



BODYCOMBAT 104



Presenters:

Back row (L–R): Meno Thomas (New Zealand), Vili Fifita (New Zealand), Chin Chen (China)

Front row (L–R): Marlon Woods (United States), Rachael Newsham (United Kingdom/New Zealand)

READY TO STRIKE? THIS WORKOUT DOESN'T MISS.

This workout isn't just about movement – it's about mastery. Each track is purpose-built to challenge your control, elevate your performance, and unleash power you didn't know you had.

Track 2 puts the spotlight on the Roundhouse; smooth, precise and built to grow with you. The verse allows for controlled kicks at lower targets while you sharpen your balance, then – just like stacking plates in BODYPUMP – you start cranking up that intensity. The chorus flips the switch: a simple but 'savage' cardio burst to spike the heart rate after all that control. And the Bridge? Straight out of TKD – semi-contact punches that keep the fight in our DNA.

Track 3 steps into the ring with a new kind of force. Say hello to my little friend the Corkscrew. Sit low, coil tightly, and explode through Jab-Cross combos with every ounce of power driven from the legs and core.

Track 5a brings the fire without the fuss. Short, sharp and scalable – beginners can step in with confidence, while regulars take it up a notch. Keep your Sprawl game strong and your energy high. Then roll into Track 5b, where we crank up the intensity again. Basic by design, brutal by execution. High Knees fire up the core, which means there's no pacing – just full-send from start to finish. It looks sweet on paper, but teach it once and it'll shock you!

Track 8 – that's your championship round. Power meets emotional surrender. You're spent, broken and still driving forward. The synths soar, the drums pound, and when you hit those final Jabs, it's pure instructor gold.

Then comes the twist – a lateral combo that looks tame but wrecks your engine. Total body fatigue in disguise. With epic BPM swings throughout, we worked hard to find a start that let you reset – before pulling you back in for the final blow: a loose double Jab-Cross that builds into knockout flow. You don't just finish strong – you finish unstoppable.

Many thanks,
BODYCOMBAT Creative Team

BODYCOMBAT 104

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

DECLARATION OF INTENT

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GLOSSARY

FRONT STANCE

STANCE

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

COACHING

Layer 1

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

COMBAT STANCE

STANCE

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

Variation 1:

- Boxing – back heel lifted, balanced weight distribution

Variation 2:

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

Variation 3:

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

COACHING

Layer 1

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

BOXING GUARD

STANCE

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

COACHING

Layer 1

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

MARTIAL ARTS GUARD

STANCE

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

COACHING

Layer 1

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



GLOSSARY

JAB

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

CROSS

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

HOOK

GUARD

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

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

UPPERCUT

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

FRONT KNEE

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

FRONT KICK

PREPARATION

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

STRIKE

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



GLOSSARY

SIDE KICK

PREPARATION

- Set your heel in line with the target
- Back foot directly under the body and soft knee bend in back leg
- Transfer weight to the back foot and lean body away from the target but keep head up for balance
- Draw knee up and in front of the body 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

Crash the Party (4:17)

Mike Candys

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Written by: Kull
- 01B

JUMPIN (4:22)

Cory Ruin

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Written by: Appell, Schrody, Mann, Muggerud
- 02

ZONES (5:38)

INF

Courtesy of Les Mills Music Licensing Ltd.

Written by: Tyson
- 03

Shiver (Wilkinson Remix) (3:12)

John Summit & HAYLA

Courtesy of the Universal Music Group.

Written by: C. Williams, R. Williams, Appleton, Geuze, Kolf, Schuster, H. Williams
- Shiver (Wilkinson Remix)** (1:33)

John Summit & HAYLA

Courtesy of the Universal Music Group.

Written by: C. Williams, R. Williams, Appleton, Geuze, Kolf, Schuster, H. Williams
- 04

2003 (4:58)

TNT aka TECHNOBOY ‘N’ TUNEBOY

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Written by: Dona, Giusberti
- 05

Can’t Stop (3:52)

Bare Up

© 2022 BeatsBassLife.

Written by: Kiedis, Smith, Flea, Frusciante
- Run (Part 1)** (2:14)

Mozey feat. Sofia

© 2024 Rinse/Kool.

Written by: Hitches
- 06

FLEUMM YEHH (4:32)

GoodieBaddie

Courtesy of Les Mills Music Licensing Ltd.

Written by: Archer-Mills
- 07

Hey Ya! (5:36)

Nasty Voodoo

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Written by: Benjamin
- 08

Not Even Love (MUZZ Remix) (3:00)

Seven Lions & ILLENIUM

Courtesy of the Universal Music Group.

Written by: Montalvo, Miller, Raba, van Daalen, Vaughan, Vidatsdottir, Zavala
- Not Even Love (MUZZ Remix)** (2:30)

Seven Lions & ILLENIUM

Courtesy of the Universal Music Group.

Written by: Montalvo, Miller, Raba, van Daalen, Vaughan, Vidatsdottir, Zavala
- 09

Dare U (2:09)

NLE Choppa & Imagine Dragons

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Written by: Potts, Goldstein, Bowman, Sermon, Reynolds, Lindsay-Keay, McKee
- Dare U** (1:16)

NLE Choppa & Imagine Dragons

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Written by: Potts, Goldstein, Bowman, Sermon, Reynolds, Lindsay-Keay, McKee
- 10

MOVIN (3:02)

Rubi Du feat. BLENDWISE

Courtesy of Les Mills Music Licensing Ltd.

Written by: Raju, Dyer, Cranston



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	40:14

30-MINUTE FORMAT

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

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

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

TECHNICAL TEAM CREDIT

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



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

Setting our class members up 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 excitement of welcoming your participants to the awesome workout ahead.

FEEL

A lively and uplifting start with superb builds and drops. There is also a beautiful and calm contrasting feel as you move on a 45-degree angle. Bring the song’s emotion and feel to life by matching your contrasting vocals and physicality to it.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / (Instr)	2x8	L Combat Stance	16	
0:12	(Percussion)	2x8	A L JAB	2	8x
0:19	B up / Crash the party _	4x8	A ¹ L JAB , R CROSS PREVIEW: L Jab, R Cross to body, L Jab, Pulse F&B on last 8cts	2	16x
0:33	C / (Drop)	8x8	A ² L JAB , R CROSS to body, L JAB PULSE F&B x2 OPTIONS: On Cross – drop low to lift heart rate or stay high to slow heart rate	4 4	8x
1:00	Br / (Calm sounds)	8x8	B SHUFFLE to L corner L, R HOOK SHUFFLE B on 45° PULSE F&B (facing L corner) NOTE: Pulse into L Combat Stance on last 4cts	4 4 4 4	4x
1:28	B up / (Music builds)	4x8	C L, R UPPERCUT PREVIEW: L Jab, R Cross to body, L Jab, Pulse F&B on last 8cts	2	16x
1:42	C / (Drop)	8x8	A ² REPEAT L JAB , R CROSS to body, L JAB PULSE F&B x2	4 4	8x
2:10	Br / (Fade out)	2½x8	L Combat Stance – hold TRANSITION: R Combat Stance PREVIEW: R Jab on last 4cts	4 16	
2:19	(Percussion)	REPEAT SEQUENCES A to 2 nd A ² – R A-Frame position to finish			



01A. CRASH THE PARTY 4:17mins

TECHNIQUE AND COACHING

JAB

LAYER 1

- Left Combat Stance
- Boxing Guard
- Left Jab
- Target – nose, lip or chin
- Big knuckles strike
- **Keep elbow soft**
- Abs braced

LAYER 2

- Guard is tight and high
- Focus on range; bring shoulder towards your chin as you strike

JAB, CROSS COMBINATION

LAYER 1

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

LAYER 2

- Feet nice and wide, knees soft – strong and stable base
- Tuck your chin in and relax your shoulders

LAYER 3

- Start to feel a little warmth in the shoulders and core

JAB, CROSS TO BODY, JAB & PULSE COMBINATION

LAYER 1

- Left Combat Stance
- Boxing Guard
- Target – head, body, head
- Cross to body by bending knees and **bending back heel**
- Target – nose, lip or chin
- **Soft elbows**
- Strike with front two knuckles

LAYER 2

- Feet nice and wide, knees soft – strong and stable base
- To aim for opponent's chest, drop the knee, lift the heel and stay light on your feet
- Tuck your chin in and relax your shoulders

LAYER 3

- Start to feel a little warmth in the shoulders and core
- Options: Stay higher on Cross to slow heart rate or drop lower on Cross to increase heart rate

SHUFFLE TO CORNER, HOOKS, SHUFFLE BACK & PULSE COMBINATION

LAYER 1

- Shuffle to corner – 45-degree angle
- Hook front arm, back arm
- Aim for the jaw or temple
- Shuffle back, keep facing the corner and pulse
- **Release your heel and turn your knee, hip and body**
- **Abs braced**
- Use front two knuckles to strike
- 90-degree bend in elbow

LAYER 2

- Stay in your Combat Stance as you travel to the corner and back
- Hook is a horizontal punch – stop it front and center

LAYER 3

- Feels great to move off the spot, right? Creating angles!



01A. CRASH THE PARTY 4:17mins

TECHNIQUE AND COACHING

UPPERCUTS

LAYER 1

- *Left Combat Stance*
- *Boxing Guard*
- *Uppercut, left and right – singles*
- *Target the chin*
- *Use front two knuckles to strike*
- *45-degree angle at the elbow*
- *Abs braced*

LAYER 2

- *Tuck your elbows in and roll*
- *Lift chest, squeeze fist a little tighter and rotate a little further*

LAYER 3

- *Moving quicker allows us to feel warmer faster!*

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 with 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.

Bring the contrast to life during the 45-degree sequence compared with the high-energy combinations to the front! This creates drama, excitement and a harmonious connection of moves and music together.

HOW?

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



01B. LOWER BODY WARM-UP

TRACK FOCUS

Focus on **S**tance, **G**uard, **P**reparation, **S**trike (SGPS) and directional cues. Coach these fundamental Layer 1 cues with clarity and confidence. Have fun with this nostalgic and hugely energetic track!

FEEL

A classic tune remixed – time to get this party *Jumpin'!*
Bring the good vibes to life with style points!

MARTIAL ARTS

Kick-boxing, Karate, Tae Kwon Do and Muay Thai

MUSIC			EXERCISE		CTS	REPS
4:18	Intro / Let's get this thing	2x8		A-Frame position – hold Circle arms O/H, palms open Lower hands into Boxing Guard	4 8 4	
4:25	3, 2, 1, let's go now _	4x8	A	L HIP ROLL 3-STEP L, R, L R HIP ROLL 3-STEP R, L, R PREVIEW: Knee to corner on last rep	1 3 1 3	4x
4:39	B up / Jump, jump, jump	4x8	A ¹	L KNEE to L corner 3-STEP L, R, L R KNEE to R corner 3-STEP R, L, R	1 3 1 3	4x
4:53	C / (Drop)	4x8	A ²	L KNEE x3 to L corner 3-STEP L, R, L R KNEE x3 to R corner 3-STEP R, L, R	5 3 5 3	2x
5:07	This party's jumpin' _	8½x8	B	L Combat Stance L FRONT KICK PULSE OTS TRANSITION: Front Stance on last 4cts (Martial Arts Guard to L)	4 4 4	8x
5:35	V / Pack it up , pack it in	8x8	C	L SIDE KICK PULSE OTS TRANSITION: L Combat Stance on last 4cts	4 4	8x
6:03	Br / _ Ladies shake	4x8	D	L ROUNDHOUSE SET-UP PULSE OTS	4 4	4x
6:17	B up / Jumpin' jumpin'	4x8	D ¹	L ROUNDHOUSE KICK STEP out, in	2 2	8x
6:31	C / This party's jumpin' _		REPEAT SEQUENCES A² to D¹ – R NOTE: R Push Kick on last 4 reps on Sequence B			
8:10	PC / (Techno drop)	4x8	E	Front Stance L KNEE , L FRONT KICK PULSE OTS R KNEE , R FRONT KICK PULSE OTS PREVIEW: Knee x2, Front Kick on last 8cts	4 4 4 4	2x
8:23	C / This party's jumpin' _	4x8	E ¹	L KNEE x2 L FRONT KICK STEP L, R, L R KNEE x2 R FRONT KICK STEP R, L, R L FRONT KICK to finish	4 1 3 4 1 3	2x



01B. JUMPIN 4:22mins

TECHNIQUE AND COACHING

HIP ROLL / FRONT KNEE, 3-STEP COMBINATION

LAYER 1

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

Add on Single Knees:

- Next time, one Knee to the left, one Knee to the right
- Right Knee to right corner – 45 degrees
- 3 Steps to switch
- Left Knee to left corner – 45 degrees
- Strike with top of your knee – aim for stomach
- Knee lifts above waist and pull hands down to hip
- Shoulders lean backwards, **abs braced to protect lower back**

Add on Triple Knees:

- Triple Knee to the left corner
- 3 Steps to switch
- Triple Knee to right corner
- Reach arms high and pull hands down on every strike

LAYER 2

- Let's warm up the lower half of the body
- First we get the timing
- Toes point down, knee lifts up

LAYER 3

- How cool does it feel to warm and mobilize the hips?

FRONT KICK, PULSE OTS

LAYER 1

- Left Combat Stance
- Boxing Guard
- Low Front Kick, left leg
- Pulse OTS
- Strike with the ball of foot
- Lean shoulders backwards, **abs braced to protect the lower back**

Add Push Kick (on second side):

- Left Push Kick
- Knee lifts high towards chest
- Extend your leg as you push your hips forward
- Strike with the ball of foot
- It's just the Warm-up – keep the Kick at **hip height max**

LAYER 2

- Retract your heel to butt, warming up your hamstrings
- Option: Kick low

SIDE KICK, PULSE OTS

LAYER 1

- Front Stance
- Boxing Guard to left side
- Low Side Kick, left 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
- **Abs braced**, lean away and keep chest lifted
- Return to Front Stance and Pulse OTS
- Strike out and down on a 45-degree angle
- Focus on the outward push and inward pull of the Kick

LAYER 2

- Knee retracts back towards chest after the strike to warm the core

LAYER 3

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



01B. JUMPIN 4:22mins

TECHNIQUE AND COACHING

ROUNDHOUSE SET-UP / ROUNDHOUSE KICK

LAYER 1

- Left Combat Stance
- Roundhouse Kick Set-up, left leg
- **Set back heel towards target**
- Lift shin to align parallel to the floor
- Return to Combat Stance and Pulse on the spot
- Knee, hip and shoulder all in a line

Add Roundhouse Kick:

- Add some speed as we add the Kick
- Right Roundhouse Kick
- Step back, step forward (out, in)
- Extend leg and strike with top of foot or shin
- **Aim low towards knee level**
- **Chest lifted and abs braced as you lean away**

LAYER 2

- Opening the hips on the set-up phase
- Soften stabilizing knee as you strike
- Retract heel to your glutes to work hamstrings

LAYER 3

- Feels good to move with speed and precision so early on, right?
- Option: Kick low

FRONT KNEE & FRONT KICK COMBINATION

LAYER 1

- Front Stance
- Boxing Guard
- 1 Knee, 1 Front Kick
- Land feet wide and pulse
- Strike with top of your knee – aim for stomach
- Strike with ball of foot on Front Kick
- **Kick long and low, aiming between knee and stomach height**
- Shoulders lean backwards, **abs braced to protect lower back**

Add on Double Front Knee:

- Double Front Knee and 1 Front Kick
- 3 Steps to switch sides
- Option: Hop on Knees or stay grounded

LAYER 2

- Bring the elbow past your hip to lift up the heart rate
- Feel your abs engage as you strike
- To free your hips, pull arm down and squeeze your glutes
- Option: Stay grounded – no Hop



01B. JUMPIN 4:22mins

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. **We layer complexity while building intensity in this Lower Body Warm-up, starting with mobility, cutting angles in the middle, and finishing with explosive 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

Explore the rawness of Kick-boxing vs. the control of Karate. Teach how to move with maximum power, contrasting with disciplined precision. This track blends pockets of each Martial Art throughout, allowing us to layer our coaching and physical intensity.

FEEL

Huge highs of explosivity paired with calm centered movements. This track creates a uniquely contrasting feel throughout!

MARTIAL ARTS

Kick-boxing and Karate

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Jeepers	2x8	L Combat Stance	16	
0:06	B up / 6, 5, 4	10x8	A R HOOK L FRONT KNEE x3 Level 2 after 2 reps OPTIONS: Hop on Knees or stay grounded	2 6	10x
0:33	Instr / (Soft guitar)	2x8	R HOOK to finish Set up L Combat Stance	16	
0:39	Mmm	4x8	B L ROUNDHOUSE KICK L foot taps down Small-range Single-Leg Squat	2 2 4	4x
0:50	B up / I , do what I want	5x8	B ¹ L ROUNDHOUSE KICK x3 L foot taps down into small-range Single-Leg Squat OPTION: Stay with 1x Roundhouse Kick version	6 2	5x
1:04	C / Follow me, follow me	8x8	A REPEAT R HOOK L FRONT KNEE x3 OPTIONS: Hop on Knees or stay grounded	2 6	8x
1:25	Instr / (Soft guitar)	2x8	R HOOK to finish Set up L Combat Stance	16	
1:31		2x8	B REPEAT L ROUNDHOUSE KICK L foot taps down Small-range Single-Leg Squat	2 2 4	2x
1:37	V1 / Light speed never been a	10x8	B ¹ L ROUNDHOUSE KICK x3 L foot taps down into small-range Single-Leg Squat OPTION: Stay with 1x Roundhouse Kick version	6 2	10x
2:04	C / Follow me, follow me	8x8	A REPEAT R HOOK L FRONT KNEE x3 OPTIONS: Hop on Knees or stay grounded	2 6	8x
2:26	Br / Non-stop yeah you	2x8	R HOOK to finish TRANSITION: Wide Front Stance Turn to L side – L hand in Kamae Guard	2 10 4	
2:32	Clocks still tick but I	6x8	C R KARATE PUNCH – facing L Hold R arm out in strike. SLOW TURN to R side – R hand opens into Kamae Guard L KARATE PUNCH – facing R Hold L arm out in strike. SLOW TURN to L side – L hand opens into Kamae Guard PREVIEW: Karate Punch x2, hop to change direction on last 8cts	3 5 3 5	3x
2:48	V2 / Some go to city	8x8	C ¹ R KARATE PUNCH x2 – facing L PULSE OTS x2, turning to R side L KARATE PUNCH x2 – facing R PULSE OTS x2, turning to L side OPTION: Add Step into Karate Punch after 2 reps	4 4 4 4	4x



02. COMBAT 1

MUSIC			EXERCISE	CTS	REPS
3:10	Br / Jeepers _	2x8	R KARATE PUNCH to finish RECOVER and TRANSITION to R Combat Stance		16
3:15	PC /		REPEAT SEQUENCES A to 3rd A – R		



02. ZONES 5:38mins

TECHNIQUE AND COACHING

HOOK & TRIPLE FRONT KNEE COMBINATION

LAYER 1

- *Left Combat Stance*
- *Boxing Guard*
- *Right Hook*
- *3 left Knees*
- *Target – jaw or temple*
- *Strike with front two knuckles*
- *Aim knee to groin, stomach or chest height*
- **Hook – release your heel and turn your knee, hip and body**
- **Shoulders back, abs braced to protect lower back**

LAYER 2

- *Use the core to stop the Hook directly in front of your face*
- *Abs turned on tightly, heel releases and hips swing into the punch*
- *We are Kick-boxing – up on toes and lifted, but with control*

LAYER 3

- *Such a powerful combination, huh? – feel yourself and the power strike explosively!*
- *See if you can reach a little higher and pull down harder on the Knees! Reach, reach, reach!*
- *Options: Hop on Knees or stay grounded*

ROUNDHOUSE KICK REPEATER SEQUENCE

LAYER 1

- *Left Combat Stance*
- **Back heel steps in to set**
- *Slow Roundhouse Kick – left leg*
- *Strike, retract and tap foot down to reset*
- *Tap down is like a Single-Leg Squat – weight in back leg*
- *Kick with shoelaces by pointing toes*
- *Start low – aiming for knee level*
- *Knee soft as you strike*
- **Chest lifted and abs braced**

Add Triple Roundhouse Kick:

- *3 Kicks, 1 Tap*
- *Keep weight on rear leg for stability*
- *Heel retracts towards butt after each strike*
- *Aim for knee height or lower to help balance*

LAYER 2

- *Feel the quad and glute engage on the back leg*
- *If you find yourself falling forward, lean your body back further over your standing leg*

LAYER 3

- *How's your balance feeling today?*
- *This is all about precision. Can you feel the high level of control?*
- *Options: Kick low or 1 Roundhouse Kick (instead of 3)*



02. ZONES 5:38mins

TECHNIQUE AND COACHING

KARATE PUNCH SEQUENCE

LAYER 1

- *Wide Front Stance*
- *Roll fist into ribs*
- *Turn left – open left hand in Kamae Guard*
- ***Chest lifted and abs braced***
- *1 Karate Punch, right hand*
- ***Soft elbow on punch***
- *Open right hand into Kamae Guard and rotate to face right side*
- *1 Karate Punch, left hand*
- ***Lift heel and toes as you rotate to protect the knee***
- *Punch and sink into legs – grounded and stable*

Add Double Karate Punch and Hop to switch:

- *2 Karate Punches*
- *2 Hops to switch sides and repeat*

Add Step into Double Karate Punch:

- *If you want more intensity, step into the strikes*
- *Land foot and fist at the same time*

LAYER 2

- *Focus on the push and pull – push the punch as you pull the Karate Guard into fist by ribs*
- *Exhale on strikes to add more speed and power*

LAYER 3

- *Who can stay relaxed until the moment of impact?!*
- *You all look great – controlled and disciplined movements!*
- *Options: Rotate without Hops or stay grounded on Karate Punches (no Step)*

TIPS

FUNDAMENTALS

WHY?

This track features awesome Kick-boxing and Karate-inspired movements.

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 AND HOW?

Kick-boxing is first up. Here we work on speed and power utilizing a Hook and Triple Knee. This is a full-body, integrated combination to drive up your heart rate!

We then head into a leg conditioning and balance challenge section, starting with a Single Roundhouse Kick and small Single-Leg Squat combination. We quickly progress into a Triple Roundhouse Kick where stability and core strength are compromised. The focus here is on precision and balance, so kick low for success!

Staying with a Single Roundhouse Kick here is a great alternative to coach and role-model.

Finally, we explore a uniquely authentic Karate Punch sequence. This provides an opportunity to challenge our control, relax/contract timing and speed. Coach and role-model upright posture, a clear start and stop to each strike, and the ability to relax until the moment of impact!



03. POWER TRAINING 1

TRACK FOCUS

Three rounds of Boxing and ring-craft training. The focus here is on cutting angles in the 45-degree sequence, plus mastering the new Corkscrew move. Enjoy moving off the spot as you strike in multiple directions with your members. This lifts our heart rate and trains our whole body.

The Corkscrew is a defensive move which works the obliques, legs and glutes!

FEEL

Time to “feel it now” as we get super warm... No ‘shiver’ for us!
Feel the rhythms, flows, highs and lows! It’s literally all in the lyrics – “feel it” and show it together.

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	1x8	RECOVER and prepare		8	
0:03	V1 / In the darkness	4x8	L, R RUN OTS		2	16x
0:14	QC / And I feel it now	16x8	A	L WALKING JAB x4 to L corner	8	4x
				R, L RUN B	4	
				R, L RUN OTS and turn to R	4	
				REPEAT TO R CORNER	16	
				Level 2 after 2 reps – JUMP JABS OPTIONS: Walking Jab instead of Jump Jab; March instead of Run		
0:58	C / And I feel it now	8x8	B	Front Stance		4x
				L, R JAB x4	8	
				JUMPING JACK x4	8	
OPTION: Squat x2 instead of Jumping Jacks						
1:20	(Instr)	8x8	A	REPEAT L JUMP JAB x4 to L corner	8	2x
				R, L RUN B	4	
				R, L RUN OTS and turn to R	4	
				REPEAT TO R CORNER	16	
				OPTIONS: Walking Jabs; March instead of Run		
1:42	V2 / Can you feel it now	4x8	L, R RUN OTS PREVIEW: L Jab on last 8cts		2	16x
1:53	And I feel it now	4x8	C	L Combat Stance L JAB PREVIEW: L Jab x2, L Corkscrew on last 4cts	2	16x
2:04	B up / (Build)	8x8	C ¹	L JAB x2	2	16x
				L CORKSCREW PREVIEW: Add on L Jab, R Cross x2 on last rep	2	
2:26	C / Can you feel it now	8x8	C ²	L JAB x2	2	8x
				L CORKSCREW	2	
				L JAB , R CROSS x2	4	
2:48		8x8	D	Front Stance L, R JAB	2	32x
3:10	Br / (Fade out)	5x8	L JAB to finish RECOVER and TRANSITION to R Combat Stance		40	
3:24	V3 / And I feel it now		REPEAT SEQUENCES C to D – R			



03. SHIVER (WILKINSON REMIX) 4:45mins

TECHNIQUE AND COACHING

4x WALKING JABS, TRAVELING TO CORNER, RUN BACK & JUMP JABS SEQUENCE

LAYER 1

- Turn to the left on a 45-degree angle
- 4 Walking Jabs to the left corner
- Run back, leading with your right leg, turn and face right corner
- 4 Jabs to the left corner
- Run back, right, left
- Target – nose, lip or chin
- **Soft elbows**
- **Abs braced**
- Strike with front two knuckles
- **Knee soft on Run**

Add on Jump Jabs:

- 4 Jump Jabs, traveling to left corner
- Lift knee to waist level, soft knee landing
- Run back right, left and turn to right

LAYER 2

- Land your foot and fist at the same time
- As you lift your knee high your lower abs are working hard

LAYER 3

- This is a real moment in your workout where you decide on the intensity and results!
- Drive your opponent into the corner of the Boxing ring!

Options:

- Walking Jab instead of Jump Jab
- March back/OTS instead of Run

8x JABS & 4x JUMPING JACKS SEQUENCE

LAYER 1

- Front Stance
- Boxing Guard
- 8 Jabs – left, right
- 4 Jumping Jacks – in/out
- Strike with front two knuckles
- Targets – nose and chin
- **Soft elbows**
- Soft knee landing on Jacks
- **Abs braced**

LAYER 2

- A good boxer needs a good workout – this conditioning keeps us light and agile
- Twist torso more to reach longer on your punches

LAYER 3

- Do you want this forever? Can you do this forever!
- Feel your whole body working super hard!
- Option: 2x Squats instead of 4x Jumping Jacks



03. SHIVER (WILKINSON REMIX) 4:45mins

TECHNIQUE AND COACHING

2x JAB, CORKSCREW, JAB, CROSS x4 COMBINATION

LAYER 1

- *Combat Stance*
- *Boxing Guard*
- *Jab left arm*
- *Chin tucked in*
- *Target – nose, lip or chin*
- *Big knuckles strike*
- **Keep elbow soft**

Add on Double Jab and Corkscrew:

- *Double the Jab, and a Corkscrew*
- *Corkscrew to the left*
- *Bend knees and drop left shoulder forward and down*
- **Release back heel on Corkscrew and drop into legs**
- *Transfer weight onto front leg*
- **Use core to control the movement**

Into full combo:

- *After Corkscrew add on Jab, Cross – 4 times*
- *Snap the Double Jab – elbow soft*
- *Focus on the timing first*
- **Release back heel on the Cross**

LAYER 2

- *Ring craft, time for skill training*
- *It's not a Slip, it's not a Weave, it's a Corkscrew – transfer weight into front foot*
- *Use obliques and rear shoulder to drive the rotation*

LAYER 3

- *How cool does it feel to play with rhythm in this combo?*
- *You look light, agile and fast like a boxer – great job!*

JABS

LAYER 1

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

LAYER 2

- *Ground your feet into the floor – we are connecting with the earth*
- *Rotate through your shoulders and turn your thumbs down slightly on Jabs*

LAYER 3

- *Who is going to lengthen their Jab further?*
- *Shaping and sculpting stronger shoulders right now!*



03. SHIVER (WILKINSON REMIX) 4:45mins

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?

Three rounds of Boxing and ring-craft training where speed, power, levels and lower-body integration all feature!

- We start by elevating the heart rate with High Knee Runs and setting the scene for what's to come
- Then we move off the spot with Jabs to the corner followed by a Run back to set up the motor pattern first
- We then have the option to increase intensity with Jump Jabs in the same 45-degree angle sequence

THEN...

We hit Jabs and Jumping Jacks from a Front Stance; excellent conditioning training for the shoulders and lower body.

THEN...

We move immediately back into the Jump Jabs to corner sequence. Such great integration of upper and lower body with lateral movements to lift the heart rate and challenge our muscular endurance.

THEN...

After a short recovery Run OTS, we hit Round 2. This is a progressively building ring-craft combination as we increase confidence and power production. The Jab and Cross are fundamental Boxing strikes; when blended with a defensive move, these produce a knockout combo! The new, defensive move is called the "Corkscrew" and is superb for generating core power while dodging a counter-strike! We call this break-pattern choreography as we move in and out of continuous tempos/moves. By hitting fast Jabs, a Corkscrew into a 4-punch combo, we experience various tempos and moves, to challenge our mind/muscle connection.

THEN...

We finish with a big round of Jabs in Front Stance. This is our flow-pattern choreography style. Enjoy the music and feels here as you commit to reaching the end together with your members.

HOW?

This is an amazing song, which is full of emotion and contrast. Bring the music and moves to life with your voice, face and body language. Coach cleverly to help your members understand how to use their legs and core to drive power from the Corkscrew back into the punches.

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



04. COMBAT 2

TRACK FOCUS

Kicking power is our focus in this BIG Track 4!
Coach your members through the various levels and options, then let yourself go!
We bring back the Side Kick on 45 degrees from Release 102 – such a great feel.

FEEL

The vibe in this one is immense power and leg conditioning.
Ride the waves as you build into the huge intensity drops – then ‘go for it’!

MARTIAL ARTS

Tae Kwon Do and Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Distorted lyrics)	2x8		L Combat Stance	16	
0:06	V1 / (Electro sounds)	6x8	A	R BACK KNEE L FRONT KNEE PULSE F&B x2 PREVIEW: L Jump Kick OTS, Pulse F&B	2 2 4	6x
0:24	C / (Distorted lyrics and bass)	8x8	A ¹	L JUMP KICK OTS PULSE F&B x2 OPTION: R Back Knee, L Front Kick OTS	4 4	8x
0:48	B up / (Distorted lyrics)	6x8	A ²	R BACK KNEE x2 L FRONT KICK x2 Level 2 after 2 reps OPTIONS: Grounded on Knees or Hop	4 4	6x
1:06	(Fade out)	1x8		L FRONT KNEE to finish Set up L Combat Stance	8	
1:09	(Synth)	4x8	B	L JAB L UPPERCUT PULSE F&B x2	2 2 4	4x
1:21	B up / (Faster distorted lyrics)	4x8	B ¹	L JAB L UPPERCUT PREVIEW: L Side Kick to L 45° on last 4cts	2 2	8x
1:33	C / (Drop)	8x8	B ²	L JAB L UPPERCUT L SIDE KICK to L 45°	2 2 4	8x
1:57	Br / (Fade out)	2x8		Martial Arts Guard – hold RECOVER and TRANSITION to R Combat Stance	16	
2:03	V2 / (Distorted lyrics)		REPEAT SEQUENCES A to B² – R NOTE: Sequence A is for 8 reps			
4:00	(Fade out)	4x8		Martial Arts Guard – hold RECOVER and TRANSITION to Front Stance	32	
4:12	B up / (Distorted lyrics)	6x8	C	L KNEE x2 R KNEE x2 PREVIEW: L Knee, L Front Kick, R Knee, R Front Kick	4 4	6x
4:30	C / (Drop)	8x8	C ¹	L KNEE , L FRONT KICK R KNEE , R FRONT KICK L FRONT KICK to finish	4 4	8x



04. 2003 4:58mins

TECHNIQUE AND COACHING

JUMP KICK OTS, PULSE FORWARD AND BACK

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Back Knee, Front Knee*
- *Pulse forward and back*
- *Top of knee strikes into the punchbag*
- ***Shoulders back, abs braced to protect lower back***

Add Jump Kick:

- *Jump Kick, left leg*
- *Land on the spot*
- *Pulse forward and back*
- *Option: Back Knee, Front Kick (no impact)*
- ***Soft knee landing on Jump Kick***
- *Strike with ball of foot*
- *Aim for knee, groin or stomach of opponent*

LAYER 2

- *Swing back knee up and then switch legs in the air to kick*
- *Lift rear knee, swing through and extend front leg to strike*

LAYER 3

- *Heart rate lifts high with this Tae Kwon Do-inspired move, huh?*
- *How satisfying does it feel to land a Jump Kick?*
- *Options: Back Knee and Front Kick (instead of Jump Kick) or Kick low*

DOUBLE KNEE SEQUENCE

LAYER 1

- *Double right knee*
- *Double left knee*
- *Top of knee strikes into the punchbag*
- ***Shoulders back, abs braced to protect lower back***
- *Little Hop or stay grounded*
- ***Chest lifted***
- *Lift hands high and pull down to the outside of hip*

LAYER 2

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

LAYER 3

- *Can you drive your knee to your chest? C'mon – 'rip it'!*
- *Cardio kicker – feel your heart and lungs working hard and getting fitter!*
- *Option: Stay grounded on Knees (no Hop)*



04. 2003 4:58mins

TECHNIQUE AND COACHING

JAB, UPPERCUT & SIDE KICK TO 45 DEGREES COMBINATION

LAYER 1

- *Left Combat Stance*
- *Boxing Guard*
- *Left Jab, left Uppercut*
- *Pulse forward and back*
- *Targets – nose then chin*
- *Big knuckles strike*
- **Keep elbow soft on Jab**
- *Elbow at 45-degree angle on Uppercut*
- **Release heel as you load for extra rotation**
- *Non-stop now – Jab, Uppercut*

Add on Side Kick to 45 degrees:

- *Side Kick left leg, out to 45 degrees*
- **Set back heel before you execute the Side Kick**
- **Brace core and glutes tightly and keep chest lifted**
- *Strike with blade of foot, heel up and toes point down*
- *Lean away from the Kick*
- *Look towards the kicking foot*

LAYER 2

- *Uppercut is a vertical strike – drop body weight and fire up the strike*
- *Load and explode using core strength and stability as you kick*

LAYER 3

- *How much power can you produce in your Side Kick?*
- *Can you drive out then drag knee back towards chest? That retraction feels great!*
- *Option: Kick low*

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 kicking power in this huge track.

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 3 unique components:

Jump Kick OTS, Pulse forwards and back

We begin by drilling a Back Knee, Front Knee and Pulse sequence to set up our neuromuscular pathways. This allows our members to practice short lever strikes at base level while learning the timing. The magic truly ‘kicks’ in when we add intensity with a Jump Kick (or Front Kick) next! Tae Kwon Do kicking power is our focus here and it’s a great challenge for the legs and core.

Knee Sequence

There’s no recovery as we transition immediately into Double Knees. The heat continues to build in the legs here as we challenge and motivate our members to drive their knees to chest height! Feel the effects on heart rate during this cardio kicker! These strikes can be performed grounded for power or with a slight natural hop for an added cardio spike.

Jab, Uppercut & Side Kick to 45 degrees Combination:

We’re mixing things up now with punches from Kick-boxing first. Once we’ve mastered the Jab, Uppercut with Pulse, we take away recovery and stay striking non-stop. This leads us perfectly into the feature move in this combination – the Side Kick to 45 degrees. This is where we maximize our kicking power focus – load and explode!



05. POWER TRAINING 2

TRACK FOCUS

Inspired by MMA conditioning with various options/alternatives. 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 in grounded or standing positions. The challenge is hitting a round of Sprawls halfway through and also at the end of the conditioning phase.

We end with a cardio spike, fusing rounds of punch combinations and Lateral Runs.

FEEL

‘Red Hot’ like chilli peppers – this one is an anthem, instrumental style. Let the familiar guitar riff wash over the moves, motivating your workout!

MARTIAL ART

MMA Circuit Training

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8		Prepare for Squats in standing or Pushups on floor	32	
0:11	V1 / (Guitar)	4x8	A	<u>Pushup</u> 2/2 PUSHUP OR <u>Standing Variation</u> 2/2 SQUAT	8	4x
					8	4x
0:22		4x8	A ¹	<u>Pushup</u> 1/1/2 PUSHUP OR <u>Standing Variation</u> 1/1/2 SQUAT	8	4x
					8	4x
0:33	B up / (Guitar and fast drums)	4x8	B	<u>Mountain Climber</u> L, R MOUNTAIN CLIMBER (slow) OR <u>Standing Variation</u> L, R KNEE	4	8x
					4	8x
0:44	PC / (Guitar and slow drums)	4x8	A ²	<u>Staggered Pushup</u> Down to midway Bottom of PUSHUP Up to midway Top of PUSHUP OR <u>Staggered Squat</u> Down to midway Bottom of SQUAT Up to midway Top of SQUAT	4 4 4 4	2x
					4	
					4	2x
0:54	C / (Electro and percussion)	12x8	A ³	<u>Mountain Climber/Pushup Combo</u> L, R MOUNTAIN CLIMBER x4 (fast) 1/1 PUSHUP x2 OR <u>Standing Variation</u> L, R RUN OTS DROP SQUAT x2 OPTIONS: Slow Mountain Climber or Mountain Climber on knees	8 8	6x
					8	6x
					8	
1:28	Br / (Guitar and slow drums)	4x8	A ²	REPEAT SEQUENCE A²	16	2x
1:39	PC / (Quiet percussion)	4x8		RECOVER and TRANSITION to Front Stance PREVIEW: Sprawl on last 8cts	32	



05. POWER TRAINING 2

	MUSIC			EXERCISE	CTS	REPS
1:50	C / (Electro and percussion)	8x8	C	SPRAWL WITH VERTICAL LEAP OPTION: Jumping Jack x2, Drop Squat x1	8	8x
2:12	Br / (Guitar)	4x8		RECOVER and TRANSITION to ground or stay standing	32	
2:22	(Guitar and slow drums)	4x8	A	REPEAT SEQUENCE A	8	4x
2:33	B up / (Guitar and fast drums)	4x8	B	REPEAT SEQUENCE B	4	8x
2:45	PC / (Guitar and slow drums)	4x8	A ²	REPEAT SEQUENCE A²	16	2x
2:55	C / (Electro and percussion)	8x8	A ³	REPEAT SEQUENCE A³	16	4x
3:17	Br / (Quiet guitar)	4x8		RECOVER and TRANSITION to Front Stance PREVIEW: Sprawl on last 8cts	32	
3:28	C / (Electro and percussion)	8x8	C	REPEAT SPRAWL WITH VERTICAL LEAP OPTION: Jumping Jack x2, Drop Squat x1	8	8x
3:51	V2 / Are you going	4x8		RECOVER	32	
4:03	B up / Playing tricks on	4x8		L, R RUN OTS	2	16x
4:14	C / Run as fast as you can	8x8	D	L Combat Stance L JAB , R CROSS x4 L UPPERCUT x4	8 8	4x
4:35	(Electro sounds)	8x8	E	7-STEP LATERAL HIGH KNEE RUN R then L OPTION: High Knee March to side TRANSITION: R Combat Stance on last 4cts	16	4x
4:57	C / Run as fast as you can	8x8	D	R Combat Stance R JAB , L CROSS x4 R UPPERCUT x4	8 8	4x
5:19	(Electro sounds)	8x8	E	7-STEP LATERAL HIGH KNEE RUN L then R OPTION: High Knee March to side TRANSITION: Front Stance on last 4cts	16	4x
5:41	C / Run as fast as you can	8x8	F	Front Stance R, L JAB R JAB to finish	2	32x



05. CANT STOP / RUN (PART 1) 6:06mins

TECHNIQUE AND COACHING

PUSHUPS OR SQUATS

LAYER 1

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

1/1/2 Tempo:

- Down, hold, and up slowly
- Pause at the bottom before rising with control
- Push knees out on Squat variation

LAYER 2

- Working the upper body by pushing the floor away
- Lock in the core by tensing it and squeeze your glutes

LAYER 3

- Get a little angry with the floor and drive it away! Can you push it away?
- Starting with great conditioning to strengthen, shape and tone

Options:

- Squat or Pushup versions
- Pushups on knees or toes

SLOW MOUNTAIN CLIMBERS OR SINGLE KNEES

LAYER 1

- Mountain Climbers slow – left, right
- Knee pulls towards chest then switch
- Left knee, right knee if you're standing
- Top of knee strikes into the punchbag
- **Shoulders back, abs braced to protect lower back** (Single Knees)
- Chest lifted
- Lift hands high and pull down to the outside of hip

LAYER 2

- Butt down and shin close to floor on Mountain Climbers
- Hips and core are working hard here

LAYER 3

- Don't be intimidated – you're braver than you think!
- Options: Mountain Climbers or Knees

STAGGERED PUSHUP OR STAGGERED SQUAT

LAYER 1

- Staggered Pushup or Squat
- Drop down, down, up, up
- Pause for a split second in each phase
- 4 stages to one rep

LAYER 2

- This is all about control and timing
- On knees or toes – you choose

LAYER 3

- It's hard, right? – so is life, and this workout is worth it!
- Feel tension in your pushing muscles

Options:

- Pushup or Squat versions
- Pushups on knees or toes



05. CANT STOP / RUN (PART 1) 6:06mins

TECHNIQUE AND COACHING

8x MOUNTAIN CLIMBERS, 2x PUSHUPS OR 8x RUNS, 2x DROP SQUATS

LAYER 1

- 8 Mountain Climbers – left, right
- Run on the spot – left, right, if you're standing
- 2 Single Pushups or 2 Drop Squats
- **Chest lifted and abs braced**
- **Hips sit back and down on Drop Squats, stopping just above knees**

LAYER 2

- Power through the core. With a strong core you get strong punches
- Full-body integrated training

LAYER 3

- Keep pushing! Don't blink – intensity is in the building!
- Feel your fitness and conditioning improving every second!

Options:

- 8x Mountain Climbers and 2x Pushups or 8x Runs and 2x Drop Squats
- 4x Mountain Climbers at slower tempo
- Mountain Climber on knees or toes
- Pushups on knees or toes

SPRAWL WITH VERTICAL LEAP

LAYER 1

- Sprawl – facing forward
- **Squat, hands down, shoot legs out into Plank position**
- **Brace abs tightly, squeeze glutes**, then jump feet in and do a Vertical Leap
- Option in standing: 2 Jumping Jacks and 1 Drop Squat
- **Land softly** – bending knees after the Vertical Leap
- Only 8 reps

LAYER 2

- Push hips back at bottom of Squat to jump legs into Plank position
- Squeeze glutes and core for stability
- Jump back in wide before jumping vertically up

LAYER 3

- Push yourself now to reap the rewards later!
- Commit to crossing the finish line together!
- Option: 2x Jumping Jacks, 1x Drop Squat

JAB, CROSS x4, UPPERCUT x4 COMBINATION

LAYER 1

- Left Combat Stance
- Boxing Guard
- Jab, Cross, 8 punches – left, right
- 4 left Uppercuts
- Target nose, lip or chin on Jab, Cross
- **Soft elbows**
- **Release back heel in Cross and Uppercut**
- Target chin on Uppercuts
- Strike with front two knuckles

LAYER 2

- Squeeze your fists and rotate your shoulders to punch harder
- Maximize your output by twisting your torso and firing strikes with more power

LAYER 3

- Stop thinking, start feeling – relax your brain and let your body take over
- I can sympathize with your breathlessness – there's no quitting in you!



05. CANT STOP / RUN (PART 1) 6:06mins

TECHNIQUE AND COACHING

7-STEP LATERAL HIGH KNEE RUN

LAYER 1

- *Front Stance*
- *7 Agility-style Runs to the right*
- *Repeat to the left side*
- *These are Lateral High Knee Runs*
- **Knees soft as you land**
- *Chest lifted and abs braced*
- **Freeze** at the end each time, before changing direction
- *Heels down, knees up*
- *Option: 3x slow High Knee March*

LAYER 2

- *There's a lot of great core activation with the 3 High Knee March version*
- *In the freeze, your abs work like brakes*
- *Synchronize your arm and opposite leg to help movement mechanics*

LAYER 3

- *Building a great cardiovascular engine right here!*
- *Speed, agility and quickness – you all look fab!*
- *Option: 3x Lateral High Knee March*

JABS

LAYER 1

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

LAYER 2

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

LAYER 3

- *Can you feel that?*
- *Discipline today, victory tomorrow – let's go!*

TIPS

FUNDAMENTALS

WHY?

This MMA-inspired Power Training track has all the training principles needed to build a large physical fitness engine. In this track, we work on conditioning ourselves like a fighter – either in standing or grounded.

WHAT?

Block 1 is dedicated to conditioning our upper or lower body, always with a core focus!

Look out for a range of Pushup and Squat tempos and variations which challenge our muscular strength and timing. The Staggered Pushup/ Squat is a standout and matches the awesome guitar riff/drums perfectly! We then head into a feature combination of Mountain Climbers and Pushups or Runs and Drop Squats.

Enjoy a short rest before **Block 2**, where we all meet in standing, ready for Sprawls! Alternatively, members can hit Jumping Jacks and Drop Squats, which train our entire lower body with great core recruitment.

Block 3 allows us another opportunity to train the upper body and core with Mountain Climbers and Pushups again, before hitting the combination! As before, the same standing variations are there for those wanting to focus on the lower body.

Block 4 features punching combinations alongside Lateral High Knee Runs. 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 your participants for great movement control, along with a better understanding of how to execute each move.

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

The variations are:

- Pushups or Squats/Drop Squats
- Slow Mountain Climbers or Front Knees
- Fast Mountain Climbers or High Knee Runs
- Sprawls or Jumping Jacks and Drop Squats



06. COMBAT 3

TRACK FOCUS

Capoeira training is all about footwork and flow – this track is no exception! We’ve got lower body conditioning with options and levels along the way. Enjoy the new Lateral Hop, a great option for working our legs and core.

FEEL

Feel the flow as you try to relax your brain and let your body take over!

The key is hooking into the music ‘feel’ and avoid over-thinking. It’s fast and dynamic, yet fluid and instinctive; trust yourself and have some fun!

MARTIAL ART

Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8		RECOVER PREVIEW: Inside Leg Kick/Ginga Combo twice on last 16cts	32	
0:15	V1 /	8x8	A	INSIDE LEG KICK / GINGA COMBO STEP R L INSIDE LEG KICK – 45° L foot reset, R foot taps B R, L GINGA (L, R foot steps B) Level 2 after 6 reps	1 1 2 4	8x
0:44	(Vocals)	8x8	A ¹	INSIDE LEG KICK / LATERAL HOP COMBO STEP R L INSIDE LEG KICK – 45° L foot reset, R foot taps B R HOP (L foot off floor) L HOP (R foot off floor) OPTION: Stay with Inside Leg Kick/Ginga Combo	1 1 2 2 2	8x
1:14	Br / (Faint vocals)	4x8	B	DOUBLE-PULSE SQUAT JACK IN/OUT (Jump out to land into next Double Pulse) OPTIONS: Stand instead of Jack in/out; Continuous Squat Pulse	3 1	8x
1:29	PC / (Distorted vocals)	4x8	B ¹	SQUAT JACK COMBO JACK OUT – reach L hand down JACK IN – L hand back to head JACK OUT – reach R hand down JACK IN – R hand back to head OPTION: Continuous Squat Pulse	1 1 1 1	8x
1:43	C / (Drop)	8x8	A ¹	REPEAT INSIDE LEG KICK / LATERAL HOP COMBO OPTION: Stay with Inside Leg Kick/Ginga Combo	8	8x
2:13	Br / (Fade out)	4½x8		RECOVER	36	
2:30	V2 / (Distorted vocals)			REPEAT SEQUENCES A to 2nd A¹ – R NOTE: L hand first again on Squat Jack with reach down		



06. FLEUMM YEHH 4:32mins

TECHNIQUE AND COACHING

INSIDE LEG KICK & GINGA/LATERAL HOP COMBINATION

LAYER 1

- Front Stance
- Step, Kick, Ginga right, Ginga left
- Step right, kick left
- Step out and back, then Ginga – right and left
- The inside of your foot strikes the inside of your opponent's leg
- **Aim on 45-degree angle (corner)**
- Point stance toes towards corner (45 degrees) keeping hips square to front
- Push the heel across and **lift the chest**
- **Core braced**

Add on Lateral Hop:

- You can add on a Lateral Hop (instead of Ginga)
- Find the control as you land
- **Lift the chest and bend your knee**
- Squeeze glutes

LAYER 2

- Feel the retraction from the heel; think about engaging through the obliques and core
- The corner kick (Inside Leg Kick) is a push and pull action
- Lateral Hop is a small jump, not a Skater – just a light hop side to side

LAYER 3

- Find the flavor and flow of Capoeira
- Can you feel your abs brace to control the Lateral Hop landing?
- How cool is this? A dance, a fight and a game all rolled into one epic combo!
- Options: Ginga or Lateral Hop

SQUAT & JACK COMBINATION

LAYER 1

- **Feet outside hip-width**
- Fingertips to temples and eyes forward
- Double-Pulse Squat
- Jack feet in and out
- Chest lifted and **abs braced**
- **Hips and shoulders square to the front**
- **Butt sits back and down to just above the knees**
- Knees in line with toes

Singles:

- Jack and reach left arm, right arm
- When feet jump together fingertips return to temples
- Light and agile here

LAYER 2

- Keep the body low to work hard here or stay a bit higher to lighten the load in legs
- Drive knees out to keep glutes switched on
- Capoeira is all about disguising your movement – finding flow, play and also finding that combat feel

LAYER 3

- Feel the fire in your quads, hamstrings and glutes
- The struggle is real, huh? Keep strong, you're doing great!

Options:

- Stand instead of Jumping Jack after Double-Pulse Squat
- Continuous Squat Pulse



06. FLEUMM YEHH 4:32mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

This is a leg-conditioning 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?

We've got an Inside Leg Kick and Ginga combination with an innovative option layered in. This option is to transform your Ginga into a Lateral Hop. This move challenges our agility and leg dexterity while continuing to load the lower body. Watch out for the tough Squat and Jumping Jack sequence – ultimate leg training, Capoeira style.

HOW?

We find flow and footwork with our feature combination. Explore the beautiful blend of depth, control and power as you utilize the core alongside leg and glute recruitment. There is a strong sense of being in the 'roots' of Capoeira, seamlessly combining Martial Arts and dance together.



07. MUAY THAI

TRACK FOCUS

This is a marathon Muay Thai track with a huge amount of Knees!

Focus on blending fun with fierceness! Bring to life the fun, nostalgic emotion of this classic song alongside the challenge of fierce strikes.

The Dropping Elbow returns with a choice to add a Hop. On this Hop version, focus on a soft knee landing and generating power through the legs and core.

FEEL

Uplifting, energetic and full of personality! This is a party tune, so teach with a more fun style to match the feel. The Muay Thai track is often serious, intense and a little dark... this one has a uniquely different vibe!

MARTIAL ART

Muay Thai

Note: The counts in this track move in the pattern 8, 6, 8. The notes have been written in 8's for simplicity. Go with the music, and try counting the number of Knees to help participants understand the timing.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	3½x8		L Combat Stance	28	
0:09	V1 / My baby don't mess	11x8	A	L JAB , R CROSS	2	
				L HORIZONTAL ELBOW	2	
				L JAB , R CROSS	2	
				L HORIZONTAL ELBOW	2	
				R BACK KNEE x7	14	4x
0:39	C / H , H, Hey ya! Hey ya!	11x8	B	L, R RUNNING KNEE (4 levels of intensity) OPTION: Grounded Knees	4	22x
1:09	V2 / You think you've got it	1x8		L FRONT KNEE to finish	4	
				L hand open, arm long in front	4	
1:12	But got it just don't get it	5x8	C	R DROPPING ELBOW	2	
				L hand open, arm long in front	2	10x
				PREVIEW: Add Hop on last rep		
1:25	Nothing is forever	5x8	C¹	R HOP DROPPING ELBOW	2	
				L hand open, arm long in front	2	10x
1:39	Br / (Calm)	3¼x8		RECOVER	26	
1:47	Hey ya!	8¼x8	A	REPEAT SEQUENCE A	22	3x
2:10	Sh , Sh, Shake it like a	11x8	B	REPEAT SEQUENCE B	4	22x
2:40	(Fade out)	3x8		L FRONT KNEE to finish and RECOVER	24	
2:49	V3 / 1, 2, 3 (uh) _ My baby don't mess			REPEAT SEQUENCES A to 2nd B – R		



07. HEY YA! 5:36mins

TECHNIQUE AND COACHING

JAB, CROSS, HORIZONTAL ELBOW & BACK KNEE COMBINATION

LAYER 1

- *Right Combat Stance*
- *Muay Thai Guard*
- *Jab, Cross, Elbow – twice*
- *7 Back Knees*
- *Jab, Cross, Elbow – left, right, left*
- *Jab and Cross target nose*
- *Horizontal Elbow to jaw*
- *Strike with top of knee*
- *Aim for stomach of opponent*
- ***Abs braced on Knees; shoulders lean back a little***
- ***Release heel on Horizontal Elbow strike to release the torso twist***

LAYER 2

- *The elbow strike is like a Hook – unwind the whole body from heel to shoulder*

LAYER 3

- *How sharp is your Knee? Can you push hips and pull hands more for a sharper weapon?*
- *Make it harder, bigger – this is your last chance!*
- *Options: Grounded Knees instead or a slight Hop*

RUNNING KNEE SEQUENCE

LAYER 1

- *4 levels of Running Knees*
- *Left, right*
- *Top of knee strikes into the punchbag*
- ***Shoulders back; abs braced to protect lower back***
- *Little Hop or stay grounded*
- *Lift hands high and pull down to the outside of hip*

LAYER 2

- *Bring your hips back, swing the knees forward and brace the core tightly*
- *Sharpen your Knee by bringing heel to butt and pointing toes down*
- *Crunch your abs tightly as you pull hands down – great core training*

LAYER 3

- *Can you level up and start to reach a little bit higher?*
- *It's getting hard and heavy! One more level – hold on! Hold on!*
- *It's a marathon – we are in it for the long haul!*
- *Option: Stay grounded on Knees (no Hop)*



07. HEY YA! 5:36mins

TECHNIQUE AND COACHING

DROPPING ELBOW

LAYER 1

- *Right Combat Stance*
- *Muay Thai Guard*
- *Dropping Elbow, back arm*
- *Open front hand, back arm comes down and forward (strike)*
- **Release back heel, square hips to front** and pull front hand into fist by ribs
- *Strike target with elbow*

Add Hop:

- *If you want to, add a little Hop*
- **Soft knee landing**
- *It's fast – be quick to reset and go again*

LAYER 2

- *Visualize your target, finding your range with front hand first*
- *It's a sneaky, small but very effective strike*

LAYER 3

- *Feel the work in your upper body and core*
- *Can you lift your back leg a little higher on the Hop?*
- *Option: Stay grounded on Dropping Elbow (no Hop)*

TIPS

FUNDAMENTALS

WHY?

The bell sounds for Round 7! This fiercely energetic Muay Thai track has 2 feature sections. The first is a quick-fire Jab, Cross, Horizontal Elbow and Back Knee combination. The second is a Dropping Elbow, from the back arm, which then progresses to a Hop version!

These feature sections are interlaced with pockets of Running Knees... a LOT of Running Knees! We aim to 'max out' the cardiovascular peak in this track. Time to say 'Hey-Ya' to a whole new level of cardio fitness!

WHAT?

- A marathon of Knees is unleashed to build stamina and endurance in this track
- A combination of punches, Elbows and Knees brings a truly authentic Muay Thai experience
- Watch out for a sneaky and sharp Dropping Elbow with an option to even add a Hop!
- This focuses on generating power and momentum using a pull/push-type motion in the upper body, combining with leg and core integration

HOW?

Such a nostalgic and uplifting song – this one creates a different vibe for Muay Thai!

This Martial Art is all about heart, courage and commitment – leave everything in the ring as you leave victorious! We get to do all of this while enjoying an energetic, positive and lighter-feeling sound. It's not always about being super serious, dark and deadly, huh.



08. POWER TRAINING 3

TRACK FOCUS

Stand together and share the love of BODYCOMBAT! The focus is on dialing up connection and motivation in this last ‘stand and bang’ track. How will you create a united vibe with your class members as you push through the fatigue?

Lead from your heart and you’ll never fail in this quest!

FEEL

Dramatic builds and tempo changes create magical moments!

The feels are empowering, driven and collaborative. Be fully immersed in the music and moves with your members as you power through together.

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / _ Chasing down	4x8		RECOVER and prepare to move	32	
0:16	V1 / We’re always trying	4x8		L SHOULDER STRETCH R SHOULDER STRETCH PREVIEW: L Jab x2, R Cross on last 4cts	16 16	
0:31	QC / Not even love	12x8	A	L Combat Stance L JAB x2 R CROSS Level 2 after 12 reps PREVIEW: L Jab, R Cross x2 L, R Uppercut on last 8cts	2 2	24x
1:07	C / (Drop)	8x8	B	L JAB , R CROSS x2 L, R UPPERCUT	4 4	8x
1:29	V2 / We’re always trying	12x8	C	Front Stance L WALKING JAB x2 – L side L UPPERCUT – to front L HOOK – to front Repeat on R side OPTION: Add Hop after 2 reps	4 2 2 8	6x
2:02	C / (Drop)	8x8	B	REPEAT L JAB , R CROSS x2 L, R UPPERCUT	4 4	8x
2:24	Not even love	4x8		L UPPERCUT to finish and RECOVER L, R RUN OTS TRANSITION: L Front Stance on last 4cts	8 2	12x
2:35	(Synth)	8x8	D	L, R JAB	2	32x
2:57	(Quiet)	1x8		L fist to ceiling to finish	8	
3:01	QC / Not even love	2x8		RECOVER	16	
3:08	Not even love			REPEAT SEQUENCES A to D – R NOTE: Sequence A is for 20 reps		



08. NOT EVEN LOVE (MUZZ REMIX) 5:30mins

TECHNIQUE AND COACHING

DOUBLE JAB, CROSS COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Double Jab, Cross*
- *Target – nose, lip or chin*
- **Soft elbows**
- *Strike with front two knuckles*
- **Release back heel in Cross**
- **Abs braced**
- *Start easy – take your time to begin*

Add speed and power:

- *Start to increase your speed*
- *Add more power to the strikes*
- *Lean body weight into front leg*

LAYER 2

- *Tuck chin in and round your shoulders a little*
- *Squeeze your fists and rotate your shoulders to punch harder*
- *Torso twist for rapid rotation*

LAYER 3

- *Not even love is as strong as when we stand together!*
- *You look fast and powerful – let's go!*

JAB, CROSS x2 & UPPERCUT x2 COMBINATION

LAYER 1

- *Left Combat Stance*
- *Boxing Guard*
- *Jab, Cross, 4 punches*
- *2 Uppercuts, left and right*
- *Aim for the chin on Uppercuts*
- *Use front two knuckles to strike*
- *45-degree bend in elbow*

LAYER 2

- *Engage your obliques by twisting your torso*
- *Drop into your legs to drive the Uppercuts vertically up*

LAYER 3

- *Can you feel that power?*
- *We do BODYCOMBAT for the love – it's your workout soulmate!*

WALKING JAB x2 TO THE SIDE, UPPERCUT & HOOK TO FRONT SEQUENCE

LAYER 1

- *2 Walking Jabs to the left*
- *Uppercut and Hook to the front*
- *Right side*
- **Soft elbow on the Jab**
- **Release heel on Hook**

LAYER 2

- *Shoulder and hips turn towards the side as you travel*
- *Add a little Hop to the Jabs*
- *A good defense makes a better offense*
- *Turn and take your whole body with you on the Jab*

LAYER 3

- *Can you add a little pop to the Jabs? Who's popping the pads?*
- *In the ring, and in life, you may find yourself in the corner. You've got to make some moves to get out of those sticky situations. Let's jump on this opportunity!*
- *Option: Stay with Walking Jab (no Hop)*

JAB

LAYER 1

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

LAYER 2

- *Find more torso twist for greater range in your strikes*
- *Sink into your stance as you lean slightly forward on the Jabs*

LAYER 3

- *Reach further, twist more, arms longer, punch higher and hit harder!*
- *Knocked down 7 times? We stand up 8!*



08. NOT EVEN LOVE (MUZZ REMIX) 5:30mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

Here we are, our final 'stand and bang' track. This one is an all-out blend of power, endurance 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. With well-timed combinations and space to complete every strike, this track truly unites the whole room!

WHAT?

Starting with a Shoulder Stretch, use this time to create a sense of celebration and connection. Track 8 is always a euphoric, empowering and engaging highlight of the workout.

Our first block starts in Combat Stance with straight punches before we layer in speed, power and Uppercuts.

This is followed by moving laterally with Jabs, then firing an Uppercut and Hook to the front.

We then move off the spot, building effort as we hop into the Jabs, lifting our heart rate even higher!

Save some gas though, as we quickly return to the very first block before 'sealing the deal' with Jabs in Front Stance!

HOW?

As the combinations within this track build, increase both your 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

TRACK FOCUS

In BODYCOMBAT, all our moves require a strong core foundation. This is an amazing Conditioning track to help improve three-dimensional core strength. By training in this way, we set ourselves up for even more efficiency in our next BODYCOMBAT workout.

FEEL

We feel the demands of both isolated and integrated core moves in this one. You might say “I Dare U” as you motivate your members to stay strong to the end.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Dare you	2x8	TRANSITION to the floor Fingertips to temples		16	
0:06	V1 / Too deep in the game	8x8	A	CRUNCH UP HOLD LOWER DOWN (slow) Lift knees over hips on last 2cts	2 2 4	8x
0:35	C / You can take my life	8x8	B	LEG EXTENSION COMBO Extend legs up Lower to 45° Lift legs back up Knees bend to reset over hips NOTE: Drop knees to front on last 4cts OPTION: Double-Leg Lift	4 4 4 4	4x
1:04	V2 / Say somethin’, spray one	8x8	C	OBLIQUE KNEE DROP & TRIPLE KICK COMBO Kick top leg Kick bottom leg Kick top leg Knees together, pull to center then drop to B Repeat to B OPTION: 1 Kick	1 1 1 5 8	4x
1:34	C / You can take my life	4x8	A	REPEAT SEQUENCE A NOTE: Lift knees over hips on last 2cts	8	4x
1:48	_ Dare you, dare you	8x8	B	REPEAT SEQUENCE B OPTION: Kick feet up faster in this round	16	4x
2:17	Br / _ Say something	2½x8	RECOVER and TRANSITION to HOVER		20	
2:26	Came from nothin’	6x8	D	HOVER OPTIONS: On knees or toes TRANSITION to PLANK on last 8cts	48	
2:48	C / You can take my life	4x8	E	PLANK FOOT TAP L FOOT TAP out, in x2 R FOOT TAP out, in x2 OPTION: On knees	4 4	4x
3:00	_ Dare you, dare you	8x8	E¹	PLANK FOOT TAP / MOVING PLANK COMBO L FOOT TAP out, in x2 R FOOT TAP out, in x2 Shift weight F in Plank Shift weight B to reset OPTION: On knees	4 4 4 4	4x



09. DARE U 3:25mins

TECHNIQUE AND COACHING

CRUNCH UP & DOWN

LAYER 1

- Come down to the floor
- Lie on your back
- **Fingertips to temples**
- Feet on floor, hip-width apart and close to butt
- **Press lower back towards the floor**
- Crunch up and hold, slowly lower down
- **Slide ribs towards hips as you crunch up**
- Hands reach to shins, long arms and parallel to floor on Crunch then return
- Fingertips back to temples
- Chin tucked in slightly

LAYER 2

- Relax your head and neck as you lift shoulder blades off the floor
- Explode up fast, then lower down with control

LAYER 3

- Feels like you are throwing a big ball on the way up – a very heavy medicine ball!
- Stronger abs for a stronger engine – stay strong!

LEG EXTENSION COMBINATION

LAYER 1

- Arms relaxed on floor, head and shoulders down
- Lift knees over hips, shins parallel to floor
- Leg Extension – lift feet up, down, up and bend knees
- Lower legs to a **45-degree angle**
- **As you extend your legs brace abs to keep lower back towards the floor**

Add speed:

- Let's pick up the pace
- Quickly up, hold, lower slowly, lift slowly and reset
- Powerfully kick your feet up using core stability

LAYER 2

- Imagine squeezing a towel in between your thighs. That locks the position and fires the core even more
- Long levers using leg extensions to challenge our core

LAYER 3

- I know it's tough, but can you keep your lower back towards the floor and extend your legs even further?
- A fighter needs a strong core; pay attention to details – brace hard and push through that burn!
- Options: Double-Leg Lift (on slow tempo) or stay with slow timing on Leg Extension Combo



09. DARE U 3:25mins

TECHNIQUE AND COACHING

OBLIQUE KNEE DROP & TRIPLE KICK COMBINATION

LAYER 1

- Arms relaxed on floor, head and shoulders down
- Lift knees over hips, shins parallel to floor
- Drop knees to front with a Triple Kick
- 3, 2, 1, slide knees to the back, 3, 2, 1 slide knees to the front
- **Keep shoulder blades close to the floor**
- **Core braced tightly**

LAYER 2

- Kick legs out – top, bottom, top, then slowly bend knee to reset
- Reactive Core Training as we move fast with maximum control

LAYER 3

- I know it's tough, but can you keep your upper back towards the floor and extend further?
- A fighter needs a strong core; pay attention to details – brace hard and push through that burn!

Options:

- Reduce range on Oblique Knee Drop
- 1 slow Kick instead of 3 fast

HOVER

LAYER 1

- **Elbows directly under the shoulders**
- Knees on floor, just outside hip-width
- Work from knees or up on toes
- **Abs braced tightly, back long**
- **Keep hips and shoulders square to the floor**
- Hips stay at shoulder height
- Eye gaze towards fists; neck in neutral position

LAYER 2

- Squeeze your glutes and try to lock your hips and shoulders in place
- Drive your forearms into floor for added stability

LAYER 3

- Awesome functional training to make your entire core stronger!
- Options: Hover on knees or toes

PLANK FOOT TAP & MOVING PLANK COMBINATION

LAYER 1

- Hands shoulder-width apart for Plank
- Body in Plank position, **abs braced**
- **Hips and shoulders square to the floor**

Add on Foot Taps:

- Double Foot Tap – left and right
- Abs braced tightly for stability
- Light and fast tap of toes out and in

Add on Moving Plank:

- Double Foot Tap – left and right
- Slide body weight slowly forward and back (Moving Plank)

LAYER 2

- Drive out of the floor with your hands – pushing the floor away
- Nose drifts slightly forwards of fingertips in Moving Plank

LAYER 3

- It's all about control – “I dare u” to challenge that control more
- Stay in the work – building huge integrated core strength!

Options:

- Plank on knees or toes
- Foot Taps = 2x fast on toes or 1x slow on knees
- Lift knees slowly up and down instead of Moving Plank if on knees



09. DARE U 3:25mins

TECHNIQUE AND COACHING

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 fast Crunch up and slowly lower, which truly isolates the upper abs. Next, we head into long, levered extensions where the legs rise up, then extend out to 45 degrees. This places the lower abs under pressure now as we fight to maintain the lower back position close to the floor. We then immediately repeat the Crunches, bringing the heat back into the upper abs – the burn is real by this point! This huge block ends with a repeat of the Leg Extension Combination with an added intensity option of ‘kicking’ the legs up quickly to start each rep!

Following this intense isolation work, we finish with a challenging Integrated Core Training session, starting in the Hover to set up solid foundations of alignment and muscle activation, plus options. We then lift into the Plank, again with a kneeling version for those preferring this. Reactive Core Training is tested here as our feet shoot out and in while keeping the rest of the body motionless. Notice how the abdominals are forced to quickly brace harder as our legs move. The core reacts to the demands of a dynamic long lever movement while simultaneously isometrically contracting to stabilize non-moving body parts! The ‘icing on the cake’ is the final inclusion of a Moving Plank after the Foot Taps, where our body weight shifts forwards and back with control.

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

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

We all leave feeling rejuvenated and refreshed after this well-earned Cooldown.

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro / _ Yeah yeah	4x8	CHILDS POSE	32	
0:18	V1 / _ From you know yourself	2x8	L arm underneath R, sink deeper into stretch	16	
0:27	_ When you trust yourself	2x8	R arm underneath L, sink deeper into stretch	16	
0:37	PC / _ Yeah yeah	4x8	L HURDLER STRETCH (90/90)	32	
0:55	C / I'ma keep , I'ma keep	4x8	R HURDLER STRETCH (90/90)	32	
1:14	V2 / I am more than	4x8	L KNEELING ADDUCTOR STRETCH OPTION: Reach L hand towards L foot after 16cts	32	
1:32	PC / _ Yeah yeah	4x8	R KNEELING ADDUCTOR STRETCH OPTION: Reach R hand towards L foot after 16cts	32	
1:51	C / I'ma keep, I'ma keep	4x8	R KNEELING HIP FLEXOR STRETCH (L leg F) and L TRICEPS STRETCH	32	
2:08	(Claps) / _ I am more	5x8	L KNEELING HIP FLEXOR STRETCH (R leg F) and L TRICEPS STRETCH NOTE: Use the last 8cts to stand	40	
2:32	C / I'ma keep, I'ma keep	2x8	R STANDING QUAD STRETCH	16	
2:41	I'ma keep, I'ma keep	2x8	L STANDING QUAD STRETCH	16	
2:50	(Percussion)	1x8	L ILIOTIBIAL BAND STRETCH (L foot behind)	8	
2:55	Outro /	1x8	R ILIOTIBIAL BAND STRETCH (R foot behind)	8	



10. MOVIN 3:02mins

TECHNIQUE AND COACHING

CHILDS POSE

LAYER 1

- From the floor, kneeling position
- Knees wide
- Reach arms forward, hands on floor
- Sink your hips back towards your heels
- Relax head and shoulders

Add arm underneath:

- Thread left arm under your right
- Drop hips down a little more
- Head looks towards left hand, ear towards floor
- Switch to other side

LAYER 2

- Rest forearm on the floor for a Shoulder Stretch
- Take some deep breaths through the nose and relax

HURDLER STRETCH (90/90 GLUTE STRETCH)

LAYER 1

- On floor
- Left leg forward
- Right knee out to side, bend knee 90 degrees, right foot behind
- Front ankle in line with knee (90 degrees in knee)
- Option to decrease angle for more comfort
- Option to drop down to elbows, forearms on floor
- Feel free to extend rear leg away gently

LAYER 2

- Everyone's different with where they position their leg – you choose what works best for you
- Releasing tension in the glutes
- Relax upper body more for a deeper stretch

KNEELING ADDUCTOR STRETCH

LAYER 1

- Left foot out to side, right knee on floor
- Lengthening left leg to stretch adductor
- Push hips slightly back
- Rest hands on floor in front, arms long and elbows soft
- Option to reach left hand towards left ankle for a deeper stretch

LAYER 2

- Inner thigh lengthening gently
- Breathe gently as you ease further into the stretch

LAYER 3

- Feel that good stretch after all those Kicks and Knees

KNEELING HIP FLEXOR & TRICEPS STRETCH

LAYER 1

- Left foot steps forward, right knee on floor
- Hip Flexor Stretch – right side
- Chest lifted
- Lift both arms up slowly over head
- Right arm, Triceps Stretch
- Drop the right hip down to feel the stretch

LAYER 2

- Gently press on the elbow to get a Triceps Stretch
- Lift ribcage high
- Squeeze the back glute a little



10. MOVIN 3:02mins

TECHNIQUE AND COACHING

STANDING QUADRICEPS STRETCH

LAYER 1

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

LAYER 2

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

LAYER 3

- *What a workout, hey? How do you feel?*

ILIOTIBIAL BAND STRETCH

LAYER 1

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

LAYER 2

- *Take a deep breath in, then gently breathe out and release into the stretch*
- *Press the back heel into the floor more, to enhance the stretch*

TIPS

FUNDAMENTALS

This is a beautiful, lyrical and soft Cooldown. Let the energy of this song fill your heart space and close an amazing workout. During each stretch, if needed, move around to find the most comfortable position before you sink lower. A great tip at this stage is to connect our breath with each stretch, especially if we choose to move deeper within it.



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

