



BODYPUMP

138



Presenters (L-R):

Maxime Vigeant (France), Windy Gao (China), Anthony Oxford (United Kingdom), Amy Lu (New Zealand), Bronte Terrell (United Kingdom), Marlon Woods (Australia/United States), Ben Main (New Zealand)

BODYPUMP is the original barbell, light weight plate, high reps, strength endurance class. If you were stranded on a desert island and could do only one type of exercise, then strength training would be it!

Why? Because we know strength training builds muscle, increases strength and power, protects bones, improves joint health, reduces the risk of injury, improves metabolic health... the list goes on. Young or older, strength is the key to living a long and healthy life.

BODYPUMP 138 will do this for you and it's fun because the music is amazing. In this class *Silence* is an incredible Squats track, *Are You Gonna Be My Girl* is a rock classic, *Deep Clear Water* is uplifting and powerful, and *Lose My Breath* has retro vibes. Look – come on, as a creative team our goal is to give you, the lifters, the best and most recognisable BODYPUMP music on the planet, quote unquote!

Enough said.

The BODYPUMP Team

BODYPUMP 138

GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARM-UP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

06. BICEPS

07. LUNGES

08. SHOULDERS

09. CORE

10. COOLDOWN

45-MIN FORMAT

05. TRICEPS / BICEPS

45-MIN FORMAT

07. LUNGES / SHOULDERS

DECLARATION OF INTENT

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GLOSSARY

SET POSITION

Position Set-up

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

MID-STANCE SQUAT

Position Set-up

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

Execution Set-up

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

Layer 2

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

WIDE-STANCE SQUAT

Position Set-up

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

Execution Set-up

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

Layer 2

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

WIDER-STANCE SQUAT

Position Set-up

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

Execution Set-up

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

Layer 2

- Drive your feet apart
- Knees out over toes

CHEST PRESS

Position Set-up

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

Execution Set-up

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

Layer 2

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

BENCH PUSHUP

Position Set-up

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

Execution Set-up

- Lower chest to elbow level

Layer 2

- Drive the floor/bench away



GLOSSARY

DEADLIFT

Position Set-up

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

Execution Set-up

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

Layer 2

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

DEADROW

Position Set-up

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

Execution Set-up

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

Layer 2

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

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

CLEAN & PRESS

Position Set-up

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

Execution Set-up

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

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

BENCH TRICEP DIP

Position Set-up

- Feet hip-width apart
- Hands on the bench by your butt
- **Weight in the heel of your hands**
- **Chest lifted**
- Shoulders away from ears

Execution Set-up

- **Butt off the bench**
- Elbows bend toward the back of the room
- **Butt close to the bench**
- Option: Sit butt on bench and bend elbows to the back of the room



GLOSSARY

TRICEP PUSHUP

Position Set-up

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

Execution Set-up

- Lower chest to elbow level
- Elbows tuck into ribs

Layer 2

- Drive the floor away

KNEELING TRICEP KICKBACK

Position Set-up

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

Execution Set-up

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

Layer 2

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

STANDING PLATE OVERHEAD TRICEP EXTENSION

Position Set-up

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

Execution Set-up

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

Layer 2

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

BICEP CURL

Position Set-up

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

Execution Set-up

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

Layer 2

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

LUNGE

Position Set-up

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

Execution Set-up

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

Layer 2

- Focus on maintaining mid-line to engage glutes



GLOSSARY

STANDING HINGED REVERSE FLY

Position Set-up

- SET Position
- Chest lifted, abs braced

Execution Set-up

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

Layer 2

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

ALTERNATING BACKWARD-STEPPING LUNGE WITH SIDE RAISE

Position Set-up

- Feet hip-width apart
- Hips and shoulders square to the front
- Elbows at 90 degrees

Execution Set-up

- Long stride back
- Back knee moves toward the floor
- Lift elbows to just under shoulder line
- Brace abs to square hips to front and keep chest lifted
- Elbows slightly forward of the shoulder line, front thigh parallel to the floor

LUNGE WITH PLATE OVERHEAD PRESS

Position Set-up

- Feet hip-width apart
- Hips and shoulders square to the front
- Plates at shoulder line

Execution Set-up

- Long stride back
- Back knee moves toward the floor
- Press plate to the ceiling
- Elbows forward of face
- Brace abs to square hips to front and keep chest lifted
- Front thigh parallel to the floor

PLATE SQUAT PRESS

Position Set-up

- Mid Stance Squat – feet outside hip-width
- Abs braced, chest lifted
- Plate at collarbones

Execution Set-up

- Hips back and down
- 90-degree range
- Stand and press plate to ceiling
- Elbows forward of face as you press
- Abs braced as you press over head

SIDE RAISE

Position Set-up

- Elbows at 90 degrees
- Chest lifted, core braced

Execution Set-up

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

Layer 2

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



GLOSSARY

STANDING SHOULDER PRESS

Position Set-up

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

Execution Set-up

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

Layer 2

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

C-CRUNCH

Position Set-up

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

Execution Set-up

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

SHOOTOUT

Position Set-up

- Lie down on the floor
- Plate at forehead
- **Knees over hips**
- Shins parallel
- **Abs braced to keep lower back toward the floor**

Execution Set-up

- **Legs extend to a 45-degree angle**
- **Keep the lower back pressing down toward the floor to engage the core**
- Knees come back over hips, shins parallel

HIP BRIDGE / WITH ALTERNATING HEEL DIG

Position Set-up

- Plate on thighs
- Feet close to butt
- **Abs braced**

Execution Set-up

- Drive through heels, lift hips up
- **Squeeze butt**
- **Keep the core braced**
- Alternate Heel Dig
- **Keep hips level**

CROSS CRAWL

Position Set-up

- **Knees above hips**
- Plate to chest
- **Abs braced**

Execution Set-up

- **Opposite shoulder to knee**
- Extend opposite leg
- **Twist from the center of the chest**



MUSIC

01 **Destiny** (2:48)
Alesso & SACHA
Courtesy of the Universal Music Group.
Written by: Taylor, Wilson, Lindblad, Scott

Destiny (1:29)
Alesso & SACHA
Courtesy of the Universal Music Group.
Written by: Taylor, Wilson, Lindblad, Scott

Destiny (1:31)
Alesso & SACHA
Courtesy of the Universal Music Group.
Written by: Taylor, Wilson, Lindblad, Scott

02 **Silence (John Summit Remix)** (5:12)
Delerium feat. Sarah McLachlan
© 2025 Tomorrowland Music/Experts Only.
Written by: Fulber, McLachlan, Leeb

03 **Are You Gonna Be My Girl** (2:42)
Jet
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Written by: Cester, Muncey

Are You Gonna Be My Girl (2:12)
Jet
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Written by: Cester, Muncey

04 **Deep Clear Water** (3:20)
GRiZ & Gryffin
© 2025 Gryffin LLC.
Written by: Griffith, Kwiecinski, Shields

Deep Clear Water (1:48)
GRiZ & Gryffin
© 2025 Gryffin LLC.
Written by: Griffith, Kwiecinski, Shields

05 **Lose My Breath** (5:20)
TRFN & Noro
© 2023 LithuaniaHQ.com.
Written by: Pechovskis, Tsirigotis

06 **Okay Okay** (2:24)
Dillon Francis, IDK & Eptic
Courtesy of the Universal Music Group.
Written by: Francis, Mills, Bella

Okay Okay (2:21)
Dillon Francis, IDK & Eptic
Courtesy of the Universal Music Group.
Written by: Francis, Mills, Bella

07 **Nice Flow** (5:39)
Smookie Illson & Fly Boy Keno
© 2015 Play Me Records.
Written by: Mackenzie, Hurst

08 **Bubbling Nation** (5:45)
Blasterjazz
© 2026 MAXXIMIZE / Spinnin' Records.
Written by: Jongkind, Makhlaif, Housmans

09 **BODY BODY** (4:00)
Blendwise feat. D4Y & Rubi Du
Courtesy of Les Mills Music Licensing Ltd.
Written by: Cranston, Raju, Nordien, Dyer

10 **Rein Me In** (4:06)
Sam Fender & Olivia Dean
Courtesy of the Universal Music Group.
Written by: Fender, Max, Dean

45-MIN FORMAT

05 **Talk Of The Town** (5:03)
Pajdam
© 2026 Les Mills Music Licensing Ltd.
Written by: Virji, Reggie, Ryan, Gibson, Song-Smith

07 **I Run (David Guetta Remix)** (2:31)
HAVEN. feat. Kaitlin Aragon
© 2026 Isekai / broke / AAO.
Written by: Donoghue, Guetta, Hotston, Poole, Reznikov, Walker

I Run (HerShe & Roto Remix) (3:05)
HAVEN. feat. Kaitlin Aragon
© 2026 Isekai / broke / AAO.
Written by: Donoghue, Guetta, Hotston, Poole, Reznikov, Walker



HEY INSTRUCTORS

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

WORKOUT SET-UP

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

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

KEY

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

COUNTS

1/1	2 counts down, 2 counts up	1/3	2 counts down, 6 counts up
1/1/2	2 counts down, 2 counts hold, 4 counts up	1/1/1/1	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B
2/2	4 counts down, 4 counts up	2/2/2/2	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B
3/1	6 counts down, 2 counts up	4/4	8 counts down, 8 counts up
1/2/1	2 counts down, 4 counts hold, 2 counts up	8/8	16 counts down, 16 counts up

EXPRESS FORMATS

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

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	25:02

45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 07	Lunges
Track 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	40:32

45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05 (45)	Triceps / Biceps
Track 07 (45)	Lunges / Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	39:47



TEACHING THIS RELEASE

How long should I teach the new release for?

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

TECHNICAL TEAM CREDITS

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

RELEASE FEEDBACK

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

GENERAL FEEDBACK

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



01. WARM-UP

WEIGHT SELECTION

1x light barbell and 2x light weight plates

DEMONSTRATE

SET Position

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07 V1 / Every time	2x8	Set up SET Position	
	0:14 No one else	2x8	4/4 DEADLIFT SET Stance	1x
	0:21 And the closer	4x8	3/1	4x
	0:36 C / All I ever see	4x8	2/2/2/2 DEADROW	2x
	0:50 All I ever need	4x8	1/1/1/1	4x
	1:05 (Drop)	4x8	TRIPLE DEADROW	2x
2	1:19 V2 / Now I know	4x8	2/2 UPRIGHT ROW SET Stance	4x
	1:34 All my worries	4x8	1/3	4x
	1:48 C / All I ever see	4x8	2/2/2/2 CLEAN & PRESS	2x
	2:03 All I ever need	4x8	1/1/1/1 Use the last 4cts to transition the bar to the upper back, ready for SQUAT MID Stance	4x
	2:17 (Drop)	8x8	1/1 SQUAT MID Stance	16x
	2:46 Br /	1½x8	TRANSITION: Bar up then down, ready for a STANDING UPRIGHT ROW	
3	2:48 V2 / Now I know	4x8	2/2 UPRIGHT ROW SET Stance	4x
	3:03 All my worries	4x8	1/3	4x
	3:17 C / All I ever see	4x8	2/2/2/2 CLEAN & PRESS	2x
	3:32 All I ever need	4x8	1/1/1/1 Use the last 4cts to transition the bar to the upper back, step R leg B, ready for LUNGE L	4x
	3:47 (Drop)	4x8	1/1 LUNGE L Use the last 2cts to transition to the other side	8x
	4:01 All I ever need	4x8	1/1 LUNGE R	8x
4	4:16 Br /	2½x8	TRANSITION: Bar down, lift up two light weight plates, set up STANDING HINGED REVERSE FLY	
	4:25 V2 / When you say	6x8	2/2 STANDING HINGED REVERSE FLY SET Stance	6x
	4:47 C / All I ever see	4x8	4/4 STANDING SIDE RAISE	2x
	5:01 All I ever need	4x8	2/2 PLATE UPRIGHT ROW Use the last 4cts to transition weight plates to front of shoulders, ready for PLATE O/H SHOULDER PRESS	4x
	5:16 (Drop)	4x8	2/2 PLATE O/H SHOULDER PRESS	4x
	5:31 All I ever need	4½x8	1/1 Then HOLD at the top of the SHOULDER PRESS RECOVERY: Torso Twists. Shake out the arms and legs	8x



01. DESTINY 5:48mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

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

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

NETT

BLOCK 1

LAYER 1

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

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

- **Deadlift – Hinge forward from the hips, slide the bar to the top of the kneecaps**
- **Deadrow – SET Position, bar to knees, belly, knees and set**

BLOCK 2

LAYER 1

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

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

BLOCK 3

LAYER 1 / LAYER 2

The third block is focused on refining Execution of the Clean & Press Technique, preparing everyone for the Back track, as well as finishing the block with Lunges. It's the perfect opportunity to coach your class on alignment to get their bodies ready for the workout ahead, both physically and mentally.

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

BLOCK 4

LAYER 1 / LAYER 2 / LAYER 3

The final block of work introduces plate work to continue warming up the shoulders with Reverse Flys, Side Raises and Overhead Shoulder Presses to finish the block. What will you say and do to help excite your class for the workout ahead?

- **Standing Hinged Reverse Fly – Hip hinge to 45-degree angle, arms extend to the sides, plates stopping under shoulder line, squeeze shoulder blades together**
- **Standing Side Raise – Elbows lead the movement, 90 degrees flexion, plates stop under shoulder line**
- **Plate Upright Row – Weight plates stay close to the body, stopping under chest level**
- **Plate Overhead Shoulder Press – Weight plates press over head, elbows forward of face, chin to ceiling**



02. SQUATS

WEIGHT SELECTION

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

MUSCLE FOCUS

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

TRACK FOCUS

Coach your class through Wide and Wider Squat stances; 3 rounds to maximize range and tension with a big focus on control to build strength endurance, feeling all the sensations.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07	Intro / In this white	4x8 Set up SQUAT WIDE Stance	
	0:21	V1 / Give me	8x8 2/2 SQUAT WIDE Stance	8x
	0:49	PC / _ Heaven	8x8 4/4	4x
	1:17	C / In this white	8x8 COMBINATION (16cts): TRIPLE PULSE (8cts) 1/3 (8cts)	4x
	1:45	In this white	8x8 1/1	16x
2	2:13	Instr /	8x8 2/2 SQUAT WIDE Stance	8x
	2:41	V2 / I can't	8x8 3/1	8x
	3:09	PC / _ Heaven	4x8 4/4	2x
3	3:23	(Fade out)	2x8 TRANSITION: Feet wider to SQUAT WIDER Stance	
	3:30	C / In this white	8x8 3/1 SQUAT WIDER Stance	8x
	3:58	(B up)	4x8 4/4	2x
	4:12	C / In this white	8x8 COMBINATION (16cts): TRIPLE PULSE (8cts) 1/3 (8cts)	4x
	4:40	In this white	8x8 1/1 RECOVERY: Shake out legs. Quadricep Stretch	16x



02. SILENCE (JOHN SUMMIT REMIX) 5:12mins

TECHNIQUE AND COACHING

1. WIDE-STANCE SQUAT

LAYER 1

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

- **Feet outside hip-width, heel-toe wider for Wide-Stance Squat, toes turned out slightly**
- **Abs braced, chest lifted**
- **Hips go back and down**
- **Knees push out to load the glutes** and for good alignment
- **Butt stops just above knee line** for range
- Smooth out the execution
- As we move slowly, focus on where you are driving from
- Combination coming
- Triple Pulses, drop and rise
- What's BODYPUMP without single Squats?
- Drive through a flat foot
- Press the floor away

2. WIDE STANCE

LAYER 1 / LAYER 2

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

- 2/2 tempo – control the movement
- **Knees push out to load the glutes** and for good alignment
- The timing creates the tension – the tension creates the pressure
- We can feel that
- Control the 3/1
- Feel your legs burning
- Squeeze glutes at the top of the Squat
- We are moving all together as one big team

3. WIDER STANCE

LAYER 1 / LAYER 2 / LAYER 3

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

- **Wider Stance – heel-toe wider**
- Feel how your knees open more to fire the glutes even more
- We do the combination together
- Control is our focus
- Big effort now
- Stay low on the Pulses
- Everything is burning
- Finish strongly

PUMP FACT

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



03. CHEST

WEIGHT SELECTION

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

MUSCLE FOCUS

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

TRACK FOCUS

3 big blocks of work with the barbell and 1x body-weight Pushup block. This superset combination brings fast fatigue. Coach great Timing and Targets for precise Execution, especially of the new tempo 1/3/4. Your participants will need great motivational coaching to help them get to the finish line.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2x8	Set up CHEST PRESS	
	0:09	Instr / (Bass)	8x8	4/4 CHEST PRESS	4x
	0:28	(Guitar)	4x8	2/2	4x
	0:37	V1 / So one two	8x8	1/3/4 (16cts): Down (2cts) Hold (6cts) Up (8cts)	4x
	0:56	Br / (Guitar)	1x8	HOLD	
	0:58	PC / _ Big black	4x8	4/4 CHEST PRESS	2x
	1:07	C / _ I could see	10x8	1/1 (Slow) (8cts)	10x
2	1:31	Are you gonna	1x8	HOLD	
	1:34	Instr / (Guitar)	4x8	4/4 CHEST PRESS	2x
	1:43	V2 / So one two	8x8	1/3/4	4x
	2:02	Br / (Guitar)	1x8	HOLD	
	2:04	PC / _ Big black	4x8	4/4 CHEST PRESS	2x
	2:13	C / _ I could see	10x8	1/1 (Slow)	10x
3	2:37	(Fade out)	2x8	HOLD	
	2:42	Instr / (Guitar)	4x8	4/4 CHEST PRESS	2x
	2:51	V1 / So one two	8x8	1/3/4	4x
	3:10	Br / (Guitar)	1x8	HOLD	
	3:13	PC / _ Big black	4x8	4/4 CHEST PRESS	2x
	3:22	C / _ I could see	10x8	1/1 (Slow)	10x
4	3:46	(Fade out)	6x8	TRANSITION: Bar down, move to back of the bench, ready for BENCH PUSHUP	
	3:59	Br / Ah yeah	8x8	4/4 BENCH PUSHUP	4x
	4:18	C / _ I could see	13x8	1/1 (Slow) Then HOLD at bottom of last Pushup RECOVERY: Shake out arms and roll shoulders. Chest Stretch	12x



03. ARE YOU GONNA BE MY GIRL 4:54mins

TECHNIQUE AND COACHING

1. CHEST PRESS

LAYER 1

Coach your class into the Position set-up for the Chest Press. Use NETT to coach Targets and Timing so your participants are moving well with Execution, and they can follow the timing successfully with the music, especially the new 1/3/4 tempo.

- **Hands wide on the bar**
- Feet hip-width apart, close to bench
- **Bar over shoulders**
- Shoulders away from the ears
- 2/2 – get a feel for the timing
- **Target – middle of the chest**
- **Abs braced, lower back toward the bench**
- New tempo – 1/3/4
- Elbows directly under the wrists
- **Elbows top of the bench for range**
- Feel the pause at the bottom and top of your singles

2 & 3. CHEST PRESS

LAYER 2 / LAYER 3

Blocks 2 and 3 are repeated blocks of the same tempos, consolidating the 1/3/4 tempo which accumulates massive overload to build strength. Encourage your class to work for quality reps with good Execution of the Timing to nail the workout. What will you say and do to help them finish strongly with the barbell?

- Hold at the top, shoulders away from the ears
- No surprises – let's try the 1/3/4 tempo again
- It's a very active pull
- Squeeze your elbows together at the top
- I know you haven't forgotten the pause at the top and bottom of the singles
- We are starting to get the hang of it
- Everybody 1, 2, 3
- Time and tension
- Rhythm is the key to accumulated overload

4. BENCH PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

This block is body-weight training: Bench Pushups to finish off the whole upper-body training. Coach options to bring knees closer to the bench for your new participants, along with knee and toe options to challenge everyone in the room. Let's help make everyone feel successful.

- Sit up, bar goes down
- Back of the bench
- Hands wide
- Chest lowers in between arms
- Elbows to the 45-degree angle
- Anytime, come into a kneeling position
- **Chest to elbow level is the target**
- **Core is braced**
- Playtime is over – let's go to work
- Don't forget the pause
- That's where we overload and get strong
- Are you going to make it?
- YES, you are!

PUMP FACT

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



04. BACK

WEIGHT SELECTION

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

MUSCLE FOCUS

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

TRACK FOCUS

3 big blocks to challenge strength endurance.
We focus on building isolated and dynamic power through Precision and efficiency of movement.
Encourage extra weight plates for additional challenge.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Instr)	4x8 Set up SET Position	
			SHOULDER ROLL	1x
	0:18	V1 / _ I find	8x8 3/1 DEADLIFT SET Stance	8x
	0:43	_ My heart	8x8 1/1/1/1 DEADROW	8x
	1:09	(Drop)	8x8 1/1/1/1 CLEAN & PRESS OPTION (16cts): 1x 1/1/1/1 CLEAN & PRESS (8cts) 1x 1/1/1/1 DEADROW (8cts)	8x
2	1:35	V2 / _ I find	4x8 RECOVERY: Bar down, shake out arms and legs and Torso Twists. Option to add more weight	
	1:47	_ Gonna let	8x8 3/1 DEADLIFT SET Stance	8x
	2:13	(Build) / _ Gonna let	4x8 4/4	2x
	2:26	(Drop) / Deep clear water	16x8 COMBINATION (16cts): 1x 1/1/1/1 CLEAN & PRESS (8cts) 1x 1/1/1/1 DEADROW (8cts)	8x
	3:17	(Fade out)	1x8 HOLD	
3	3:20	V2 / _ I find	33x8 REPEAT BLOCK 2 RECOVERY: Upper and lower back stretches	

SMARTSTART

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



04. DEEP CLEAR WATER 5:08mins

TECHNIQUE AND COACHING

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

LAYER 1

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

DEADLIFT

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

DEADROW

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

CLEAN & PRESS

- 8 Clean & Presses
- Squat, Press, catch, set and row
- **Catch bar high on collarbones**
- **Abs braced on the Squat**
- **Keep bar close to body**
- **Elbows forward of the face in the Press**
- Option: 1 Clean, 1 Row
- Hips back on the catch
- Feel the heart rate lift

PUMP FACT

Focusing on driving out of the hips in the clean and press will drive the upward flight of the bar, reducing the tendency to muscle the bar with the upper body.

2. DEADLIFT / CLEAN & PRESS & DEADROW COMBINATION

LAYER 2 / LAYER 3

Motivate your participants to drive their training results by coaching Layer 2: Improving Execution, Manipulating Intensity for big results. Your voice will be one of the best ways to Motivate your participants in this middle block as fatigue will be kicking in fast.

- Bars down. Add extra weight if you're feeling strong
- Bend the knees – pick the bar up
- Strong SET Position
- 3/1 Deadlift
- Maintain posture in this round
- Keep squeezing the shoulder blades together to set the back
- Pushing the hips back further
- Driving out of the heels
- Shave your thighs with the bar
- 1 Clean and 1 Row
- Get the timing in your body
- Every rep you have an opportunity to reset the posture
- If you added weight, it's getting heavier now; use it to power up your training

3. DEADLIFT / CLEAN & PRESS & DEADROW COMBINATION

LAYER 3

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

- Add more weight if you can
- Bars up
- Fatigue is coming for us now!
- We are in deep water
- Sink or swim
- Let's swim
- 1 Clean, 1 Row
- Believe you can make it
- This is the beautiful part of BODYPUMP
- It's getting shaky, uncertain – believe in yourself
- Just like that – you did it



05. TRICEPS

WEIGHT SELECTION

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

MUSCLE FOCUS

Tricep Overhead Extensions: Triceps and deltoids
Tricep Dips/Kickbacks: Triceps

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / Can you	2x8	Set up STANDING O/H TRICEP EXTENSION	
	0:12	C / Can you	4x8	2/2	STANDING O/H TRICEP EXTENSION 4x
	0:27	Can you	4x8	1/1	8x
2	0:42	V1 / Ooh	2x8	TRANSITION: Weight plate down, lift up smaller weight plate and hold in L hand, move to back of bench, ready for KNEELING TRICEP KICKBACK L, R hand on bench	
	0:50	What to do	6x8	2/2	KNEELING TRICEP KICKBACK L 6x
	1:13	C / Can you	8x8	1/1	16x
	1:44	Br / (Instr)	4x8	1/1/2	4x
	1:59	V2 / Ooh	2x8	TRANSITION: Weight plate down, move to front of bench, ready for TRICEP DIP	
	2:07	Just can't prove	6x8	2/2	TRICEP DIP 6x
	2:29	C / Can you	4x8	1/1	8x
	2:44	Can you	4x8	1/1/2	4x
3	3:00	V1 / Ooh	36x8	REPEAT BLOCK 2 on R side OPTION: Weight plate on legs for Tricep Dip RECOVERY: Shake out arms, Tricep Stretches	



05. LOSE MY BREATH 5:20mins

TECHNIQUE AND COACHING

1. STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

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

- Grab your medium–heavy weight plate
- Overhead Extensions
- 2/2 timing
- **Plate to base of neck**
- **Full extension to the top**
- **Elbows in**
- Shoulders down
- **Core braced to stabilize your body**
- Lock the elbow position to lock the isolation
- Feel the speed on the singles
- Keep working full range

2. KNEELING TRICEP KICKBACK / TRICEP DIP

LAYER 1 / LAYER 2

Coach Position and Execution set-up with focus on Targets and Timing for the Tricep Kickbacks and Dips. Think one cue at a time, allowing space for each cue to land so your participants understand the Execution of the exercise and the options/levels that are available for them.

KNEELING TRICEP KICKBACK

- Pick up your light weight plate
- Back of the bench
- Knees hip-width apart
- One hand locked into the bench
- Pull shoulder blades back and down
- **Weight plate starts at hip**
- Elbow in
- Kickback 2/2
- **Extend fully to the back of the room**
- **Elbow high and close to body**
- **Chest lifted**
- **Abs braced**
- **Square hips and shoulders to the floor**
- Keep upper arm still and loaded
- If you want more stability, corkscrew your hand into the bench
- Contracting the muscles at the top to isolate

TRICEP DIP

- Weight plate down
- Tricep Dips
- Front of the bench
- Hands shoulder-width apart
- Fingers forward
- Butt off bench
- **Chest lifted**
- Lower body down
- **Squeeze shoulder blades together** to hold the upper-body posture
- Bend elbows to the rear
- Locking in the elbow position
- **Abs braced**
- **Your butt stays close to the bench**
- Option: Sit on bench and work from there

3. KNEELING TRICEP KICKBACK / TRICEP DIP

LAYER 2 / LAYER 3

We repeat the Kickbacks on the other arm. Focus on the foundation of the strong SET Position and locking in the elbow position to use as your Layer 2 cues to achieve the isolation. This keeps the load in the targeted muscles and creates a strong platform from which to load effectively. What will you say to Educate and Motivate your participants to stay in the final set of Dips?

- Back of the bench for Kickbacks
- On knees, one hand on bench
- Let's repeat the other side, other arm!
- Let's get the 'best bang' for our arms!
- Lock in your SET Position
- Let's focus on keeping the elbow high so the tension can build
- Every rep with control
- Last round – weight plate for extra challenge
- All the same principals apply
- Chest lifted
- Vertical drop
- Remember, the body is starting to fatigue so let's fire it up again
- Feel the burn
- Can you keep up? Yes, you can

PUMP FACT

Stopping the plate at the hip during Tricep Kickbacks keeps the load in the triceps. Bringing the plate further forward switches recruitment to the flexors.



06. BICEPS

WEIGHT SELECTION

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

MUSCLE FOCUS

Biceps

TRACK FOCUS

Focus on coaching stability to find great positioning, posture and perseverance in the Bicep Curl. Clearly coach Timing to connect your participants with the feel and musical energy of the song.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Instr)	2x8	Set up SET Position Underhand Grip SHOULDER ROLL	1x
	0:12	_ Uh-huh	2x8	4/4 BICEP CURL SET Stance	1x
	0:19	V1 / Me and the	4x8	3/1	4x
	0:32	C / _ Everybody	4x8	1/3	4x
	0:46	(Drop)	8x8	COMBINATION 1 (16cts): 2x 1/1 BICEP CURL (8cts) 1x MID-RANGE PULSE BICEP CURL (8cts)	4x
2	1:13	V2 / I cannot	4x8	3/1 BICEP CURL SET Stance	4x
	1:26	Like UGK	4x8	1/3	4x
	1:40	C / _ Everybody	4x8	4/4	2x
	1:53	(Drop)	8x8	COMBINATION 2 (16cts): 2x 1/1 BICEP CURL (8cts) 1x TRIPLE-PULSE BICEP CURL (8cts)	4x
	2:20	Br / Okay	1x8	HOLD	
3	2:24	Instr /	20x8	REPEAT BLOCK 1	
4	3:31	V2 / I cannot	21x8	REPEAT BLOCK 2 RECOVERY: Barbell down, shake out arms, Bicep Stretches	



06. OKAY OKAY 4:45mins

TECHNIQUE AND COACHING

1. BICEP CURL

LAYER 1

Use Layer 1 Position and Execution cues to get your participants moving with great Timing and Targets. Connect them into the feel and energy of the song, especially in the combination.

- *Pick up your barbell*
- *SET Position*
- *Super slow Curl*
- **Target shoulders and thighs**
- **Elbows under shoulders**
- **Chest lifted**
- **Abs engaged**
- *We are working with time under tension to create pressure*
- *Squeeze your glutes to stabilize*
- *The 'beast' is starting to build early*
- *Combination – 2 singles and mid-range*
- *Stay strong through the torso*

2. BICEP CURL

LAYER 2

Focus on the foundation of the SET Position and elbow placement to use as your Layer 2 cues to achieve the isolation. This keeps the load in the targeted muscles and creates a strong platform from which to load effectively.

- *We want to lengthen the arms to maximize the range and the contraction in the bicep*
- *Feel it to the top*
- *Slow and controlled as you drop*
- *Time under tension*
- *Build the pressure*
- *It's almost time for Combination 2*
- *2 singles and Triple Pulse now*
- *You can feel the burn at the peak of the Bicep Curl*

3 & 4. BICEP CURL

LAYER 2 / LAYER 3

Halfway mark and the muscular overload and tension are building. Your participants will need you to Motivate them to the finish line, especially on the challenging combinations. How will you bring your class to the end?

- *2 sets down, 2 sets to go*
- *Perseverance is our focus now*
- *As you start to fatigue, squeeze glutes and core*
- *Arms are shaking*
- *Can you get to the end with us?*
- *Are you still getting full range?*
- *Embrace the contraction*
- *We are in the cooker now team!*
- *This is how we make diamonds*

PUMP FACT

Maintaining a slight pinch between the shoulder blades during Bicep Curls helps to stabilize the scapulae, providing a strong foundation for the Curl.



07. LUNGES

WEIGHT SELECTION

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

MUSCLE FOCUS

Lunges: Glutes and quads
Mid-Stance Squats: Quads

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Fast rap)	2x8 Set up SQUAT MID Stance	
	0:13	(Fast rap)	6x8 2/2 SQUAT MID Stance	6x
	0:40	(Heavy drop)	8x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R (16cts)	4x
	1:14	(Fast rap)	4x8 1/3 SQUAT MID Stance Use the last 4cts to step R leg B, ready for LUNGE L	4x
2	1:32	C / _ Oh, you	4x8 2/2 LUNGE L, R leg B	4x
	1:49	(B up) / _ Oh	4x8 1/1/2	4x
	2:07	(Drop)	12x8 TRIPLE-PULSE LUNGE L	12x
	2:59	(Broken beat)	4x8 2/2 LUNGE L Use the last 4cts to transition to SQUAT MID Stance	4x
	3:17	(Synth)	4x8 1/3 SQUAT MID Stance Use the last 4cts to step L leg B, ready for LUNGE R	4x
3	3:34	C / _ Oh, you	28x8 REPEAT BLOCK 2 on R side RECOVERY: Shake out legs, Quadricep Stretches	



07. NICE FLOW 5:39mins

TECHNIQUE AND COACHING

1. MID-STANCE SQUAT / ALTERNATING BACKWARD-STEPPING LUNGE

LAYER 1

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

MID-STANCE SQUAT

- *Bar on the meaty part of the upper back*
- *Let's set for a Mid-Stance Squat*
- *Elbows under the barbell*
- **Feet outside hip-width**
- **Hips sit back and down to 90 degrees**
- **Abs braced, chest lifted**
- *Knees are forward to wake up the quads*
- *Feel how you catch the Squat with the core*

ALTERNATING BACKWARD-STEPPING LUNGE

- **Long step back and switch legs**
- **Back knee down**
- **Front knee out over toes**
- **Strong core brace to stabilize the hips and pelvis**
- **Chest lifted**

2. LUNGE / MID-STANCE SQUAT

LAYER 1 / LAYER 2

Now we focus on alignment with the single-leg Lunge pattern. Once everyone is moving well, focus on keeping your participants connected with their bodies and the training effect. Coach how to Improve their Execution as they will feel the Intensity building.

- *Back to the Lunge*
- *Left leg back*
- *Long stride*
- *Back knee is tracking down and front knee tracks out over toes*
- *Our focus is alignment*
- **90 degrees is our range – let's get it**
- *When we nail our alignment we become more efficient; that means better results*
- *Find the pause at the bottom of the Triple Pulses*
- *Alignment turns effort into effective movement patterns*
- *Trap the pressure down low*
- *Lock in your upper body*
- *Smooth and controlled*
- *We are working overtime*
- *Back to Mid-Stance Squat*
- *Moving from unilateral to bilateral movements has offset the pressure a little*
- *What now?*



07. NICE FLOW 5:39mins

TECHNIQUE AND COACHING

3. LUNGE / MID-STANCE SQUAT

LAYER 2 / LAYER 3

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

- *Let's do it all again on the other side*
- *Bring back the strong stable Lunge position*
- *Reset the alignment first*
- *Back knee down, front knee out over toes*
- *Keeping the intensity in the legs*
- *Bend the back knee to get the work in the back quad*
- *Front leg is firing into the glutes*
- *This is where the results live*
- *Strong posture*
- *Quality reps to the finish line*
- *This is where the magic happens*

PUMP FACT

Stepping backward into a Lunge, rather than forward, keeps the load in the working muscles and minimizes joint stress.



08. SHOULDERS

WEIGHT SELECTION

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

MUSCLE FOCUS

Pushup: Deltoids, pectorals, triceps
Plate work: Deltoids, trapezius, muscles of the upper back
Barbell work: Deltoids, trapezius

TRACK FOCUS

We train the shoulders with a mix of isolated and integrated exercises to bring the shoulders to fatigue with 5 blocks of work. Clearly coach the Position and Execution set-up of all the exercises for good Execution so your participants can create Precision and tension in the muscles for the entire track.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:06	Intro / (Chant)	2x8	Set up PUSHUP
	0:12	(Slow B up)	8x8	4/4 PUSHUP 4x
	0:39	(Drop)	4x8	2/2 4x
	0:52	(Driving beat)	4x8	1/1 8x
2	1:05	(Drum roll synth)	4x8	TRANSITION: Stand up, lift up two weight plates, set up STANDING HINGED REVERSE FLY
	1:18	(Chant)	8x8	4/4 STANDING HINGED REVERSE FLY SET Stance 4x
	1:44	(Drop)	8x8	1/3 8x
	2:11	(B up) / Move your body	4x8	4/4 STANDING SIDE RAISE 2x
	2:24	(Drop)	8x8	1/1 16x OPTION: Lengthen arms after 8 reps
3	2:50	(Drum roll synth)	4x8	TRANSITION: Weight plates down, lift up bar to collarbones, ready for STANDING O/H SHOULDER PRESS
	3:04	(Chant)	8x8	4/4 STANDING O/H SHOULDER PRESS SET Stance 4x
	3:30	(Drop)	4x8	2/2 4x
	3:43	(Driving beat)	4x8	1/1 8x OPTION: Push Press
4	3:56	(B up) / Move your body	2x8	TRANSITION: Bar down, lift up two weight plates, set up STANDING SIDE RAISE
	4:03	Move your body	2x8	4/4 STANDING SIDE RAISE SET Stance 1x
	4:09	(Drop)	8x8	1/1 16x OPTION: Lengthen arms
5	4:36	(Drum roll synth)	20½x8	REPEAT BLOCK 3 After last rep, Press up and HOLD (4cts) RECOVERY: Weight plates down, shake out arms. Deltoid Stretches



08. BUBBLING NATION 5:45mins

TECHNIQUE AND COACHING

1. PUSHUP

LAYER 1

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

- *Hands outside shoulder-width*
- **On knees or toes**
- **Chest to elbow level**
- **Long and flat through the back**
- **Strong through the core**
- *First set of intensity*
- *Welcome it*

2. STANDING HINGED REVERSE FLY / STANDING SIDE RAISE

LAYER 1

We begin the plate work for the rear and side of the deltoids with this short block of work. Focus on clear coaching of the direction of the weight plates, along with clear Timing and Targets for Precision and success. Only say what is needed for clarity and feel.

STANDING HINGED REVERSE FLY

- *Here comes the isolation work*
- *Two light weight plates*
- *Strong SET Position*
- *Hinged Reverse Fly, slowly*
- **Hinge forward from the hips**
- **Trunk to 45 degrees**
- **Chest lifted**
- **Weight plates stopping under the shoulder line**
- **Core braced**
- *Snapping out fast*
- *Moving down with control*
- **Squeeze shoulder blades together**
- *No pause at the bottom or top*

STANDING SIDE RAISE

- *Side Raise*
- **90 degrees on the arms**
- **Weight plates stop just forward and under the shoulder**
- **Core braced**
- *The work is happening where we want it to*

3. STANDING OVERHEAD SHOULDER PRESS

LAYER 1

This block of work transitions us to the barbell. Coach your class into the Position and Execution set-up of the Shoulder Press work. Use NETT to coach Targets and Timing so your participants are moving well with Execution, and they can follow the timing successfully.

- *Transition to the Overhead Shoulder Press*
- **Barbell from the chin to the ceiling**
- **Elbows forward of the face**
- **Core braced to stabilize your body**
- *Slow down now*
- *Feel the load, feel the work in the shoulders*
- *Strong from the floor up*
- *This one is going to hit a little faster*
- *Lock the burn into the shoulders*
- *Push Press if you want it*
- *Focus on the up movement*

4 & 5. STANDING SIDE RAISE / STANDING OVERHEAD SHOULDER PRESS

LAYER 1 / LAYER 2

We repeat the plate work; Side Raises, building back to the barbell work to finish the block. Quickly remind your participants of alignment and Timing, as fatigue will be kicking in fast! Encourage them to finish the block strongly. What will you say and do to maximize their training?

- *Quick transition back to the weight plates*
- *Side Raise, slowly*
- *Here comes the work – singles*
- *Elbows lead*
- *Go long if you can – get strong*
- *Isolated movements – feel the tension and trap it*
- *That's the signal to grow the strength endurance*
- *Grab the barbell – last set*
- *Chin to ceiling*
- *Calm under pressure*
- *This is where the workout stops testing us and starts changing us*
- *Lock it and crank it up a notch*
- *Rep after rep*

PUMP FACT

Keeping the elbows slightly forward at the top of a Press keeps the load in the muscles and prevents locking the shoulder in a position that increases joint stress.



09. CORE

WEIGHT SELECTION

REGULARS: 1x light–medium weight plate
NEW: 1x light weight plate
OPTION: Body weight only

MUSCLE FOCUS

Shootout: Lower and upper abs
C-Crunch: Rectus abdominis
Hip Bridge: Posterior chain
Cross Crawl: Rectus abdominis and obliques

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Instr)	2x8	Set up SHOOTOUT , weight plate at forehead OPTION: No weight plate
	0:14	V1 / _ Side to side	4x8	1/1 SHOOTOUT 8x
	0:32	(Quiet B up)	2x8	PULSE C-CRUNCH 8x
	0:41	C1 / _ Say woah	4x8	1/1 SHOOTOUT 8x Use the last 2cts to transition feet to floor, weight plate to thighs, ready for HIP BRIDGE
2	0:59	Br / Big man	4x8	2/2 HIP BRIDGE 4x
	1:17	C2 / It no matter	4x8	TRIPLE-PULSE HIP BRIDGE 4x HOLD last Pulse at the top, ready for ALT HEEL DIG
	1:34	V2 / _ You know	6x8	ALT HEEL DIG front and back (8cts) 6x Use the last 2cts to transition weight plate to forehead, knees over hips, ready for SHOOTOUT
	2:01	C1 / _ Say woah	6x8	1/1 SHOOTOUT 12x Use the last 2cts to transition feet to floor, weight plate to thighs, ready for HIP BRIDGE
3	2:29	Br / Big man	4x8	2/2 HIP BRIDGE 4x
	2:46	C2 / It no matter	4x8	TRIPLE-PULSE HIP BRIDGE 4x HOLD last Pulse at the top, ready for HEEL DIG
	3:04	V3 / _ DJ got	6x8	ALT HEEL DIG front and back (8cts) 6x Use the last 2cts to transition weight plate to chest, ready for CROSS CRAWL
	3:31	C1 / _ Say woah	6½x8	CROSS CRAWL front and back (8cts) 12x OPTION: Extend legs after 4 reps



09. BODY BODY 4:00mins

TECHNIQUE AND COACHING

1. SHOOTOUT / C-CRUNCH

LAYER 1

Coach Layer 1 Position and Execution of the Shootouts and C-Crunches to get the class moving well.

- *Lie down on the floor, side-on*
- *Hold weight plate at forehead*
- *Bend the knees*
- *Shins parallel*
- *Extend out and crunch in*
- *Pulse C-Crunch – stay up*
- ***Feel the rib-to-hip connection as you crunch up***
- ***Lower back stays close to the floor as feet lower***
- *This keeps the core engaged*

2. HIP BRIDGE / ALTERNATING HEEL DIG / SHOOTOUT

LAYER 1 / LAYER 2

Keep the coaching simple for all the exercises to get everyone moving well with options. Pre-cues are needed in advance to keep everyone successful. Layer 2 cues help your participants understand how to execute the movements with more Precision, to build Intensity.

- *Weight plate to thighs*
- *Hip Bridge 2/2*
- *Drive through heels*
- ***Squeeze butt to lift hips***
- *Stay high on the Pulses*
- ***Hips stay level***
- *Stay up and extend with a Heel Dig*
- *Glutes and hamstrings are firing back in the Shootouts*
- *30 degrees is the challenge if your lower back is down*

3. HIP BRIDGE / ALTERNATING HEEL DIG / CROSS CRAWL

LAYER 1 / LAYER 2 / LAYER 3

Challenge your participants to stay in the workout to the end as we strengthen the core, getting them ready for their next BODYPUMP workout.

- *We have one more block*
- *Core training means we come back stronger*
- *As we fatigue, the hips start to move*
- *Cross Crawls are coming*
- ***Rotate from the center of the chest***
- *Toe tap or long lever*
- *Keep the elbows wide*



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE
1	0:09 PC / We take	4x8	Lie on back, relax
	0:23 C / _ Don't rein	4x8	LYING HAMSTRING STRETCH L
	0:38 I'm working	4x8	OPEN HIP STRETCH L L ankle on top of R thigh
	0:54 V2 / _ There's nothing	8x8	FIGURE-4 STRETCH L OPTION: Lengthen R leg
	1:25 Doing so well	4x8	LYING LOWER BACK RELEASE L Knees drop to R side
2	1:40 C / _ Don't rein	4x8	LYING HAMSTRING STRETCH R
	1:56 I'm working	4x8	OPEN HIP STRETCH R R ankle on top of L thigh
	2:12 Br / And I'm	8x8	FIGURE-4 STRETCH R OPTION: Lengthen L leg
	2:42 _ Slow down	4x8	LYING LOWER BACK RELEASE R Knees drop to L side
3	2:58 Instr /	2x8	TRANSITION: Hold back of legs, roll to seated. Stand up, ready for STANDING UPPER BACK STRETCH
	3:05 Instr /	2x8	STANDING UPPER BACK STRETCH Arms stretch F, hands clasped together
	3:13 C / I'm working	2x8	STANDING QUAD STRETCH L
	3:21 If I stop	3x8	STANDING QUAD STRETCH R
	3:32 _ Memories	3x8	STANDING FRONT DELTOID STRETCH Hands clasped behind back
	3:44 Outro / (Instr)	4x8	Shake out arms and legs, Torso Twists, congratulate your participants for their effort



10. REIN ME IN 4:06mins

TECHNIQUE AND COACHING

COACHING TIPS

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



45-MIN FORMAT

05. TRICEPS / BICEPS

WEIGHT SELECTION

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

NEW: 1x light weight plate and 1x light barbell

MUSCLE FOCUS

Standing O/H Tricep Extension/Dip/Pushup:
Triceps and deltoids

Standing Bicep Curl: Biceps

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Instr)	3x8	Set up STANDING O/H TRICEP EXTENSION	
	0:16	C / Lousy	8x8	2/2 STANDING O/H TRICEP EXTENSION SET Stance	8x
	0:46	C / _ Talk of	8x8	1/1	16x
	1:15	V3 / Hey	4x8	1/3	4x
2	1:30	Br / (Vocal echo)	2x8	TRANSITION: Weight plate down, lift up bar, ready for BICEP CURL	
	1:37	Instr /	2x8	4/4 BICEP CURL SET Stance	1x
	1:45	PC / _ I got	4x8	2/2	4x
	1:59	C / Up	8x8	1/1	16x
3	2:29	(Vocal echo)	2x8	TRANSITION: Bar down, move behind bench, ready for TRICEP PUSHUP	
	2:36		2x8	4/4 TRICEP PUSHUP	1x
	2:43	(Melody)	4x8	1/1	8x
	2:58	(Drop)	4x8	TRIPLE-PULSE TRICEP PUSHUP HOLD after last rep	4x
	3:13	(Fade out)	1½x8	HOLD	
4	3:16	Br / (Vocal echo)	16x8	REPEAT BLOCK 2	
5	4:15	(Vocal echo)	2x8	TRANSITION: Bar down, move to the front bench, ready for TRICEP DIP	
	4:22		2x8	4/4 TRICEP DIP	1x
	4:29	(Melody)	4x8	1/1	8x
	4:44	(Drop)	4x8	TRIPLE-PULSE TRICEP DIP	4x
	4:59	(Fade out)	1x8	RECOVER: Sit on bench	



45-MIN FORMAT

05. TALK OF THE TOWN 5:03mins

TECHNIQUE AND COACHING

1. STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

Coach Layer 1 Position and Execution set-up of the Standing Overhead Tricep Extensions to get everyone moving with good Timing, alignment and feel.

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

2. BICEP CURL

LAYER 1

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

- Grab your barbell
- Find strong **SET Position**
- 4/4 Curl
- **Abs braced, chest lifted**
- Squeeze the shoulder blades together and set the scapula
- **Bar to shoulders**
- **Lower all the way down to thighs**
- Keep the elbows close to body
- **Elbows under the shoulders**
- We are going for less swing, more activation
- This is all about control

3. TRICEP PUSHUP

LAYER 1 / LAYER 2

Tricep Pushups to challenge body weight. Give options, Targets and Motivation to help everyone succeed.

- Come to the back of the bench
- Tricep Pushups
- On knees or toes
- **Hands shoulder-width apart**
- **Chest to elbow level**
- **Elbows close to the ribs**
- Stay in the bottom range for the Pulses

4 & 5. BICEP CURL / TRICEP DIP

LAYER 1 / LAYER 2 / LAYER 3

We repeat the Bicep Curl block and finish with Tricep Dips to finish off the arms. As your participants become fatigued they might lose their Timing and their range. When we take the time to set people up well, they understand the mechanics of what's moving and what's not moving. Educate them on what good Technique looks and feels like.

- Back to the Bicep Curls
- You should feel the body working super hard to stabilize
- We can feel the load
- Come to the bench for Tricep Dips
- Hands outside thighs
- We lower our hips and push up
- **Elbows to the rear to isolate**
- **Chest lifted** is our focus as we lower and raise
- Challenge is on – stay strong
- **Butt stays close to the bench**

PUMP FACT

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



45-MIN FORMAT

07. LUNGES / SHOULDERS

WEIGHT SELECTION

REGULARS: 2x light weight plates or
1x medium-heavy weight plate
NEW: 2x light weight plates

MUSCLE FOCUS

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

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07 C / Come in closer	2x8	Set up SET Position SHOULDER ROLL	1x
	0:14 _ Pulling deeper	2x8	4/4 STANDING HINGED REVERSE FLY SET Stance	1x
	0:21 I run	4x8	2/2	4x
	0:36 (B up) / I run	4x8	1/1/2	4x
	0:51 (Drop)	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE L with 1/1 SIDE RAISE	8x
2	1:21 C / Come in closer	4x8	4/4 STANDING HINGED REVERSE FLY SET Stance	2x
	1:35 Ref / _ Deeper	4x8	2/2	4x
	1:50 (B up) / Closer	4x8	1/1/2	4x
	2:05 (Drop)	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE R with 1/1 SIDE RAISE	8x
	2:34 (Fade out)	1½x8	HOLD	
3	2:36 QC / Come in closer	2x8	TRANSITION: Weight plates down, lift up a heavier weight plate in R hand, step R leg B, ready for LUNGE L	
	2:43 _ Pulling deeper	6x8	2/2 LUNGE L Use last 4cts to rack weight plate to collarbones, ready for PLATE O/H PRESS	6x
	3:04 (Bass drop) / Come in closer	8x8	TRIPLE-PULSE LUNGE L with 1/2/1 PLATE O/H PRESS Use last 2cts to transition to MID Stance, ready for PLATE SQUAT PRESS	8x
	3:32 Catch my breath	8x8	1/1 PLATE SQUAT PRESS MID Stance	16x
4	4:00 Ref / Breath	4x8	4/4 SQUAT MID Stance	2x
	4:14 C / Come in closer	24x8	REPEAT BLOCK 3 on R side Plate in L hand	



45-MIN FORMAT

07. I RUN (DAVID GUETTA REMIX) / I RUN (HERSHE & ROTO REMIX) 5:36mins

TECHNIQUE AND COACHING

1. STANDING HINGED REVERSE FLY / BACKWARD-STEPPING LUNGE WITH SIDE RAISE

LAYER 1

Coach Layer 1 Position and Execution set-up of the Reverse Fly, which builds into the Lunges with Side Raise. Focus on Timing, alignment and range of motion.

STANDING HINGED REVERSE FLY

- Two light weight plates
- **Strong SET Position – feet hip-width apart**
- Hinged Reverse Fly, slowly
- **Hinge forward from the hips**
- **Trunk to 45 degrees**
- **Chest lifted**
- **Weight plates stopping under the shoulder line**
- **Core braced**
- Snapping out fast
- Moving down with control
- **Squeeze shoulder blades together**

BACKWARD STEPPING LUNGE WITH SIDE RAISE

- Left leg starts our Lunges with Side Raise
- Same leg again
- **Take a long step back to get range to 90 degrees**
- **Weight plates stop under the shoulder line as you do the Side Raise**
- **Core braced hard to square hips to front**

PUMP FACT

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

2. STANDING HINGED REVERSE FLY / BACKWARD-STEPPING LUNGE WITH SIDE RAISE

LAYER 2

Another short block of work: Reverse Flys and Lunges with Side Raises on the other side. Help your participants to execute with Precision for efficiency of movement.

- Back to the Reverse Flys
- Feet hip-width apart
- Squeeze shoulder blades together
- Every time, we stop on the 45 degrees to keep the chest lifted
- Control is our focus
- Lunges and Side Raises
- Front knee out over toes to fire the glutes
- 90 degrees
- Lead with the elbows on the Side Raise to feel the load

3 & 4. BACKWARD-STEPPING LUNGE / OVERHEAD PRESS / OVERHEAD SQUAT PRESS

LAYER 2 / LAYER 3

We move to the heavier weight plate for the final two blocks of work. As your participants become fatigued, they might lose their Timing and their range. When we take the time to set people up well, they understand the mechanics of what's moving and what's not moving. Educate them on what good Technique looks and feels like.

- Let's go for the heavier weight plate
- Weight plate in the left hand
- Left leg steps back
- Settle into your Lunge position
- You know it – long Lunge
- Lock it down now
- Bottom range for the Triple Pulses
- **Elbows forward as you press**
- **Feet outside hip-width** for Squat Press
- **Abs braced as your weight plate goes over head to transfer power**
- Max tension and power
- Hold weight plate at collarbones and Squat slowly
- Shake it off
- Let's switch over legs and weight plate
- Keep the range and alignment for Intensity
- Loading the legs and shoulders together
- Integration at its best
- Drive it down and drive it up



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