOR STRETCH – hands on thighs Roll up to standing on last 4cts	4	3x
5:23	C / (Beats and percussion)	4x8	C L HIP ROLL STEP L, R, L R HIP ROLL STEP R, L, R	1 3 1 3	4x
5:38	Put your hands up _	4x8	C ¹ L KNEE x3 STEP L, R, L R KNEE x3 STEP R, L, R	5 3 5 3	2x
5:52	Br / (Calm sounds)	4x8	D L Combat Stance L ROUNDHOUSE KICK SET-UP PULSE OTS	4 4	4x
6:06	B up / Put your hands up _	8x8	D ¹ L ROUNDHOUSE KICK PULSE OTS NOTE: Increase height of kick after 4 reps TRANSITION: Front Stance on last 4cts	4 4	8x
6:34	Br / (Drumming)	½x8	Hold in Front Stance with Martial Arts Guard, facing L	4	
6:36	C / (Beats and percussion)	8x8	E L SIDE KICK PULSE OTS	4 4	8x
7:05		4x8	A A-frame Arms (2cts) REPEAT SQUAT PULSE – Cross Block arms	2 2	7x
7:12	Hands up, put your hands up	2x8	B R ADDUCTOR STRETCH – double pulse (hands on R thigh) L ADDUCTOR STRETCH – double pulse (hands on L thigh)	4 4	2x
7:18	Hands up, put your hands up	2x8	B ¹ R, L ADDUCTOR STRETCH – hands on thighs Roll up on last 4cts	4	3x
7:25	(Beats and percussion)	4x8	C R HIP ROLL STEP R, L, R L HIP ROLL STEP L, R, L	1 3 1 3	4x
7:40	C / Put your hands up _	4x8	F R FRONT KICK STEP L, R, L L FRONT KICK STEP R, L, R	1 3 1 3	4x
7:54	Br / (Instr)		REPEAT SEQUENCES D to E on R		



01B. TAMBOR 4:07mins

TECHNIQUE AND COACHING

HIP ROLL, 3 STEPS, FRONT KNEE/FRONT KICK SEQUENCE

LAYER 1

- Front Stance
- Boxing Guard
- Hip Roll – right leg
- 3 Steps to switch
- Hip Roll – left leg
- Knee lifts forward, up and circles out and round

Add on Knees:

- 3 right Knees
- 3 Steps to switch
- 3 left Knees
- Strike with top of your knee, aim for stomach
- **Shoulders back, abs braced to protect lower back**
- Knee lifts above waist and pull hands down to hip

Add on Front Kick (second round):

- Left leg Front Kick
- 3 Steps to switch
- Right leg
- Use the ball of the foot to strike
- Aim for knee or stomach of your opponent
- Soft knee on the Kick

LAYER 2

- Point your toes down to sharpen your knee Strike
- If you are feeling good, add a little Hop on the Knees
- Swing your arm down on the Front Kick, that's going to free up the hip
- Option: No hop on Knees – stay grounded, kick low

ROUNDHOUSE KICK

LAYER 1

- Right Combat Stance
- Roundhouse Kick set-up to the front
- **Set back heel towards target**
- Right shin parallel to the floor
- Aim low towards knee level
- Extend leg and strike with top of foot or shin
- Chest up and brace abs as you lean away

LAYER 2

- Think about opening and closing the knee joint
- Line up the hip, shoulder and engage the core
- Imagine your leg is a towel whipping a punchbag

LAYER 3

- Who can hold the Kick out for half a second? I'll take a picture! How cool does that look and feel?
- Option: Kick low

SIDE KICK

LAYER 1

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

LAYER 2

- Imagine driving your feet through the punchbag
- Focus on the inward pull and outward push of the Kick

LAYER 3

- Are your legs, glutes and hips warm?
- Option: Kick low



01B. TAMBOR 4:07mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

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

WHAT?

Focus on Layer 1 coaching. Be clear with RIGHTS and LEFTS, directional changes, and names of ALL the strikes.

HOW?

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



02. COMBAT 1

TRACK FOCUS

Speed and power come alive with Kick-boxing and Tae Kwon Do combinations! Focus on coaching Layer 2 ‘how’ and ‘why’ cues as participants experience offensive and defensive moves. Explain how to increase their results by understanding how to execute each movement with maximum speed, power and precision.

FEEL

Time to get down with the rhythm and don’t stop! Enjoy bringing the ‘feels’ alive in this epic Combat 1 track. Showcase your authentic performance as you blend the music and moves together in your own unique way.

MARTIAL ARTS

Kick-boxing and Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8		L Combat Stance	16	
0:06	They can’t touch that _	6x8	A	L JAB x2	2	6x
				R CROSS	2	
				L, R UPPERCUT	4	
0:23	V1 / Everybody feel it come around	8x8	A ¹	L JAB x2	2	4x
				R CROSS	2	
				L, R UPPERCUT	4	
				L KNEE x2	4	
				PULSE OTS	4	
0:45	C / We gettin’ down with the	12x8	A ²	PREVIEW: Add Front Kick on last rep		6x
				L JAB x2	2	
				R CROSS	2	
				L, R UPPERCUT	4	
				L KNEE	2	
				L FRONT KICK	2	
				PULSE OTS	4	
1:19	Don’t stop , don’t stop	4x8	B	L, R RUNNING KNEES	4	8x
1:30	V2 / Everybody feel it come around	1x8		L KNEE to finish Recover and transition to L Combat Stance	8	
1:33	It’s the sound everybody	7x8	C	STEP B – L SHIELD	4	7x
				STEP F – STRIKING GUARD PREVIEW: Add Roundhouse Kick on last rep	4	
1:53	C / (Electro drop)	12x8	C ¹	STEP B – L SHIELD	4	12x
				STEP F (L, R) – L ROUNDHOUSE KICK OPTIONS: Micro Hop on Shield for last 4 reps or stay grounded	4	
2:27	Don’t stop , don’t stop	4½x8	B	L, R RUNNING KNEES L KNEE to finish	4 4	8x
2:40	Br / (Fade out)	2x8		Recover and transition to R Combat Stance	16	
2:45	They can’t touch that _			REPEAT on R		



02. DON'T STOP 5:19mins

TECHNIQUE AND COACHING

DOUBLE JAB, CROSS, UPPERCUT x2, FRONT KNEE AND FRONT KICK COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Double Jab, Cross, Uppercut right, left*
- *Target nose, lip or chin on Jab, Cross*
- **Soft elbows on Jab and Cross**
- *Target the chin on Uppercuts*
- *Strike with front two knuckles*

Add on Front Knee:

- *Add on 2 right Knees*
- *Pulse on the spot*
- *Aim knee to groin or stomach height*
- **Abs braced to protect lower back**

Add on Front Kick:

- *Add some speed, add a Front Kick*
- *Drive with ball of foot*
- **Slight lean back, abs braced to protect lower back**
- *Target thigh, stomach or chest level*

LAYER 2

- *Bend your knees on the Uppercuts, roll your shoulders forward and punch hard up and under*
- *Southpaw to Orthodox – left leg in front*
- *Stick your foot on your opponent's chest so the referee has to score the point*

LAYER 3

- *Who's ready for some Kick-boxing training?*
- *Let's "Get down with the rhythm!"*
- *BODYCOMBAT isn't just about punching and kicking to music, it's a feeling – to be the best version of yourself*
- *Option: Kick low*

RUNNING KNEES

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Running Knees – right and left*
- *Knee towards stomach*
- *Strike with top of knee*
- *Reach hands up and pull down to outside of hip*
- *Shoulders forward and hips back*

LAYER 2

- *Swing your hips back, then push them forward*
- *Cycle your legs to create momentum*
- *Pull down hard with your arms to work your abs*

LAYER 3

- *Can you hold them in the clinch? Confuse them so they don't know which way is up!*
- *How are you feeling? "Don't stop, don't stop!"*
- *Option: Stay grounded on knees*



02. DON'T STOP 5:19mins

TECHNIQUE AND COACHING

SHIELD AND ROUNDHOUSE KICK COMBINATION

LAYER 1

- *Right Combat Stance*
- *Step back, left foot*
- *Shield, right leg*
- *Bring your knee to your elbow*
- *Right arm vertical, left arm horizontal*
- *Squeeze your core muscles tightly to stabilize*

Add Roundhouse Kick:

- *Roundhouse Kick, right leg*
- **Set back heel towards target**
- *Kick with shoelaces or lower shin*
- *Aim for knee, stomach or chest*
- *Knee soft as you strike*

Add Micro Hop on Shield:

- *If you want to, add a Micro Hop*
- **Soft knee on landing**

LAYER 2

- *After defending, we attack – throw the offensive Strike!*
- *As you lift your knee, brace to absorb their Kick, then counter-strike with yours*
- *Lure them into a false sense of security, and when they get there, give them the good news!*
- *The sword doesn't go in diagonally, it goes in horizontally*

LAYER 3

- *A shield and a sword – how sharp is your blade?*
- *Be sharp, dynamic and reactive – that's Tae Kwon Do!*
- *Options: Kick low, no Micro Hop – stay grounded*

TIPS

FUNDAMENTALS

WHY?

This track features two awesome combinations, each one followed immediately with Running Knees. It heightens the cardio training from the Warm-up track and has a strong focus on speed, power and precision with pockets of explosive strikes to elevate the heart rate – bringing a sense of style and feels very early on.

WHAT?

Two combinations, training offensive and defensive moves. Each combination is inspired by its own unique Martial Art.

Combination 1:

Kick-boxing is first up. Here we work on speed and power utilizing Punches, Knees and Kicks. This is a full-body, integrated combination to kick things off in style!

Combination 2:

Tae Kwon Do is next. This time we blend a defensive and offensive move together to form our lower-body-focused combination. Precision is a focus here in order to block an attack and counter-strike to score the point.

Running Knees:

After Combination 1 and 2, we move straight into Running Knees. This is designed to test your cardiovascular fitness and lower-body muscular endurance.

HOW?

The focus points are:

Combination 1:

We gradually build into this one by mastering the basics before adding power in the Punches and Knees followed by speed in the Kicks. Kick-boxing is a little raw, a touch of aggression and full of confidence! Use the cool lyrics here to bring your own Performance to life with confidence, fun and authentic Technique.

Combination 2:

This is our lower-body-focused Tae Kwon Do combination, initially starting with the Shield – a defensive move designed to block a kick. We then layer in the counter-strike, a fast and precise Roundhouse Kick. Adding the optional Micro Hop is our final layer of choreography in this combination. This provides more complexity, propulsion and heart rate elevation; it's a little fancy, just like Tae Kwon Do!

Running Knees:

Finish each round of combinations with steadfast Running Knees. Maximize your cardiovascular fitness while overloading your lower body and core. At this point we are pre-fatigued, so the mindset of a champion is needed here to reach the final bell together!



03. POWER TRAINING 1

TRACK FOCUS

We bring a little fancy footwork to lift the heart rate here!

Teach participants how to transfer power from the legs, through the core, into the upper body. This is authentic Boxing training at its best!

FEEL

An uplifting song with great contrast along the way. Tap into the feel of Boxing in this first cardio spike. We do this by role-modeling and coaching speed in the Jabs and power in the Hooks while integrating our lower and upper body together through our powerhouse – the core!

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / I know, I'm not perfect	8x8		L, R RUN OTS	2	32x
0:22	QC / I know what to do	8x8	A	L Combat Stance L JAB , R CROSS x4 L BODY SHOT x2 L HOOK PREVIEW: Add Power Hook on last rep	8 4 4	4x
0:44	C / (Drop)	16x8	A¹	L JAB , R CROSS x4 L BODY SHOT x2 L POWER HOOK – JUMP F JUMP B	8 4 2 2	8x
1:28	Make no sound _	4x8	B	Front Stance L, R JAB	2	16x
1:39	V2 / I know, I'm not perfect	8x8		L JAB to finish. Recover R, L RUN OTS TRANSITION: R Combat Stance on last 4cts	16 2	24x
2:01	QC / I know what			REPEAT SEQUENCES A – B on R		
3:18	V3 / You showed me life	4x8		Recover and transition to Front Stance on last 4cts	32	
3:29	You could shine forever	16x8	C	L UPPERCUT x3 L HOOK JUMPING JACK x4 R UPPERCUT x3 R HOOK JUMPING JACK x4 OPTION: Squat x2 instead of Jumping Jack	6 2 8 6 2 8	4x
4:03	C / (Drop)	8x8	C¹	L, R JAB x4 L UPPERCUT x3 L POWER HOOK R, L JAB x4 R UPPERCUT x3 R POWER HOOK	8 6 2 8 6 2	2x
4:25	I know what to do	8x8	B	L, R JAB	2	64x



03. MAKE NO SOUND 4:49mins

TECHNIQUE AND COACHING

JAB, CROSS x4, BODY SHOT x2 AND POWER HOOK COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, Cross – 8 times*
- *2 Body Shots*
- *1 Hook*
- *On Jab, Cross – target the nose with front two knuckles*
- **Soft elbow**
- *Hit the ribcage on Body Shots*
- *Target side of face on Hooks*
- *Bend knees on Body Shots*
- **Turn hips and release heel on Body Shots and Hooks**

Add on Power Hook:

- *Power Hook – Jump forward and back*
- *Land with soft knees. Two feet take off, two feet land*
- *Return to Stance with Boxing Guard*

LAYER 2

- *Avoid going too wild. Set yourself up from the floor up – wide base*
- *Back foot moves forward and back – reset your Stance. Shuffle your feet like a domino*
- *Elbows in close to make an impenetrable guard*
- *Change levels – transfer power out of the legs into the Power Hook*

LAYER 3

- *Looks pretty good, my friends!*
- *Can you feel your heart rate rising through the ceiling?*

JABS

LAYER 1

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

LAYER 2

- *Chin tucks in and relax your shoulders to extend your range*
- *Rotate from center of your chest and roll your shoulders*
- *This is our flow state – flow-pattern choreography*

LAYER 3

- *Who's got a need for speed? Let's go!*
- *The moment is here – take your opportunity to shine*
- *This is it – heart pumping, muscles burning, just what being alive feels like*



03. MAKE NO SOUND 4:49mins

TECHNIQUE AND COACHING

JAB x8, UPPERCUT x3, POWER HOOK COMBINATION

LAYER 1

- *Front Stance*
- *Boxing Guard*
- *3 Uppercuts – right arm*
- *1 Hook*
- *4 Jumping Jacks – in, out*
- *Left side is the same*
- *Aim for the chin on the Uppercuts*
- *Target side of face on Hooks*

Add Jabs:

- *8 Jabs – right, left*
- *3 right Uppercuts – right Power Hook, jump left*
- *8 Jabs – left, right*
- *3 left Uppercuts – left Power Hook, jump right*

LAYER 2

- *Like a boxer, land lightly on your feet and make no sound!*
- *Integrating lower and upper body through a strong core as you spring into the Power Hook*

LAYER 3

- *Who can land the Power Hook silently? "Make no sound!"*
- *So good for your shoulders and obliques, shaping and strengthening!*
- *Option: Squat instead of Jumping Jack*

TIPS

FUNDAMENTALS

WHY?

This is a fast-paced Power Training track with Strikes on and off the spot. This Boxing track challenges our cardiovascular system and delivers great results!

WHAT?

Two awesome Boxing combinations where speed, power, levels and fancy footwork all feature!

We start by elevating the heart rate with High Knee Runs and setting the scene for what's to come.

THEN...

Our first Boxing combination in Combat Stance is built through levels of progression.

This is break-pattern choreography, where we move in and out of continuous tempos/moves. By adding the Power Hook with jump forward and back, we experience various tempos and levels which challenge our integration of lower and upper body.

Teach participants how to use their base to propel power through lower to upper limbs via a strong core. It's 'fancy footwork' which feels so cool and a key component of Boxing training. When we nail this, our use of speed and power can be maximized and enjoyed.

THEN...

We hit continuous Jabs from a Front Stance. This is our holding pattern in a flow-pattern choreography style. Enjoy the golden opportunity to let loose here – as you can switch off your brain and let your body take over!

THEN...

Our second and final combination progressively builds through levels once again. This time, we face our opponent square on in Front Stance using an integration of upper and lower body with lateral movements to lift the heart rate and challenge our muscular endurance.

HOW?

Such a beautiful song – full of emotion and contrast. Bring the music and moves to life with your voice, face and body language. Coach cleverly to help participants understand how to use their legs to drive power and speed into their arms.

When we hit the last set of Jabs, empty the tank to hit your first cardio spike!



04. COMBAT 2

TRACK FOCUS

For BODYCOMBAT 100 we have two brand-new Kicks!

The One Step Vertical Side Kick is first up and there's plenty of reps/time to break it down effectively. This is an advancing movement where we step, then strike on a 45-degree angle. The Axe Kick is our second new kick which is also progressively introduced for participants to grasp a new motor pattern. So cool and so Release 100!

FEEL

Get ready for a dramatic and empowering feel! This track is a musical journey filled with Katas, surprises and options. Enable each and every participant to enjoy this journey by tailoring their intensity to suit.

MARTIAL ARTS

Tae Kwon Do and Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8	KATA		8	
			Step feet wide into Front Stance		8	
			Hands circle forward, palms open and face down, roll hands into fists to ribs		8	
			L hand open and push forward and to L side		8	
			Body weight on R leg, L foot steps in as L hand comes into Guard position		8	1x
0:13	V1 / _ I remember	8x8	A	L BALANCING SIDE KICK	8	8x
0:39	C / Winning time	4x8	B	STEP R, L on 45° angle	4	
				STEP L, R to return	4	4x
				PREVIEW: Side Kick on last rep		
0:52	I been waiting	10x8	B ¹	L ONE-STEP VERTICAL SIDE KICK (Step R, Kick L)	8	10x
				OPTION: Add slight hop after 4 reps		
1:24	Br / (Fade out)	1x8		A-frame Arms	8	
1:27	V2 / I'm on the next level	4x8	C	L KNEE	2	
				L HIP ROLL	6	
				R KNEE	2	
				R HIP ROLL	6	2x
1:41	Feel the rush	8x8	C ¹	L KNEE x2	4	
				L HIP ROLL	4	
				R KNEE x2	4	
				R HIP ROLL	4	4x
				OPTION: Add slight hop on Knees after 2 reps		
				PREVIEW: Add Axe Kick on last rep		
2:07	C / Winning time	8x8	C ²	L KNEE x2	4	
				L AXE KICK	4	
				R KNEE x2	4	
				R AXE KICK	4	4x
				OPTION: Front Kick instead of Axe Kick		
2:32	I been waiting	4x8	D	L COMBAT STANCE		
				L KNEE	2	16x
2:45		4x8	E	L KNEE	2	
				L AXE KICK	2	
				PULSE F&B x2	4	4x
				OPTION: Front Kick instead of Axe Kick		
2:59	Br /	2x8		Freeze Guard to finish	16	
				Recover and transition to Front Stance		
3:06		2x8		KATA – Look to L side		
				R hand pushes from high to mid-line, L hand pushes low to mid-line	8	
				Change hands	8	



04. COMBAT 2

MUSIC			EXERCISE	CTS	REPS
3:11	C / _ I level up	6½x8 B¹	L ONE-STEP VERTICAL SIDE KICK OPTION: Add a Drop Squat as you step back Feet together – L fist to R palm to finish	8	6x
3:31	(Fade out)	2x8	Recover and set up for R BALANCING SIDE KICK	16	
3:39	V3 / _ I remember		REPEAT SEQUENCES A – 2nd B¹ on R NOTE: Sequence A is only 6 reps		



04. WINNING TIME 6:53mins

TECHNIQUE AND COACHING

BALANCING SIDE KICK

LAYER 1

- Weight on your left leg
- Balancing Side Kick, right leg
- Rhythm – up, out, in and tap
- Chest up, **abs braced for stability**
- **Start low and slow**
- Knee soft on Strike
- Stabilizing leg has toes and knee aligned
- Heel up and toes point down on kicking foot

LAYER 2

- This is phase 1 of breaking down the One-Step Vertical Side Kick
- Lock in the control; squeeze your glutes and core

LAYER 3

- You're doing great – it's so hard to balance when your heart rate is going fast!
- Is this your stronger, more balanced side? Prove it
- Who's gonna stop us now? No one!
- Option: Kick low
- This brings a different dynamic and feeling, so enjoy exploring this with your participants

ONE-STEP VERTICAL SIDE KICK

LAYER 1

- Right Combat Stance – on 45-degree angle
- Martial Arts Guard
- One step – right, left – left, right
- Feet cross over
- Stay low in your Stance
- Lift your chest, brace abs
- Find the rhythm

Add on Side Kick:

- One step into right Side Kick
- Keep your kick low and controlled
- Set heel towards target, soften knee and lean away
- Strike with blade of foot, toes turned down, heel up
- Target the knee, groin or hip of your opponent
- Brace abs, lean away and keep chest up
- Rhythm – step, kick, retract, step

LAYER 2

- We are not trying to cover distance, we are thinking vertical – so stay low
- Soft knee landing
- Load the knee and hit the push/pull action
- No jump, no problem – personalize the workout

LAYER 3

- To level up you have to go out of your comfort zone. Who's going there with me?
- You can't be stopped when you are consistent and committed!



04. WINNING TIME 6:53mins

TECHNIQUE AND COACHING

FRONT KNEE x2 AND AXE KICK COMBINATION

LAYER 1

- One right Knee, one right Hip Roll – easy
- Hold, change legs – left side
- We are setting up the second new kick
- As you lean back, **brace abs**

Add on extra Knee:

- 2 Knees
- Circle knee up, in and out

Add a little hop to Knees:

- Add a little bounce if you want to
- Soft knee landing
- As you bring the foot back down, gently bring it in front of the body
- Move light and land ball of foot on floor after Hip Roll

Add on Axe Kick:

- The Axe Kick moves in, out
- It's like the Hip Roll with an extended leg
- Your option is a Front Kick
- **Lean back on the kick and brace abs**
- Avoid moving straight up and down, circle leg and bring toes forward and down

LAYER 2

- Catch your breath and focus on a circular flowing motion
- It's a new move which will take a while to learn; start low and work your way up
- Reach and pull on the knees to work the core
- Imagine the ball of your foot lightly tapping their stomach or chest on the way down

LAYER 3

- It's winning time today and we are winning!
- Don't mess with me – I challenge you to score the point before I do!
- Options: No hop – stay grounded on Knees, Front Kick instead of Axe Kick

TIPS

FUNDAMENTALS

WHY?

To build both confidence and competence – improve timing, kicking techniques and understanding of Tae Kwon Do and Kick-boxing. We focus on balance and control, contrasting with speed and power.

This allows us to move in a way that brings great physical results while enjoying the 'feel' of each unique Martial Art.

This track has two brand-new Kicks:

One-Step Vertical Side Kick

We start this track with the Balancing Side Kick. This allows our body to practice the load/retract phase plus core control (necessary for a great Side Kick). We then move into the one step forward and back on a 45-degree angle. Once we have the motor pattern firing, we add the Vertical Side Kick to the One Step, combining everything we've practiced. Setting our foot placement and striking low with a strong core brace is key. Once we've built confidence, we can unleash more power with a little hop into the Kick. We return to this new move later in the track and layer in the option of a Drop Squat after stepping back! This increases the muscular demands in our lower body which builds greater strength!

Axe Kick

Front Knees and Hip Rolls help set us up for our next new Kick. This is a great warm-up for the hips in a linear direction with inwards to outwards rotation. The strike itself is layered in gently and it's important to encourage participants to have a slight lean back, braced core, light touch down with toes (ball of foot). The option is to throw a Front Kick instead; let's ensure we verbally coach and role-model this.

The really cool thing is we get to execute the Axe Kick from both Front and Combat Stances!



05. POWER TRAINING 2

TRACK FOCUS

This track is inspired by MMA Circuit Training with various options. Offer all the different variations so members can personalize their workout. We focus on Reactive Core Training, utilizing speed and stability to fire up our mid-section.

FEEL

Match the contrast changes with your body and voice. There’s such a challenging vibe in the first block of work! Stay focused, strong and committed to motivate participants to get to the end. When coming into Boxing strikes and Sprawls, we dial up the euphoria and group connection. There is a real shift in the feeling of the music to uplifting and positive – match this in your voice, face and body language.

MARTIAL ART

MMA Circuit Training

MUSIC		EXERCISE		CTS	REPS
0:00	(Intro) /	2x8	Prepare for Squats in standing or Pushups on floor	16	
0:06	B up /	6x8 A	<u>Floor Variation</u> 2/2 PUSHUP	8	6x
			<u>Standing Variation</u> 2/2 SQUAT PREVIEW: 1/1 Pushup x2 and Foot/Shoulder Taps on last rep	8	6x
0:25	C / Woof woof _	8x8 A ¹	<u>Floor Variation</u> PUSHUP COMBO 1/1 PUSHUP x2 L FOOT TAP OUT/IN WITH R SHOULDER TAP (R hand to L shoulder) R FOOT TAP OUT/IN WITH L SHOULDER TAP (L hand to R shoulder)	8 4 4 8	
			<u>Standing Variation</u> DROP SQUAT x2 L KNEE R KNEE	4 4	4x
0:51	(Beats)	4x8 A ²	<u>Floor Variation</u> PUSHUP COMBO 1/1 PUSHUP x2 FOOT/SHOULDER TAPS – faster x4	8 8	
			<u>Standing Variation</u> DROP SQUAT x2 L, R KNEE x2	8 8	2x
1:04	Br / Woofa killa _	2x8	Recover	16	
1:11	B up /	4x8 A	REPEAT Sequence A	8	4x
1:23	C / (Beats)	4x8 A ¹	REPEAT Sequence A ¹	16	2x
1:36		4x8 A ²	REPEAT Sequence A ²	16	2x
1:49	Woofa killa _	8x8 A ³	<u>Floor Variation</u> PUSHUP COMBO PUSHUP PULSE x4 FOOT/SHOULDER TAPS – faster x4	8 8	
			<u>Standing Variation</u> DROP SQUAT x2 L, R KNEE x2	8 8	4x



05. POWER TRAINING 2

MUSIC		EXERCISE		CTS	REPS
2:15	(Descending sounds)	4x8	A ⁴ <u>Floor Variation</u> PUSHUP PULSE OR <u>Standing Variation</u> SQUAT PULSE	2	
				2	16x
2:27	(Fade out)	2x8	Hold and transition to standing	16	
2:36	V1 / _ Everyone in life	8x8	L, R RUN OTS PREVIEW: L, R Uppercut x2, L Hook, R Cross on last 8cts	2	32x
2:57	PC / Round and round	8x8	B L Combat Stance L, R UPPERCUT x2 L HOOK R CROSS PULSE F&B x4 PREVIEW: Sprawl on last rep	4 2 2 8	4x
3:19	_ Earth moves in circles	8x8	B ¹ L, R UPPERCUT x2 L HOOK R CROSS SPRAWL	4 2 2 8	4x
			<u>Non-Sprawl options:</u> SQUAT x2 JUMPING JACK x4 PREVIEW: Super Punch, Sprawl Vertical Jump		
3:41	C / (Lyrics and synths)	8x8	B ² L, R UPPERCUT x2 L HOOK R SUPER PUNCH SPRAWL WITH VERTICAL JUMP	4 2 2 8	4x
4:03	_ Earth moves in circles	6x8	C Front Stance L, R JAB	2	24x
4:20	You'll be lifted back up	6x8	D SPRAWL WITH VERTICAL JUMP OPTION: Add Tuck Jump on last 4 reps Jumping Jack or Squats instead of Sprawls	8	6x
4:37	Fade out	1x8	Recover	8	
4:40	V2 / _ Everyone in life	8x8	R, L RUN OTS TRANSITION: R Combat Stance on last 4cts	2	32x
5:02	PC / Round and round		REPEAT SEQUENCES B – D on R		



05. WOOFA KILLA / CIRCLES 6:45mins

TECHNIQUE AND COACHING

PUSHUPS AND FOOT/SHOULDER TAPS OR SQUATS AND KNEES

LAYER 1

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

Add on Foot/Shoulder Taps:

- 2 Pushups – tap right, tap left
- Tap your right shoulder, then left shoulder
- 2 Drop Squats, right knee, left knee
- Abs braced tightly for stability
- Hips and shoulders square to the floor
- Body moves from side to side
- On knees, **shoulders back, abs braced to protect lower back**

Add on Speed:

- Let's add speed
- Tempo is right, left, right, left
- Drop Squats and 4 Knees if standing
- Chest up and abs braced

Add on 4x Pulse Pushups:

- Stay low – 4, 3, 2, 1
- Fast Foot/Shoulder Taps

LAYER 2

- Drive out of the floor
- Lock in the core by squaring the hips and shoulders to front
- This is what Reactive Core Training is all about, training speed and stability to power up your core

LAYER 3

- I know it's fast, but can you keep your hips as still as possible?
- Stay in it – building huge integrated core strength!
- Options: Pushups on knees or toes. Stay with slower tempo on Foot/Shoulder Taps; see all variations listed previously

UPPERCUT x4, HOOK, CROSS/SUPER PUNCH AND SPRAWL COMBINATION

LAYER 1

- Right Combat Stance
- Boxing Guard
- 4 Uppercuts, right and left
- Right Hook, left Cross
- Pulse forwards and back – 4 times
- **Soft elbow in the Cross**
- Target the chin on Uppercuts
- Aim for side of face on Hook
- Target nose, lip or chin on Cross

Add on Sprawl:

- Spawl is executed on a 45-degree angle to front
- Squat, hands down, shoot legs out into Plank
- **Brace abs tightly**, squeeze glutes then jump feet in and stand
- Option: Squats instead of Sprawls

Add on Super Punch and Vertical Jump:

- The Cross becomes a Super Punch
- Option: Add a Vertical Jump to the Sprawl
- **Land softly – bending knees after the Vertical Jump**
- Options: Squats or Jumping Jacks instead of Sprawls

LAYER 2

- Lean in and shift your body weight forward on the Super Punch
- Wait for the last second to throw the Super Punch
- Lead with your chest on the Vertical Jump to increase height

LAYER 3

- Big roll of the shoulders in Uppercuts; use your body weight in the Super Punch
- Think like a heavyweight fighter, strike with power, then become a lightweight and land gently on the Sprawl
- Options: Super Punch or stay grounded in Cross. See all variations listed previously

AXE KICK

LAYER 1

- Target chest height or below

LAYER 2

- Control and slow the kick on the way down



05. WOOFA KILLA / CIRCLES 6:45mins

TECHNIQUE AND COACHING

JABS AND SPRAWL SEQUENCE

LAYER 1

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

Into 6x Sprawls:

- *Let's do 6 reps of Sprawls*
- *Options: Squats or Jumping Jacks instead of Sprawls*
- *Option: Add a Tuck Jump to the Sprawl*
- ***Land softly, bending knees after the Vertical Jump***

LAYER 2

- *Rotate your torso to fire up your obliques on the Jabs*
- *Pull your knees up towards your chest as you do the Tuck Jump*
- *Try to drive the floor away as you jump up*

LAYER 3

- *Keep pushing yourself; use your core and rotate*
- *What falls down gets back up, just like the Sprawl*
- *Push hard, there are only 6 reps!*
- *Options: See all variations listed previously*

TIPS

FUNDAMENTALS

WHY?

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

WHAT?

Block 1 starts with Pushups before ramping up core integration by adding Foot/Shoulder Taps. This will improve conditioning in the chest, triceps, shoulders and the core. Alternatively, the standing variation features Squats, Drop Squats and Knee strikes which train our entire lower body with great core recruitment. Watch out for when we speed up these combinations; this is a great way to lift the cardiovascular component too!

Enjoy a short rest before Block 2. Here is where we revisit our combinations on the floor or in standing. There is a sting in the tail as we hit 4x Pulse Pushups into the fast Foot/Shoulder Taps. Results are truly earned as we dial up the intensity further at the end of this block... 16 Pushups or Squat Pulses!

Block 3 delivers cardiovascular endurance training in standing. Metabolic condition at its very finest using a huge Uppercut, Hook, Super Punch and Sprawl combination. A round of Jabs from Front Stance followed by 6x Sprawls (with option of Sprawl into Tuck Jumps) is our finisher.

This type of training builds a huge fitness engine; this helps with stamina, endurance and overall fitness.

HOW?

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

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

The variations are:

- Pushups or Squats
- Pushups + Foot/Shoulder Taps or Squats/Drop Squats + Front Knees
- Sprawl or Squats/Jumping Jacks
- Sprawl into Vertical Jump or Tuck Jump



06. COMBAT 3

TRACK FOCUS

Multi-directional movement here featuring linear Kick-boxing and lateral Capoeira. We even face multiple opponents with strikes in front and behind us. Challenge your participants to explore the speed and power in Kick-boxing, followed by leg conditioning in Capoeira.

FEEL

“Ravers put your hands in the air!”
Feel the buzz of this awesome song – express the emotion through your face, voice and body language. Take time to set up each phase slowly, acquiring the skill, then let loose! By doing this, your participants will feel both successful and energized.

MARTIAL ARTS

Kick-boxing and Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Those hands in the air _	1x8		L Combat Stance PREVIEW: L Jab x3 on last 4cts	8	
0:05	Put those hands	3x8	A	L JAB x3 PREVIEW: L Jab (high), L Jab (high, low), pulse on last 8cts	4	6x
0:17	B up / (Music builds)	4x8	A ¹	L JAB (high)	2	4x
				L JAB x2 (high, low)	2	
				PULSE F&B x2 PREVIEW: R Back Kick, L Front Kick on last rep	4	
0:31	C / Put those hands in the air _	8x8	A ²	L JAB (high)	2	8x
				L JAB x2 (high, low)	2	
				R BACK KICK	2	
				L FRONT KICK	2	
1:00	Br / (Quiet)	4x8	B	L LUNGE PULSE (R leg B)	2	16x
1:15	Put those hands in the air	4x8	C	SHUFFLE AND GINGA SEQUENCE		4x
				L SHUFFLE	2	
				L LUNGE (R leg B)	2	
				R SHUFFLE	2	
				R LUNGE (L leg B)	2	
1:29	B up / (Pre-drop)	4x8	D	PREVIEW: Backward Esquiva, Lunge, R Knee on last rep		4x
				L BACKWARD ESQUIVA (R leg B)	2	
				L LUNGE	2	
				R KNEE	4	
1:44	C / Put those hands in the air _	8x8	D ²	PREVIEW: R Knee x2 on last rep		8x
				L BACKWARD ESQUIVA	2	
				L LUNGE	2	
				R KNEE x2	4	
2:13		4x8	E	L LUNGE PULSE x4 (R leg B)	7	4x
				FAST SWITCH (Jump feet together) OPTION: Step F&B rather than Jump Switch	1	
2:27	Br / (Fade out)	2¼x8		LUNGE to finish Recover and transition to R Combat Stance	18	
2:35	Put those hands in the air			REPEAT SEQUENCES A – E on R NOTE: Sequence A is only 4 reps this side		



06. RAVERS 4:55mins

TECHNIQUE AND COACHING

JAB x3, BACK KICK AND FRONT KICK COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *3 Jabs*
- *Pulse forward and back*
- **Soft elbow**
- *Target nose, lip or chin*
- *Strike with front two knuckles*

Add on new rhythm and targets:

- *New target – head, head-body*
- *High, low-high*
- *Pause after first Jab then Strike head-body quickly*

Add on Back Kick and Front Kick:

- *On the Back Kick, Strike with heel, toes down, heel up and look over your shoulder*
- *On the Front Kick, use ball of foot to strike*
- *Shoulders lean backwards; abs braced to protect the lower back (Front Kick)*
- *Aim for your opponent's knee*

LAYER 2

- *This is skill training; we focus on speed and control*
- *These Punches are short and sharp, rather than long range and slow*
- *To get more power on the Front Kick, step hard into the floor and swing your arm to drive your hips forward*

LAYER 3

- *“Put those hands in the air” – you’ve got to keep your guard up*
- *Focus on speed and maybe have a friendly competition with the person next to you!*

LUNGE SEQUENCES

LAYER 1

- *Feet hip-width apart, **long step back left leg***
- *16 Lunge Pulses*
- *Stay low*
- *Chest up and **abs braced***
- *Hips and shoulders square to the front*
- *Front knee in line with toes*

Add on 4x Lunge Pulse and Switch:

- *Lunge Pulse, 4 times*
- *Quick switch of legs (scissor)*
- *Back foot jumps back, in and back*

LAYER 2

- *Push your front knee out to engage the glutes*
- *Front thigh drops parallel to the floor*

LAYER 3

- *Reach towards the floor to chisel and shape your legs!*
- *Feel the lactic acid burn in your thigh and glutes*
- *Option: Step in and back instead of Switch (scissor) version*

SHUFFLE AND GINGA SEQUENCE

LAYER 1

- *Front Stance*
- *Shuffle to left*
- *Ginga, right foot back*
- *Switch – Shuffle right, left foot Ginga back*
- *Knees soft*
- *Chest up and **abs braced***

LAYER 2

- *Focus on a smooth movement here*
- *A little active recovery for your legs*
- *Try to shift your weight up and down, like making waves*

LAYER 3

- *You’ve earned this; save energy in the legs for what’s to come!*
- *Enjoy the beautiful flow of Capoeira*
- *Options: Sink deeper into Ginga for more intensity/stay higher for more recovery*



06. RAVERS 4:55mins

TECHNIQUE AND COACHING

BACKWARD ESQUIVA, LUNGE AND DOUBLE KNEE COMBINATION

LAYER 1

- *Esquiva, Lunge and right Knee*
 - *Esquiva to the back – bend left knee and lengthen right leg*
 - **Hips back, chest up and abs braced**
 - *Lift toes of front foot and reach down with back hand*
 - *Knee to stomach of opponent*
- Add on extra Knee:
- *2 Knees now – moving faster*
 - *Option: Hop on Double Knee*
 - *On Esquiva, back knee tracks in line with toes*

LAYER 2

- *Push hard out of your front foot to drive up into the knees – this works your glutes*
- *Reach and pull on the Knees to fire up your abs*
- *Esquiva means escape – we evade the attack by moving defensively*

LAYER 3

- *How are you all feeling? You look amazing!*
- *Such a cool feeling, huh? Defensive and offensive authentic Capoeira!*
- *Option: Stay grounded on Knees (no hop)*

TIPS FUNDAMENTALS

WHY?

Time to put your “hands in the air” for this Kick-boxing-and Capoeira-inspired track! Get ready for some cool movement patterns which challenge our coordination and rhythm. This improves our motor skills and ability to move quickly with multi-directional changes.

WHAT?

Kick-boxing literally kicks off this track with a combination of fast Jabs followed by Front and Back Kicks. We then shift our focus to authentic Capoeira which will really challenge your lower body and core!

HOW?

We fuse defensive and offensive multi-directional moves to condition our lower body. We avoid danger with Backward Esquiva and Ginga patterns. Adding leg strikes in the form of Front Knees and Front Kicks allows us to counter-strike and lift the intensity!

To ensure participants feel successful, it’s important to coach using clear Layer 1 cues. This will support both timing and intensity. Offer all the options visually and verbally, allowing a range of choice to enable them to personalize their workout.



07. MUAY THAI

TRACK FOCUS

The focus is maximizing our cardiovascular fitness. We do this by blending Knees, Punches and Elbows in this insanely challenging Muay Thai track. A huge feature is the fast Elbow combination that is progressively built to also bring Knees into the mix! Focus on coaching and role-modeling the difference between power and speed: power on multiple Knees/Uppercuts, speed on single Knees/Uppercut and Cross Combinations.

FEEL

BODYCOMBAT 100 – *We Can’t Stop!* This Muay Thai track has it all – speed, power, endurance and drama! Feel the crazy alarm sounds, sinister laughter and “gang, gang” shouts in the music – have some fun! This helps to bring light and connection, which motivates participants to ‘go hard’ with you in this final cardio peak.

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Alarm sounds)	2x8	L Combat Stance PREVIEW: L Knee x2 on last 4cts		16	
0:06	Drop / (Beat)	4x8	A	L KNEE	2	16x
0:17		4x8	A ¹	R KNEE	2	16x
0:29	V1 / Gang , gang	1x8	R KNEE to finish Recover and reset L Combat Stance		8	
0:31	What, gang , gang	3x8	B	L JAB R DESCENDING ELBOW Hold OTS PREVIEW: Add Ascending Elbow on last rep	1 1 6	3x
0:41	C / _ We can’t stop	4x8	B ¹	L JAB R DESCENDING ELBOW L ASCENDING ELBOW PULSE F&B x2	1 1 2 4	4x
0:52	Like a deadpunch _	2x8	C	R KNEE x2 L KNEE x2	4 4	2x
0:58		2x8	C ¹	R, L RUNNING KNEE	4	4x
1:04	We riot _	2x8	C	REPEAT Sequence C	8	2x
1:10		2x8	C ¹	REPEAT Sequence C ¹	4	4x
1:16	We riot _	4x8	B ¹	REPEAT Sequence B ¹ PREVIEW: R Knee x2 on last rep	8	4x
1:27	V2 / gang , gang	4x8	B ²	L JAB R DESCENDING ELBOW L ASCENDING ELBOW R KNEE x2	1 1 2 4	4x
1:39	We riot _	2x8	D	L UPPERCUT	2	8x
1:44		2x8	D ¹	L UPPERCUT R CROSS	1 1	8x
1:50		2x8	D	REPEAT Sequence D	2	8x
1:56		2x8	D ¹	REPEAT Sequence D ¹	2	8x
2:02	V3 / Gang , gang	4x8	L UPPERCUT to finish Recover and transition to Front Stance		32	
2:13	C / _ We can’t stop	4x8	E	L KNEE x4 R KNEE x4	8 8	2x
2:25	Like a deadpunch _	4x8	E ¹	L KNEE x2 R KNEE x2	4 4	4x



07. MUAY THAI

MUSIC		EXERCISE		CTS	REPS
2:37	Gang, gang	4x8	E ²	L, R RUNNING KNEE L KNEE to finish	4 8x
2:48	Br / (Alarm)	2x8		Recover and transition into R Combat Stance	16
2:54	Drop / (Beat kicks)			REPEAT SEQUENCES A to E² – R NOTE: Sequence B is 8 reps	



07. WE CAN'T STOP 5:39mins

TECHNIQUE AND COACHING

JAB, DESCENDING/ASCENDING ELBOW AND DOUBLE KNEE COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *1 Jab, 1 Descending Elbow – right, left*
- *Hold*
- *Strike with front two knuckles, then the forearm or elbow*
- *Lift the elbow high and Strike diagonally down*
- *Crunch abs*

Add on Ascending Elbow:

- *Add Ascending Elbow, right arm*
- *Pulse forward and back*
- *Targets – nose, eyebrow and under the chin (Jab, Descending/Ascending Elbows)*

Add on Double Knee:

- *Add on 2 back Knees*
- *Knee to stomach of opponent*
- **Abs braced to protect lower back**

LAYER 2

- *Lift the chest and twist ribcage as you fire the Ascending Elbow*
- *On the Descending Elbow, relax the hand to move more fluidly*
- *Gently squeeze the shoulder blades together on the Ascending Elbow to fire up your upper back muscles*

LAYER 3

- *Are you a raver, or a misbehaver?*
- *Enjoy the authentic feel of a knockout Muay Thai combo!*

UPPERCUTS INTO UPPERCUT AND CROSS SEQUENCES

LAYER 1

- *Right Combat Stance*
- *Boxing Guard, 8 right Uppercuts*
- *Target chin with your front two knuckles*
- *Roll your shoulder – this is a Power Uppercut*
- *Into Uppercut and Cross combination*
- *Uppercut and Cross – right, left*
- *Rhythm and reps – 8, 7, 6...*

LAYER 2

- *Turn your shoulder – drop and drive up into this vertical punch*
- *We push up through the legs in the Power Uppercut*
- *Lean into the front leg, drop your shoulder and put the work in the core*

LAYER 3

- *Go mongrel here! It's ugly... ugly's the new beautiful!*
- *Who's got the power? Our gang... our "gang, gang"*
- *Option: Stay grounded on knees*



07. WE CAN'T STOP 5:39mins

TECHNIQUE AND COACHING

KNEE SEQUENCE

LAYER 1

4 Knees:

- *Front Stance*
- *Boxing Guard*
- *4 right Knees, 4 left*
- *Top of knee strikes into the punchbag*

2 Knees:

- *Double Knees*
- *Endurance phase*

Singles:

- *Single Knees, right, left*
- *Option: Running Knee style or grounded*
- *Lift hands high and pull down to the outside of hip*

LAYER 2

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

LAYER 3

- *An equivalent of 1,700 Crunches in one BODYCOMBAT workout!*
- *Let's win the gold strap – the Muay Thai title fight is on*
- *Who's going to stop?... "We can't stop, we can't stop"*
- *Option: Stay grounded on Knees (no hop)*

TIPS

FUNDAMENTALS

WHY?

Muay Thai – the art of Elbows and Knees; it's fierce and designed to take your heart rate through the ceiling!

This features a progressive training effect where we build layers to our main combination. After mastering the upper body section, we switch our focus to knee strikes before layering everything together. This allows our participants time to learn, practice, enhance and then unleash!

Another highlight is working on power in Punches vs. endurance in Knees. We have sections dedicated to this training whereby we maximize our muscular/cardiovascular fitness gains.

Both of these sections have a huge amount of core recruitment – Reactive Core Training BODYCOMBAT 100 style!

WHAT?

A combination of Jabs, Elbows and Knees brings a truly authentic Muay Thai experience!

A sequence of Uppercuts and Uppercut, Cross combinations. This is all about power training and core conditioning.

Relentless Knees to build stamina and endurance.

HOW?

Our feature combination is progressively created by layering complexity and intensity. When it drops... it really drops! This is a sure-fire knockout combination for the win. Take your time to coach the fundamentals of each movement to build your participants' confidence and competence.

Let loose on powerful Uppercuts and the Uppercut, Cross combination. Give it your all on the relentless Knees. Research has shown that a single BODYCOMBAT class can have the equivalent muscle activation of performing 1,700 standard Crunches! Never underestimate the core component of these strikes; coach and role-model this with conviction and remember... "we can't stop, we can't stop!"



08. POWER TRAINING 3

TRACK FOCUS

Get ready to fly in this huge Power Training 3 track!

Focus on celebrating reaching this point with positivity, inclusivity and connection. Connection is everything, and when you truly connect with the participants, moves and music you fully connect to the essence of group exercise.

FEEL

Feel the empowering sensations of togetherness and euphoria. These feelings occur when we share a sense of team spirit, achievement and passion. How will you create the perfect atmosphere for these feelings to be enjoyed? It's time to fly together, to a higher level of BODYCOMBAT love – let's go!

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Oh, oh, oh, oh	4x8	L SHOULDER STRETCH R SHOULDER STRETCH		16 16	
0:11	V1 / There's a darkness	8x8	L, R RUN OTS TRANSITION: L Combat Stance on last 4cts		2	32x
0:33	QC / Give , give me your wings	4x8	A L JAB , R CROSS PREVIEW: L Jab, R Cross x2, L Uppercut, L Hook on last 8cts		2	16x
0:45	B up / And just like the birds	4x8	A ¹ L JAB , R CROSS x2 L UPPERCUT L HOOK PREVIEW: Jumping Jack x4 on last 8cts		4 2 2	4x
0:55	C / (Drop)	8x8	A ² L JAB , R CROSS x2 L UPPERCUT L HOOK JUMPING JACK x4 OPTIONS: Squat x2 or Jump into Drop Squat x2 instead of Jumping Jack		4 2 2 8	4x
1:17	Give , give me your wings	8½x8	B Front Stance L, R JAB L fist to ceiling to finish		2	32x
1:39	Br / (Fade out)	8x8	Recover R, L RUN OTS		8 56	
2:03	QC / Give , give me your wings		REPEAT SEQUENCES A – B on R			
3:09		4x8	Recovery		32	
3:20		4x8	L, R RUN OTS		2	16x
3:31	Give , give me your wings	8x8	C L WALKING JAB to L side x4 L, R UPPERCUT x2 to Front L, R HOOK to Front Repeat to R side		8 4 4 16	2x
3:54	C / (Drop)	8x8	C ¹ L WALKING JAB to L x2 L, R UPPERCUT to Front L HOOK to Front Repeat to R side Level 2 after 2 reps		4 2 2 8	4x
4:16	(Electronic)	8x8	B Front Stance L, R JAB L fist to ceiling to finish		2	32x



08. READY TO FLY 4:41mins

TECHNIQUE AND COACHING

JAB, CROSS x4, UPPERCUT, HOOK AND JUMPING JACK COMBINATION

LAYER 1

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

Add on Uppercut and Hook:

- *Jab, Cross – 4 straight punches*
- *Add one right Uppercut, one right Hook*
- *Target the chin and the jaw*
- **Release heel, pivoting on ball of foot on Hook**

Add on Jumping Jacks:

- *We add 4 Jacks*
- *Jump your feet in, out, in, out*
- **Knees soft as you land** – light on your feet
- *Chest up and abs braced*
- *Option: 2 Squats (non-impact)*
- *Option: 2 Drop Squats (jump forward and down)*

LAYER 2

- *Squeeze your fists tighter and rotate your shoulders to punch harder*
- *If you choose to jump (Drop Squats), bend your knees, brace your abs and push hard into your feet as you come back*
- *Feel free to choose your option – Jack or Squat – agility on Jacks, power on Squats*

LAYER 3

- *Stop thinking; start feeling. Relax your brain and let your body take over!*
- *You are all moving so well*
- *Options: Drop Squats, Jumping Jacks (impact) or Squats (non-impact)*

JABS

LAYER 1

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

LAYER 2

- *Keep chin down to protect it and roll your shoulders*
- *Sink into your stance as you lean forward slightly on the Jabs*

LAYER 3

- *Your first chance to fulfill your commitment, free your wings and get ready to fly!*
- *15 seconds – commit to your maximum effort!*

JABS TO SIDE, UPPERCUTS AND HOOKS TO FRONT SEQUENCE

LAYER 1

Stage 1: Slow

- *Front Stance*
- *Boxing Guard*
- *4 Jabs to the right*
- *4 Uppercuts to the front*
- *Hook right, left*
- *Change sides – 4 Jabs left*
- *Start slowly*

Stage 2: Speed

- *Cut it in half, 2, 2, 1*
- *2 Jabs to right, 2 Uppercuts and 1 Hook to front*

LAYER 2

- *Create power with your legs by pushing off your back foot*
- *Whip your hip, torso and shoulder on the Hook*

LAYER 3

- *Push your opponent against the ropes*
- *Control the ring by taking the fight to them!*



08. READY TO FLY 4:41mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

Time to ignite our final standing track!

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

WHAT?

Starting with a Run on the spot, use this time to create a sense of celebration and connection. Three blocks of powerful Punches are ahead of us. Let's make a personal commitment, at the end of each block, to finish strong together.

Our first block starts with a flurry of punches topped off with lower body movements to lift the heart rate. This is gradually built as we link moves together in Combat Stance. We switch to Front Stance for Jabs as a block finisher... remember your commitment? Let's go!

Block 2 is a repeat of the first; this time your participants box from Left Combat Stance.

Watch out for Block 3 as we move laterally with Jabs then throw heavy Uppercuts and Hooks to the front. Guess how we finish... another set of Jabs where we honor our commitment and finish with power together!

HOW?

As the combinations within this track build, increase both the motivation and energy. There isn't a need to overly coach how to execute the strikes but instead coach to the increase in energy and intensity. Connect with your participants and give them encouragement and praise.



09. CONDITIONING

Please note this track contains explicit content. The alternative song can be used in its place. Please use *Used To* with the same choreography when teaching Track 09.

TRACK FOCUS

The focus is to clearly coach all options verbally and visually. This will encourage your participants to tailor their workout. Our goal is to always provide modifications and choices. Autonomy is a powerful tool which should be respected and championed.

FEEL

Time to round out a great workout in style with isolated and integrated core moves. The cool vibes of the music match the cruisy, yet challenging, flow of this core Conditioning track.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Yeah, woke up this morning	4x8	Transition to the floor fingertips to temples	32	
0:10	C / _ Yo, I woke up this morning	8x8 A	CROSS CRAWL COMBO TWIST to Front TWIST to B SLOW TWIST to Front Repeat to other side OPTIONS: Feet off floor or Toe Tap	2 2 4 8	4x
0:35	V1 / _ My mama, look at	8x8 B	TRIPLE PULSE C-CRUNCH EXTENSION COMBO TRIPLE PULSE C-CRUNCH EXTEND legs and arms C-CRUNCH Reset OPTION: Knees stay bent and still	10 2 2 2	4x
1:08	C / _ Yo, I woke up this morning	8x8 A	REPEAT CROSS CRAWL COMBO	16	4x
1:30	Br / I'm alive	4x8	Recover and transition to L SIDE HOVER	32	
1:41	V2 / _ I grew up dodging	8x8 C	L SIDE HOVER HIP LIFT PULSE x2 R LEG LIFT – slow PREVIEW: R Side Kick on last rep OPTION: Side Hover Hip Lift Pulse x3 and hold	8 8	4x
2:04	C / _ Yo, I woke up this morning	8x8 C ¹	L SIDE HOVER HIP LIFT x2 R SIDE KICK	8 8	4x
2:26	Br / (Quiet lyrics)	2x8	Recover and transition to lying on back	16	
2:32		8x8 B	TRIPLE PULSE C-CRUNCH EXTENSION COMBO	16	4x
2:56		4x8	Recover and transition to R SIDE HOVER	32	
3:06	_ I grew up dodging	8x8 C	R SIDE HOVER , L LEG LIFT	16	4x
3:29	C / _ Yo, I woke up this	8x8 C ¹	R SIDE HOVER , L SIDE KICK	16	4x
3:51	Br / (Quiet lyrics)	2x8	Recover and transition to lying on back	16	
3:58		8x8 B	TRIPLE PULSE C-CRUNCH EXTENSION COMBO	16	4x



ALT

09. CONDITIONING

Please use this song in replacement of *Woke Up This Morning* with the same choreography when teaching Track 09.

TRACK FOCUS

The focus is to clearly coach all options verbally and visually. This will encourage your participants to tailor their workout. Our goal is to always provide modifications and choices. Autonomy is a powerful tool which should be respected and championed.

FEEL

Time to round out a great workout in style with isolated and integrated core moves. The cool vibes of the music match the cruisy, yet challenging, flow of this core Conditioning track.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Transition to the floor fingertips to temples	32	
0:10		8x8 A	CROSS CRAWL COMBO TWIST to Front TWIST to B SLOW TWIST to Front Repeat to other side OPTIONS: Feet off floor or Toe Tap	2 2 4 8	4x
0:35		8x8 B	TRIPLE PULSE C-CRUNCH EXTENSION COMBO TRIPLE PULSE C-CRUNCH EXTEND legs and arms C-CRUNCH Reset OPTION: Knees stay bent and still	10 2 2 2	4x
1:08		8x8 A	REPEAT CROSS CRAWL COMBO	16	4x
1:30		4x8	Recover and transition to L SIDE HOVER	32	
1:41		8x8 C	L SIDE HOVER HIP LIFT PULSE x2 R LEG LIFT – slow PREVIEW: R Side Kick on last rep OPTION: Side Hover Hip Lift Pulse x3 and hold	8 8	4x
2:04		8x8 C ¹	L SIDE HOVER HIP LIFT x2 R SIDE KICK	8 8	4x
2:26	Br / This ain't	2x8	Recover and transition to lying on back	16	
2:32		8x8 B	TRIPLE PULSE C-CRUNCH EXTENSION COMBO	16	4x
2:56		4x8	Recover and transition to R SIDE HOVER	32	
3:06	_	8x8 C	R SIDE HOVER , L LEG LIFT	16	4x
3:29	C / _	8x8 C ¹	R SIDE HOVER , L SIDE KICK	16	4x
3:51	Br / This ain't	2x8	Recover and transition to lying on back	16	
3:58		8x8 B	TRIPLE PULSE C-CRUNCH EXTENSION COMBO	16	4x



09. WOKE UP THIS MORNING 4:22mins

TECHNIQUE AND COACHING

CROSS CRAWL COMBINATION

LAYER 1

- Come down to the floor
- Lie on your back
- Fingertips to temples
- Feet on floor, hip-width apart, heels close to butt
- Cross Crawl combination – front, back, front
- Lower back towards floor
- Fast, fast, slow and switch
- Chin tucked in slightly
- Extend leg out to 45 degrees as other knee comes in
- Shoulder comes up and across towards opposite thigh
- Rotate from center of chest
- Ribs pull down towards hips

LAYER 2

- Keep the shoulders wide to encourage the shoulders to rotate
- Point the toes and make the legs as long as possible

LAYER 3

- Feel the drag of the third rep each time – slow is harder, right?
- Rotational strength – how much have you got today?
- Options: Toe-tap feet or keep feet lifting and extend leg away

TRIPLE PULSE C-CRUNCH EXTENSION COMBINATION

LAYER 1

- Knees over hips, shins parallel to floor
- Triple Pulse C-Crunch
- Reach hands towards feet
- Extend hands and feet away to 45 degrees
- Rhythm is: extend, C-Crunch, reset
- **Slide ribs to hips on C-Crunch**
- **As you extend your arms and legs, brace abs to keep lower back towards the floor**

LAYER 2

- Try to reach your hands close to your feet on C-Crunch Pulse to fire up your upper abs
- Long levers as we shoot out in the Extension to challenge our core

LAYER 3

- I know it's tough, but can you keep your lower back towards the floor as you extend away?
- Awesome core conditioning – come on! Reach long and extend longer!
- Option: Keep legs still instead of Extensions (knees over hips with shins parallel to floor)



09. WOKE UP THIS MORNING 4:22mins

TECHNIQUE AND COACHING

SIDE HOVER, HIP LIFT AND LEG LIFT/SIDE KICK COMBINATION

LAYER 1

- *Lift up and turn side-on, facing front*
- *Set up the Side Hover*
- ***Shoulder directly over the elbow***
- *Lift bottom hip away from floor*
- ***Hips and shoulders square to the front***
- *2 Hip Lifts, 1 Leg Lift – slowly*
- *Brace abs to keep hips and shoulders square to front*
- *Top arm long with hand reaching towards ceiling*

Add on Side Kick:

- *Bring the leg in, out, in, down*
- *Arm lowers into body as you do the Side Kick*
- *Shoulders, hips and knees all in one line*

LAYER 2

- *Squeeze glutes and thighs as you lift your leg with control*
- *Push your heel away to work your glute on Side Kick*
- *Core conditioning – strong through the mid-section to extend the leg, then retract back in*
- *Training the core like this will help contribute to your speed and power in punches and kicks*

LAYER 3

- *Can you feel your whole body getting “all fired up?”*
- *Who’s got more in the hips? Explode your strike out and in*
- *Options: 3 Hip Lift Pulses instead of Leg Lift or Side Kick*

TIPS

FUNDAMENTALS

WHY?

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

WHAT?

We begin with a Cross Crawl Combination which targets upper and lower abs – especially the obliques. Next, we combine a Triple Pulse C-Crunch into long levered Extensions where the arms and legs shoot out to 45 degrees. This places more demand on our core as we fight to maintain the lower back position close to the floor. We finish this set by immediately returning to the Cross Crawl Combination – the burn is real by this point!

Side Hovers with Hip and Leg Lifts follow, which integrate many muscles together. Then, like in Release 99, we add a Side Kick to really challenge our stability. The glutes are an integral part of our core unit; the Side Kick trains our hips, glutes and stability as we do it from a Side Hover.

HOW?

This is a cool song combined with great moves, much needed at this point as participants will be fatigued. The aim is to allow space for them to enjoy the music while being motivated to continue working hard one last time. Keeping to the basics and ensuring your coaching is clear and direct will help achieve this.

Note: You’ll be spending a fair amount of your time coaching on your back, so ensure you use easy-to-follow coaching cues and remember to look out and connect with your participants. Coach how to execute each move by explaining what’s moving and what’s not.



10. COOLDOWN

TRACK FOCUS

We unwind together with beautiful stretches and a sense of accomplishment. Focus on providing clear body-part and direction cues to help participants effortlessly transition through each stretch.

FEEL

A soulful and ‘chilled’ groove to celebrate BODYCOMBAT 100!

MUSIC			EXERCISE	CTS
0:00	Intro / (Instr)	4x8 A	Lie on back, prepare to stretch	32
0:11	V1 / I come from Memphis, Tennessee	8x8	LOWER BACK STRETCH Knees stacked and to back of the room OPTION: Extend top leg straight after 32cts	64
0:31	PC / And I’m gon’ take it	4x8	L LYING GLUTE STRETCH Ankle of L leg over R knee, reach through and gently pull R leg in	32
0:42	C / I’m a bring the whole hood	8x8	L LYING HAMSTRING STRETCH OPTION: Lengthen R leg on floor after 32cts	64
1:02	V2 / Done worked her butt off	8x8	REPEAT LOWER BACK STRETCH (knees to front)	32
1:23	PC / And I’m gon’ take it	4x8	REPEAT LYING GLUTE STRETCH – R	64
1:34	C / I’m a bring the whole hood	8x8	REPEAT LYING HAMSTRING STRETCH – R	64
1:54	Br / When I make it	8x8	SEATED ADDUCTOR STRETCH	64
2:15	V2 / I come from Memphis, Tennessee	4x8	R HIP FLEXOR (L leg F) and R SHOULDER STRETCH	32
2:25	And I’m gon’ take it	4x8	L HIP FLEXOR STRETCH (R leg F) Add L SHOULDER STRETCH	32
2:36	C / I’m a bring the whole hood	4x8	L STANDING QUAD STRETCH	32
2:46	I’m a bring the whole hood	4x8	SIDE BODY STRETCH (L foot behind)	32
2:56	When I make it	4x8	REPEAT R STANDING QUAD STRETCH	32
3:07	When I make it	4x8	REPEAT SIDE BODY STRETCH (R foot behind)	32
3:18	Outro / Memphis, Tennessee	4x8	Feet together – take a bow	32



10. BRING THE WHOLE HOOD 3:28mins

TECHNIQUE AND COACHING

LYING LOWER BACK STRETCH

LAYER 1

- Lying on back, side-on to the front
- Bend front knee and take it across body towards back of room
- Chest facing the ceiling, shoulders down
- Arms wide on floor, palms facing the ceiling

LAYER 2

- Keep both shoulders pinned to the floor
- Feel a beautiful release through your lower back
- If you want to use your hand to ease the knee down more, go ahead
- Option: Extend top leg long to deepen the stretch

LYING GLUTE STRETCH

LAYER 1

- Cross front ankle over back knee
- Reach through the window and hold back leg
- Rest head and shoulders back down

LAYER 2

- You might even want to push the top knee away, stretching the glute deeper
- The glutes are the powerhouse of our body. Give them the stretch they deserve

LYING HAMSTRING STRETCH

LAYER 1

- Release back foot to floor, extend front leg, heel to ceiling
- Hold the calf or hamstring
- Hips stay down, foot relaxed

LAYER 2

- Try to gently push your leg against your hands and pull your hands in closer
- Easing toes down low towards shin
- Option: Extend back leg on floor for more of a stretch

SEATED ADDUCTOR STRETCH

LAYER 1

- Seated position
- Bring soles of feet together
- Gently drop the knees out to sides
- Chest lifts tall with a long spine

LAYER 2

- Our inner thigh muscles are lengthening here
- You can use your forearms to ease the knees further away

KNEELING HIP FLEXOR AND SHOULDER STRETCH

LAYER 1

- Right foot steps forward, left knee on floor
- Hip Flexor Stretch – left side
- Chest lifted
- Left arm, Shoulder Stretch
- Drop the left hip down to feel the release

LAYER 2

- Sink a little lower to deepen the stretch in your hip
- Squeeze the back glute

STANDING QUADRICEPS STRETCH

LAYER 1

- Rise into standing position
- Hold right foot in right hand, left arm extends out to side
- Find your balance by bracing abs
- Right heel close to butt
- Bring knees close together

LAYER 2

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



10. BRING THE WHOLE HOOD 3:28mins

TECHNIQUE AND COACHING

SIDE BODY/OBLIQUES STRETCH

LAYER 1

- *Step right foot behind you*
- *Reach right arm over head and towards left side*
- *Chest lifted*
- *Hip shifts towards the right side*

LAYER 2

- *Create a 'half moon' shape in your body*
- *Press the back heel into the floor more to enhance the stretch*
- *This is loosening our body after all that twisting and turning in class*

TIPS

FUNDAMENTALS

The reward for all our hard work – a well-earned Cooldown stretch!

This is a beautiful and relaxing Cooldown with smooth transitions between stretches. Feel free to re-adjust positions or move in and out of options to find comfort. The aim is to gently lengthen our muscles with just the right amount of tension – take your time and explore this for yourself. Another tip is to focus on breathing throughout our stretches as this helps to increase circulation, relax the body and disperse any lactic acid build-up and start recovery towards the next training session.



BONUS

03. POWER TRAINING 1

TRACK FOCUS

This is an amazing Boxing track filled with footwork, agility and power!

Coach the 6 Jabs, front and corner, with a focus on pivoting. By lifting the front knee and pivoting on the ball of the back foot, we can move safely. To increase the cardio output and agility component, focus on lifting the knee higher in the second round of this great combo!

FEEL

Tune into the high-energy feels and uplifting lyrics in this bonus track. Feel the power in the Triple Hook with Jump F&B Sequence! Dial up the commitment here to truly *Give It All!*

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	12x8	L, R RUN OTS Level 2 after 32cts		2	48x
0:33	PC / Ready to focus	4x8	A	L Combat Stance L JAB PREVIEW: L Jab to Front, L Pivot Jab to R corner x3, Drop Squat on last 16cts	2	16x
0:44	C / Giving me what I want	8x8	A ¹	L JAB to Front, L PIVOT JAB to R corner x3 DROP SQUAT F to R corner OPTION: Squat	12 4	4x
1:06	I'm ready	8x8	B	Front Stance L, R JAB	2	32x
1:28	C / Giving me what I want	8x8	A ¹	L Combat Stance L JAB to Front, L PIVOT JAB to R corner x3 DROP SQUAT F to R corner Level 2: Lift knee higher for more agility on Pivot Jab OPTION: Squat	12 4	4x
1:50	Br / (Soft fade out)	4x8	L, R RUN OTS		2	16x
2:02	C / Giving me what I want	9x8	C	L Combat Stance L, R HOOK L HOOK WITH SLIGHT JUMP F&B NOTE: Music increases in speed	4 4	9x
2:25	Br / I'm ready to focus, focus	4x8	L, R RUN OTS PREVIEW: L, R Hook and L Hook with Slight Jump F&B (faster) on last 8cts		2	16x
2:34	C / giving me what I want	8x8	C ¹	L Combat Stance L, R HOOK L HOOK WITH SLIGHT JUMP F&B PULSE OTS x2	2 2 4	8x
2:56	Are you ready now _	4x8	D	L JAB , R CROSS	2	16x
3:08	Are you ready	4x8	L UPPERCUT to finish Recover and transition to R Combat Stance		32	
3:19	PC / Ready to focus	8x8	REPEAT SEQUENCES A – D on R			



BONUS

03. GIVE IT ALL 5:55mins

TECHNIQUE AND COACHING

JAB FRONT/CORNER x6 AND DROP SQUAT COMBINATION

LAYER 1

- Right Combat Stance
- Boxing Guard
- Jab to front and corner – 6, 5, 4, 3, 2, 1
- Drop Squat
- Jab targets the nose with front two knuckles
- Soft elbows
- Lift front knee and pivot on ball of back foot
- Jump forward and **land with soft knees on Drop Squat**
- Jump back up into Combat Stance
- Open hands and cross arms in front of chest as you Drop Squat
- Pull hands back, open chest and squeeze shoulder blades together as you return to Combat Stance

Add on Knee Lift:

- Now, lift your knee for agility
- Land with a soft knee
- Land your foot and fist at the same time

LAYER 2

- Turn hips, chest and shoulders together to face the corner of room
- To feel the agility more, move on ball of the foot, staying ultra light on your feet

LAYER 3

- Who can make a long jump forward into their Drop Squat?
- You've got it – you have the footwork, the agility, the power
- You look amazing, like a real boxer!
- Option: Squat (non-impact)

JABS

LAYER 1

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

LAYER 2

- Chin tucks in and relax your shoulders to extend your range
- Rotate from center of your chest and roll your shoulders

LAYER 3

- Enjoy this moment, nothing feels better than this feeling
- You are the one... the one!

HOOKS X3 COMBINATION

LAYER 1

- Right Combat Stance
- Boxing Guard
- 3 Hooks – right, left, right
- Feet gently shift forward and back on the third Hook
- Target side of face with front two knuckles
- Chin tucked in and roll shoulders

Add on Jump into third Hook:

- Time to add speed and power
- Jump forward as you strike, jump back as you reload
- Soft knee landing

LAYER 2

- Let your feet move your body on the last Hook, using power from the floor up
- Drive with your hips, lift your elbow, create a big rotation to bring some power

LAYER 3

- Good job. Come with me and explode forward into the last Hook each time!
- Hit it like a champion!
- Option: Step instead of Jump



BONUS

03. GIVE IT ALL 5:55mins

TECHNIQUE AND COACHING

TIPS FUNDAMENTALS

WHY?

This is a fast-paced Power Training track with strikes on and off the spot. This Boxing track challenges our cardiovascular system and delivers great results!

WHAT?

Two awesome Boxing combinations where footwork, agility and power all feature! We start by elevating the heart rate with High Knee Runs and setting the scene for what's to come.

THEN...

Our first Boxing combination in Combat Stance is built through levels of progression. This is break-pattern choreography, where we move in and out of continuous tempos/moves. By adding a Jump forward and back on the last Hook, we experience various tempos and levels which challenge our integration of lower and upper body. Teach participants how to use their base to propel power through lower to upper limbs via a strong core. It's 'fancy footwork', which feels so cool and is also a key component of Boxing training. When we nail this, our use of speed and power can be maximized and fully unleashed!

THEN...

We hit continuous Jabs from a Front Stance. This is our holding pattern in a flow-pattern choreography style. Enjoy the golden opportunity to 'let loose' here – as you can switch off your brain and let your body take over!

THEN...

Our second and final combination progressively builds through levels once again. This time we face our opponent square on in Front Stance. Using an integration of upper and lower body with lateral movements to lift the heart rate and challenge our muscular endurance.

HOW?

This is such a beautiful song – full of emotion and contrast. Bring the music and moves to life with your voice, face and body language. Coach cleverly to help participants understand how to use their legs to drive power and speed into their arms.



BONUS

04. COMBAT 2

TRACK FOCUS

Kick training with two feature combinations brings the hype in this bonus track! Focus on being true to the essence of Karate during the blocks, Karate Punches and Side Kicks. Role-model and coach the 5 Key Principles as seen in the Technique and Coaching section. Then, highlight the authenticity of Kick-boxing in your movement and coaching (see ideas in the Technique and Coaching section too).When you do this, you'll truly bring the hype and set this track on fire!

FEEL

Serious, demanding and heavy electro feels in this one. This vibe then contrasts with some cool Rap sounds as we switch styles to Kick-boxing. Take your participants with you on this journey of contrasts! Bring each unique sound/Martial Art to life with authenticity and performance. Remember... you are the hype!

MARTIAL ARTS

Karate and Kick-boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8	Front Stance – hold Hands circle forward, palms open and facing down, roll hands into fists and pull to ribs	8 8	
0:06	V1 /	6x8 A	R SIDE LUNGE (R knee bent, L leg straight) L LOW BLOCK L MID BLOCK L LOW BLOCK – slow Repeat on other side	2 2 4 8	3x
0:25	PC / I am the fire	8x8 B	L, R, L KARATE PUNCH R, L, R KARATE PUNCH Level 2 after 4 reps PREVIEW: Add Side Kick on last rep	4 4	8x
0:51	C / (Drop)	8x8 B ¹	L, R, L KARATE PUNCH L SIDE KICK R, L, R KARATE PUNCH R SIDE KICK	4 4 4 4	4x
1:17	Br / (Fade out)	2x8	A-frame Arms and transition to L Combat Stance PREVIEW: L Jab, R Cross, L Jab, R Front Kick on last 8cts	16	
1:23	V2 / _ I been focusing on my wins	8x8 C ¹	L JAB , R CROSS , L JAB R FRONT KICK PULSE F&B x4 PREVIEW: R, L Front Kick on last rep	4 4 8	4x
1:49	B up / I am the hype	4x8 C ¹	L JAB , R CROSS , L JAB R FRONT KICK L FRONT KICK PULSE F&B x4 PREVIEW: Continuous on last rep	4 2 2 8	2x
2:02	C / (Drop)	7x8 C ²	L JAB , R CROSS , L JAB R FRONT KICK L FRONT KICK	4 2 2	7x
2:24	Br / I am the fire, I am the wind	1x8	L, R PULSE side to side into Front Stance, roll and pull fists into ribs	2	4x
2:27		8x8 B ¹	REPEAT B ¹	16	4x
2:53		4x8 D	SQUAT PULSE – Cross Block OPTION: Impact Squat TRANSITION: R Combat Stance on last 4cts	2	16x
3:05	V3 / _ I been focusing on my wins		REPEAT SEQUENCES C – D on R		



BONUS

04. I AM THE HYPE (DAN AUX REMIX) 4:50mins

TECHNIQUE AND COACHING

KARATE PUNCHES x3 AND SIDE KICK COMBINATION

LAYER 1

- Wide Front Stance (Karate Stance)
- Fists to ribcage
- Karate Punch – right, left, right
- Switch – left, right, left
- Target the chest – use front two knuckles
- **Soft elbow**
- **Chest lifted and abs braced**
- Stay low in your Stance
- Find the rhythm

Add on Side Kick:

- Karate Punch, right, left, right – right Side Kick
- Left, right, left – left Side Kick
- Set heel towards target, soften knee and lean away
- Strike with outside of foot, toes turned down, heel up
- Target the knee, groin or chest of your opponent
- Brace abs and keep chest up

LAYER 2

- Try to lean away from your Kick more – push and pull your knee out and in
- Have a clear start and stop to each move – clean lines, controlled and disciplined
- Relax until the moment of impact, then quickly tense your muscles

LAYER 3

- Feel the power of Karate, zero to 100!
- Let me hear your “Kiah” on your Side Kick – your very own spirit shout
- Option: Kick low

JAB, CROSS, JAB AND FRONT KICKS COMBINATION

LAYER 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross, Jab, back leg Front Kick
- Pulse forward and back
- Aim punches for nose, lip or chin
- **Soft elbows**
- Front Kick targets the groin, stomach or chest
- Kick with ball of foot, knee soft
- **Shoulders lean back and abs braced on kick**

Add on Front Kick on front leg:

- This time, 2 Kicks
- Add Front Kick, front leg
- Pulse forward and back

Add Continuous:

- Continuous, non-stop
- 7 reps in a row
- Find the rhythm

LAYER 2

- On your Front Kicks, square your hips to the front and push
- Aim for more turn through your shoulders and chest to increase your punch range and intensity
- When you Kick, swing your arm to the back and send your hips forwards to create more power

LAYER 3

- Can you kick fast and retract faster?
- Time to “focus in on your wins!” Remember, “you are the hype!”
- Maximum power – let me see you
- Option: Kick low



BONUS

04. I AM THE HYPE (DAN AUX REMIX) 4:50mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

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

Bring the key principles of each Martial Art to life through role-modeling Technique and purposeful coaching:

Karate:

- *Grounded to the floor*
- *Strong upright posture*
- *A clear start and stop to every move*
- *Relaxed until the moment of impact*
- *The use of “kiah” (spirit shout)*

Kick-boxing:

- *Raw and aggressive*
- *Confident to get the win*
- *Attitude of a champion*
- *Powerful Punches and Kicks*



BONUS

06. COMBAT 3

TRACK FOCUS

Speed Capoeira and leg conditioning are in full flow here! The focus is on layering combinations together with added options and levels along the way. We build into an impressive blend of fast Capoeira (speed) moves and challenging leg conditioning.

FEEL

Feel the flow as you try to relax your brain and let the music and moves guide you. This is the key to hook into the ‘feel’ – avoid over-thinking. It’s fast and dynamic, yet flowing and instinctive; trust yourself and have fun!

MARTIAL ART

Capoeira

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8	Front Stance	16	
0:07		2x8 A	SQUAT PULSE – Cross Block arms PREVIEW: L, R Inside Leg Kick on last 4cts	2	8x
0:15	(Up tempo)	8x8 B	INSIDE LEG KICK COMBO STEP L R INSIDE LEG KICK – across body to 45° STEP R L INSIDE LEG KICK – across body to 45° PREVIEW: L, R Ginga, Knee on last 8cts	2 2 2 2	8x
0:30	(Faint sounds)	4x8 C	GINGA KNEE COMBO L GINGA (R foot steps B) R KNEE R GINGA (L foot steps B) L KNEE	2 2 2 2	4x
0:45	B up /	12x8 D	L, R INSIDE LEG KICK COMBO x2 L, R GINGA KNEE COMBO x2 SQUAT PULSE x4 PREVIEW: Drop Squat with Reach Down L, R on last rep	8 16 8	3x
1:30	C / (Drop)	12x8 D ¹	L, R INSIDE LEG KICK COMBO x2 L, R GINGA KNEE COMBO x2 DROP SQUAT WITH REACH DOWN L, R x2 OPTION: Squat Pulse x4	8 16 8	3x
2:15	(Eastern sounds)	4x8 A	SQUAT PULSE – Cross Block arms	2	16x
2:30	Br /	4x8	Recover	32	
2:45	(Faint sounds)	12x8 D	INSIDE LEG KICK COMBO x2 GINGA KNEE COMBO x2 SQUAT PULSE x4 PREVIEW: Add Front Kick to Ginga and Drop Squat with Reach Down on last rep	8 16 8	3x
3:30	C / (Drop)	16x8 D ²	L, R INSIDE LEG KICK COMBO x2 L, R GINGA FRONT KICK COMBO x2 DROP SQUAT WITH REACH DOWN L, R x2 OPTION: Squat Pulse x4	8 16 8	4x
4:30	Outro /	4x8 A	SQUAT PULSE – Cross Block arms	2	16x



BONUS

06. EAST BOUNCE (EXTENDED MIX) 4:46mins

TECHNIQUE AND COACHING

INSIDE LEG KICK

LAYER 1

- Front Stance
- Step and Kick low
- Step and Kick, step and Kick
- Right – left, left – right
- The inside of your foot strikes the inside of your opponent's leg
- Push the heel across, driving from your hips and glutes

LAYER 2

- Find your tempo and flow here
- Let your arms swing naturally, stay loose and relaxed

LAYER 3

- How good does this feel? Almost like a cool dance move!
- Feel the music and enjoy

GINGA FRONT KNEE COMBINATION

LAYER 1

- Ginga, step, Knee, Ginga, step, Knee
- To the right, to the left
- Strike with top of knee to opponent's mid-section
- **Lean shoulders back and brace abs**
- Reach hands up and pull down to outside hip on Front Knee

LAYER 2

- Step out wide into the Ginga and squeeze the glutes
- Try to swing your body and use the core

LAYER 3

- Reach towards the floor to chisel and shape your legs!
- Feel the lactic acid burn in your thigh and glutes
- Option: Stay higher for less load

INSIDE LEG KICK x4, GINGA AND FRONT KICK x4 AND DROP SQUAT x4 SEQUENCE

LAYER 1

- Front Stance
- Each combination is 4 times
- Inside Leg Kick – low
- 4, 3, 2, 1
- Ginga, step, Knee, Ginga, step, Knee – 2 more times
- Squat Pulse – 4 times
- Push knees out on Squats
- Chest up and abs braced

Add on Drop Squat with Reach Down:

- Reach right, left, right, left
- Chest lifted and core braced tightly
- Bend knees
- Push knees out in line with toes

Add on Front Kick to Ginga:

- We switch the Ginga Knee to a Ginga Front Kick
- Use ball of foot to strike
- **Shoulders back and brace abs tightly**
- Soft knee on the Kick
- Swing arm down as you kick out

LAYER 2

- In Capoeira, deception is key – so be tactical
- This is our full-speed Capoeira sequence – stay quick to unlock the results
- Building great lower body and core strength

LAYER 3

- Imagine you are playing with your opponent – have some fun!
- Feel the flowing, rhythmic and circular motions of this Martial Art
- Can you feel your heart rate lifting up high?
- Option: Squats instead of Drop Squats



BONUS

06. EAST BOUNCE (EXTENDED MIX) 4:46mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

This amazing Capoeira-inspired track has movement patterns which challenge our coordination and rhythm. This improves our motor skills and ability to move quickly with multi-directional changes.

WHAT?

Inside Leg Kicks, Gingas, Front Knees and Kicks plus explosive Drop Squats, it's all 'going off'! In true authentic Capoeira style, this track will really challenge your lower body and core.

HOW?

Feel the rhythm, energy and flow of this track. Once you've coached your participants through the full sequence, let them free to feel and enjoy it! Have fun with the moves and music in this epic speed Capoeira track.



BONUS

07. MUAY THAI

TRACK FOCUS

“Who runs the show now?” These lyrics give us the perfect opportunity to push our fitness to the next level. If we expect participants to reach their max effort, we’ve got to try and reach ours. The focus in this track is to be the hardest worker in the room and instill that mantra in everyone else! When we all go there together you earn the right to shout “we run the show now!”

FEEL

Frantic, frenzied and fierce – the perfect Muay Thai feels. The sounds are full-on and so is the intensity. There’s a difference between exercising, working out and training... in Muay Thai, we train! Time to run the show and empty the tank.

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Dramatic)	4x8		L Combat Stance PREVIEW: L Jab, R Cross, L Ascending Elbow, L Jab, R Cross, L Ascending Elbow, Pulse F&B x4 on last 16cts	32	
0:11	V1 / _ Run what, we secure	8x8	A	L JAB , R CROSS	2	
				L ASCENDING ELBOW	2	
				L JAB , R CROSS	2	
				L ASCENDING ELBOW	2	
				PULSE F&B x4 PREVIEW: R Knee, R Leg Check on last rep	8	4x
0:33	B up / We run the show now _	4x8	A ¹	L JAB , R CROSS	2	
				L ASCENDING ELBOW	2	
				L JAB , R CROSS	2	
				L ASCENDING ELBOW	2	
				R KNEE	2	
				R LEG CHECK	2	
				PULSE OTS x2 PREVIEW: R Front Kick on last rep	4	2x
0:44	C / We run the show now _	8x8	A ²	L JAB , R CROSS	2	
				L ASCENDING ELBOW	2	
				L JAB , R CROSS	2	
				L ASCENDING ELBOW	2	
				R KNEE	2	
				R LEG CHECK	2	
				R FRONT KICK	4	4x
1:06	We run the show now _	4x8	B	L KNEE	2	16x
1:17		4x8	B ¹	R KNEE	2	16x
1:28	With hot rocks _	8x8	C	L, R RUNNING KNEE Level 2 after 8 reps	4	16x
1:50	(Dramatic sounds)	4x8		L KNEE to finish Recover and transition to R Combat Stance	16 32	
2:01	V2 / _ Run what, we secure	4x8		REPEAT SEQUENCES A – C on R		
3:41	(Dramatic sounds)	4x8		R KNEE to finish Recover and transition to L Combat Stance PREVIEW: L Jab, R Cross x2, L, R Uppercut, R Step, L Knee on last 16cts	32	
3:51	V3 / _ Run what, we secure	8x8	D	L JAB , R CROSS x2	4	
				L, R UPPERCUT	4	
				R STEP , L KNEE	8	4x
				TRANSITION: R Combat Stance on last 4cts		



BONUS

07. MUAY THAI

	MUSIC			EXERCISE	CTS	REPS
4:14	B up / _ Lock 'em off	8x8	D ¹	R JAB , L CROSS x2 R, L UPPERCUT L STEP , R KNEE PREVIEW: R Jump Knee on last rep TRANSITION: L Combat Stance on last 4cts	4 4 8	4x
4:36	C / We got locked off _	8x8	D ²	L JAB , R CROSS x2 L, R UPPERCUT L JUMP KNEE OPTION: Step Knee TRANSITION: R Combat Stance on last 4cts	4 4 8	4x
4:58	We got locked off _	8x8	D ³	R JAB , L CROSS x2 R, L UPPERCUT R JUMP KNEE OPTION: Step Knee	4 4 8	4x
5:20	We run the show now _	8x8	E	L, R RUNNING KNEE L KNEE to finish	4	16x



BONUS

07. RUN THE SHOW 5:44mins

TECHNIQUE AND COACHING

JAB, CROSS, ASCENDING ELBOW x2, FRONT KNEE, LEG CHECK AND FRONT KICK COMBINATION

LAYER 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross, Ascending Elbow – twice
- Pulse forward and back
- Punch to the nose, elbow to the chin
- **Soft elbows on Jab and Cross**

Add on Front Knee and Leg Check:

- Add left Knee and Leg Check
- Pulse on the spot
- Target for Knee is groin, stomach or chest
- **Lean shoulders back and brace abs on Knee**

Add on Front Kick:

- Add on left Front Kick
- Kick to knee, stomach or chest of your opponent

LAYER 2

- On the block (Leg Check), elbow towards knee to create a shield
- On the Front Kick, push your foot through their chest
- Push your front hand forward on the Leg Check to keep your opponent at a distance

LAYER 3

- Let's commit to range – every Elbow fires up past your chin... yes or yes?
- This is the final round in Bangkok's title fight – get the win!
- Option: Kick low

JAB, CROSS x4, UPPERCUT x2 AND JUMP KNEE COMBINATION

LAYER 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross – 4 punches
- Uppercuts – right, left
- Step forward, left Back Knee
- Reset back in Combat Stance. Repeat this combination 4 times then switch sides

Add on Jump Knee:

- Step forward then Jump Knee (back leg)
- **Land softly by bending knees**
- Option: Grounded knee
- Step back to reset Stance

LAYER 2

- Swing your arms by your sides, then up high as you jump up – this helps vertical drive
- Land feet wide after the Jump Knee

LAYER 3

- It's not easy – far from it, so use your options wisely; stay grounded for power any time
- Feel your heart rate taking off!
- Option: Stay grounded on Knee

RUNNING KNEE SEQUENCE

LAYER 1

- Front Stance
- Boxing Guard
- Running Knees – right and left
- Top of knee strikes into the punchbag
- Shoulders lean forward as hips shift back
- Swing your leg through
- Options: Running Knee style or grounded

LAYER 2

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

LAYER 3

- Knees up, hands up... heart rate is definitely up
- This is BODYCOMBAT 100, so give it 100% effort!
- Option: Stay grounded on Knees (no hop)



BONUS

07. RUN THE SHOW 5:44mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

This track truly showcases the art of 8 limbs in all its glory! We throw an authentic combination with fists, elbows, knees and feet... we even squeeze a defensive Leg Check in there too. That's only the first combination; the second is an electric 6-punch and Jump Knee sequence. Prepare for a serious amount of Knee Strikes in this one too – over 190!

WHAT?

Combination 1 focuses on blending authentic Muay Thai sequences. This features a Jab, Cross, Ascending Elbow upper-body section fused with a Front Knee, Leg Check, Front Kick lower-body finisher. Knees are thrown in to build stamina and endurance, plus push our cardiovascular fitness to the next level.

Combination 2 delivers a Jab, Cross Uppercut and a Jump Knee sequence. Here we focus on power training and core conditioning.

HOW?

We have two feature combinations, each with their own focus and benefits. First up, we build a complex mix of attacking and defending moves to challenge our whole body and reflexes. This combination utilizes Punches, Elbows, Knees, Kicks and Blocks – an all-out Muay Thai arsenal of authenticity! Our second combination features power Punches followed by an explosive Jump Knee. Time to show who runs the show as you bring this Bonus Muay Thai track to life!



BONUS

08. POWER TRAINING 3

TRACK FOCUS

Focus on setting a solid base and strong foundations to power your punches. We do this by having our feet wide, knees bent and our lower body muscles engaged. Coach your participants how to use their legs to increase their cardio output during the Lateral Run with Jumping Jack/ Tuck Jumps!

FEEL

This bonus Power Training Track 8 has an intense and dark soundtrack with heavy bass and electro beats. We hit a huge amount of Punches using some great upper body combinations. Tap into the feel of ‘charging’ at your opponent, then retreating quickly with great agility from the legs.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / In the	4x8	L, R RUN OTS	32	
0:11		6x8	A L Combat Stance L JAB , R CROSS x2 L JAB x2 PREVIEW: Add Bob on last rep	4 4	6x
0:29		4x8	A ¹ L JAB , R CROSS x2 L JAB , BOB L JAB	4 2 2	4x
0:41	PC / (Faint)	8x8	B L, R UPPERCUT PREVIEW: Fast Uppercuts x5, Super Punch on last 8cts	4	8x
0:52	C / In the sound to me _	8x8	C L, R UPPERCUT x2 L UPPERCUT R SUPER PUNCH OPTION: R Cross instead of Super Punch	4 2 2	8x
1:16	_ In the sound to me	8x8	C CHARGE F L HOOK , R UPPERCUT , L HOOK CHARGE B PULSE F&B x2 OPTION: Step/Shuffle instead of Charge	4 4 4 4	4x
1:39	Br / (Fading distorted lyrics)	2x8	L HOOK to finish Recover and transition to R Combat Stance	16	
1:45	V2 / In the sound		REPEAT SEQUENCES A – D on R Note: Sequence A is 8 reps		
3:19	(Fading distorted lyrics)	2x8	R HOOK to finish Recover and transition to Front Stance NOTE: These counts are not precise as the music fades	16	
3:27		3x8	E L LATERAL RUN x4 JUMPING JACK x2 R LATERAL RUN x4 JUMPING JACK x2	4 4 4 4	1½x
3:37	C / In the sound to me _	8x8	E ¹ R LATERAL RUN x4 JUMPING JACK, TUCK JUMP L LATERAL RUN x4 JUMPING JACK, TUCK JUMP OPTIONS: Jack or Squat instead of Tuck Jump	4 4 4 4	4x
4:00	Br /	4x8	Recover and reset Front Stance	32	
4:11	C / In the sound to me _	4x8	F L, R JAB PREVIEW: L, R Hook on last 4cts	2	16x
4:23		4x8	F ¹ L, R JAB x2 L, R HOOK	4 4	4x
4:35		8x8	F ² L, R JAB L fist to ceiling to finish OPTION: Speed Jabs, off beat after 16 reps	2	32x



BONUS

08. KICK IT DOWN 5:01mins

TECHNIQUE AND COACHING

JAB, CROSS x2, JAB, BOB, JAB COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, 4x Cross and 2 Jabs*
- *Target is nose, lip or chin*
- *Big knuckles strike*
- *Keep elbows soft*
- *Release back heel on the Cross*

Add on Bob:

- *We're going to add a Bob*
- *4, 3, 2, 1 Jab, Bob, Jab*
- *Brace core*
- *Lean forward into strikes*

LAYER 2

- *Our legs set the foundation for the strikes; make sure you ground yourself*
- *On the Bob – Squat and Crunch to work your core harder*

LAYER 3

- *Enjoy the Bob – it feels good to get out the way of your opponent's counter-strike, huh?*

UPPERCUT x5 AND SUPER PUNCH COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Uppercut easy – right, left*
- *Target the chin*
- *Strike with front two knuckles*
- *Bend your knees and punch vertically up*

Add on fast Uppercuts and Super Punch:

- *New combination*
- *5 Uppercuts and Super Punch*
- *Lift left knee then throw left Super Punch*
- *Shift your body weight forward*
- ***Slight hop, soft knees on landing***

LAYER 2

- *Really use your legs here to drive the Uppercuts*
- *Weight shift from the back leg to the front, a little roll, Knee Lift and throw the Punch forward (Super Punch)*

LAYER 3

- *A perfect combination for shaping your shoulders*
- *Those Super Punches certainly look super! Well done*
- *Stay grounded and Cross instead of Super Punch*



BONUS

08. KICK IT DOWN 5:01mins

TECHNIQUE AND COACHING

TRAVEL FORWARD (CHARGE) HOOK, UPPERCUT, HOOK SEQUENCE

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Charge forwards (or Shuffle)*
- *Hook, Uppercut, Hook*
- *Charge back (or Shuffle)*
- *Pulse forwards and back*
- *Strike with front two knuckles*
- *Target jaw, chin, jaw*

LAYER 2

- *Charge forward and back by bending knees and staying low*
- *Power your Punches as you quickly reach your target then Charge away out of danger*
- *Push off the back foot to Charge forward, front foot to Charge away*

LAYER 3

- *C'mon; go for distance, go for range, 1 more!*
- *Who can get super low as they Charge forward and back?*
- *Option: Shuffle instead of Charge*

LATERAL RUN, JUMPING JACK AND TUCK JUMP SEQUENCE

LAYER 1

- *Front Stance*
- *4 Runs to the right*
- *2 Jumping Jack to the front*
- *Change sides – 4 Runs left*
- *2 Jumping Jack*
- **Soft knees on landing**
- *This is level 1 – start easy*

Add on Tuck Jump:

- *When you're ready, you can add on 1 Tuck Jump*
- *Lateral Run, 1 Jumping Jack, 1 Tuck Jump*
- **Soft knees on landing**
- *Chest up and abs braced*

LAYER 2

- *This is our cardio block of work – lifting your heart rate*
- *Feet wide and knees bent as you land to absorb impact*
- *Drive your knees up high towards your chest in the Tuck Jump*

LAYER 3

- *Time to push your fitness to a whole new level – let's go!*
- *Create more space below you and the floor by jumping higher*
- *Option: Jumping Jack instead of Tuck Jump*



BONUS

08. KICK IT DOWN 5:01mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

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

WHAT?

Power and endurance training is up first as we dial up the heat in the combination from the upper body Warm-up track. This time, it's continuous training with non-stop Punches and Bobs which really fire up our core. Our second combination blends 5 Uppercuts and a Super Punch. This is great for building shoulder strength and using our legs for power. Watch out for the surprising new Charge sequence where we really bring the fight to our opponent, then quickly get out of danger. A Lateral Run into a Jumping Jack/Tuck Jump section is a cardio game-changer. Just try to save some energy for the Jabs and Hooks into off-the-beat Jabs to finish victoriously.

HOW?

As the combinations within this track build, increase both the motivation and energy. There isn't a need to overly coach how to execute the strikes but instead coach to the increase in energy and intensity. Connect with your participants, giving encouragement and praise, plus bring your own performance and magic to this one.



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.

