



# BODYCOMBAT 108



## Presenters

**Back row (L–R):** Windy Gao (China), Maxime Vigeant (France), Marlon Woods (Australia/United States), Raissa VanFleteren (Belgium), Meno Thomas (New Zealand)

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Power. Precision. Explosiveness.

BODYCOMBAT 108 is built around a simple but incredibly effective formula: powerful combination work blended with short, explosive breakout moments that challenge both body and mind.

This release captures the feeling of authentic Martial Arts training. Just when you've settled into a powerful combination, you're challenged to explode, react and attack with intent. The result? A workout that feels athletic, exciting, and delivers serious cardiovascular benefits.

One of the biggest highlights of BODYCOMBAT 108 is the opportunity to coach the music. The soundtrack is loud, energetic and absolutely 'banging'. When the beat drops, the workout comes alive. Every strike, every drive, every explosive moment feels connected with the rhythm and energy of the music.

And let's talk standout moments...

The Plyometric Push and Push Kick combination brings power, athleticism and intensity. Back by popular demand, the Jump Kick returns in Track 4, creating one of those moments participants love to challenge themselves with. Did someone say 16 reps non-stop? Get ready to test your grit and determination as the intensity builds. You'll combine Lunges, Dropping Elbows and Up Kicks inspired by striking from the floor, delivering a true Mixed Martial Arts-inspired training experience that keeps the workout feeling fresh, functional and real.

One thing this release does exceptionally well is develop kicking power. Great Kicks aren't built overnight. They require balance, coordination, mobility and commitment. BODYCOMBAT 108 creates the perfect environment to practice, improve and experience that incredible feeling when power, technique and timing come together.

This is a release that asks you to stay present. Stay committed. Stay connected with the music. And when things get tough... stay with the fight.

Keep it real.

BODYCOMBAT Creative Team

# **BODYCOMBAT 108**

## **GLOSSARY**

## **MUSIC**

## **EXPRESS FORMATS**

## **01A. UPPER BODY WARM-UP**

## **01B. LOWER BODY WARM-UP**

## **02. COMBAT 1**

## **03. POWER TRAINING 1**

## **04. COMBAT 2**

## **05A / 05B. POWER TRAINING 2**

## **06. COMBAT 3**

## **07. MUAY THAI**

## **08. POWER TRAINING 3**

## **09. CONDITIONING**

## **10. COOLDOWN**

## **THE HISTORY OF MARTIAL ARTS**

## **DECLARATION OF INTENT**

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# GLOSSARY

## FRONT STANCE

### STANCE

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

### COACHING

#### Layer 1

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

## COMBAT STANCE

### STANCE

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

#### Variation 1:

- Boxing – back heel lifted, balanced weight distribution

#### Variation 2:

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

#### Variation 3:

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

### COACHING

#### Layer 1

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

## BOXING GUARD

### STANCE

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

### COACHING

#### Layer 1

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

## MARTIAL ARTS GUARD

### STANCE

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

### COACHING

#### Layer 1

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



# GLOSSARY

## JAB

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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

## CROSS

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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

## HOOK

### GUARD

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

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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



# GLOSSARY

## UPPERCUT

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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

## FRONT KNEE

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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

## FRONT KICK

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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



# GLOSSARY

## ROUNDHOUSE KICK

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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

## BACK KICK

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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



# GLOSSARY

## SIDE KICK

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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

## JUMP KICK

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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

## DESCENDING ELBOW

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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



# GLOSSARY

## ASCENDING ELBOW

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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

## RISING BLOCK

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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

## MID BLOCK / OUTER BLOCK

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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



# GLOSSARY

## LOW BLOCK

### PREPARATION

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

### STRIKE

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

### COACHING

#### Layer 1

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



# MUSIC

- 01A

**Upside Down** (4:08)

Fahjah

© 2025 Group Chat.

Written by: Maharajh
- 01B

**Ole!** (4:38)

Timmy Trumpet

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Written by: Smith
- 02

**Original Don** (2:47)

Sub Focus feat. Fireboy DML & IRAH

Courtesy of the Universal Music Group.

Written by: Douwma, Bryant
- Original Don** (2:48)

Sub Focus feat. Fireboy DML & IRAH

Courtesy of the Universal Music Group.

Written by: Douwma, Bryant
- 03

**Into Us** (5:58)

Laminar feat. Jess Robyn

Courtesy of Les Mills Music Licensing Ltd.

Written by: Kasler, Liggett
- 04

**Icy** (4:59)

Sun Lay feat. Chino Casino

Courtesy of Les Mills Music Licensing Ltd.

Written by: Finlay, Nasir
- 05

**Bam Bam** (2:12)

DJ Snake & Damian Marley

Courtesy of the Universal Music Group.

Written by: Grigahcine, Grummel, Marley, Rastogi, Raymond
- Nights Like These** (3:14)

Rudimental feat. Rag'n'Bone Man

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Written by: Aggett, Coffey, Dryden, Lansley, Morgan, Rolle, Graham, Needle
- 06

**Jamaican (Bam Bam)** (5:04)

Myreque

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Written by: Riley, Russell, Burrell
- 07

**Back 2 Back** (5:23)

ShockOne & REAPER

© 2025 Dark Machine Recs.

Written by: Thomas

- 08

**Ride The Energy** (4:39)

Lee Mvtthews & Kelli-Leigh

© 2025 Elevate Records.

Written by: Lee, Matthews, Henry-Davila
- 09

**3 [ESPN+ UFC 264 Anthem]** (3:34)

AIO

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Written by: Storch, Breland, Clemons, Atkins, van den Ende
- 10

**Man I Need** (3:03)

Olivia Dean

Courtesy of the Universal Music Group.

Written by: Dean, Nahome, Jesso



# 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

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

# HEY INSTRUCTORS

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

# EXPRESS FORMATS

## 45-MINUTE FORMAT

|                    |                    |
|--------------------|--------------------|
| <b>Track 01A</b>   | Upper Body Warm-up |
| <b>Track 01B</b>   | Lower Body Warm-up |
| <b>Track 02</b>    | Combat 1           |
| <b>Track 03</b>    | Power Training 1   |
| <b>Track 04</b>    | Combat 2           |
| <b>Track 05A/B</b> | Power Training 2   |
| <b>Track 06</b>    | Combat 3           |
| <b>Track 07</b>    | Muay Thai          |
| <b>Total Time</b>  | <b>41:11</b>       |

## 30-MINUTE FORMAT

|                   |                    |
|-------------------|--------------------|
| <b>Track 01A</b>  | Upper Body Warm-up |
| <b>Track 01B</b>  | Lower Body Warm-up |
| <b>Track 02</b>   | Combat 1           |
| <b>Track 03</b>   | Power Training 1   |
| <b>Track 07</b>   | Muay Thai          |
| <b>Track 09</b>   | Conditioning       |
| <b>Total Time</b> | <b>29:16</b>       |

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

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

# TECHNICAL TEAM CREDIT

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

## RELEASE FEEDBACK

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

## GENERAL FEEDBACK

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



# MIXED EXPRESS FORMATS

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

## 45-MINUTE FORMAT

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

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

## 30-MINUTE FORMAT

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

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

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



# 01A. UPPER BODY WARM-UP

## TRACK FOCUS

Simple and flowing choreography providing space to coach and connect. Teach the Boxing strikes with confidence and explore a little imagery to set the scene... like hitting a punchbag then making sure it doesn't hit you back!

## FEEL

Upbeat and energizing with a light and playful style!

## MARTIAL ART

Boxing

| MUSIC |                                  |     | EXERCISE       |                                                                                                                                 | CTS              | REPS |
|-------|----------------------------------|-----|----------------|---------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 0:05  | Intro / _ We make the            | 1x8 |                | L Combat Stance<br>PREVIEW: L Jab x2, R Cross on last 4cts                                                                      | 8                |      |
| 0:09  | V1 / _ We make the               | 3x8 | A              | L <b>JAB</b> x2<br>R <b>CROSS</b><br>PREVIEW: L, R Uppercut on last rep                                                         | 2<br>2           | 6x   |
| 0:19  | B up / (Build up)                | 4x8 | A <sup>1</sup> | L <b>JAB</b> x2<br>R <b>CROSS</b><br>L, R <b>UPPERCUT</b><br>PREVIEW: Jumping Jack x4 on last rep                               | 2<br>2<br>4      | 4x   |
| 0:32  | C / _ We make the                | 8x8 | A <sup>2</sup> | L <b>JAB</b> x2<br>R <b>CROSS</b><br>L, R <b>UPPERCUT</b><br><b>JUMPING JACK</b> x4<br>OPTION: Squat instead of Jumping Jack    | 2<br>2<br>4<br>8 | 4x   |
| 0:59  | Instr /                          | 4x8 | B              | L <b>HOOK</b><br><b>PULSE</b> F&B x3<br>PREVIEW: Bob on last rep                                                                | 2<br>6           | 4x   |
| 1:12  | (Lower)                          | 8x8 | B <sup>1</sup> | L <b>HOOK</b><br><b>BOB</b><br><b>PULSE</b> F&B x2                                                                              | 2<br>2<br>4      | 8x   |
| 1:39  | C / (Beats and distorted lyrics) | 8x8 | A <sup>2</sup> | L <b>JAB</b> x2<br>R <b>CROSS</b><br>L, R <b>UPPERCUT</b><br><b>JUMPING JACK</b> x4<br>Finish with feet together after last rep | 2<br>2<br>4<br>8 | 4x   |
| 2:05  | (Percussion)                     | 1x8 |                | <b>TRANSITION:</b> L Combat Stance<br>Performance opportunity!                                                                  | 8                |      |
| 2:09  | V2 / _ We make the               |     |                | <b>REPEAT SEQUENCES A to 2<sup>nd</sup> A<sup>2</sup> – R</b><br>NOTE: Sequence A is for 8 reps<br>A-Frame position to finish   |                  |      |



# 01A. UPSIDE DOWN 4:08mins

## TECHNIQUE AND COACHING

### JAB, CROSS, UPPERCUT & JUMPING JACK COMBINATION

#### LAYER 1

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

Add Uppercuts:

- *Aim under the chin on Uppercut*
- *45-degree bend in elbow*
- **Release the back heel**
- *Vertical strike*

Full combination:

- *Double Jab, Cross*
- *Uppercut, right and left*
- *4 Jumping Jacks – in/out*
- *Knees soft on Jacks*
- **Chest lifted and abs braced**

#### LAYER 2

- *A good stance is a good chance; back heel off the floor and bend the knees*
- *Deep breaths – let's get this body ready for today's big workout*
- *Great Uppercuts come from the floor up; bend your knees, drop and drive, notice how your chest rotates*

#### LAYER 3

- *We're in for a big workout so feel free to find the intensity zone that suits you today, wherever that is*
- *Option: Squats instead of Jumping Jacks*

### HOOKE, BOB & PULSE COMBINATION

#### LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Hook right*
- *Pulse forward and back*
- *Big knuckles target the side of the punchbag*
- **Release your heel and turn your knee, hip and body as one unit**
- **Abs braced**
- *Knees soft on Pulses*
- *90-degree bend in elbows*
- *Elbow slightly higher than the wrist*

Add Bob:

- *One Hook, one duck*
- *The Bob is a defensive move*
- *Pulse forward and back*

#### LAYER 2

- *This is a horizontal strike – think about coming around in a circular action*
- *On the Bob, sit inside your Guard – squat down, crunch ribs to hips, and get out of your opponent's way*

#### LAYER 3

- *Hit the punchbag, then move your head before it hits you back! That's it – nice job!*



# 01A. UPSIDE DOWN 4:08mins

## TECHNIQUE AND COACHING

### TIPS

#### FUNDAMENTALS

##### WHY?

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

##### WHAT?

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

**There's only two Boxing combinations to master in this light and playful track. Each combination features both upper-body strikes and lower-body movements. We even sneak in a defensive move to bring more warmth to the core in the second combination. The extended time spent in each combination allows you to dial up the practical application... like watching out for that swinging punchbag!**

##### 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

Continue to build on your precise coaching as we warm the lower body. Focus on cueing the move name, direction, strike surface and safety points clearly.

## FEEL

EDM with a psychedelic Trance flavor

## MARTIAL ARTS

Kick-boxing, Karate and Tae Kwon Do

| MUSIC |                                  |     | EXERCISE       |                                                                                                                                                                |                  | CTS | REPS |
|-------|----------------------------------|-----|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-----|------|
| 4:10  | Intro / (Instr sounds)           | 4x8 | C              | R <b>ADDUCTOR STRETCH</b> (bend L knee)<br>L <b>ADDUCTOR STRETCH</b> (bend R knee)<br><b>TRANSITION:</b> Slide R foot under hip on last 4cts                   | 8<br>8           |     | 2x   |
| 4:24  | B up / ( <b>Dum</b> , dum, dum)  | 8x8 | D              | L <b>KNEE</b> x3<br><b>STEP</b> L, R, L<br>R <b>KNEE</b> x3<br><b>STEP</b> R, L, R<br>OPTION: Add Hop to Knees after 2 reps<br>PREVIEW: Front Kick on last rep | 5<br>3<br>5<br>3 |     | 4x   |
| 4:51  | C / Everybody jump, jump, jump _ | 4x8 | D <sup>1</sup> | L <b>KNEE</b> x2, L <b>FRONT KICK</b><br><b>STEP</b> L, R, L<br>R <b>KNEE</b> x2, R <b>FRONT KICK</b><br><b>STEP</b> R, L, R                                   | 5<br>3<br>5<br>3 |     | 2x   |
| 5:04  |                                  | 4x8 | E              | L <b>FRONT KICK</b><br><b>PULSE</b> OTS<br>R <b>FRONT KICK</b><br><b>PULSE</b> OTS<br>PREVIEW: Push Kick on last rep                                           | 4<br>4<br>4<br>4 |     | 2x   |
| 5:18  | (Instr sounds and beats)         | 4x8 | E <sup>1</sup> | L <b>PUSH KICK</b><br><b>PULSE</b> OTS<br>R <b>PUSH KICK</b><br><b>PULSE</b> OTS                                                                               | 4<br>4<br>4<br>4 |     | 2x   |
| 5:31  | (Quiet)                          | 4x8 | F              | <b>SQUAT PULSE</b><br><b>TRANSITION:</b> L Combat Stance on last 4cts                                                                                          | 2                |     | 16x  |
| 5:45  | (Instr sounds)                   | 4x8 | G              | L <b>ROUNDHOUSE KICK SET-UP</b><br><b>PULSE</b> OTS<br>PREVIEW: L Roundhouse Kick on last rep                                                                  | 4<br>4           |     | 4x   |
| 5:59  | B up / (Beat builds)             | 8x8 | G <sup>1</sup> | L <b>ROUNDHOUSE KICK</b><br><b>PULSE</b> OTS<br><b>TRANSITION:</b> Front Stance on last 4cts                                                                   | 4<br>4           |     | 8x   |
| 6:26  | C / Everybody jump, jump, jump _ | 8x8 | H              | L <b>SIDE KICK</b><br><b>PULSE</b> OTS<br><b>TRANSITION:</b> R Combat Stance on last 4cts                                                                      | 4<br>4           |     | 8x   |
| 6:53  | Br / (Instr and beats)           | 4x8 | I              | L, R <b>GINGA</b> (Step L, R leg goes B, then repeat to the other side)                                                                                        | 8                |     | 4x   |
| 7:06  | (Quiet)                          | 4x8 | F              | <b>SQUAT PULSE</b><br><b>TRANSITION:</b> R Combat Stance on last 4cts                                                                                          | 2                |     | 16x  |
| 7:20  | (Instr sounds)                   | 4x8 | G              | R <b>ROUNDHOUSE KICK SET-UP</b><br><b>PULSE</b> OTS<br>PREVIEW: R Roundhouse Kick on last rep                                                                  | 4<br>4           |     | 4x   |
| 7:33  | B up / (Beat builds)             | 8x8 | G <sup>1</sup> | R <b>ROUNDHOUSE KICK</b><br><b>PULSE</b> OTS<br><b>TRANSITION:</b> Front Stance on last 4cts                                                                   | 4<br>4           |     | 8x   |
| 8:01  | C / Everybody jump, jump, jump _ | 8x8 | H              | L <b>SIDE KICK</b><br><b>PULSE</b> OTS                                                                                                                         | 4<br>4           |     | 8x   |
| 8:28  | Outro / (Instr and beats)        | 4x8 | F              | <b>SQUAT PULSE</b><br>A-Frame position to finish                                                                                                               | 2                |     | 16x  |



# 01B. OLE! 4:38mins

## TECHNIQUE AND COACHING

### KNEE / FRONT KICK & STEP SEQUENCE

#### LAYER 1

- Front Stance
- Boxing Guard
- 3 Right Knees
- Step right, left, right
- 3 Left Knees
- 3 Steps to switch
- Strike with top of your knee – aim for stomach
- **Shoulders back, abs braced to protect lower back**
- Reach hands high and pull down to outside of front hip

Add Hop:

- Add a little Hop if you want to
- **Knee soft on Hop**
- Lift heel toward butt and point toes down

Add Front Kick:

- 2 Knees, 1 Front Kick
- 3 Steps to switch
- Open and close at the knee on Front Kick
- Strike low with the ball of foot
- **Lean shoulders backwards, abs braced to protect the lower back**

#### LAYER 2

- Pull heel back toward your butt after the Kick; this engages the hamstrings
- Drive hips forward on Knees to increase power

#### LAYER 3

- Feels good to hit the first lower-body strikes, huh?

Options:

- No Hop on Knees – stay grounded
- Kick low

### FRONT KICK / PUSH KICK & PULSE SEQUENCE

#### LAYER 1

- Front Stance
- Boxing Guard
- Right Front Kick only
- Step wide and Pulse OTS
- Left side
- Knees soft on Pulse
- **Lean shoulders backwards, abs braced to protect the lower back**

Add Push Kick:

- Push Kick
- Knee lift high toward chest
- Extend your leg as you push your hips forward
- Strike with the ball of foot
- **Strike low**

#### LAYER 2

- Create some space between you and your opponent with your Push Kick
- Lift the knee, pull the toes up toward your shin and push your opponent away (Push Kick)
- Kick low

### SQUAT PULSE

#### LAYER 1

- Feet just outside hip-width
- Cross wrists in front of chest – fingers long (Cross Block)
- Heels down
- Knees push out in line with toes
- **Hips sit back and down to just above knee level**
- **Chest lifted and abs braced**

#### LAYER 2

- Small range to build heat in the legs and glutes
- Relax the shoulders and open the chest

#### LAYER 3

- Who does this many Squat Pulses in the Warm-up? Ha ha! Well done – you do!
- Options: Stay low or stay a little higher



# 01B. OLE! 4:38mins

## TECHNIQUE AND COACHING

### ROUNDHOUSE KICK SET-UP / ROUNDHOUSE KICK

#### LAYER 1

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

Add Roundhouse Kick:

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

#### LAYER 2

- Chest lifted and back elbow pulled into ribs, core braced to help stabilize the body as you lean away
- Engage the glutes to pull knee back so it points forward

#### LAYER 3

- Make the most of taking your time, kick low and ease into the Warm-up with control
- Option: Kick low

### SIDE KICK

#### LAYER 1

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

#### LAYER 2

- It's a push and pull action – the Kick goes in and comes back out
- Squeeze the glute and kick 'right down the barrel'
- Option: Kick low

### GINGA

#### LAYER 1

- Front Stance
- Step right, Ginga; step left, Ginga
- Knees soft
- Arms relaxed
- Feet stay apart and avoid crossing over
- **Chest lifted and abs braced**

#### LAYER 2

- It's like stepping on 3 points of a triangle, two at the base and one at the peak
- Swing and sway the body gently from side to side

#### LAYER 3

- How cool is this part of the music? Olé!



# 01B. OLE! 4:38mins

## 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. **Use clear coaching and contrasting energy to match the feel of this track. There are some great pockets of drama, (eg Side Kicks) alongside fun (eg Gingas). What a way to start the epic workout ahead!**

##### 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

This is the first workout track. Like an 'Original Don', it'll demand the respect it deserves! Focus on balancing space for your coaching alongside this amazing song. Guide your participants through releasing energy rather than refining technique details.

## FEEL

Drum and Bass meets EDM – a magical, musical BUZZ!

## MARTIAL ARTS

Kick-boxing and Muay Thai

| MUSIC |                         |      | EXERCISE                                               |                                                                                                                               | CTS              | REPS |
|-------|-------------------------|------|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 0:00  | Intro / (Instr)         | 4x8  |                                                        | L Combat Stance<br>PREVIEW: L Jab, R Cross x2, L Uppercut x2 on last 8cts                                                     | 32               |      |
| 0:11  | V1 / _ Yuh know mi      | 8x8  | A                                                      | L <b>JAB</b> , R <b>CROSS</b> x2<br>L <b>UPPERCUT</b> x2<br>PREVIEW: R Back Kick, Pulse F&B x2 on last 8cts                   | 4<br>4           | 8x   |
| 0:33  | C / Original <b>don</b> | 16x8 | A <sup>1</sup>                                         | L <b>JAB</b> , R <b>CROSS</b> x2<br>L <b>UPPERCUT</b> x2<br>R <b>BACK KICK</b><br><b>PULSE</b> F&B x2<br>Level 2 after 4 reps | 4<br>4<br>4<br>4 | 8x   |
| 1:17  | To the original don _   | 8x8  | B                                                      | <b>PLYO PUSH</b><br><b>PULSE</b> F&B x3<br>PREVIEW: Push Kick on last rep                                                     | 2<br>6           | 8x   |
| 1:39  | PC / _ Yuh know mi      | 8x8  | B <sup>1</sup>                                         | <b>PLYO PUSH</b><br>L <b>PUSH KICK</b><br><b>RESET</b> to L Combat Stance                                                     | 2<br>2<br>4      | 8x   |
| 2:01  | C / Original <b>don</b> | 8x8  | A <sup>1</sup>                                         | L <b>JAB</b> , R <b>CROSS</b> x2<br>L <b>UPPERCUT</b> x2<br>R <b>BACK KICK</b><br><b>PULSE</b> F&B x2                         | 4<br>4<br>4<br>4 | 4x   |
| 2:23  | _ Yuh know mi           | 8x8  | C                                                      | L, R <b>RUNNING KNEES</b><br>OPTION: Grounded Knees                                                                           | 4                | 16x  |
| 2:46  | To the original don _   | 4½x8 |                                                        | L <b>KNEE</b> to finish<br><b>TRANSITION:</b> R Combat Stance<br>PREVIEW: R Jab, L Cross x2, R Uppercut x2 on last 8cts       | 36               |      |
| 2:58  | V2 / _ Yuh know mi      |      | REPEAT SEQUENCES A to C – R<br>R <b>KNEE</b> to finish |                                                                                                                               |                  |      |



## 02. ORIGINAL DON 5:35mins

### TECHNIQUE AND COACHING

#### JAB, CROSS, UPPERCUT & BACK KICK COMBINATION

##### LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, Cross, 4 Punches*
- *Double right Uppercut*
- *Strike with front two knuckles*
- *Target zones – nose and chin*
- **Soft elbows on Jab, Cross**
- *45-degree bend in elbow on Uppercut*
- **Release back heel in Uppercut**

Add on Back Kick:

- *Left leg, Back Kick*
- *Pulse forward and back*
- *Turn your head and look over your shoulder for safety*
- **Keep hips square to front as you kick**
- *Strike with heel, toes down*
- *Aim for knee, groin or stomach height*
- *Lean forward and **abs braced** as you kick*
- *Knee soft at end range*

##### LAYER 2

- *On Uppercuts, drop the back shoulder forward, release the back heel and bring the weight forward into your front leg*
- *On the last Cross, bring your back shoulder forward for an explosion of power*

##### LAYER 3

- *Experience the power of this great full-body Kick-boxing combination!*
- *Excellent work everyone – keep focusing on the target with precision and control*

#### PLYO PUSH & PUSH KICK COMBINATION

##### LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *1 Plyo Push*
- *Pulse forward and back*
- *Open hands, draw elbows back and forcefully push hands forward*
- **Chest lifted and abs braced**

Add Push Kick:

- *Add on Push Kick, front leg*
- *Strike with ball of foot – aim for stomach or chest*
- *Lean shoulders back and **abs braced to protect lower back***
- *Lift knee up and kick straight ahead*
- *Drive hips forward on Kick*

##### LAYER 2

- *Chest open, shoulder blades pull together to load the Plyo Push*
- *Hands on your imaginary opponent's shoulders and push them*
- *The bigger the ab brace, the bigger the Plyo Push!*
- *Circle your kicking foot out, round and back toward your butt – great for hamstring activation*

##### LAYER 3

- *Make a change, make a commitment – let's do this together team!*
- *Option: Kick low*



## 02. ORIGINAL DON 5:35mins

### TECHNIQUE AND COACHING

#### RUNNING KNEES SEQUENCE

##### LAYER 1

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

##### 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 by actively crunching your abs*

##### LAYER 3

- *Let this moment test and stretch you!*
- *Here's the last push... last 5, 4, 3, 2, 1 – great work!*
- *Option: Stay grounded on Knees (no Hop)*

#### TIPS

##### FUNDAMENTALS

###### WHY?

This track boasts two feature combinations with a focus on unlocking the feeling of power. It heightens the cardiovascular training from the Warm-up track with pockets of explosive strikes to elevate the heart rate, bringing a sense of style and challenge very early on.

###### WHAT and HOW?

Kick-boxing and Muay Thai bring the vibes to this first Combat track. Empower your participants to become their own version of the 'Original Don' – a leader, trailblazer and winner!

##### Combination 1:

Starting with Boxing, we gradually build in both complexity and intensity. First up, we practice a 6-Punch combination of Jab, Cross and Uppercuts. Once we've established the basics of punching, we layer in the lower body by adding a Back Kick and Pulse forward and back. This ignites our full Kick-boxing combination and is an awesome full-body sequence which we drill with power!

##### Combination 2:

Our Muay Thai inspired combination is up next and certainly 'pushes' us, and our opponent! We start by mastering the Plyo Push before adding the Push Kick. There are plenty of reps to teach this while also letting the music drive the experience. To do this, lean into connecting the class with the feeling of releasing energy rather than refining their technique. Allow the builds in the music to create excitement matched with your vocal tone – avoid over-coaching and unleash the raw power. After all, Muay Thai is gritty, not pretty!

##### Running Knee Sequence:

We all love a surprise finisher after hitting big challenging combinations! These Running Knees add to the cardio and leg training demands while providing the brain a little light relief as we move out of break-pattern into flow-pattern choreography.



# 03. POWER TRAINING 1

## TRACK FOCUS

Our first cardio peak goes off with a bang in this track! We blend linear and lateral movements – fists and feet to bring the heat! It feels really good to work the levels of intensity slowly and purposely.

Focus on gradually building punching power with the music to maximize the experience!

## FEEL

Intensifying and contrasting dance sounds. Ride the waves of contrast and feel the musical journey.

## MARTIAL ART

Boxing

| MUSIC |                           |      | EXERCISE       |                                                                                                                                                             | CTS              | REPS |
|-------|---------------------------|------|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 0:00  | Intro / (Instr)           | 2x8  |                | RECOVER and prepare                                                                                                                                         | 16               |      |
| 0:05  | (Piano)                   | 6x8  |                | L, R <b>RUN</b> OTS                                                                                                                                         | 2                | 24   |
| 0:22  | V1 / And I <b>feel</b>    | 8x8  | A              | L Combat Stance<br>L <b>JAB</b> , R <b>CROSS</b><br>PREVIEW: L Jab x2 (head, chest)                                                                         | 2                | 32x  |
| 0:44  | C / Into <b>us</b> (Drop) | 8x8  | A <sup>1</sup> | L <b>JAB</b> , R <b>CROSS</b> x4<br>L <b>JAB</b> x2 (head, body)<br><b>PULSE</b> F&B x2<br>PREVIEW: Step and Roll R, Step L and R Power Hook on last 4cts   | 8<br>4<br>4      | 4x   |
| 1:06  | Br / Into <b>us</b>       | 8x8  | A <sup>2</sup> | L <b>JAB</b> , R <b>CROSS</b> x4<br>L <b>JAB</b> x2 (head, body)<br><b>STEP</b> and <b>ROLL</b> R<br><b>STEP</b> L and R <b>POWER HOOK</b>                  | 8<br>4<br>2<br>2 | 4x   |
| 1:28  | V2 / And I <b>feel</b>    | 4x8  | B              | L <b>UPPERCUT</b>                                                                                                                                           | 2                | 16x  |
| 1:39  | Into <b>us</b>            | 4x8  | B <sup>1</sup> | R <b>UPPERCUT</b>                                                                                                                                           | 2                | 16x  |
| 1:50  | Br / Into <b>us</b>       | 8x8  | A <sup>2</sup> | L <b>JAB</b> , R <b>CROSS</b> x4<br>L <b>JAB</b> x2 (head, body)<br><b>STEP</b> and <b>ROLL</b> R<br><b>STEP</b> L and R <b>POWER HOOK</b><br>NOTE: Level 2 | 8<br>4<br>2<br>2 | 4x   |
| 2:12  | V3 / And I <b>feel</b>    | 8x8  | C              | L <b>WALKING JAB</b> x4 to L side<br>L, R <b>UPPERCUT</b> x2 to front<br><b>REPEAT</b> to R side                                                            | 8<br>8<br>16     | 2x   |
| 2:34  | Br / Into <b>us</b>       | 8x8  | D              | R, L <b>JAB</b><br>Level 2 after 4 reps                                                                                                                     | 2                | 32x  |
| 2:56  | (Fade out)                | 2½x8 |                | R fist to ceiling to finish<br>RECOVER                                                                                                                      | 20               |      |
| 3:04  | (Piano)                   | 6x8  |                | R, L <b>RUN</b> OTS<br><b>TRANSITION:</b> R Combat Stance on last 4cts                                                                                      | 2                | 24x  |
| 3:20  | V4 / And I <b>feel</b>    |      |                | <b>REPEAT SEQUENCES A to D – R</b><br>L fist to ceiling to finish                                                                                           |                  |      |



# 03. INTO US 5:58mins

## TECHNIQUE AND COACHING

### JAB, CROSS x4, JAB x2, STEP OUT, IN & POWER HOOK COMBINATION

#### LAYER 1

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

Add 2 Jabs:

- Combination – Jab, Cross, 8 Punches, then 2 Jabs, high and low
- Pulse forward and back
- Target zones – head and chest
- Aim high and middle

Add on Step, Roll and Power Hook:

- Step left to right, left Power Hook
- Stay in Combat Stance, keeping feet wide
- Hands lifted high in Boxing Guard
- Rotate (Roll) and you step out, step in
- **Release back heel in Power Hook**
- **Knees soft**
- Rotate torso, roll head and shoulders away then forward

#### LAYER 2

- Fast and light in the Jab, Cross – then add power to the 2 single Jabs, heavy and explosive
- Use the core and shoulders to bring contrast – light to heavy
- Move off the spot to quickly avoid a counter-strike

#### LAYER 3

- How fast can you step out, in? That's pretty quick! Nice job!

### UPPERCUT

#### LAYER 1

- Right Combat Stance
- Boxing Guard
- Uppercuts – right arm, non-stop
- 16 reps
- Use front two knuckles to strike
- Aim for the chin
- 45-degree bend in elbow
- **Release heel as you load for extra rotation**
- Left side's the same

#### LAYER 2

- Stay 'in the pocket' here and focus on intensity
- Take your head off 12 o'clock; dip and drive the Uppercut vertically
- Use your obliques to roll up and down – it feels like someone is trying to drag you down and you won't give in

#### LAYER 3

- Feels good to let these single strikes flow, huh?
- Looks like you are using rotational power to slingshot these Uppercuts – awesome!

### WALKING JAB, UPPERCUT TO THE FRONT SEQUENCE

#### LAYER 1

- 4 Walking Jabs to the right
- 4 Uppercuts to the front – right, left
- Change to the left side
- Target zones – nose, lip, or chin
- **Keep elbows soft**
- Aim for chin on Uppercut
- 45-degree bend in elbow on Uppercut
- Chin tucked in, shoulders relaxed and **abs braced**

#### LAYER 2

- Pull back a little at first and breathe
- This is our active recovery

#### LAYER 3

- How are you doing team?
- The heart rate is high and arms are tired – use this time to ease off the gas together!



## 03. INTO US 5:58mins

### TECHNIQUE AND COACHING

#### JAB

##### LAYER 1

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

##### LAYER 2

- *Use your biggest and most powerful rotation here*
- *Sink into your legs and lean forward into your Jabs*

##### LAYER 3

- *Can you feel the energy?*
- *You have 15 seconds to maximize the power – come on, let's push it to the end!*

#### TIPS

##### FUNDAMENTALS

##### WHY?

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

##### WHAT?

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

##### FIRST...

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

##### THEN...

- A sequence of Jab, Crosses prepares us for our first Boxing combination in Combat Stance. This is a 11-Punch sequence with a defensive Step and Roll in the mix! It's a blend of 'flow'- and 'break'-pattern choreography plus a sure-fire way to channel speed, power and elevate the cardiovascular response

##### NEXT...

- A holding pattern of Uppercuts allows us to sit in 'flow'-pattern choreography for a while. This aids as both a mental recovery as well as keeping the physical intensity high!

##### THEN...

- We immediately return to the first combination, this time at a Level 2 intensity. By this point in the track the shoulders are fatigued and the cardiovascular system is being challenged. As this is a repeat, aim to build on your Layer 2 or 3 cues, helping your participants move with enhanced confidence and commitment

##### NEXT...

- Walking Jabs and Uppercuts to the front provide active recovery and are much needed! Use this time to pull back, connect with your participants and encourage them to prepare for the final effort



# 03. INTO US 5:58mins

## TECHNIQUE AND COACHING

FINALLY...

- Front Stance Jabs take us to the end of the first half. Go 'all out' here, inspiring and motivating your class to do the same. It's the last opportunity to hit a cardio spike before a well-earned recovery arrives!

HOW?

Work with the natural builds and drops in the music. When matching our energy to the song we can take participants on a journey of increasing their punching power. When returning to the combination (after Uppercuts in Combat Stance) notice the musical explosion! Here we can focus on contrasting light and fast Jab, Crosses with BIG power on Double Jabs and Power Hooks!



# 04. COMBAT 2

## TRACK FOCUS

A fusion of Martial Arts, each with its own authentic and unique focus. Grounded and disciplined in Karate, heavy and powerful in Kick-boxing then light and fast in Tae Kwon Do.

## FEEL

Rap and dance feels – confidence and commitment!

## MARTIAL ARTS

Karate, Kick-boxing and Tae Kwon Do

| MUSIC |                          |     | EXERCISE       |                                                                                                                                                | CTS              | REPS |
|-------|--------------------------|-----|----------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 0:00  | Intro / (Instr)          | 2x8 |                | Wide Front Stance<br>Roll hands into fists by ribs                                                                                             | 8<br>8           |      |
| 0:06  | V1 / <b>Going</b> strong | 8x8 | A              | <b>LOW CROSS BLOCK</b><br>L <b>BACK FIST</b><br><b>PULSE</b> OTS x2<br>PREVIEW: L Side Kick on last rep                                        | 2<br>2<br>4      | 8x   |
| 0:32  | C / <b>Icy</b>           | 8x8 | A <sup>1</sup> | <b>LOW CROSS BLOCK</b><br>L <b>BACK FIST</b><br>L <b>SIDE KICK</b>                                                                             | 2<br>2<br>4      | 8x   |
| 0:58  | Br / (Dramatic sound)    | 2x8 |                | A-Frame position – hold<br><b>TRANSITION:</b> L Combat Stance<br>PREVIEW: L, R Uppercut, L Hook, L, R Uppercut, L Hook on last 8cts            | 4<br>12          |      |
| 1:04  | V2 / <b>Turn</b> me up   | 9x8 | B              | L, R <b>UPPERCUT</b> , L <b>HOOK</b><br>PREVIEW: L Jump Kick on last 8cts                                                                      | 4                | 18x  |
| 1:34  | C / <b>Icy</b>           | 8x8 | B <sup>1</sup> | L, R <b>UPPERCUT</b> , L <b>HOOK</b><br>L, R <b>UPPERCUT</b> , L <b>HOOK</b><br>L <b>JUMP KICK</b><br><b>PULSE</b> F&B x2<br>OPTION: Step Kick | 4<br>4<br>4<br>4 | 4x   |
| 2:00  | Yeah, <b>I'm</b>         | 8x8 | C              | L <b>JUMP KICK REPEATER</b><br>OPTION: Step Kick                                                                                               | 4                | 16x  |
| 2:26  | Br / <b>Icy</b>          | 1x8 |                | Martial Arts Guard to finish<br>RECOVER                                                                                                        | 8                |      |
| 2:29  | Instr /                  | 2x8 |                | Wide Front Stance<br>Roll hands into fists by ribs                                                                                             | 8<br>8           |      |
| 2:36  | V3 / <b>Going</b> strong |     |                | <b>REPEAT SEQUENCES A to C – R</b><br>Martial Arts Guard to finish                                                                             |                  |      |



## 04. ICY 4:59mins

# TECHNIQUE AND COACHING

### LOW CROSS BLOCK, BACK FIST & SIDE KICK COMBINATION

#### LAYER 1

- Feet wide, chest lifted
- Hands circle forward, roll hands into fists tucking into ribs
- Low Cross Block
- Back Fist – right arm
- Pulse on the spot
- **Chest lifted and core braced**
- **Soft elbow on Back Fist**
- Look to the direction you are striking in
- Strike with back of hand, aiming for the punchbag

Add Side Kick:

- Add a Side Kick
- **Set back heel before you execute the Side Kick**
- **Core braced, squeeze glutes and keep chest lifted**
- After the Side Kick, reset feet in Wide Front Stance
- Elbows in on Side Kick (no extension of arm in set-up)
- Side Kick targets stomach of opponent
- Strike with blade of foot, heel up and toes point down
- Pull knee in, extend the leg to kick then retract knee toward chest

#### LAYER 2

- In the Cross Block – elbows up first then drive fists down, forearms overlap
- On the Back Fist, elbow in line with shoulder and use the triceps to retract
- A clear start and stop to every single movement
- Relax until the moment of impact, tension at the last second – speed and power

#### LAYER 3

- Feel the discipline and power of Karate!
- Don't over-think it – the simplicity of the Dojo; be at one with the essence
- Well done, that's excellent control!
- Option: Kick low

### UPPERCUT, HOOK & JUMP KICK COMBINATION

#### LAYER 1

- Right Combat Stance
- Boxing Guard
- Upper, Upper, Hook – right, left, right
- Continuous movement
- **Release front heel on the Hook**

Add on Jump Kick:

- Add on Jump Kick, right leg
- Upper, Upper, Hook combination, twice
- Jump or Step Kick, Pulse forward and back
- **Soft knee landing**
- Strike with ball of foot – aim for stomach
- **Shoulders back, abs braced to protect lower back**

#### LAYER 2

- We're finding angles – shoulders round forward, elbows locked in – and feel that rotational power
- Let your strikes flow in this Kick-boxing Punch combo
- The Jump Kick is about distance, not height, so jump toward the target

#### LAYER 3

- Feels nice to 'roll with the punches' here after the strict precision of Karate, huh?
- You look great everyone!
- Option: Step Kick (instead of Jump Kick)

### JUMP KICK REPEATER

#### LAYER 1

- Non-stop Jump Kick
- 16 reps
- 1 Kick, 1 Step back to reset
- **Soft knee landing on Jump**

#### LAYER 2

- Right here we find volume, so personalize the intensity by choosing to jump or step
- Swing the arm down as you kick; this drives momentum and speed
- This is our Tae Kwon Do phase – Kicks all the way!

#### LAYER 3

- Feel the energy together!
- Let me hear the countdown – 4... 3... 2... 1!
- Option: Step Kick



## 04. ICY 4:59mins

# TECHNIQUE AND COACHING

### TIPS

#### FUNDAMENTALS

##### WHY?

Build confidence and competence by improving timing, refining kicking technique, and deepening our understanding of Karate, Kick-boxing, and Tae Kwon Do. Focus on control first, then contrast it with speed and power to help your participants move with purpose, achieve great physical results, and experience the unique feel of each Martial Art.

This track has three unique components:

#### **Low Cross Block, Back Fist & Side Kick Combination**

Karate is first up with a controlled yet dramatic feel. We avoid over-thinking this one and instead build confidence through repetition of a simple three-move combination. Use your breath as you block and strike with power and precision.

#### **Uppercuts, Hook & Jump Kick Combination**

Our Kick-boxing phase brings heat into the shoulders, obliques and legs via a full-body sequence in Combat Stance. The Martial Arts essence shifts from disciplined and clinical to raw and forceful. When the Jump Kick hits – go big with your vocal and physical energy! Remember to role-model the non-jumping option to remove impact yet keep intensity (there's no such thing as an 'easy option!').

#### **Jump Kick Repeater**

Tae Kwon Do is up next where we really take 'flight to the fight'! Here we hit 16 Jump Kicks in a row before reaching a much-needed recovery. Offer the Step Kick option early on so your participants can personalize their workout. The sheer volume of Kicks means we all experience a rewarding challenge, whichever option we choose.



# 05A / 05B. POWER TRAINING 2

## TRACK FOCUS

Inspired by MMA Circuit Training with various options/alternatives.  
Offer all the different variations so members can tailor their workout to suit.  
Invite your participants to personalize their workout focus with two options: upper-body strength endurance and core conditioning on the floor, or cardiovascular and lower-body training in standing.  
The focus then shifts to striking with power and speed for an integrated full-body cardio kicker!

## FEEL

A hybrid mix of strength and cardio in one track.  
The musical feels are focused, vocal, uplifting and empowering!

## MARTIAL ART

MMA Circuit Training

|      | MUSIC                               |      | EXERCISE                                                                                                                                                                                                                                                                            | CTS              | REPS     |
|------|-------------------------------------|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------|
| 0:00 | Intro / Well a <b>which</b>         | 4x8  | RECOVER and prepare in standing for High Knee Run<br>OR<br>On the floor for Mountain Climber                                                                                                                                                                                        | 32               |          |
| 0:13 | V1 / Gyal <b>weh</b> good           | 12x8 | A <u>Grounded Variation</u><br>L, R <b>MOUNTAIN CLIMBER</b> x2<br>2/2 <b>TRICEP PUSHUP</b><br>OR<br><u>Standing Variation</u><br>L, R <b>HIGH KNEE RUN</b> OTS x4<br><b>DROP SQUAT WITH DOUBLE-ARM REACH DOWN</b> x2<br>OPTIONS: Slow Mountain Climber or Mountain Climber on knees | 8<br>8<br>8<br>8 | 6x<br>6x |
| 0:45 | C / (Distorted lyrics)              | 8x8  | B <u>Grounded Variation</u><br>L, R <b>SHOULDER TAP</b><br>OR<br><u>Standing Variation</u><br>L, R <b>HIGH KNEE RUN</b> OTS x4<br>L, R <b>KNEE</b> x2<br>OPTION: Slow Shoulder Tap, on toes for Shoulder Tap after 4 reps                                                           | 8<br>8<br>8<br>8 | 8x<br>4x |
| 1:07 | V2 / Girlfriend yuh <b>life</b>     | 12x8 | A <b>REPEAT SEQUENCE A</b>                                                                                                                                                                                                                                                          | 16               | 6x       |
| 1:49 | C / (Distorted lyrics)              | 8x8  | B <b>REPEAT SEQUENCE B</b><br>Grounded Variation<br>Standing Variation<br>OPTION: On toes for Shoulder Tap from start                                                                                                                                                               | 8<br>16          | 8x<br>4x |
| 2:10 | V1 / _ I'd be lying if I            | 4x8  | Finish with L Knee or Hold Plank<br>RECOVER<br>TRANSITION to standing                                                                                                                                                                                                               | 32               |          |
| 2:24 | _ We've been trying                 | 12x8 | L, R <b>RUN</b> OTS<br>OPTION: High Knee Run after 16 reps<br>PREVIEW: L Jab x4 on last 8cts                                                                                                                                                                                        | 2                | 48x      |
| 2:57 | PC / (Instr build)                  | 8x8  | C L Combat Stance<br>L <b>JAB</b><br>NOTE: Add Step to Jab after 16 reps<br>PREVIEW: Double Jab x2, Sprawl with Vertical Leap on last 16cts                                                                                                                                         | 2                | 32x      |
| 3:19 | C / 'Cause <b>nights</b> like these | 12x8 | C' L <b>DOUBLE JAB</b> x2<br><b>SPRAWL WITH VERTICAL LEAP</b><br>OPTIONS: Jumping Jacks or Squats instead of Sprawls                                                                                                                                                                | 8<br>8           | 6x       |



# 05A / 05B. POWER TRAINING 2

|      | MUSIC                         |     | EXERCISE                                                         | CTS | REPS |
|------|-------------------------------|-----|------------------------------------------------------------------|-----|------|
| 3:53 | V2 / _ Do you feel like a     | 2x8 | RECOVER                                                          | 16  |      |
| 3:58 | _ Does that voice             | 6x8 | R, L <b>RUN</b><br>TRANSITION: R Combat Stance on last 4cts      | 2   | 24x  |
| 4:16 | PC / I wanna stay <b>here</b> |     | <b>REPEAT SEQUENCES C to C<sup>1</sup> – R</b>                   |     |      |
| 5:11 | Outro / (Instr)               | 4x8 | D Front Stance<br>L, R <b>JAB</b><br>L fist to ceiling to finish | 2   | 16x  |



# 05A / 05B. BAM BAM / NIGHTS LIKE THESE 5:26mins

## TECHNIQUE AND COACHING

### MOUNTAIN CLIMBER & TRICEP PUSHUP OR HIGH KNEE RUN & DROP SQUAT WITH DOUBLE-ARM REACH DOWN

#### LAYER 1

- On floor for Mountain Climber or stay standing for High Knee Run
- Hands directly under shoulders
- Body in **Plank position, abs braced**
- **Hips and shoulders square to the floor**
- Mountain Climber – right, left – 4, 3, 2, 1
- 2/2 tempo Tricep Pushup
- **Chest no lower than the elbow crease on Pushup**
- Elbows in close to the body (Pushup)

Standing Option:

- Feet hip-width apart ready for High Knee Runs
- Run on the spot right and left – 4, 3, 2, 1
- Drop Squat with Reach Down – twice
- **Hips sit back and down to just above knee level in Drop Squat**
- **Chest lifted and abs braced (in Drop Squat)**

#### LAYER 2

- Push knees out wide as you land the Drop Squats
- On the Pushup, press your hands into the floor and start to feel the burn in your triceps

#### LAYER 3

- Can you feel your heart and lungs working hard on the Mountain Climbers? We are creating awesome cardiovascular fitness
- Any option is a great option – focus on what makes you feel successful

Options:

- On Knees or toes for Mountain Climber and Tricep Pushups
- Slow Mountain Climber x2 on knees

### SHOULDER TAP OR HIGH KNEE RUN & KNEES

#### LAYER 1

- Knees on the floor
- Body in **Plank position, abs braced**
- Shoulder Tap – right and left
- Hand taps opposite shoulder
- **Hips and shoulders square to the floor**
- If you feel stable, try up on your toes

Standing Option:

- Run on the spot right and left – 4, 3, 2, 1
- 4 Knees – right and left
- Drop Squat with Reach Down – twice
- **Chest no lower than the elbow crease on Pushup**
- Elbows in close to the body (on Pushup)
- **Hips sit back and down to just above knee level in Drop Squat**
- **Chest lifted and abs braced (in Drop Squat)**

#### LAYER 2

- It's all about core control, so brace your abs tightly. This will help keep hips and shoulders still and secure (Shoulder Tap)
- Drive palm of hand into the floor to stabilize you
- Reach high and pull hands down powerfully on the knee strikes

#### LAYER 3

- C'mon team – you can do this!
- This is such great conditioning work
- Options: On Knees or toes for Shoulder Tap



# 05A / 05B. BAM BAM / NIGHTS LIKE THESE 5:26mins

## TECHNIQUE AND COACHING

### DOUBLE JAB & SPRAWL COMBINATION

#### LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Single Jab, right arm*
- *Strike with front two knuckles*
- *Target zones – nose, lip and chin*
- **Soft elbow on strikes**
- *Start to step into the Jab*
- *Right foot forward and back with the Punch*

Add Double Jabs and Sprawl with Vertical Leap:

- *Double Jab, Double Jab*
- *Sprawl with Vertical Leap (on diagonal angle)*
- **Squat, hands down, shoot legs out into Plank**
- **Abs braced tightly, squeeze glutes then jump feet hip-width apart and take a Vertical Leap**
- **Land softly** – bending knees after the Vertical Leap
- *Options: Run OTS or Squats instead of Sprawls*

#### LAYER 2

- *Speed and power into plyometric training – move fast with agility*
- *Lock in that Reactive Core Training as you perform the Sprawl*

#### LAYER 3

- *I'm right here with you, every single strike of the way – are you with me?*
- *Let's go everyone – you deserve to be fit for life, so let's commit together!*
- *Options: Jumping Jack x4 (out/in) instead of Sprawls*

### JABS

#### LAYER 1

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

#### LAYER 2

- *Rotate your torso to fire up your obliques*
- *Sink into the legs a little more and bring your body weight into the balls of your feet*

#### LAYER 3

- *Commit for yourself – you are owning this workout!*

### TIPS

#### FUNDAMENTALS

##### WHY?

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

##### WHAT?

We begin with a conditioning section featuring integrated core and body-weight training. This block starts with Mountain Climbers & Tricep Pushups or High Knee Runs & Drop Squats – everyone can choose to train either upper or lower body! Once we've learned the foundations and the body is warm, we hit the second combination – Plank Shoulder Taps or High Knee Runs & Knees in standing. This adds an additional core challenge while increasing the strength demands on our muscles.

We immediately return to the beginning and repeat both blocks of combinations again without a rest! This is fantastic conditioning training – intense for the body yet simple for the brain, allowing your participants to focus on pushing through!

Next, we transition to standing for cardiovascular training with Jabs and Sprawls. The feature combination is Double Jab x2 and Sprawl with Vertical Leap. This high-energy combination blends power and speed to build a large physical fitness engine. Always coach the options so everyone can personalize their workout intensity to suit.



# 05A / 05B. BAM BAM / NIGHTS LIKE THESE 5:26mins

## TECHNIQUE AND COACHING

### 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:

- Mountain Climbers & Tricep Pushups or High Knee Runs & Drop Squats
- Mountain Climbers on toes (fast x4)
- Mountain Climbers on knees (slow x2)
- Plank Shoulder Tap or High Knee Runs & Knees
- Plank Shoulder Tap on knees or toes



# 06. COMBAT 3

## TRACK FOCUS

Help your participants enjoy the lightness and timing in this creative Capoeira track. The musical energy and feels bring the ‘dance’ and ‘play’ side of Capoeira, whereas the Fake and Front Kick tap into the ‘fight’ flavor!

## FEEL

Dancehall Reggae anthem remixed for ‘26!

## MARTIAL ART

Capoeira

| MUSIC |                               |      | EXERCISE                                                            |                                                                                              | CTS          | REPS |
|-------|-------------------------------|------|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------|------|
| 0:00  | Intro / (Beats)               | 2x8  | RECOVER and prepare for L Lunge (R leg B)                           |                                                                                              | 16           |      |
| 0:08  | V1 / A mi she <b>one</b> ting | 8x8  | A                                                                   | L <b>LUNGE PULSE</b> (R leg B)                                                               | 2            | 32x  |
| 0:39  | PC / Dis woman                | 6x8  | A <sup>1</sup>                                                      | L <b>LUNGE PULSE</b> x6<br>R <b>DOUBLE FAKE</b> (R foot)<br>PREVIEW: Front Kick on last 4cts | 12<br>4      | 3x   |
| 1:03  | C / So Jamaica, so Jamaica    | 6x8  | A <sup>2</sup>                                                      | L <b>LUNGE PULSE</b> x6<br>R <b>FAKE</b><br>R <b>FRONT KICK</b>                              | 12<br>2<br>2 | 3x   |
| 1:26  | Br / (Quiet)                  | 4x8  | B                                                                   | R, L <b>GINGA</b> (Step R, L leg goes B)<br>PREVIEW: R Fake, R Kick on last 8cts             | 4            | 8x   |
| 1:42  | Bam-bam dilla                 | 12x8 | B <sup>1</sup>                                                      | R, L <b>GINGA</b> x3<br>R <b>FAKE</b><br>R <b>FRONT KICK</b>                                 | 12<br>2<br>2 | 6x   |
| 2:29  | Br / (Quiet)                  | 2½x8 | RECOVER and prepare for R Lunge (L leg B)                           |                                                                                              | 20           |      |
| 2:39  | A mi she <b>one</b> ting      |      | <b>REPEAT SEQUENCES A to B<sup>1</sup> – R</b><br>Finish with flair |                                                                                              |              |      |



## 06. JAMAICAN (BAM BAM) 5:04mins

### TECHNIQUE AND COACHING

#### LUNGE PULSE, FAKE & FRONT KICK COMBINATION

##### LAYER 1

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

Add 6x Lunge Pulse and Double Fake:

- 6 Lunge Pulses
- Double Fake, left leg
- Left foot taps in, out, in, out
- Knee soft and tap lightly

Add Front Kick:

- 6 Lunge Pulses
- 1 Fake, 1 Front Kick
- Strike with the ball of foot
- **Lean shoulders backward, abs braced to protect the lower back**

##### LAYER 2

- Tiny little pocket Lunges – load your front leg with body weight and stay low
- Pretend to kick on the Fake by bringing your foot in
- Small pause at bottom of last Lunge before the Fake

##### LAYER 3

- Can you feel the drums? Enjoy this amazing song
- You look great, like authentic Capoeiristas!

Options:

- Stay higher on Lunge Pulse to reduce intensity
- Kick low

#### GINGA x6, FAKE & FRONT KICK COMBINATION

##### LAYER 1

- Front Stance
- Ginga, left and right
- Knees soft
- Arms relaxed
- Feet stay apart and avoid crossing
- **Chest lifted and abs braced**

Add on Ginga x6, Fake and Front Kick:

- Ginga 6 reps
- Fake and Front Kick
- Find the timing
- **Lean shoulders backward, abs braced to protect the lower back** (Front Kick)

##### LAYER 2

- The key with Capoeira is rhythm – swing with it
- Move your body in a U shape, like an ever-moving target!

##### LAYER 3

- Stay down on the Ginga to feel the heat in the legs
- Enjoy the flow of this beautiful Martial Art, game and dance!
- Option: Ginga wider to increase intensity



## 06. JAMAICAN (BAM BAM) 5:04mins

### TECHNIQUE AND COACHING

#### TIPS

#### FUNDAMENTALS

##### WHY?

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

##### WHAT?

We drill Lunges, Gingas and Fakes, Front Kicks to build strength in our lower body. The Fake is so much fun! Notice the pause at the bottom of the sixth Lunge, then a half stand into the Fake, followed by a full stand into the Front Kick.

The first few Gingas are for breathing life into the legs, ready to test them again building into the combination. Use this opportunity to bring connection while the brain and body recover.

##### HOW?

Bring lightness into the room as it's been pretty intense so far and we need some smiles before 'going hard' again in Track 7.

Lean into the element of timing in the fight. Lull your opponent into a rhythm and then catch them off guard by surprising them with a Front Kick!



# 07. MUAY THAI

## TRACK FOCUS

Fewer combinations and more flow-pattern choreography means a higher HR! Higher repetitions of strikes and fewer complex sequences allow everyone to push their physical intensity through the roof.

## FEEL

High-energy Drum and Bass with rave-ready chants and heavy drops

## MARTIAL ART

Muay Thai

| MUSIC |                      | EXERCISE                                                               |                                                                                                                                                                                     | CTS         | REPS |
|-------|----------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------|
| 0:00  | Intro / (Quiet)      | 2x8                                                                    | RECOVER and prepare                                                                                                                                                                 | 16          |      |
| 0:06  | V1 / Hands <b>up</b> | 8x8                                                                    | A L Combat Stance<br>L <b>TRIPLE HORIZONTAL ELBOW</b><br>R <b>DOWNWARD ELBOW</b><br><b>PULSE</b> F&B x4                                                                             | 4<br>4<br>8 | 4x   |
| 0:27  | PC / _ Hands up      | 8x8                                                                    | A <sup>1</sup> L <b>TRIPLE HORIZONTAL ELBOW</b><br>R <b>HOP WITH DOWNWARD ELBOW</b><br><b>PULSE</b> F&B x4<br>PREVIEW: L Knee x4 on last 8cts<br>OPTION: Grounded Downward Elbow    | 4<br>4<br>8 | 4x   |
| 0:50  | C / (Drop)           | 16x8                                                                   | A <sup>2</sup> L <b>TRIPLE HORIZONTAL ELBOW</b><br>R <b>HOP WITH DOWNWARD ELBOW</b><br>L <b>KNEE</b> x4<br>OPTION: Grounded Downward Elbow,<br>Level 2 after 4 reps                 | 4<br>4<br>8 | 8x   |
| 1:34  | Br / (Heavy)         | 8x8                                                                    | B R, L <b>RUNNING KNEE</b><br>OPTION: Grounded Knee                                                                                                                                 | 4           | 32x  |
| 1:56  | (Quiet)              | 8x8                                                                    | R <b>KNEE</b> to finish and RECOVER; use time to<br>PREVIEW: L Jab, L Descending Elbow, R Jab,<br>R Descending Elbow                                                                | 64          |      |
| 2:18  | V2 / _ Hands up      | 8x8                                                                    | C Front Stance<br>L <b>JAB</b> , L <b>DESCENDING ELBOW</b><br>R <b>JAB</b> , R <b>DESCENDING ELBOW</b><br>NOTE: Level 2 after 4 reps<br>PREVIEW: L, R Running Knees x2 on last 8cts | 4<br>4      | 8x   |
| 2:40  | PC / (Pre-drop)      | 8x8                                                                    | C <sup>1</sup> L <b>JAB</b> , L <b>DESCENDING ELBOW</b><br>R <b>JAB</b> , R <b>DESCENDING ELBOW</b><br>L, R <b>RUNNING KNEE</b> x2<br>OPTION: Grounded Knee                         | 4<br>4<br>8 | 4x   |
| 3:03  | (Heavy)              | 8x8                                                                    | B L, R <b>RUNNING KNEE</b><br>OPTION: Grounded Knees                                                                                                                                | 4           | 16x  |
| 3:24  | Br / (Quiet)         | 2x8                                                                    | L <b>KNEE</b> to finish and RECOVER<br><b>TRANSITION:</b> R Combat Stance                                                                                                           | 8<br>8      |      |
| 3:30  | V3 / _ Hands up      | REPEAT SEQUENCES A to 1 <sup>st</sup> B – R<br>L <b>KNEE</b> to finish |                                                                                                                                                                                     |             |      |



# 07. BACK 2 BACK 5:23mins

## TECHNIQUE AND COACHING

### TRIPLE HORIZONTAL ELBOW, DOWNWARD ELBOW & KNEE COMBINATION

#### LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Triple Horizontal Elbow, front arm*
- *Downward Elbow, back arm*
- *Pulse forward and back – 4 times*
- *Strike target with elbow or forearm*
- *Shoulders relaxed and chin down*

Add Hop to Downward Elbow:

- *Add a little Hop to the Downward Elbow*
- *Square hips to front and pull front hand into fist by ribs*

Add Knees:

- *Add 4 Front Knees*
- *Little bounce on Knees or stay grounded*
- *Strike with top of your knee – aim for stomach*
- ***Shoulders back, abs braced to protect lower back***
- *Reach hands high and pull down to outside of front hip*
- *On last 4 reps, increase the height of the Hop into a Jump (Level 2 intensity)*

#### LAYER 2

- *Explore the circular and downward motion of the Elbow strikes*
- *Hide the back shoulder by distracting your opponent with your front arm*

#### LAYER 3

- *Feel how your body slides backward after the Downward Elbow to make space for the powerful Knees*
- *Celebrate the sensation of pushing your fitness to the next level*
- *Option: Stay grounded on Downward Elbows and Knees (no Hop)*

### RUNNING KNEE SEQUENCE

#### LAYER 1

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

#### LAYER 2

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

#### LAYER 3

- *'Go for it' team – let's stay in the workout together!*
- *'Empty the tank' and earn your winning feeling!*
- *Option: Stay grounded on Knees (no Hop)*



# 07. BACK 2 BACK 5:23mins

## TECHNIQUE AND COACHING

### JAB, DESCENDING ELBOW & KNEE COMBINATION

#### LAYER 1

- *Front Stance*
- *Boxing Guard*
- *Jab, Descending Elbow – right*
- *Jab, Descending Elbow – left*
- *Strike with front two knuckles, then the forearm or elbow (Jab and Descending Elbow)*
- *Lift the elbow high and strike diagonally down*
- *Target zones – nose and eyebrow*

Add on Knees:

- *Add on 4 Running Knees – right and left*
- *Strike with top of knee*
- *Aim for stomach of your opponent*
- *Shoulders forward and hips back on Running Knees*

#### LAYER 2

- *On the Descending Elbow, relax the hand to move more fluidly*
- *Crunch ribs down toward hips on the Descending Elbow*
- *Abs working hard on every strike – it's a full-body workout!*
- *Hands reach higher on Knees to increase intensity, or drop lower to reduce*

#### LAYER 3

- *The authentic feel of a knockout Muay Thai combination!*
- *Option: Grounded Knees instead of Running Knees*

### TIPS

#### FUNDAMENTALS

##### WHY?

Hit the final cardiovascular spike with this simple, yet ultra effective, Muay Thai track!

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

You can really hit some high heart rates here because of the simplicity and coming into this with fatigued legs from Track 6 makes it even more challenging. If you give your all you will be left feeling accomplished and proud!

##### WHAT?

- Progressive intensity builds where we master then maximize! This is seen in both combinations as we gradually raise intensity to hit our max effort
- After each combination we hit a demanding finisher of Running Knees – a final opportunity to reach your 'red line'!

##### HOW?

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

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



# 08. POWER TRAINING 3

## TRACK FOCUS

“When you feel like you’re falling, hold on and ride the energy!” The lyrics provide the perfect mantra for this point in the class. By now, the shoulders will be feeling 'smashed' and it’s about endurance, team spirit and riding the energy together.

## FEEL

Electrifying Drum and Bass by an electronic duo from New Zealand!

## MARTIAL ART

Boxing

| MUSIC |                             |     | EXERCISE                                                                                                |                                                                          | CTS | REPS |
|-------|-----------------------------|-----|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----|------|
| 0:00  | Intro / (Instr)             | 4x8 | RECOVER and set up Front Stance                                                                         |                                                                          | 32  |      |
| 0:11  | V1 / _ Can you hear         | 8x8 | L <b>SHOULDER STRETCH</b>                                                                               |                                                                          | 32  |      |
|       |                             |     | R <b>SHOULDER STRETCH</b>                                                                               |                                                                          | 32  |      |
| 0:33  | PC / _ When you feel like   | 8x8 | L, R <b>RUN</b> OTS<br>NOTE: Level 2 after 16 reps<br>PREVIEW: L, R Jab x2 on last 4cts                 |                                                                          | 2   | 32x  |
| 0:55  | C / (Drop)                  | 8x8 | A                                                                                                       | Front Stance<br>L, R <b>JAB</b><br>PREVIEW: Jumping Jack x4 on last 8cts | 2   | 32x  |
| 1:17  | _ I'll be right there       | 8x8 | A <sup>1</sup>                                                                                          | L, R <b>JAB</b> x4                                                       | 8   |      |
|       |                             |     |                                                                                                         | <b>JUMPING JACK</b> x4<br>OPTION: Squats instead of Jumping Jacks        | 8   | 4x   |
| 1:39  | There with you _            | 8x8 | A                                                                                                       | L, R <b>JAB</b>                                                          | 2   | 32x  |
| 2:01  | Br / There with you _       | 4x8 | L fist to ceiling to finish<br>RECOVER                                                                  |                                                                          | 32  |      |
|       |                             |     |                                                                                                         |                                                                          |     |      |
| 2:12  | With you _                  | 8x8 | L, R <b>RUN</b> OTS<br>PREVIEW: L Jab x2, L Jab, R Cross, L Hook on last 8cts                           |                                                                          | 2   | 32x  |
| 2:23  | PC / _ When you feel like   | 4x8 | B                                                                                                       | L Combat Stance                                                          |     |      |
|       |                             |     |                                                                                                         | L <b>JAB</b> x2                                                          | 4   |      |
|       |                             |     |                                                                                                         | L <b>JAB</b> , R <b>CROSS</b>                                            | 2   |      |
|       |                             |     |                                                                                                         | L <b>HOOK</b>                                                            | 2   | 4x   |
| 2:35  | B up / _ When you feel like | 4x8 | B <sup>1</sup>                                                                                          | L <b>JUMP JAB</b> OTS x2                                                 | 4   |      |
|       |                             |     |                                                                                                         | L <b>JUMP JAB</b> OTS, R <b>CROSS</b>                                    | 2   |      |
|       |                             |     |                                                                                                         | L <b>HOOK</b>                                                            | 2   | 4x   |
| 2:46  | Br / (Low)                  | 8x8 | B <sup>2</sup>                                                                                          | L <b>JUMP JAB</b> F x2                                                   | 4   |      |
|       |                             |     |                                                                                                         | L <b>JUMP JAB</b> F, R <b>CROSS</b>                                      | 2   |      |
|       |                             |     |                                                                                                         | L <b>HOOK</b>                                                            | 2   |      |
|       |                             |     |                                                                                                         | L, R <b>RUN</b> B x4<br>NOTE: Level 2 after 1 rep                        | 8   | 4x   |
| 3:08  | C / There with you _        | 8x8 | A                                                                                                       | Front Stance<br>L, R <b>JAB</b>                                          | 2   | 32x  |
|       |                             |     |                                                                                                         |                                                                          |     |      |
| 3:30  | PC / _ When you feel like   | 4x8 | L fist to ceiling and hold to finish, RECOVER<br>PREVIEW: R Jab x2, R Jab, L Cross, R Hook on last 8cts |                                                                          | 32  |      |
| 3:40  | B up / _ When you feel like |     | <b>REPEAT SEQUENCES B<sup>1</sup> to 3<sup>rd</sup> A – R</b><br>R fist to ceiling to finish            |                                                                          |     |      |



# 08. RIDE THE ENERGY 4:39mins

## TECHNIQUE AND COACHING

### JAB & JUMPING JACK COMBINATION

#### LAYER 1

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

Add Jumping Jacks:

- *8 Jabs*
- *4 Jumping Jacks (in/out)*
- **Knees soft**
- **Chest lifted and core braced**

#### LAYER 2

- *Grab the floor with your feet and push your knees out over toes – grounding yourself*
- *Keep hands up and drop hips down if you're squatting*

#### LAYER 3

- *Find the limit, find the line – put your foot on the gas and let's go together*
- *Punch higher, twist more and reach longer to feel even better!*
- *Option: Squat x2 instead of Jumping Jacks*

### JAB x2, JAB, CROSS, HOOK COMBINATION

#### LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab – twice*
- *Jab, Cross, Hook – right, left, right*
- *Target focus pads – in front and on the side*
- **Soft elbows on straight punches**
- *Strike with front two knuckles*
- **Release heel and turn your knee, hip and body as one unit on Hook**

Add Jump to Jabs:

- *A little more – 'step on it'!*
- *Start to lift knee into Jump Jabs on the spot (on Jabs)*
- **Soft knee landing**
- *Option: Keep grounded*

Add travel forward to combination:

- *Start low on first rep*
- *Move forward as you do the Jab, then Run or March back*
- *Jump Jab option – **soft knee landing** (from second rep)*

#### LAYER 2

- *Drive knees up high as you run back – elevating your heart rate even more*
- *Relax shoulders to punch quicker and with more power*

#### LAYER 3

- *No matter what, we aren't going anywhere – stay right here*
- *You're all doing amazing – way to show up!*

Options:

- *Grounded Jabs, instead of Jump Jabs OTS*
- *Walking Jabs, instead of Jump Jabs forward*
- *March back instead of Run*



# 08. RIDE THE ENERGY 4:39mins

## TECHNIQUE AND COACHING

### TIPS

#### FUNDAMENTALS

##### WHY?

This track is an all-out blend of power, endurance, high-volume, high-energy Boxing. It has been designed to bring your participants' technique to a place of confidence, and to give them a sense of huge achievement. The shoulders are tested as there's been so many Punches in this release already! By the time we hit the Left Combat Stance section the shoulders are exhausted, and this is all about holding on and 'riding the energy' (musical pun intended!)

##### WHAT?

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

We then transition immediately into Jabs from Front Stance. This is a great way to lift the heart rate and bring heat into the shoulders and core straightaway. Once we've got a feel for the Jabs, we layer in Jumping Jacks or Squats to create our first combination. This is a great way to integrate the lower body and boost cardiovascular demands. Finally, we return to Jabs only, to end this first round in style.

After a short recovery we drill a 5-Punch combination in Combat Stance. Timing is key here as we move slower for power on the first two Jabs, then speed on the Jab, Cross, Hook. Footwork is added next in the form of a Step/Jump Jab (optional) before moving off the spot and bringing the combination forward. Running back to reset provides a huge cardiovascular challenge too; remember to coach the option to do the March for non-impact.

Without taking a breather we head straight into another set of Jabs from Front Stance. Encourage your class to show what they are made of as we go for the win!

##### HOW?

As the combinations within this track build, increase both the motivation and energy. There's no need to over-coach how to execute the strikes but instead coach to the increase in energy and intensity. Connect with your participants, taking them with you on a journey of mental resilience and team commitment!



# 09. CONDITIONING

## TRACK FOCUS

Circuit-style core training – 3 rounds of work, the last round being the longest and most difficult! We hit a mix of isolated and integrated movements, training the anterior and posterior chain muscles.

## FEEL

A perfect song for a Martial Arts conditioning track. Let the UFC 264 vibes and a never-give-up attitude reign over you!

| MUSIC |                              | EXERCISE |                                                                                                                                                                                                                                   | CTS               | REPS |
|-------|------------------------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|------|
| 0:00  | (Quiet)                      | 4x8      | TRANSITION to the floor, lie side-on, knees bent, feet flat on floor, fingertips to temples<br>Prepare to move                                                                                                                    | 32                |      |
| 0:06  | Intro / (Instr)              | 4x8      | PREVIEW: Cross Crawl Combo on last 16cts                                                                                                                                                                                          | 32                |      |
| 0:16  | V1 / Scott Storch            | 24x8     | A <b>CROSS CRAWL COMBO</b><br>Front, back <b>CROSS CRAWL</b> (slow)<br>Front, back <b>CROSS CRAWL</b> (fast)<br>Front <b>CROSS CRAWL</b> (slow)<br><b>REPEAT</b> on other side<br>OPTION: Feet off floor/leg extends after 3 reps | 8<br>4<br>4<br>16 | 6x   |
| 1:17  | V2 / _ How about we call it  | 2x8      | RECOVER                                                                                                                                                                                                                           | 16                |      |
| 1:22  | Swingin’ <b>left</b> , right | 6x8      | B 2/2 <b>HIP BRIDGE</b><br>PREVIEW: Front Single-Leg Hip Bridge With Up Kick on last 8cts                                                                                                                                         | 8                 | 6x   |
| 1:38  | ‘Cause my <b>mama</b> said   | 16x8     | B <sup>1</sup> Front <b>SINGLE-LEG HIP BRIDGE WITH UP KICK</b><br>Back <b>SINGLE-LEG HIP BRIDGE WITH UP KICK</b><br>OPTIONS: Hip Bridge with Single-Leg Knee Lift or Double-Leg Hip Bridge (no Up Kick)                           | 8<br>8            | 8x   |
| 2:18  | Outro / (Fade out)           | 2x8      | RECOVER and TRANSITION to HOVER                                                                                                                                                                                                   | 16                |      |
| 2:24  | V3 / _ How about we          | 8x8      | <b>HOVER</b><br>OPTION: On knees or toes<br>PREVIEW: Hover Knee Drop on last 8cts                                                                                                                                                 | 64                |      |
| 2:44  | ‘Cause my <b>mama</b> said   | 17x8     | C L, R <b>HOVER KNEE DROP</b> (fast)<br>OPTION: On knees (slow) or hold Hover still (no Knee Drop)                                                                                                                                | 4                 | 34x  |



# 09. 3 [ESPN+ UFC 264 ANTHEM] 3:34mins

## TECHNIQUE AND COACHING

### CROSS CRAWL COMBINATION

#### LAYER 1

- Lie on your back
- Feet flat on floor, knees bent at 90 degrees
- **Fingertips to temples**
- Cross Crawl Combination
- Slow front and back; quick, quick, slow to front
- Switch combination starting slowly to back
- Tempo – slow, slow, quick, quick, slow
- **Chin tucked in slightly**
- Knees stay bent at 90 degrees
- **Shoulder comes up and across toward opposite thigh**
- **Rotate from center of chest**
- Ribs pull down toward hips
- Option: Feet off floor; extend leg out to 45 degrees as other knee comes in

#### LAYER 2

- Keep the shoulders wide to encourage the shoulders to rotate
- Point the toes and make the legs as long as possible
- Training our core to help with our punching power

#### LAYER 3

- Feel the drag of the last rep each time – slow is more difficult, right?
- Rotational strength – how much have you got today? That's ace!
- Options: Toe-tap feet (knees bent) or keep feet lifted and extend legs away

### SINGLE-LEG HIP BRIDGE WITH UP KICK

#### LAYER 1

- Knees bent at 90 degrees, heels hip-width apart and close to butt
- Hip Bridge – 2/2
- **Squeeze glutes** to lift hips toward ceiling
- Push heels into floor to elevate
- **Core braced**

Add on Single-Leg Hip Bridge with Up Kick:

- Add on Up Kick – front leg
- Switch – back leg
- Tempo – 1, 2, 3, 4
- Keep hips square to the floor

#### LAYER 2

- Press your chest toward your chin for more hip height
- Great training for glutes, hamstrings and lower back muscles
- This move can help improve hip stability and overall core strength

#### LAYER 3

- Feel the pressure building in the back of the body – the posterior chain is firing up!
- Exhale as you kick – nice work, I heard that!

Options:

- Stay with Hip Bridge 2/2 (both feet down on the floor)
- Hip Bridge with Knee Lift (instead of Up Kick)



# 09. 3 [ESPN+ UFC 264 ANTHEM] 3:34mins

## TECHNIQUE AND COACHING

### HOVER KNEE DROP SEQUENCE

#### 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 toward fists, neck in neutral position*

Add Knee Drop:

- *Knee lightly taps floor*
- *Alternating right and left – continuous*
- **Brace abs even more for stability**
- **Hips and shoulders stay level to floor**

#### LAYER 2

- *Squeeze your glutes and try to lock your hips and shoulders in place*
- *Drive forearms into floor to tighten up your stability*
- *Try to draw the elbows back and relax shoulders down, away from ears*

#### LAYER 3

- *Feels awesome to hit functional training, making the entire core stronger!*

Options:

- *Hover on knees or toes*
- *Knee Lift from Kneeling Hover – slow*
- *Stay in Hover (no Knee Drop/Lift)*

### 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 and HOW?

This Conditioning track is a circuit style with just three rounds – the last one being the most challenging.

Round 1 starts with the Cross Crawl Combination, which focuses on oblique training by torso twisting. We play with rhythm here – slow and fast – and we have two options of intensity. The first option is keeping knees bent at 90 degrees (short levers) and toe tapping. The second option is long levered extensions where the legs extend out to 45 degrees. This places the lower abs under more pressure now as we fight to maintain the lower back position close to the floor.

After a short recovery we move into round 2 with Hip Bridges, shifting the focus from anterior to posterior chain muscles. Once we have the foundations of this move, we add single-leg work, unilaterally, to evenly work both legs. This comes in the form of the Single-Leg Hip Bridge with Up Kick or Knee Lift. Squeezing glutes and maintaining level hips throughout is a great coaching focus here.

Finally, we transition to a Hover for round 3, our last big effort. We have plenty of options to ensure participant success here, so take your time to coach each one. The Knee Drop is performed from a Hover on toes. This option requires a very light and delicate tap of the knee to the floor. We are moving quickly and want to keep the work in the core and the knee safe (not banging down hard!)

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



# 10. COOLDOWN

## TRACK FOCUS

Gentle stretching alongside purposeful breathing is our focus here. Encourage your participants to enjoy the extended Hamstring Stretches, especially after all the Jump Kicks in Track 4.

## FEEL

R&B Pop style with a Gospel-influenced groove!

|      | MUSIC                         |     | EXERCISE                                                                                                                            | CTS | REPS |
|------|-------------------------------|-----|-------------------------------------------------------------------------------------------------------------------------------------|-----|------|
| 0:00 | Intro / Talk to me            | 2x8 | RECOVER and prepare to stretch                                                                                                      | 16  |      |
| 0:08 | V1 / _ Looks like we're       | 8x8 | R <b>HIP FLEXOR STRETCH</b> (L leg F)<br>Add R <b>SHOULDER STRETCH</b> after 8cts<br>Change to R <b>TRICEP STRETCH</b> after 32cts  | 64  |      |
| 0:40 | PC / <b>Already</b> know I    | 9x8 | L <b>KNEELING HAMSTRING STRETCH</b><br>L hand comes to inside of the thigh and L leg extends out to L side on last 8cts             | 72  |      |
| 1:17 | C / <b>Talk</b> to me         | 4x8 | L <b>ADDUCTOR STRETCH</b>                                                                                                           | 32  |      |
| 1:33 | V2 / _ I like to think        | 8x8 | L <b>HIP FLEXOR STRETCH</b> (R leg F)<br>Add L <b>SHOULDER STRETCH</b> after 16cts<br>Change to L <b>TRICEP STRETCH</b> after 32cts | 64  |      |
| 2:05 | C / <b>Tell</b> me you've got | 6x8 | R <b>KNEELING HAMSTRING STRETCH</b><br>R hand comes to inside of the thigh and R leg extends out to R side on last 8cts             | 48  |      |
| 2:30 | <b>Talk</b> to me             | 4x8 | R <b>ADDUCTOR STRETCH</b>                                                                                                           | 32  |      |
| 2:46 | Outro / _ Mmm                 | 2x8 | TRANSITION to standing<br>L <b>STANDING QUAD STRETCH</b>                                                                            | 16  |      |
| 2:54 | <b>Mmm</b> , mmm-mmm          | 2x8 | R <b>STANDING QUAD STRETCH</b>                                                                                                      | 16  |      |



# 10. MAN I NEED 3:03mins

## TECHNIQUE AND COACHING

### KNEELING HIP FLEXOR & SHOULDER / TRICEP STRETCH

#### LAYER 1

- Right foot steps forward, left knee on floor
- Hip Flexor Stretch – left side
- Right toes turn out and sink into the stretch
- Chest lifted
- Left arm, Shoulder Stretch – hold between shoulder and elbow
- Same arm, Tricep Stretch – gently push from front or top to feel the release

#### LAYER 2

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

#### LAYER 3

- How are your hips feeling after all those Knees? Enjoy this stretch!

### KNEELING HAMSTRING STRETCH

#### LAYER 1

- Gently slide hips back to lengthen right leg into Hamstring Stretch
- Relax right ankle
- Hands on hips or on floor
- Keep chest over the line of the front knee and sink into the stretch

#### LAYER 2

- Feel the stretch between the glute and back of knee
- Front foot stays relaxed as you feel the length down the back of your leg

#### LAYER 3

- Deep breath as you sink a little deeper. It feels so good when you feel that stretch reflex release, huh?
- We need this after all those Jump Kicks – feels amazing, right?

### KNEELING ADDUCTOR STRETCH

#### LAYER 1

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

#### LAYER 2

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

Options:

- Forearms on floor
- Reach hand toward toes (stretching leg side)

### STANDING QUADRICEP STRETCH

#### LAYER 1

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

#### LAYER 2

- Short stretch here so make the most of it
- Push the hip forward slightly; soften your supporting knee
- Pointing right knee to floor will enhance the Quadricep Stretch

### TIPS

#### FUNDAMENTALS

A perfect end to a phenomenal workout, the all-important Cooldown! Enjoy the beautiful, soulful music as you guide your participants through their stretches. We get to sit in the Hamstring Stretch for a good amount of time in this one, much needed after all those Jump Kicks!



# THE HISTORY OF MARTIAL ARTS

## THE HISTORY OF BOXING

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

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

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

## THE HISTORY OF KARATE

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

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

## THE HISTORY OF MUAY THAI

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

Muay Thai is the national sport of Thailand.

## THE HISTORY OF KUNG FU

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

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

There are five animal forms:

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

## THE HISTORY OF TAE KWON DO

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

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



# WE ARE ONE GLOBAL FAMILY

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

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

Exercise is our global movement.

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

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

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

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

We are United.

# OUR DECLARATION OF INTENT

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

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

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

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

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

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

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

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

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

