



LES MILLS CORE

59



Presenters:

Back row (L–R): Ben Main (New Zealand), Kylie Gates (Australia), Corey Baird (New Zealand), Hamza Benbkira (Tunisia)

Front row (L–R): Sebastian Jaramillo (Germany), Vili Fifita (New Zealand)

Function meets fire. Stability meets sound.

LES MILLS CORE Release 59 is where intelligent design meets athletic performance, fusing stability, balance, and rotational power in a sequence that challenges every fiber of your core.

We open with C-Crunches, Oblique Leg Drops, Hip Bridges, and Reverse Cross Crawls, activating the deep abdominals and firing up the body with dynamic mobility and neuromuscular coordination. Then, the intensity shifts into Hover variations with Arm Circles and Toe Taps, demanding control, stillness and strength under tension.

From there, SMARTBAND™ Around The Worlds and Zigzag Woodchops bring rotational force and full-body integration. These are paired with Lateral Glute Walks and Isolated Plate Holds, so you'll feel powerful posterior engagement and anti-rotational control through the trunk and hips.

We finish with Flutter Kicks and Skydivers, sculpting the lower abdominals, glutes, and spinal stabilizers in a final burst of integrated strength and endurance.

All of it rides a soundscape of deep drops, layered melodies, and a driving beat that fuels your focus. And remember, LES MILLS CORE Release 59 features three incredible BONUS tracks to take your training even further.

This is Core training redefined.

Smarter. Stronger. Sharper. LES MILLS CORE Release 59 – you'll feel every second of it.

The LES MILLS CORE Creative Team

LES MILLS CORE 59

MUSIC

EXPRESS FORMATS

01. WARM-UP

02. CORE STRENGTH 1

03. STANDING STRENGTH 1

04. STANDING STRENGTH 2

05. CORE STRENGTH 2

06. CORE STRENGTH 3

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

STANDING STRENGTH 1

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

GLUTE ISOLATION / CORE STRENGTH 3

45-MINUTE FORMAT

STRETCH

DECLARATION OF INTENT

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MUSIC

45-MINUTE FORMAT

01 **Houdini** (4:16)
Tomb Raiser
© 2024 Les Mills Music Licensing Ltd.
Written by: Parker, Harle, Ailin, Dua Lipa, Jesso Jr.

02 **Breakaway** (5:22)
Martin Garrix & Mesto feat. WILHELM
© 2024 STMPD RCRDS B.V.
Written by: Garritsen, Stomp, Börjesson

03 **Coffee (Give Me Something) (Quintino Remix)** (5:04)
Tiësto & Vintage Culture
© 2020 Musical Freedom Label Ltd.
Written by: Bullimore, Kershen, Polychronopolous, Souza, Sanders, Conway, Maguire, Ruiz, Manovski, Verwest

04 **Jamming (FISHER Rework)** (3:20)
Bob Marley & The Wailers
Courtesy of the Universal Music Group.
Written by: Marley

05 **Anything For You** (4:04)
Nyday
© 2023 Get The Sound.
Written by: Vilette

06 **Won't You Come My Way** (4:24)
Kenny Sterling & Romi Wrights
Courtesy of Les Mills Music Licensing Ltd.
Written by: Stirling, Wright

07 **Faith** (1:32)
AVALAN ROKSTON
Courtesy of the Universal Music Group.
Written by: Vogel, Hoogwerf

Faith (3:10)
AVALAN ROKSTON
Courtesy of the Universal Music Group.
Written by: Vogel, Hoogwerf

08 **Sexy Back** (4:22)
Don Diablo
© 2024 HEXAGON.
Written by: Timberlake, Mosley, Hills

09 **Intentions** (3:23)
Abelão & Luminah
Courtesy of Les Mills Music Licensing Ltd.
Written by: Luminiah, Abela

ALT
08 **Ring** (4:22)
STRLGHT
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.

LES MILLS CORE AND WEIGHT TRAINING

Remind your movers that weight training after this workout is strongly discouraged, as it is designed to fatigue (and ultimately strengthen) your core muscles. Resistance training requires activation of these muscles to support your spine and pelvis; therefore, heavy lifting following these workouts is contraindicated.

KEY

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

TECHNICAL TEAM CREDIT

Technical Consultant – Bryce Hastings MPhil

EXPRESS FORMATS

Hey instructors, we heard you loud and clear! We know that, worldwide, the primary format focus is the 30-minute class not the 45-minute format (yet). So, we want to give you **BONUS** tracks from the 45-minute format to switch out after you launch the new 30-minute release.

With that in mind, below you will see the **BONUS** tracks that can be switched out in **bold** to add longevity to your classes and give a new 'vibe' and feel to the class.

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Core Strength 1
Track 03	Standing Strength 1/ Bonus Standing Strength 1
Track 04	Standing Strength 2
Track 05	Core Strength 2
Track 06	Core Strength 3/ Bonus Glute Isolation
Total Time	26:30

45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Core Strength 1
Track 03	Standing Strength 1
Track 04	Standing Strength 2
Track 07	Bonus Standing Strength 1
Track 08	Bonus Glute Isolation
Track 05	Core Strength 2
Track 06	Core Strength 3
Track 09	Stretch
Total Time	38:57

RELEASE FEEDBACK

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



01. WARM-UP

TRACK FOCUS

My participants will feel dialed in and prepared for the workout and will move smoothly from move to move through my clear coaching of the transitions.

	MUSIC		EXERCISE	CTS	REPS
	0:05 Intro / (Instr)	4½x8	Set up C-Crunch: Lie on back, side-on, fingertips to temples, knees bent	36	
	0:24 C / I come and I go	4x8	A C-CRUNCH 2/2	8	4x
	0:40 V1 / _ Time is passin'	4x8	A¹ C-CRUNCH 1/1/2	8	4x
	0:56 C / I come and I go	8x8	A² TRIPLE-PULSE C-CRUNCH Last 2cts: Keep knees above hips, arms out wide	8	8x
1	1:29 V2 / _ Everything you say	4x8	B OBLIQUE KNEE DROP F&B Lower knees F, extend top leg Return to center Repeat to B	4 4 8	2x
	1:45 C / I come and I go	8x8	B¹ OBLIQUE KNEE DROP WITH TRIPLE KICK F&B Knees F, TRIPLE KICK F (top leg leads) Roll knees B Repeat to B Last 4cts: Feet to floor, close to butt	4 4 8	4x
	2:18 Br / Make me stay	4x8	C BRIDGE 2/2	8	4x
	2:34 C / I come and I go	4x8	C¹ BRIDGE 1/1 Last 2cts: Knees above hips, fingertips to temples	4	8x
	2:51 Instr / (Electric guitar)	4¼x8	D REVERSE BICYCLE F&B Front leg REVERSE BICYCLE, twist upper body towards B knee Repeat on other side After last rep: Feet to floor, close to butt	2 2 2	8x
2	3:08 PC / _ If you're good enough	4x8	C BRIDGE 2/2	8	4x
	3:25 Br / Make me stay	4x8	C¹ BRIDGE 1/1	4	8x
	3:41 C / I come and I go	4x8	C² TRIPLE-PULSE BRIDGE Last 2cts: Knees above hips, fingertips to temples	8	4x
	3:58 Instr / (Electric guitar)	4x8	D REVERSE BICYCLE F&B	4	8x



01. HOUDINI 4:16mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

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

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

BLOCK 1

C-CRUNCH / TRIPLE-PULSE C-CRUNCH / OBLIQUE KNEE DROP / OBLIQUE KNEE DROP WITH TRIPLE KICK

LAYER 1

For each exercise, focus on Position and Execution set-up – this lays the foundation for a strong Warm-up and effective workout. Keep your coaching simple, with emphasis on technique, range and levels.

C-CRUNCH

Key Coaching Focus: Lower back towards the floor

- *Fingertips to temples*
- *Lift shoulders and legs at the same time*
- *Up, up, down, down*
- **Tuck in the chin**
- **Abs braced**
- **Press your lower back towards the floor as you lower**
- *Tempo change – 1/1/2*
- *Up and hold, slow down*
- **Slide ribs to hips on the way up**
- *Pull everything to the center*

TRIPLE-PULSE C-CRUNCH

Key Coaching Focus: Lower back towards the floor

- *Stay up for three Pulses*
- **Press your lower back towards the floor**
- *Head to floor*
- *Reach the arms forward*
- *Keep your eye gaze between your legs*
- *It's a small movement, but a big burn*
- *Squeeze like you mean it*

OBLIQUE KNEE DROP / OBLIQUE KNEE DROP WITH TRIPLE KICK

Key Coaching Focus: Anchor shoulders to the floor

- *Knees above hips*
- *Arms wide*
- *Drops knees forward, extend top leg*
- *Change sides*
- *This is level 1 – you can stay with it, or three Kicks*
- *You can feel your obliques working and hamstrings stretching*
- **Keep your shoulder blades glued to the floor**
- *Start twisting from the center of the chest*



01. HOUDINI 4:16mins

TECHNIQUE AND COACHING

BLOCK 2

BRIDGE / REVERSE BICYCLE

LAYER 1 / LAYER 2

We start with Bridges to warm up the posterior chain, then move into Reverse Bicycles to activate the obliques and abdominals. We perform a few sets of each – keep your Layer 1 Coaching focused and clear in the first round, then dial up the energy and anticipation to get your team pumped!

BRIDGE

Key Coaching Focus: Squeeze glutes

- *Heels down*
- *2/2 Hip Bridge*
- *New focus – back of the body*
- *Push the heels down to the floor*
- *Hips parallel to the floor*
- **Squeeze your butt**
- *Abs braced*
- *Speed it up – single time*
- *Drive the shoulder blades down to help support the lift*

REVERSE BICYCLE

Key Coaching Focus: Rotate from the center of your chest

- *Knees above hips*
- *Reverse Bicycle*
- **Opposite shoulder to opposite hip**
- **Rotate from the center of your chest**
- **Abs braced**
- *From low to high*

BRIDGE

- *Back to the Bridge*
- *Rest your head on the floor*
- *Knees in line with hips for a solid foundation for the back of the body*
- *Single time!*
- *Triple Pulse – stay up*
- *Little micro pulses*
- *Squeezing the glutes and maintaining a strong core brace*
- *Ready to go!*



02. CORE STRENGTH 1

WEIGHT SELECTION

1x light–medium weight plate

TRACK FOCUS

My participants will challenge their strength and stability in the Hover sequences, and feel the dual action of strength and mobility work with the Double Leg Circle.

	MUSIC			EXERCISE		CTS	REPS
	0:02	Intro / (Instr)	2x8		Set up Hover on knees with forearms stacked, facing F OPTION: On toes	16	
	0:09	(Synth melody)	4x8	A	HOVER	32	
	0:24	(Synth with drum)	8x8	A ¹	HOVER WITH ARM CIRCLE L&R L Arm Circle, reset to HOVER Repeat to R	8 8	4x
	0:54	(Drop)	8x8	A ²	HOVER WITH TOE TAPS L&R L foot taps out Reset to HOVER Repeat to R	2 2 4	8x
1	1:24	V1 / _ I was chasing	4x8		Set up Double Leg Circle: Lie on back, plate at abdomen. Legs to vertical OPTION: No weight plate, arms out by sides	32	
	1:39	C / _ I'm not wasting	8x8	B	DOUBLE LEG CIRCLE Legs lower to 45° Legs circle wide to vertical Last 4cts: Bring arms to vertical, with or without weight plate	4 4	8x
	2:09	(Drop)	8x8	B ¹	PIKE CRUNCH & SHOOTOUT COMBO 4x Pulse PIKE CRUNCH Arms and legs extend to 45° Reset to PIKE OPTION: Knees bent	8 4 4	4x
2	2:39	Outro / (Instr)	42x8	A–B ¹	REPEAT BLOCK 1		



02. BREAKAWAY 5:22mins

TECHNIQUE AND COACHING

BLOCK 1

HOVER / HOVER WITH ARM CIRCLE / HOVER WITH TOE TAPS / DOUBLE LEG CIRCLE / PIKE CRUNCH & SHOOTOUT COMBO

LAYER 1 / LAYER 2

Coach Layer 1 by focusing on the Position and Execution of each movement to ensure your class moves safely and effectively. Offer and describe the different levels early on, so your participants feel empowered to choose the right option for their workout.

HOVER / HOVER WITH ARM CIRCLE

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

- Elbows under shoulders
- Fists together
- Knees shoulder-width apart
- Lift hips to shoulder height
- On knees or toes
- **Back long and straight**
- Start with the right arm circling
- Circle out wide
- Left arm
- The hand stays on the floor for stability
- Go as large as you can
- Focus on your pelvis – keep it level
- **Strong ab brace**

HOVER WITH TOE TAPS

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

- Feet only – hands stay still
- Right foot taps out and in
- Left foot
- **Brace abs to keep hips square to front**
- Foot tapping lightly, feel the work in your abs
- Imagine I've poured cement around your spine, ribcage and pelvis – it's set solid, holding your core still
- If your pelvis starts to move, drop to your knees

DOUBLE LEG CIRCLE

Key Coaching Focus: Lower back towards the floor

- Grab your weight plate as an option, place it on your abs
- **Abs braced**
- Legs above hips
- Quads tight
- Start with Leg Circles
- **Legs to 45 degrees**, circle round and up
- **Core braced tightly**
- **Press your lower back towards the floor**
- See if you can go a little larger
- If your back lifts away from the floor, make the circles smaller

PIKE CRUNCH & SHOOTOUT COMBO

Key Coaching Focus: Lower back towards the floor

- Plate up
- 4 Pulse Crunches
- 4, 3, 2, 1 then shoot out slowly
- Legs to 45 degrees, plate over head
- **Crush ribs to hips**
- **Lower back towards the floor as you extend**
- Keep that plate over your head – that's where the load is



02. BREAKAWAY 5:22mins

TECHNIQUE AND COACHING

BLOCK 2

HOVER / HOVER WITH ARM CIRCLE / HOVER WITH TOE TAPS / DOUBLE LEG CIRCLE / PIKE CRUNCH & SHOOTOUT COMBO

LAYER 2 / LAYER 3

We repeat everything again – this time, participants are ready to add intensity. What Layer 2 cues can you use to help them move with greater precision?

- *Come back into Hover super quickly – lots of time under tension*
- *Tighten your quads, squeeze your glutes, and feel your shoulder blades pull down your back*
- *If you want a little challenge, take the hand just off the floor – feel what happens to your abs*
- *We're getting so strong!*
- *Feel your abs right now – the rotator muscles of your core are braking hard to stop you rotating*
- *The other issue is gravity pulling you down – so fight back against it; that is how we get that core stronger*
- *Last two – keep fighting!*
- *Last set on your back*
- *Try and push the range on this one – what have you got?*
- *Feel the plate give your abs feedback*
- *Where are you going to go?*
- *Can you make the circles bigger?*
- *Challenge your core strength*
- *Not only do we strengthen our abs, we also improve our hip mobility*
- *If you squeeze, inner thigh strength – that's good for us*
- *As you punch up over head, your shoulder blades pull forward – feel what happens when you do that*
- *Making our core work harder – forcing us to get stronger!*

WHY

Our obliques contract to keep everything square in a Hover. The focus shifts depending on whether we are moving our upper body or our lower body. The upper-body movements require the shoulders to stay square – while the hips are the focus with lower-body movements.



03. STANDING STRENGTH 1

WEIGHT SELECTION

1x light–medium weight plate and SMARTBAND™

TRACK FOCUS

My participants will strengthen their posture by remaining upright through this challenging series of integrated rotational movement patterns.

	MUSIC		EXERCISE	CTS	REPS
1	0:01 C / I just wanna leave	4x8	Set up Around The World R: Step L foot into middle of band Feet outside hip-width, one or both handles at chest	32	
	0:16 Forget about the time	8x8	A AROUND THE WORLD R	8	8x
	0:46 (Drop)	8x8	B ZIGZAG WOODCHOP R		
			WOODCHOP R, hands to chest height	2	
			WOODCHOP L, hands to shoulder height	2	
			WOODCHOP R, hands to chest height	2	
			Return to L knee	2	8x
	1:16 C / I just wanna leave	4x8	Set up Lunge Plate Arc Combo L: Plate at collarbones, feet hip-width apart OPTION: Band folded in half, held at chest	32	
	1:31 Forget about the time	8x8	C LUNGE PLATE ARC COMBO L		
			Step R foot B to LUNGE , arc plate over L thigh	4	
			Step in, plate to collarbones	4	
			Step R foot L to LATERAL LUNGE , arc plate over R thigh	4	
			Step in, plate to collarbones	4	4x
	2:01 (Drop)	8x8	C ¹ LUNGE PLATE ARC COMBO L (Faster)	8	8x
2	2:31 C / I just wanna leave	40x8	A–C ¹ REPEAT BLOCK 1 on other side		



03. COFFEE (GIVE ME SOMETHING) (QUINTINO REMIX) 5:04mins

TECHNIQUE AND COACHING

BLOCK 1

AROUND THE WORLD / ZIGZAG WOODCHOP / LUNGE PLATE ARC COMBO

LAYER 1 / LAYER 2

Use this block to coach range and fundamentals, reinforcing target zones and stability in all movements. This ensures your participants move safely and effectively.

AROUND THE WORLD

Key Coaching Focus: Rotate from the center of your chest

- Come to standing
- Grab your band
- Right foot steps into the band
- Double or single handle
- Around The World to start
- **Chest lifted high**
- Corner to corner
- Draw a big circle
- Arms are straight
- Hips go back
- **Lock the core in**
- **Rotate from the center of your chest**

ZIGZAG WOODCHOP

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

- Arms straight
- Chest, shoulder, chest and knee
- **Rotate from the center of your chest**
- **Chest lifted proudly**
- Feel what the band is doing – it's pulling you down; don't let that happen
- Having a tug-of-war and your core is winning
- **Brace abs to keep hips square to front**
- Make it strong

LUNGE PLATE ARC COMBO

Key Coaching Focus: Long step back (Lunge). Brace abs. Hips square to the front

- Double up your band for tension
- Otherwise, grab a light to medium plate
- Plate at collarbones
- **Feet under hips**
- Backward-Stepping Lunge, left leg
- **Long step back**
- Now, Lateral Lunge – step out
- Plate stops outside thigh on both moves
- **90/90 on the Lunge**
- **Focus on the core brace; that will keep the hips square and stable**
- **All the rotation is from the center of your chest**
- Are you ready to go faster?
- The core is reacting
- Feel the 90/90 all the way down
- Dynamic movement, athletic!



03. COFFEE (GIVE ME SOMETHING) (QUINTINO REMIX) 5:04mins

TECHNIQUE AND COACHING

BLOCK 2

AROUND THE WORLD / ZIGZAG WOODCHOP / LUNGE PLATE ARC COMBO

LAYER 2 / LAYER 3

As we move into Block 2, it's time to repeat with added intensity. Use Layer 2 cues to guide participants towards greater precision, then bring in Layer 3 cues to motivate them to stay strong and focused under fatigue.

- *Halfway through – back to Around The World*
- *Anchor band to left foot*
- *Let's bring it home strong*
- *Hit the corners*
- *Bull's-eye target in each corner – can you hit it with precision, every single rep?*
- *Feel how that keeps the work in your core – we're getting strong!*
- *Back to the Zigzag!*
- *The band is trying to pull you forward; anchor your shoulders to the back ribs*
- *Transfer the power from the core to the legs, to the upper body*
- *Brace hard!*
- *Back to our Lunges*
- *You're going to start to fatigue, so keep the core strong*
- *Focus on technique all the way through to the end*
- *We start the move slowly, sharpen up the technique, feel our core strength*
- *To be athletic, you need to move with speed and power*
- *Keep that control*
- *Feel what your core is doing as the momentum builds – it has to hammer the brakes harder*
- *Feel the legs – they are getting powerful and explosive*
- *We are working athletically*

WHY

Our core is responsible for connecting strength and power between the upper and lower body. The exercises in this track provide an opportunity to enhance that connection.



04. STANDING STRENGTH 2

WEIGHT SELECTION

SCULPTBAND™ or SMARTBAND and
2x light–medium weight plates

TRACK FOCUS

Make the most of the simple movement patterns and long sets of work to use the three layers of coaching. This will motivate my participants to move with precision to train their glutes to the max!

		MUSIC		EXERCISE	CTS	REPS
	0:00	Intro / (Instr)	8x8	Set up equipment and stance: SCULPTBAND – Pull up to middle of thighs SMARTBAND – Find the middle of the band, place at front of thighs, a fist-length above knees. Wrap band behind thighs, bring handles F. Thread handle A through handle B, then handle B through handle A. Feet outside hip-width in Squat Stance One plate in each hand, held wide at hip level OPTIONS: No plates, no band	64	
1	0:30	V1 / Ain't no rules	8x8	A SIDE STEP L&R 8x SIDE STEP L Repeat to R	16 16	2x
	1:01	C / We're jammin'	24x8	B SIDE STEP & KICKBACK COMBO L&R 4x SIDE STEP L 4x KICKBACK L Repeat to R After last rep: Arms wide by sides	8 8 16	6x
	2:32	(Drop) / We're jammin'	12x8	C KICKBACK L&R 8x KICKBACK L Repeat to R	16 16	3x



04. JAMMING (FISHER REWORK) 3:20mins

TECHNIQUE AND COACHING

BLOCK 1

SIDE STEP / SIDE STEP & KICKBACK COMBO / KICKBACK

LAYER 1 / LAYER 2 / LAYER 3

A short but spicy track! Space out your cues – there's plenty of time as we sit in the moves for a while. Use this chance to really observe your participants, coach to their needs, and connect with them – have some fun!

SIDE STEP

Key Coaching Focus: Avoid leaning to the side. Brace abs to keep hips square to front

- Find the middle of the SMARTBAND, feet hip-width apart; stretch the band and set it a fist-distance above the knees, taking the handles to the back then front, right handle through left, left through right
- Or pull the SCULPTBAND to middle of thighs
- You have the option of using two light weight plates
- Elbows into ribcage, and to the corners
- Feet outside hip-width
- **Chest lifted**
- Bend the knees
- Side Step – eight to the right
- **Push the knees out over toes**
- Now left
- **Abs braced**
- Keep the feet wide as we walk
- Hips back
- Turn the elbows back

SIDE STEP & KICKBACK COMBO

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

- Four Walks to the right, four Kickbacks
- Outside leg kicks back
- Left side
- Small Walks to the side
- Keep tension on that band and keep the knees out over toes
- **Core braced**
- **Chest lifted**
- Kick back to 45 degrees
- When you kick back, keep **hips square to the front** so you isolate the glutes
- If you want more challenge, squat down a little bit lower
- Tension on
- Keep tension in the upper body – tall posture while you hold the plates; feel the biceps
- Keep plates into ribcage
- Feel the glutes, feel the hamstrings, feel the core
- Stay low, try to keep the tension on
- There's more – keep coming!

KICKBACK

Key Coaching Focus: Brace abs to support your lower back

- Arms down
- Kickback right for eight
- Now change sides
- We try to shift the body weight from one to the other
- Every time you change the legs, try to bend the knee so we isolate that glute
- Turn the palms to face the front so you're engaging the upper body
- We're feeling it here!

WHY

Keeping our hips square to front when we kick the leg back at a 45-degree angle helps to ensure the movement is trained with precision and keeps the load in our side glutes.



05. CORE STRENGTH 2

WEIGHT SELECTION

1x light weight plate and 1x heavy weight plate or SMARTBAND

TRACK FOCUS

My participants will move with precision and stability in order to feel an intense workout for their obliques.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / (Instr)	2x8	Set up Kneeling Halo & Woodchop Combo: Knees under hips, heavier plate outside L hip OPTION: Band folded in half instead of plate	16	
	0:08	V1 / _ You make me feel	8x8	A KNEELING HALO & 2/2 WOODCHOP COMBO R&L Halo R, plate down to outside R hip 2/2 WOODCHOP L Repeat on other side	8 8 16	2x
	0:40	(Drop) / I will do anything	4x8	A ¹ KNEELING HALO & 1/1/2 WOODCHOP COMBO R&L	32	1x
	0:56	V2 / _ Your shades on	2x8	Set up Side Hover Crunch L: Light weight plate in R hand, extend top leg, arm O/H OPTION: No plate	16	
	1:04	_ Cross my heart	6x8	B SIDE HOVER CRUNCH 2/2 L R knee and elbow in Return to start position OPTION: Hip down to floor	4 4	6x
	1:28	(Build) / I will do anything	8x8	B ¹ SIDE HOVER CRUNCH 1/1/2 L	8	8x
2	2:00	Outro / (Instr)	30x8	A–B ¹ REPEAT BLOCK 1 on other side		



05. ANYTHING FOR YOU 4:04mins

TECHNIQUE AND COACHING

BLOCK 1

KNEELING HALO & WOODSHOP COMBO / SIDE HOVER CRUNCH

LAYER 1 / LAYER 2

Spend this block coaching Position and Execution set-up, really reinforcing target zones and stability for all moves. No need to over-clutter or over-coach – keep to the basics and reiterate the levels.

KNEELING HALO & WOODCHOP COMBO

Key Coaching Focus: Brace abs to keep hips square to the front. Rotate from the center of your chest (Woodchop)

- Come down to your knees
- Knees under hips
- Plate outside right hip
- Halo, then Woodchop
- Halo over crown of head
- Woodchop stops just above shoulders
- **Elbows stay forward of face** in Halo
- **Twist from the center of your chest in the Woodchop**
- **Squeeze your glutes**
- **Brace your abs to keep hips square to front**
- **Lift chest tall**, so spine is long – optimal for great rotation
- Feel your obliques working
- Now 1/1/2 – come up fast, hold, and brakes on as you lower
- One more time
- Feel your obliques

SIDE HOVER CRUNCH

Key Coaching Focus: Lift your bottom hip away from floor. Brace abs to square hips to the front

- Plate down
- Come into Side Hover
- Grab light weight plate as an option
- Elbow under shoulder
- Bottom leg bent
- **Lift bottom hip off floor**
- Crunch in for 2, out for 2
- Elbow coming towards knee, then reaching long
- If you fatigue, drop the bottom hip down but keep your waist lifted
- **Abs braced to keep hips and shoulders square and stacked**
- Going to 1/1/2
- Come in fast, hold, now stretch out
- Forcing the underside of your waist to work strongly



05. ANYTHING FOR YOU 4:04mins

TECHNIQUE AND COACHING

BLOCK 2

KNEELING HALO & WOODSHOP COMBO / SIDE HOVER CRUNCH

LAYER 2 / LAYER 3

Block 2 brings a repeat of the movements – but now with more intensity due to fatigue. Use Layer 2 cues to sharpen technique and form, then layer in motivational cues to help your participants push through and stay committed.

- *Set up for Halo*
- *Squeeze the glutes to set the lower body*
- *Plate to the left, Halo to the right*
- *Woodchop to the left*
- *The challenge is to keep the glutes squeezing and abs braced so we can stay square to the front*
- *Imagine your core is a cylinder – feel how it doesn't bend, rotate or twist as we move the plate away from the mid-line*
- *Strong and stable from the floor up*
- *Carry that feeling and put it to the test*
- *You can feel the intensity increase – if we can feel that, we are creating stable core strength*
- *Come back into the Side Hover*
- *Lift up, reach long*
- *Set that strong mid-line by bracing hard*
- *Can you feel how the bottom oblique is firing?*
- *Is that bottom oblique still working hard to keep us upright?*
- *Four to come!*
- *We know it's challenging, but this is what we are here for*
- *If we can store the reps, we store the strength, the stability gains, and we can use them in almost everything that we do*
- *Finish strong!*

TIP

Unilateral movements like a Side Hover Crunch are a great opportunity to assess left and right imbalances. Reduced strength on one side can create deviations in day-to-day movement patterns and can increase the likelihood of injury.



06. CORE STRENGTH 3

TRACK FOCUS

Through my informative coaching, my participants will feel the benefits of body-weight training to strengthen the back of their body.

		MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / (Instr)	4x8		Set up Back Extension: Lie face down, facing F Arms out at 90° OPTION: Hands to floor	32	
	0:17	I'm ready	12x8	A	BACK EXTENSION Last 2 reps: Arms to B	4	24x
	1:09	Take my lead	8x8	B	FLUTTER KICK WITH ARM CIRCLE Circle arms F Reach arms down past sides to B	8 8	4x
2	1:43	I'm ready	1x8		Set up Skydiver: Hands to floor, under forehead Knees wide, heels together above knees	8	
	1:48	To take your hand	11x8	C	SKYDIVER Lift legs Lower Last 2cts: Extend legs, arms wide	2 2	22x
	2:35	Take my lead	8x8	B	FLUTTER KICK WITH ARM CIRCLE	16	4
3	3:10	I'm ready	1x8		Set up Horse Stance w. Scorpion Leg Lift: Hands under shoulders, knees under hips, L foot to ceiling	8	
	3:14	To take your hand	7x8	D	HORSE STANCE WITH SCORPION LEG LIFT L OPTION: After 4 reps, extend R arm to 45° Last 2cts: Switch sides	2	27x
	3:44	Take my lead	8x8	D	HORSE STANCE WITH SCORPION LEG LIFT R After 8 reps: Extend L arm to 45°	2	32x
	4:19	Outro / (Fade out)			POST-TRACK RECOVERY: CHILDS POSE		



06. WON'T YOU COME MY WAY 4:24mins

TECHNIQUE AND COACHING

BLOCK 1

BACK EXTENSION / FLUTTER KICK WITH ARM CIRCLE

LAYER 1 / LAYER 2

This track hits the core and postural muscles – no equipment needed! Coach for precise Execution by focusing on range and fundamentals in each move, ensuring everyone moves safely and effectively.

BACK EXTENSION

Key Coaching Focus: Squeeze glutes

- Come down to the floor
- Chest down
- Feet hip-width apart
- Arms at 90 degrees
- Lift up and down
- **Squeeze your glutes**
- You can take your fingertips down to the floor and press up
- Chest lifts high
- It's your own range of motion; if you feel you can't go that high, that's OK
- Lift through the crown of your head to promote a neutral neck and full-body engagement
- Feel the squeeze between your shoulder blades

FLUTTER KICK WITH ARM CIRCLE

Key Coaching Focus: Squeeze glutes

- Arms back close to the body
- Flutter Kick and circle the arms forward
- Pull back through
- It's a small, quick kick from the hips
- Big circles from your shoulders
- Focus on the feeling – **squeeze the glutes tightly**
- Can you go higher with your chest?

BLOCK 2

SKYDIVER / FLUTTER KICK WITH ARM CIRCLE

LAYER 1 / LAYER 2

Fatigue will be setting in, so keep your coaching encouraging after cueing the basics of the Skydiver. Focus on muscle activation to support safe, effective movement.

SKYDIVER

Key Coaching Focus: Squeeze glutes

- Hands to the front
- Heels together
- **Squeeze your glutes**
- Skydiver – up, and down
- Try and open the knees wide
- Imagine the ceiling is coming down low – we focus on pushing up
- Use your glutes to lift the legs, not from the lower back
- Don't force it – lift gently to prevent over-extension
- Use your arms and push off the floor

FLUTTER KICK WITH ARM CIRCLES

- Back to the Flutter Kick and Arm Circles
- Quick, small kicks with the legs
- Extend your legs from the hips
- Shall we make it a competition?
- Stay as strong as you can
- Those back extensors are working hard
- Try and reach the front of the room



06. WON'T YOU COME MY WAY 4:24mins

TECHNIQUE AND COACHING

BLOCK 3

HORSE STANCE WITH SCORPION LEG LIFT

LAYER 1 / LAYER 2

The final block! A short round of Horse Stances with Scorpion to target the postural muscles and challenge balance. Coach a strong glute squeeze and firm ab brace to help everyone finish feeling strong and proud.

HORSE STANCE WITH SCORPION LEG LIFT

Key Coaching Focus: Brace abs to keep shoulders and hips square to the floor

- *Come to Horse Stance*
- *Scorpion on the right leg*
- *You can extend the opposite arm to 45 degrees*
- ***Brace abs to keep hips and shoulders square to front***
- *If you can't lift that high, that's OK – just squeeze the glutes and keep your hips really square*
- *Change sides*
- *It's your choice – keep both hands on the floor, or extend to the corner*
- *Feel the squeeze*
- *Warmth in the glutes!*
- *We are close!*

TIP

Squeezing the glutes during prone exercises reduces the tendency to hyperextend the lower back. It also strengthens our glutes in hip extension which is important for horizontal drive during walking and running.



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

STANDING STRENGTH 1

WEIGHT SELECTION

1x light–medium weight plate or SMARTBAND

TRACK FOCUS

My participants will feel the rotational power of the core through the shift from slow to fast movements in this dynamic track.

	MUSIC			EXERCISE	CTS	REPS
1	0:00	Intro / (Instr)	4x8	Set up Lunge Rotation Combo: Plate held vertically at chest. Feet under hips OPTION: Band folded in half, no plate	32	
	0:15	C / Why'd you have to light	4x8	A LUNGE WITH TRUNK TWIST & PLATE PRESS COMBO 1 R L leg steps B to LUNGE, TRUNK TWIST R Step in, PLATE PRESS to L corner	4 4	4x
	0:30	Is this faith ?	8x8	A ¹ LUNGE WITH TRUNK TWIST & PLATE PRESS COMBO 2 R L leg steps B to LUNGE, TRUNK TWIST R Step in, PLATE PRESS to L corner, L KNEE LIFT OPTION: No Knee Lift	4 4	8x
	1:00	(Drop)	8x8	A ² LUNGE WITH TRUNK TWIST & PLATE PRESS COMBO 3 R L leg steps B to LUNGE , 5x Fast TRUNK TWIST (R, L, R, L, R) Step in, PLATE PRESS to L corner, L KNEE LIFT OPTION: 3x Slow Trunk Twist	6 2	8x
	1:30	(Low)	24x8	A–A ² REPEAT BLOCK 1 on other side		
3	3:00	(Low synth)	2x8	Set up Split Stance Front Raise L: Face L corner. R leg steps B to Split Stance Weight F over L leg	16	
	3:07	(Ethereal synth and distant vocal)	8x8	B SPLIT STANCE FRONT RAISE 4/4 L OPTION: After 2 reps, lift R foot off the floor	16	4x
	3:37	C / Why'd you have to light	8x8	B SPLIT STANCE FRONT RAISE 4/4 R OPTION: Lift L foot off the floor Last 4cts: Feet wide to SQUAT	16	4x
	4:07	(Drop)	8x8	C SQUAT WITH TRUNK TWIST & PLATE PRESS COMBO L&R Hold SQUAT , 5x Fast TRUNK TWIST (L, R, L, R, L) PLATE PRESS to L corner, lift R leg Repeat to R OPTION: 3x Slow Trunk Twist	6 2 8	4x



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

FAITH 4:42mins

TECHNIQUE AND COACHING

BLOCK 1

LUNGE WITH TRUNK TWIST & PLATE PRESS COMBO

LAYER 1 / LAYER 2

Take your time coaching safe alignment and Execution – there's no rush as there are lots of reps. Only offer the option to add speed in the Trunk Twists or Knee Lift if your participants are ready for it. If not, feel free to save that challenge for the next time you teach.

LUNGE WITH TRUNK TWIST & PLATE PRESS COMBO

Key Coaching Focus: Long step back (Lunge). Brace abs. Hips square to the front

- Grab your plate
- Plate close to the body
- Slow Lunge rotation – right leg steps back first
- **Long step back**
- Rotate over the front thigh
- Step in and press to the corner
- As we press, forearms parallel to the floor
- When you're ready, let's add the balance challenge
- Pull the knee to hip height
- **Rotate from the center of the chest**
- **Abs braced**
- **Hips stay square to the front** as we move and pull the plate through
- When you lunge, push your **front knee out** over toes, and back knee to the floor
- Press out of your back leg to come up
- Let's go faster – five Trunk Twists, set, and push
- You have the choice – three slow, and then step in to press
- It doesn't matter which you choose, keep balance and control

BLOCK 2

LUNGE WITH TRUNK TWIST & PLATE PRESS COMBO

LAYER 2 / LAYER 3

We're repeating the same move in this block – an opportunity to deepen understanding and refine technique. Use this time to reinforce the purpose of the movement; Ben does a great job of this in the Masterclass footage. Keep your coaching encouraging and clear, helping your participants move with confidence and greater awareness.

- Same thing, other leg
- Keep your plate close to the body
- Roll shoulders back and down
- Big Lunge of the left leg
- Slow
- Push to the corner
- Keep your shoulder blades squeezing together
- Add the balance
- Knee to lift level
- We love the split pattern – it is just like running and walking, so every split pattern means stability from the floor up
- As you step in, can you push through the supporting leg?
- Unlock the rotational power
- Add speed
- When we add speed, we need more control – so brace harder and keep hips square to front
- Four more!
- Are we still driving through the front leg? Can we feel the power rotating through the core, legs and into the plate?



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

FAITH 4:42mins

TECHNIQUE AND COACHING

BLOCK 3

SPLIT STANCE FRONT RAISE / SQUAT WITH TRUNK TWIST & PLATE PRESS COMBO

LAYER 1 / LAYER 2 / LAYER 3

Last block! Keep your coaching simple and minimal with the Split Stance Front Raise to let the music and movements speak for themselves. Then a big set of Squat with Trunk Twists and Plate Presses to take us home. Stay encouraging and remind your participants to own their strength as they finish strong!

SPLIT STANCE FRONT RAISE

Key Coaching Focus: Weight in front leg, abs braced

- *Turn to the front right corner*
- **Long Split Stance**
- *Slow Front Raise*
- **Weight distributed 80% through front leg, 20% in the back**
- *Plate to shoulder line*
- **Abs braced**
- *If you want that extra challenge, bring the back leg off the floor*
- *That extra little leg lift makes it even more challenging, but that's what we're here for*
- *Step down, change sides*
- *Tap the toes down, or keep the foot up*
- *Welcome to balance; welcome to strength*
- *Everything working and dancing together*
- *Even though we are moving slowly, this is what sets us up for the speed and control*

SQUAT WITH TRUNK TWIST & PLATE PRESS COMBO

Key Coaching Focus: Brace abs. Hips square to the front

- **Feet outside hip-width**
- *Plate to chest*
- *Five Trunk Twists, then push to the corner*
- *5, 4, 3, 2 stop, and then push*
- **Knees out over toes**
- *Strong and stable as we push into the plate*
- *Feel the legs drive the plate away from the body*
- *We lock the rotation and we work into the power*
- *Last one!*

TIP

Short-stepping in a Lunge reduces the ability to keep the weight evenly distributed between the legs and can result in excessive joint load in the front knee.



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

GLUTE ISOLATION / CORE STRENGTH 3

Please note this track contains explicit content. The alternative song can be used in its place. Please use *Ring* with the same choreography when teaching Track 08.

WEIGHT SELECTION

SCULPTBAND or SMARTBAND and
1x medium–heavy weight plate

TRACK FOCUS

I will coach stability in this single-leg-focused track so that my participants can strengthen their glutes on both sides.

		MUSIC			EXERCISE	CTS	REPS
		Pre-track			Set up equipment and stance: SCULPTBAND – Pull up to middle of thighs SMARTBAND – Find the middle of the band, place at front of thighs, a fist-length above knees. Wrap band behind thighs, bring handles F. Thread handle A through handle B, then handle B through handle A. Weight plate in L hand OPTION: No band, no plate		
1	0:00	Intro / (Instr)	2x8		Set up Single-Leg Squat R: Feet under hips, then L leg steps B. Hinge F from hips Lift B leg, R arm out to side	16	
	0:07	V1 / I’m bringin’ sexy back	4x8	A	SINGLE-LEG SQUAT 2/2 R Bend R knee to SINGLE-LEG SQUAT , L foot taps down Lift to the start position	4	4x
	0:23	PC / Dirty babe	8x8	A ¹	SINGLE-LEG SQUAT WITH TRIPLE PULSE R	8	8x
2	0:54	Instr / (Low)	14x8	A–A ¹	REPEAT BLOCK 1 on other side		
	1:47	(Drop)	8x8	A ²	WIDE SQUAT PULSE	2	32x
3	2:18	(Build) / Come here, girl	2x8		Set up Single-Leg Hip Bridge with Clam: Lie down on back, side-on, arms out wide. Back heel close to butt, front knee above hip	16	
	2:26	What you’re twarkin’ with	10x8	B	SINGLE-LEG BRIDGE WITH CLAM F Lift hips to BRIDGE Open front knee to CLAM Close front knee over hip Lower hips down	4	5x
						4	
						4	
4	3:04	I’m bringin’ sexy back	4x8	B ¹	SINGLE-LEG BRIDGE PULSE F OPTION: Straighten front leg	2	16x
	3:19	(Build) / Come here, girl	16x8	B–B ¹	REPEAT BLOCK 3 on other side		



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

SEXY BACK 4:22mins

TECHNIQUE AND COACHING

BLOCK 1

SINGLE-LEG SQUAT / SINGLE-LEG SQUAT WITH TRIPLE PULSE

LAYER 1 / LAYER 2

Bringing sexy back – literally! Single-Leg Squats to fire up the glutes and build strength, stability and coordination. Keep your coaching simple and clear to guide safe, effective movement.

SINGLE-LEG SQUAT / SINGLE-LEG SQUAT WITH TRIPLE PULSE

Key Coaching Focus: Tip from hip – nose over toes

- Find the middle of the SMARTBAND, feet hip-width apart; stretch the band and set it a fist-distance above the knees, taking the handles to the back then front, right handle through left, left through right
- Or pull the SCULPTBAND to middle of thighs
- Grab a medium to heavy plate
- Feet under hips
- Right leg takes a long step and is straight
- Arm to the side
- Lift back foot off the floor
- Single-Leg Squat
- Front knee bends down, and up
- **Tip forward from the hips so nose is over toes**
- **Align middle of the knee to middle of foot**
- Triple Pulse
- Come up and hold
- **Square hips to the front with a strong ab brace**
- Let's go bigger – bend your front leg even more
- Push the leg back; put tension on the band

BLOCK 2

SINGLE-LEG SQUAT / SINGLE-LEG SQUAT WITH TRIPLE PULSE / WIDE SQUAT PULSE

LAYER 1 / LAYER 2 / LAYER 3

Now it's time to switch sides and even things out – after that, we move into Wide Squat Pulses to finish the block strongly. Keep your coaching encouraging and upbeat as the burn sets in – remind your participants that this challenge is where strength is built!

SINGLE-LEG SQUAT / SINGLE-LEG SQUAT WITH TRIPLE PULSE

- Switch sides
- **Tip forward** from the hips
- **Chest lifted**
- The eyes are steady
- It's a lot of balance – square the hips and shoulders to front
- Focus on that one-legged Squat to get our glutes strong
- Triple Pulse
- Where are you standing out from? Drive out of the bottom heel and the opposite leg has that strong glute squeeze
- Let's get heavy and a little lower
- Putting the glutes on the map!

WIDE SQUAT PULSE

Key Coaching Focus: Abs braced. Chest lifted

- Plate to collarbones
- Drop deep – butt just above knee height
- **Chest lifted**
- **Butt going back and down**
- **Abs braced**
- Every time you pulse, knees push wider
- Tension on the glutes
- Remember, we didn't come here to tap out – we come here to get stronger glutes
- Four more!



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

SEXY BACK 4:22mins

TECHNIQUE AND COACHING

BLOCK 3

SINGLE-LEG BRIDGE WITH CLAM / SINGLE-LEG BRIDGE PULSE

LAYER 1 / LAYER 2 / LAYER 3

We start with a quick set of Single-Leg Hip Bridges on one side. Focus on control and safe Execution – help your participants activate glutes and hamstrings with Precision. If they're using a band, it can actually support a safer range of motion than body weight alone – encourage them to try it!

SINGLE-LEG BRIDGE WITH CLAM / SINGLE-LEG BRIDGE PULSE

Key Coaching Focus: Squeeze glutes

- *Plate goes down*
- *Come down to the floor*
- *Single Hip Bridge – front leg bent*
- *Lift up, Clam open, close Clam, lower hip down*
- *If you don't have the band, you have to be really controlled on that Clam*
- **Squeeze glutes**
- **Hips square to front**
- *Feel your hips – they need to be level because we are training the glute strength on each side of our body*
- *My legs are shaking, but that's a good thing – I want to get stronger, and I know you do too*
- *Pulsing*
- *Bent leg or straight*
- *Put your stamp on the ceiling*
- *Drive it up!*

BLOCK 4

SINGLE-LEG BRIDGE WITH CLAM / SINGLE-LEG BRIDGE PULSE

LAYER 2 / LAYER 3

Time to switch sides and stay in the zone. Keep coaching for good form, then bring in motivation to help your participants push through the final burn. Remind them they're nearly there!

- *Let's try the other side*
- *Keep your hips square to front*
- *Take your focus to your core, back and oblique – those anti-rotation muscles are jamming on the brakes, so we keep the hips level. Core and glutes working hard*
- *Leg bent or straight*
- *Pulse like your life depends on it*
- *Push until the end – you've got it!*

WHY

Tipping from the hip during the Single-Leg Squat trains a hip-hinge pattern. This movement control is crucial for squatting and deadlifting. Performing this movement on each side helps identify left and right imbalances.



45-MINUTE FORMAT

STRETCH

TRACK FOCUS

My participants will feel the release of tension as they celebrate their success from the workout.

	MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro /	5x8	A	CHILDS POSE	40	
	0:21	V1 / _ Caught my view	8x8	B	90/90 STRETCH L OPTIONS: After 32cts: Swan Pose, and/or rest upper body to floor	64	
	0:53	C / Your hands on my body	8x8	C	PSOAS STRETCH R After 16cts: Stretch R arm up and L arm down After 32cts: Add Trunk Twist, R arm to outside L thigh	64	
	1:26	V2 / The sunrise got me	8x8	B	90/90 STRETCH R OPTIONS: Swan Pose, and/or rest upper body to floor	64	
	1:59	C / Your hands on my body	8x8	C	PSOAS STRETCH L After 16cts: Stretch L arm up and R arm down After 32cts: Add Trunk Twist, L arm to outside R thigh	64	
2	2:32	V3 / _ Only your hands	2x8	D	QUAD STRETCH L	16	
	2:40	_ Keep it all out	2x8	D	QUAD STRETCH R	16	
	2:48	C / Your hands on my body	4x8	E	CHEST AND SHOULDER STRETCH	32	
	3:05	Your hands on my body	4x8		Roll and shake out to release	32	



45-MINUTE FORMAT

INTENTIONS 3:23mins

TECHNIQUE AND COACHING

TIP

Give clear guidance on how to stretch and where your participants should notice the sensation.

Take a moment to recognize the hard work your team put in and celebrate their achievement in finishing the session!



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.

