



BODYCOMBAT 105



Presenters:

Back row (L–R): Lula Slaughter (United States), Windy Gao (China), Eileen Post (Germany), Anthony Oxford (United Kingdom), Kenshin Tani (Japan), Vili Fifita (New Zealand)

Front row (L–R): Erin Maw (New Zealand), Dan Cohen (United Kingdom/New Zealand)

There's usually a little energy left in the tank, but not after this workout! BODYCOMBAT 105 tips the scales of intensity in favor of those looking for workout love. Like any relationship worth its weight, BODYCOMBAT 105 does not take you for granted. It's giving the best beats on repeat and all it needs is your time and attention. The results will meet you at the end, ha ha ha.

There's a hiss hass huss Elbow combo to kick us off in Track 2, 'dirty' Knees to finish us off in Track 7 and a celebratory power finish in Track 8.

You can't ghost this workout even if you are the best player on the studio floor. Each track grips you well and doesn't let go until it spits you out on the floor in Track 9.

Highlights as follows: Knee & Side Kick Power combo in Track 2, Uppercuts on repeat in Track 3. Track 4 Evasive Side Kick say less; Track 5 it's doable... just! Track 6 Goosebumps, Track 7 ha ha ha evil laugh as it's a party AND you take a few cardio shots. Track 8, body shots to finish with Power Hooks.

One thing about a fun workout is time flies and you can't be mad about that when it's a full-throttle fierce fitness session.

Big love,
BODYCOMBAT Creative Team

BODYCOMBAT 105

GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARM-UP COMBO

02. COMBAT 1

03. POWER TRAINING 1

04. COMBAT 2

05. POWER TRAINING 2

06. COMBAT 3

07. MUAY THAI

08. POWER TRAINING 3

09. CONDITIONING

10. COOLDOWN

DECLARATION OF INTENT

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GLOSSARY

FRONT STANCE

STANCE

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

COACHING

Layer 1

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

COMBAT STANCE

STANCE

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

Variation 1:

- Boxing – back heel lifted, balanced weight distribution

Variation 2:

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

Variation 3:

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

COACHING

Layer 1

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

BOXING GUARD

STANCE

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

COACHING

Layer 1

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

MARTIAL ARTS GUARD

STANCE

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

COACHING

Layer 1

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



GLOSSARY

JAB

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

CROSS

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

HOOK

GUARD

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

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

UPPERCUT

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

FRONT KNEE

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

FRONT KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

ROUNDHOUSE KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

BACK KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

SIDE KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

JUMP KICK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

DESCENDING ELBOW

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

ASCENDING ELBOW

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

RISING BLOCK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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

MID BLOCK / OUTER BLOCK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



GLOSSARY

LOW BLOCK

PREPARATION

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

STRIKE

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

COACHING

Layer 1

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



MUSIC

- 01A

It's A Vibe (2:32)

Fahjah, Oing & Bashment YC

© 2024 SKINK Records, De Muziekfabriek B.V.

Written by: Maharajh, T. Kim, Y. Kim
- Rock To The Rhythm** (2:14)

Mariline

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Written by: Elhadi
- It's A Vibe** (2:26)

Fahjah, Oing & Bashment YC

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Written by: Maharajh, T. Kim, Y. Kim
- Rock To The Rhythm** (2:16)

Mariline

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Written by: Elhadi
- 02

Cut Me Loose (3:54)

Sun Lay feat. Mazbou Q

Courtesy of Les Mills Music Licensing Ltd.

Written by: Finlay, Ozumba
- 03

Out Of Body (5:00)

Netsky & Andromedik

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Written by: Daenen, Demarbaix, Meek, Kulawik, Hammond, Uber
- 04

Like That (2:59)

Memphis Bleek

Courtesy of the Universal Music Group.

Written by: Simon, Dean, Cox, Bailey, Clark, Williams
- Like That** (2:57)

Memphis Bleek

Courtesy of the Universal Music Group.

Written by: Simon, Dean, Cox, Bailey, Clark, Williams
- 05

Always Dancin' (Fitch Remix) (2:08)

BAVHU

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Written by: Golson
- What Do You Believe In? (High Contrast Remix)** (2:04)

Rag'n'Bone Man

© 2024 Sony Music Entertainment UK Limited.

Written by: Tillman, Felder, Cazan, Graham
- What Do You Believe In? (High Contrast Remix)** (1:43)

Rag'n'Bone Man

© 2024 Sony Music Entertainment UK Limited.

Written by: Tillman, Felder, Cazan, Graham

- 06

Holy Place (4:35)

BENNETT

© 2025 Tomorrowland Music.

Written by: Bertram, Sakin, Sfyrios
- 07

Firebreak (1991 Remix) (5:43)

Confidence Man

© 2023 I OH YOU.

Written by: L. Stephenson, G. Stephenson, Moore
- 08

Balance (3:10)

Wilkinson & NORTH

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Written by: Wilkinson, Scott, Harris, North, Record, Sebastianelli
- Balance** (3:02)

Wilkinson & NORTH

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Written by: Wilkinson, Scott, Harris, North, Record, Sebastianelli
- 09

Shake (3:40)

BLENDWISE

Courtesy of Les Mills Music Licensing Ltd.

Written by: Cranston, Raju
- 10

Ordinary (3:04)

Alex Warren

© 2025 Atlantic Recording Corporation.

Written by: Warren, Yaron, Shapiro, Duval
- ALT 10

How Does It Hurt (3:04)

Pastis feat. Jesper Pettersson

Courtesy of Epidemic Sound.

Written by: Unknown



TEACHING THIS RELEASE

How long should I teach the new release for?

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

KEY

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

HEY INSTRUCTORS

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

RELEASE FEEDBACK

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

EXPRESS FORMATS

45-MINUTE FORMAT

Track 01	Warm-up Combo
Track 02	Combat 1
Track 03	Power Training 1
Track 04	Combat 2
Track 05	Power Training 2
Track 06	Combat 3
Track 07	Muay Thai
Total Time	40:31

30-MINUTE FORMAT

Track 01	Warm-up Combo
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai
Track 09	Conditioning
Total Time	27:45

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

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

TECHNICAL TEAM CREDIT

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



MIXED EXPRESS FORMATS

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

45-MINUTE FORMAT

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

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

30-MINUTE FORMAT

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

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

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



01. WARM-UP COMBO

TRACK FOCUS

A fusion of upper and lower-body moves to warm up our mind and muscles. We achieve this by delivering Layer 1 cues with clarity and confidence. This allows members to follow successfully as they learn the basics.

There’s lots of space to coach effectively while exploring contrast with the music.

FEEL

From good vibes to rocking to the rhythm – set the energy from the ‘get-go’!

MARTIAL ARTS

Boxing, Kick-boxing, Karate and Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / It’s the, it’s the	2x8		L Combat Stance	16	
0:12	PC / It’s the, it’s the vibe	6x8	A	L JAB , R CROSS x2 L CORNER JAB x4 PREVIEW: Jab, Cross x4, L Corner Step Jab x4 on last rep	8 8	3x
0:31	C / (Drop)	12x8	A ¹	L JAB , R CROSS x4 L CORNER STEP JAB x4	8 8	6x
1:11	Br / (Quiet)	4x8	B	L, R HOOK	4	8x
1:23	PC / It’s the, it’s the vibe	4x8	C	L, R UPPERCUT PREVIEW: L, R, L Uppercut, Pulse F&B on last 8cts	4	8x
1:37	B up / It’s the, it’s the vibe	8x8	C ¹	L, R, L UPPERCUT PULSE F&B Level 2 after 4 reps – sink lower in Pulse F&B	4 4	8x
2:03	(Quiet lyrics)	8x8	D	R, L SCISSOR x3½ (7 single reps, holding the 7 th rep for 2cts) L, R SCISSOR x3½ (7 single reps, holding the 7 th rep for 2cts) Level 2 after 32cts – drop into Lunge on 7 th Scissor and reach towards floor	8 8	4x
2:29	Br / (Silence)	1x8		Freeze in L LUNGE (R foot B) Step feet wide and prepare to stretch	4 4	
2:32	Rock to the rhythm	4x8	E	L, R DYNAMIC ADDUCTOR STRETCH	4	8x
2:45	Rock to the rhythm	4x8	F	SQUAT PULSE PREVIEW: L Front Knee, Step B, F on last 4cts	2	16x
2:58	C / (Drop)	4x8	G	L FRONT KNEE STEP B, F	2 2	8x
3:11	Rock to the rhythm	4x8	G ¹	L FRONT KNEE x3 STEP B, F PREVIEW: L Front Knee, L Front Kick on last 4cts	6 2	4x
3:25	C / (Drop)	8x8	H	L FRONT KNEE L FRONT KICK PULSE OTS	2 2 4	8x
3:51	Rock to the rhythm	4x8	I	L ROUNDHOUSE KICK SET-UP PULSE OTS	4 4	8x
4:17	C / (Drop)	8x8	J	L ROUNDHOUSE KICK PULSE OTS	4 4	8x
4:44	Br / (Fade out)	2½x8		L ROUNDHOUSE KICK to finish TRANSITION: R Combat Stance	20	
4:52	It’s the, it’s the vibe		REPEAT SEQUENCES A to J – R NOTE: R ROUNDHOUSE KICK to finish			



01. IT'S A VIBE / ROCK TO THE RHYTHM 9:28mins

TECHNIQUE AND COACHING

JAB, CROSS TO FRONT & JAB TO CORNER COMBINATION

LAYER 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross – 4 punches
- To the right corner, 4 Jabs
- Target zones – nose, lip and chin
- Big knuckles strike
- **Keep elbow soft**
- **Abs braced**
- Jabs to corner are on a 45-degree angle

Add reps, speed and step:

- Jab, Cross – 8 punches
- Add a little step on the Jabs to corner
- To protect your knee, **pivot on ball of back foot**
- Knees soft

LAYER 2

- Exhale as you punch; this increases core engagement and speed
- Pull your hand back to your face for that authentic Boxing feeling

LAYER 3

- Bringing the energy and vibes right from the 'get-go'!

HOOK

LAYER 1

- Hook right, Hook left
- **Release your heel and turn your knee, hip and body**
- **Abs braced**
- 90-degree bend in elbows on Hooks
- Target the jaw of your imaginary opponent

LAYER 2

- Our Hook is a circular strike
- Release heels on punches to allow an unwinding of the body
- Elbow slightly above the wrist and focus on rotation

UPPERCUT & PULSE SEQUENCE

LAYER 1

- Uppercut – right and left
- Aim for the chin
- Use front two knuckles to strike
- 45-degree bend in elbow
- **Release heel as you load for extra rotation**
- **Abs braced**

Add reps and Pulse:

- 3 Uppercuts, right, left, right
- Pulse forward and back
- Light on the feet – knees soft
- Deeper: after 4 reps sink deeper in the legs on Pulse

LAYER 2

- Roll your shoulders like a figure 8
- A vertical movement where we tuck in the elbows and use the legs to drive up
- Light and agile on your Pulse – get in and get out quickly!

LAYER 3

- Nice work out there – looking fluid and light!

SCISSOR SEQUENCE

LAYER 1

- 7 Scissors – left, right
- Hold last rep each time (7th)
- Boxing Guard
- **Soft knees**
- **Chest lifted and abs braced**
- **Hips square to the front**

Add depth and reach on 7th rep:

- Drop lower in the legs and upper body
- Reach hand towards the floor
- Keep chest high and hips square to floor

LAYER 2

- Rotate your shoulders to warm the core
- Stay loose and agile as you move quickly with control

LAYER 3

- This rhythm feels fun, right?



01. IT'S A VIBE / ROCK TO THE RHYTHM 9:28mins

TECHNIQUE AND COACHING

FRONT KNEE & STEP SEQUENCE

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Right Knee, step back, step forward*
- *Strike with top of your knee, aim for stomach*
- **Shoulders back, abs braced to protect lower back**

Add reps:

- *Triple Right Knee*
- *3, 2, 1 – step back and in*
- *Options: Hop on Knees or stay grounded*
- *Reach hands high and pull down to outside of front hip*

LAYER 2

- *Engage the glutes by squeezing them while pushing your knee forwards*
- *Point your toes down to sharpen your knee strike*
- *Heel close to butt to warm the hamstrings*

LAYER 3

- *Feels good to lift the heart rate*
- *Option: No Hop on Knees – stay grounded*

FRONT KNEE, FRONT KICK & PULSE OTS COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Front Knee*
- **Low Front Kick**
- *Pulse OTS*
- *Strike with the ball of foot*
- *Lean shoulders backwards, abs braced to protect the lower back*
- **Aim for knee, hip or stomach level**
- **Soft knees** as you land and pulse

LAYER 2

- *Retract your heel to butt, warming up your hamstrings even more*
- *Try a little swing of the lead arm as you do the Front Kick*
- *Option: Kick low*

ROUNDHOUSE KICK SET-UP / ROUNDHOUSE KICK

LAYER 1

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

Add Roundhouse Kick:

- *Add some speed as we add the Kick*
- *Right Roundhouse Kick*
- *Pulse OTS*
- *Extend leg and strike with top of foot or shin*
- **Aim low towards knee level**
- **Chest lifted and abs braced as you lean away**

LAYER 2

- *Feel the stability in your standing leg and strength in your core*
- *Extend your lead arm out to help with balance*
- *Can you get your heel close to your butt twice – before and after the kick?*

LAYER 3

- *You'll leave this class with the biggest smile ever and the biggest endorphin high!*
- *Option: Kick low*



01. IT'S A VIBE / ROCK TO THE RHYTHM 9:28mins

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.

Enjoy the 'vibe' of creating a united atmosphere in this Upper and Lower Body Warm-up.

This is our golden opportunity to set up great movement alongside building camaraderie with our participants.

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.



02. COMBAT 1

TRACK FOCUS

Unlock speed and power as you combine strikes using the fists and elbows first. The Back Kick is a surprise addition to create a full-body combination. The focus then shifts into a heavy Knee and thumping Side Kick sequence. This is a great contrast as we match the music with control and precision.

FEEL

Feel the immense gear shifts as you ‘cut loose’!

MARTIAL ARTS

Kick-boxing and Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	L Combat Stance PULSE F&B		16 8	10x
0:13	V1 / _ I’m feeling wild	8x8	A	L JAB	1	8x
				R BODY CROSS	1	
				L HORIZONTAL ELBOW	2	
				PULSE F&B Level 2 after 4 reps	4	
0:38	B up / _ I’m feeling wild	4x8	A ¹	L JAB	1	8x
				R BODY CROSS	1	
				L HORIZONTAL ELBOW	2	
				PREVIEW: R Back Kick on last rep		
0:51	C / (Synth drop)	8x8	A ²	L JAB	1	8x
				R BODY CROSS	1	
				L HORIZONTAL ELBOW	2	
				R BACK KICK PREVIEW: L Knee on last 2cts	4	
1:17	Br / About to cut me loose	4x8	B	L FRONT KNEE REPEATER Level 2 after 8 reps PREVIEW: L Knee, L Side Kick on last 8cts	2	16x
1:29	C / (Bass drop)	8x8	B ¹	L KNEE	2	8x
				R TAP to R	2	
				L SIDE KICK	4	
1:55	Br / (Calm sounds)	2x8	L KNEE to finish TRANSITION: R Combat Stance		16	
2:02	Br / (Calm sounds)	2x8	PULSE F&B		2	8x
2:08	V2 / _ I’m feeling wild		REPEAT SEQUENCES A to B¹ – R R KNEE to finish			



02. CUT ME LOOSE 3:54mins

TECHNIQUE AND COACHING

JAB, BODY CROSS, HORIZONTAL ELBOW & BACK KICK COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, Body Cross, Horizontal Elbow*
- *Pulse forward and back*
- *Target zones – head, body, head*
- *Aim high, low, high*
- **Soft elbows on punches**
- **Abs braced**
- *Strike with front two knuckles*
- *Continuous: Non-stop, take away the Pulse*

Add on Back Kick:

- *Add Back Kick, left leg*
- *Strike with the heel*
- *Aim for the knee, hip or stomach*
- **Hips stay square to front**
- *Lean forwards, look over your back shoulder*
- **Abs braced**
- **Chest lifted**

LAYER 2

- *Lean in on the Jab and Body Cross*
- *Whip your hip on the Horizontal Elbow for an explosive strike*
- *Flow with the rhythm first then bring the power*

LAYER 3

- *Feel the power in your Back Kick by driving through the heel*
- *What a great full-body combination, huh?*
- *Option: Kick low*

FRONT KNEE REPEATER

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Right Knee Repeater*
- *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 front hip*

LAYER 2

- *A strong pull builds a strong core – crunch as you pull down*
- *Stay light, lifted and agile*

LAYER 3

- *Feel your heart rate lift and your legs start to burn!*
- *You know something big is coming, right?*
- *Option: No Hop on Knees – stay grounded*

FRONT KNEE & SIDE KICK COMBINATION

LAYER 1

- *Front Stance*
- *1 Knee, 1 Side Kick – right leg*
- **Set back heel before you execute the Side Kick**
- **Core braced, squeeze glutes tightly and keep chest lifted**
- *After the knee, step out, then set up your Side Kick*
- *Side Kick targets just above the knee then work your way up*
- *Strike with blade of foot*
- *Pull knee in, extend the leg to Kick then retract knee towards chest*

LAYER 2

- *Lock in the timing – 1 Knee, 1 Step, 1 Power Kick*
- *Using a wide step for momentum helps us Kick harder*

LAYER 3

- *Feels heavy, a thumping Side Kick!*
- *Option: No Hop on Knees – stay grounded*



02. CUT ME LOOSE 3:54mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

This track features 2 awesome combinations – with 360-degree strikes (front/back/side)!

It heightens the cardio training from the Warm-up track and has a strong focus on speed, power and precision with pockets of explosive strikes to elevate the heart rate, bringing a sense of style and feels very early on. **Use the epic musical contrasts to enhance the energy and excitement for each combination!**

WHAT?

A Kick-boxing/Muay Thai fusion where we unlock speed and power. This is a well-rounded track, striking with fists, elbows, knees and feet in all directions.

Combination 1

First up, we gradually build in complexity and intensity, starting with mastering a Jab, Body Cross, Horizontal Elbow and Pulse sequence. This is then repeated continuously without the Pulse as we dial up speed and power now we have the flow. The final touch is then added on, the surprise Back Kick! This creates an awesome full-body, integrated and multi-directional combination.

Front Knee Repeater

Sandwiched between the two combinations is a round of Knee Repeaters. This adds to the cardio and leg training challenge while providing the brain a little time to recover!

Combination 2

Focusing on leg conditioning, power and control, our second combination hits hard!

Hitting the timing of the Knee, Step, Kick by using a wide step out, in, will help. Once the foot pattern is understood, participants can really 'let loose' with their thumping Side Kick – it feels amazing!

HOW?

The focus points are:

Combination 1

A gradual build by drilling the upper body strikes with speed, precision and power before layering in the Back Kick. There's a sneaky amount of leg training here as we drop into the Body Cross – like doing a Squat every time!

Use the calm, builds and drops in the music feel to bring your own Performance to life with confidence.

Combination 2

Immediately following a round of Front Knee Repeaters, we hit combination 2! This comes in the form of a heavy Front Knee and a thumping Side Kick. The lateral Side Kick motion is a welcomed state change here and a great way to fire up our side glutes, obliques and hip abductors. Coach and role-model the wide step out before setting and striking the kick as this will help increase safety, competency and intensity.



03. POWER TRAINING 1

TRACK FOCUS

2 big blocks of Boxing training with some great skill training.

Focus on setting up the defensive/offensive combination with clear coaching. Then bring the magic as we add Jab/Crosses to start the combination plus a Super Punch to finish! Motivate your members to physically commit to the ‘breakout moment’ of continuous Uppercuts.

FEEL

An uplifting ‘out of body’ experience of musical and physical shifts of energy!

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8	RECOVER and prepare L SHOULDER STRETCH R SHOULDER STRETCH		16 8 8	
0:11	V1 / _ Out of body feelings	4x8	L, R RUN OTS PREVIEW: R, L Slip, R Roll, R Cross on last 8cts		2	32x
0:33	B up /	8x8	A	L Combat Stance R, L SLIP R ROLL R CROSS PREVIEW: L Jab, R Cross x4, R, L Slip, R Roll, R Super Punch on last 16cts	4 2 2	8x
0:55	C / You got me out of body _	12x8	A ¹	L JAB , R CROSS x4 R, L SLIP R ROLL R SUPER PUNCH OPTION: Cross instead of Super Punch	8 4 2 2	6x
1:28	_ You take a	4x8	B	L UPPERCUT	2	16x
1:39	You and I-I-I	4x8	B ¹	R UPPERCUT	2	16x
1:50	C / You got me out of body _	8x8	A ¹	L JAB , R CROSS x4 R, L SLIP R ROLL R SUPER PUNCH OPTION: Cross instead of Super Punch	8 4 2 2	4x
2:12	Br / You got me out of body _	8x8	C	Front Stance L, R JAB Level 2 after 4 reps	2	32x
2:35	_ Out of body feelings	4x8	L JAB to finish RECOVER		32	
2:45	V2 / Up all night	4x8	R, L RUN OTS		2	16x
2:57	B up / You and I		REPEAT SEQUENCES A to C – R NOTE: R JAB to finish track			



03. OUT OF BODY 5:00mins

TECHNIQUE AND COACHING

JAB, CROSS x4, SLIP x2, ROLL & SUPER PUNCH COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Slip – left, right*
- *Roll to the back*
- *Left Cross*
- **Soft elbow on Cross**
- **Abs braced**

Add Jab, Cross and Super Punch:

- *Jab, Cross – 8 times*
- *Slip, Slip, Roll, Super Punch*
- *On Jab, Cross – target the nose with front two knuckles*
- **Soft elbows on Punches**

LAYER 2

- *The first line of defense is to move your head off the center-line*
- *Keep your guard high and tight for unbreakable protection*
- *Crunch your obliques on the Slips and Roll – great core training!*

LAYER 3

- *So good to see the delay before firing your Super Punch – awesome timing!*
- *Skill training never felt so good, huh!*
- *Option: Stay with grounded Cross instead of Super Punch*

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**
- **Abs braced**
- *Left side the same*

LAYER 2

- *Take your head off 12 o'clock, dip and drive the Uppercut vertically*
- *Pull your shoulder back so you can explode into the Punch*

LAYER 3

- *You are free – free moving, free thinking – 'go for it'!*
- *This is your moment – break out and come with me*
- *Have faith – take that leap and trust in yourself*

JAB

LAYER 1

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

LAYER 2

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

LAYER 3

- *Push it all the way until the recovery – you are doing great!*
- *Fight with belief, fight with trust, fight with faith*



03. OUT OF BODY 5:00mins

TECHNIQUE AND COACHING

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?

2 big blocks of Boxing combinations where speed, power, side flexion, torso rotation and lower-body integration all feature!

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

THEN...

- Our first Boxing combination in Combat Stance is then built through levels of progression
- The Slip, Roll and Cross combination is great for core conditioning. We drill the essential skills of defensive and offensive movements slowly first before adding speed and power. This is known as break-pattern choreography where individual moves are combined to challenge our body and brain
- Once familiar with these movements we add Jab, Crosses at the beginning of the break-pattern combination. This is an example of flow-pattern choreography in action, hitting 8 Jab Crosses first, then breaking into our individual skill training component
- This is our full combination, unleashed with an option to finish with a Super Punch in this superb mix of flow and break-pattern choreography

THEN...

- 16 Uppercuts from the front arm/back arm is our 'breakout moment!'
- Let loose here, both physically and verbally, as we can think less and feel more (this is not complex break-pattern choreography)

THEN...

- We immediately return to the full combination, keeping the heart rate high and challenging our muscular endurance. As this is a repeat, aim to build on your Layer 2 or 3 cues, helping participants move with confidence and commitment

THEN...

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

HOW?

This is an amazing song which is full of emotion and contrast. Bring the music and moves to life with your voice, face and body language.

When we hit Jabs in Front Stance – 'empty the tank' to hit your first cardio spike!



04. COMBAT 2

TRACK FOCUS

Have fun with this one – it’s a beast for the legs but we ‘like that’!

The Evasive Side Kick is back, and it has 3 different levels. Offer these level options at the right time so members can personalize their workout. Have a playful energy, bringing to life the music and moves in your performance.

FEEL

Swagger, confidence and a Hip-Hop-style flava!

MARTIAL ARTS

Tae Kwon Do and Capoeira

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / _ Do you know	4x8	L Combat Stance	32	
0:10	V1 / _ Hey, hey, I said c’mon	20x8 A	L EVASIVE SIDE KICK (Step to R) OPTION: Add Micro Hop after 12 reps OPTION: Add Lateral Slide after 16 reps	8	20x
0:59	Br / Hey , hey, tell me if it’s like	4x8 B	PIVOT STEP COMBO R STEP and PIVOT to face L corner (L foot steps B) L foot STEP F&B (on diagonal) Repeat to other side	4 4 8	2x
1:09	V2 / Hey yo, the watch is like that	8x8 B ²	PIVOT STEP WITH KNEE COMBO R STEP and PIVOT to face L corner (L foot steps B) L KNEE on 45° Repeat to other side	4 4 8	4x
1:28	Then I go exposure ‘em	8x8 B ³	PIVOT STEP WITH FRONT KICK COMBO R STEP and PIVOT to face L corner (L foot steps B) L FRONT KICK on 45° Repeat to other side	4 4 8	4x
1:48	Br / Hey , hey, tell me if it’s like	20x8 A	L EVASIVE SIDE KICK (Step to R) OPTION: Kick higher after 4 reps OPTION: Add Micro Hop after 12 reps OPTION: Add Lateral Slide after 16 reps	8	20x
2:36	Hey , hey, tell me if it’s like	8x8 C	R, L SWITCH LUNGE (L foot B first) OPTION: Step-Back Lunges (slow)	4	32x
2:56	(Fade out)	5x8	R LUNGE and hold to finish RECOVER	40	
3:08	V3 / _ Hey, hey, I said c’mon	REPEAT SEQUENCES A to C – R NOTE: Hold last rep of Lunge to finish			

SMARTSTART

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



04. LIKE THAT 5:56mins

TECHNIQUE AND COACHING

EVASIVE SIDE KICK

LAYER 1

- *Right Combat Stance*
- *Step out to left, Evasive Side Kick – right leg*
- **Chest lifted, core braced**
- *Evasive Side Kick – bring right knee up, extend into kick, bring knee back in and tap down*
- **Turn toe of stance leg outwards**
- *Strike with side of foot, heel up and toes down*
- **Aim low for control at a 45-degree angle or below**

Add Micro Hop to Evasive Side Kick:

- *Option: Add a Micro Hop as you fire the Evasive Side Kick*
- **Hop vertically**
- **Land with soft knees**
- **Still kicking low (45-degrees or less)**

Add Lateral Slide to Evasive Side Kick:

- *Option: Add a Lateral Slide before the Micro Hop and Evasive Side Kick*
- **Land with soft knees**
- **Still kicking low**
- **Step laterally and hop vertically**

LAYER 2

- *Find the counterbalance by lifting your chest and bracing your abs – this is great control!*
- *Progressively layering and finding the level that's right for you*

LAYER 3

- *How's your kicking confidence? You look great!*
- *Who wants to slide with me? Let's go!*
- *Option: Evasive Side Kick grounded instead of adding Micro Hop/Lateral Slide*

PIVOT STEP COMBINATION

LAYER 1

- *Right shoulder turns back, face 45-degree angle*
- *Right foot steps forward and back (facing 45-degree angle)*
- *Other side – step, turn, to the front, to the back*
- *Turn your body to the corner of the room*
- **Pivot on ball of foot**
- *As you turn (Pivot), notice the little hop*
- *Pushing up on your stabilizing leg*
- **Everything turns as one unit (hips, torso, shoulders)**

Add Knee:

- *Add Knee instead of step forward and back*
- *Step, hop-turn on 45-degree to other side (pivot)*
- *Strike with top of your knee, aim for stomach*
- **Shoulders back, abs braced to protect lower back**
- *Reach hands high and pull down to hip*

Add Front Kick:

- *Add Front Kick instead of Knee*
- *Step, hop-turn on 45-degree to other side (pivot)*
- *Strike with ball of foot, aim for stomach*
- **Shoulders back, abs braced to protect lower back**
- *Keep knee soft on kick*

LAYER 2

- *It's not about kicking high, we are aiming for control and retraction*
- *Hips forward, lean back and extend leg long as you fire the Front Kick*

LAYER 3

- *It feels so cool to whip the shoulder back and let the footwork flow*
- *Phenomenal leg conditioning!*



04. LIKE THAT 5:56mins

TECHNIQUE AND COACHING

SWITCH LUNGE

LAYER 1

- Feet hip-width apart, long step back left leg
- Switch Lunge – left and right
- 33 reps
- Stay low
- **Chest lifted**
- **Abs braced**
- **Hips and shoulders square to the front**
- **Front knee in line with toes**

LAYER 2

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

LAYER 3

- Reach towards the floor to chisel and shape your legs
- Feel the lactic acid burn in your thigh and glutes
- Option: Step-Back Lunges instead of Switch Lunges

TIPS

FUNDAMENTALS

WHY?

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

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

This track has 3 unique components:

Evasive Side Kick

We start with learning the fundamentals of this strike. Using clear Layer 1 cues to set up body part and direction, strike surface and target height plus our safety cues. Once the basics are mastered, we progressively layer on additional options. The first option is to add a Micro Hop, which builds propulsive leg strength, elevates heart rate while adding to the core challenge. Finally, we offer the Lateral Slide as we cover more distance to evade a strike before throwing our Side Kick. **It’s vital to highlight we are kicking at a 45-degree angle in the beginning plus any time we add a Micro Hop.** Enjoy the flashy, flamboyancy of Tae Kwon Do!

Pivot to 45-degrees with Knee/Front Kick Sequence

Once again, it’s important to coach using basic Layer 1 cues. This will support both participants’ timing and success as the sequence increases in complexity when adding in the Knee then Front Kick. Show your enjoyment as you bring authentic Capoeira feels to life.

Switch Lunge

We finish with a big leg conditioning challenge in the form of 33 Switch Lunges! Cover the essential cues for safe and effective execution alongside the option of the ‘half-speed’ Step-Back Lunge (no impact).

This whole track has such a cool attitude – swagger, confidence and fun! Team-teach with the music feel by matching your facial expressions, body language and vocal contrast.



05. POWER TRAINING 2

TRACK FOCUS

Inspired by MMA Circuit Training with various options/alternatives. Offer all the different variations so members can personalize their workout.

Our first focus is a continuous block of work featuring Reactive Core Training, utilizing speed and stability to fire up our mid-section.

The focus then shifts to striking with power and speed for a huge cardio kicker!

FEEL

Inspire your members to feel empowered while showing that you believe in them!

MARTIAL ART

MMA Circuit Training

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8	RECOVER and prepare for Squats in standing or Pushups on floor	32	
0:11		4x8	A <u>Pushup</u> 2/2 PUSHUP OR <u>Standing Variation</u> 2/2 SQUAT PREVIEW: 1/1 Pushup x2, L, R Lateral Plank Walk	8	4x
				8	4x
0:21	V1 / I always want to dance	8x8	A ¹ <u>Pushup Combo L</u> 1/1 PUSHUP x2 L, R LATERAL PLANK WALK (R hand, L foot moves first) OR <u>Standing Variation</u> 1/1 SQUAT x2 L, R STEP SQUAT OPTION: Kneeling Pushups and Plank Walk (hands only)	8	
				8	4x
				8	
				8	4x
0:43	B up / I always want to dance	8x8	A ² <u>Pushup Combo R</u> 1/1 PUSHUP x2 R, L LATERAL PLANK WALK (L hand, R foot moves first) OR <u>Standing Variation</u> 1/1 SQUAT x2 R, L STEP SQUAT OPTION: Kneeling Pushups and Plank Walk (hands only) PREVIEW: L, R Mountain Climber x4 on last 8cts	8	
				8	4x
				8	
				8	4x
1:04	C / (Drop)	8x8	A ³ <u>Pushup & Mountain Climber Combo</u> 1/1 PUSHUP x2 L, R MOUNTAIN CLIMBER x4 OR <u>Standing Variation</u> 1/1 SQUAT x2 L, R HIGH KNEE RUN OTS x4 OPTION: L, R Slow Mountain Climber x2	8	
				8	4x
				8	
				8	4x
1:25	I always want to dance	8x8	B L, R MOUNTAIN CLIMBER OR L, R HIGH KNEE RUN OTS OPTION: L, R Slow Mountain Climber	2	32x
				2	32x
1:47	(Instr)	8x8	C 1/1 PUSHUP OR 1/1 SQUAT	4	16x
				4	16x



05. POWER TRAINING 2

	MUSIC		EXERCISE	CTS	REPS
2:08	V2 / What do you believe	4x8	RECOVER TRANSITION to standing	32	
2:20	You believe	4x8	L, R RUN OTS	2	16x
2:31	PC /	12x8	D L WALKING JAB x4 R, L RUN B and TURN R Repeat on R side PREVIEW: Power Jab x2, Speed Jab x3, Sprawl to F	8 8 16	3x
3:04	C / (Drop)	8x8	D ¹ L TRAVELING POWER JAB x2 L TRAVELING SPEED JAB x3 SPRAWL WITH VERTICAL LEAP to F Repeat on R side OPTIONS: Squats x2 or Jumping Jacks x4 instead of Sprawl	4 4 8 16	2x
3:27	I need in this world	8x8	E Front Stance L, R JAB	2	32x
3:48	(Distorted lyrics)	8x8	D ¹ REPEAT SEQUENCE D¹	32	2x
4:11	(Fade out)	4½x8	RECOVER	36	
4:23	PC / What do you believe		REPEAT SEQUENCES D to 2nd D¹ NOTE: Sequence D is for 2 reps only		



05. ALWAYS DANCIN' (FITCH REMIX) / WHAT DO YOU BELIEVE IN? (HIGH CONTRAST REMIX) 5:55mins

TECHNIQUE AND COACHING

PUSHUP & LATERAL PLANK WALK OR SQUAT & STEP SQUAT

LAYER 1

- On floor for Pushups or stay standing for Squats
- **Hands just outside shoulder-width for Pushup**
- **Feet just outside hip-width for Squats**
- **Body in Plank position, abs braced**
- **Hips and shoulders square to the floor**
- 2/2 tempo Pushup or Squat
- **Chest to elbow height on Pushup**
- **Hips sit back and down to just above knee level in Squat**
- **Chest lifted and abs braced in Squats**

Add on 2x Pushups/Squats with Lateral Plank Walk/Step Squat:

- 2 single Pushups or Squats
- Lateral Plank or Step Squat – right and left
- Option: On knees, walk hands only to 45 degrees to right
- After 4 reps – same thing but opposite way – take it left, right

LAYER 2

- Drive the floor away as you lift up (Pushup or Squat)
- When the pressure starts to build, stay strong in the core to keep control

LAYER 3

- Feel the great conditioning heat
- Great-looking start everybody!

Options:

- Pushups or Squats
- Pushups on knees or toes
- Walk hands only to 45 degrees

PUSHUP & MOUNTAIN CLIMBER OR SQUAT & HIGH KNEE RUN OTS

LAYER 1

- On floor for Pushups or stay standing for Squats
- **Hands just outside shoulder-width for Pushup**
- **Feet just outside hip-width for Squats**
- **Body in Plank position, abs braced**
- **Hips and shoulders square to the floor**
- 2 single Pushups or Squats
- Mountain Climber or High Knee Run OTS – right, left, 8 reps
- Option: Slow Mountain Climber – 2 reps
- **Chest to elbow height on Pushup**
- **Hips sit back and down to just above knee level in Squat**
- **Chest lifted and abs braced in Squats**

LAYER 2

- The Mountain Climbers/High Knee Runs are a cardio kicker
- Strength and dynamic core training
- The key is control; corkscrew your palms into the floor – shoulders over hands and stabilize upper body (Mountain Climber)

LAYER 3

- Can you drive your knees up in the High Knee Runs or forward on the Mountain Climbers? There you go – awesome!
- It's like a sprint finish – power your legs super-fast – that's it!

Options:

- Pushups or Squats
- Pushups on knees or toes
- Mountain Climbers, 4 reps half-speed or 2 slow reps



05. ALWAYS DANCIN' (FITCH REMIX) / WHAT DO YOU BELIEVE IN? (HIGH CONTRAST REMIX) 5:55mins

TECHNIQUE AND COACHING

WALKING JAB x4 & RUN BACK SEQUENCE

LAYER 1

- 4 Walking Jabs to the right
- Run back to the middle, turn and face left side
- 4 Walking Jabs to the left side
- **Soft elbow on the Jab**
- Knees soft on the Run

LAYER 2

- We are building a power sequence to lift the heart rate
- We've done the conditioning, now it's time to get back into the cardio

LAYER 3

- What do you believe in? I believe in all of you!
- Enjoy the calm before your storm... You look ready to go!
- Option: March back instead of Run

TRAVELING POWER JAB x2, TRAVELING SPEED JAB x3 & SPRAWL WITH VERTICAL LEAP SEQUENCE

LAYER 1

- 2 Traveling Power Jabs, 3 Traveling Speed Jabs to the right
- Sprawl with Vertical Leap (facing forwards)
- **Soft elbow on the Jab**
- **Squat, hands down, shoot legs out into Plank, Squat to stand**
- **Abs braced tightly**, squeeze glutes then jump feet in and do a Vertical Leap
- Option: 4 Jumping Jacks or 2 Squats
- **Land softly – bending knees after the Vertical Leap**

LAYER 2

- We are building a power sequence to lift the heart rate
- We've done the conditioning, now it's time to get back into the cardio

LAYER 3

- It's time to dominate the right – how much distance can you cover?
- You always have a choice – who's going to give up or fight through the fatigue?
- Options: Sprawl with Vertical Leap or 4 Jumping Jacks/2 Squats

JABS

LAYER 1

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

LAYER 2

- Torso twisting is amazing to work your obliques
- Sink into your stance as you lean slightly forward on the Jabs

LAYER 3

- Just breathe and feel the music – can you feel it?



05. ALWAYS DANCIN' (FITCH REMIX) / WHAT DO YOU BELIEVE IN? (HIGH CONTRAST REMIX) 5:55mins

TECHNIQUE AND COACHING

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?

Block 1 is one BIG continuous section featuring Integrated Core Training, body-weight conditioning and a cardio spike!

This block starts with Pushups before ramping up core integration by adding Lateral Plank Walks. This will improve conditioning in the chest, triceps, shoulders and the core. Alternatively, the standing variation features Squats and Step Squats which train our entire lower body with great core recruitment. Watch out for the cardiovascular component too as we add Mountain Climbers or High Knee Runs OTS. Challenge and motivate your participants through this non-stop 2-minute block ... and watch out for the finisher... 16 Pushup/Squats!

Enjoy a short rest before **Block 2**, where we transition to standing for striking off the spot. We build a power and speed combination by mastering Walking Jabs to the side first. This progresses to 2 Power Jabs and 3 Speed Jabs before hitting the Sprawl with Vertical Leap!

A high-energy combination blending power and speed to build a large physical fitness engine.

As an option to Sprawls, participants can hit Jumping Jacks or Squats which train our entire lower-body with great core recruitment.

Block 3 is a sequence of Jabs from Front Stance. This is well-received flow-pattern choreography where we just feel the music and prepare to go again! Block 3 is a repeat of the power and speed combination from Block 2. By this point the shoulders and legs are super fatigued, our heart and lungs are working hard and it's about believing in ourselves and each other. Try tapping into the lyrics here to bring this mantra to life!

HOW?

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

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

The variations are:

- Pushups or Squats
- Pushups on knees or toes
- Lateral Plank Walk or Kneeling option – walk hands only to 45 degrees
- Mountain Climbers or High Knee Runs OTS
- Sprawls or Jumping Jacks/Squats



06. COMBAT 3

TRACK FOCUS

Bring to life the blend of musical connection, mystery and mastery of Martial Arts. Match your voice, words and physicality to each unique section of this track.

FEEL

Feel and express the contrast between calm and power. Ride the builds and commit to the big ‘blow out’ moments!

MARTIAL ARTS

Karate, Capoeira and Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8		Step feet wide into Front Stance Hands circle forward, palms open and facing down, roll hands into fists to ribs	16 16	
0:13	V1 /	4x8	A	KATA L SIDE ELBOW L PALM STRIKE L hand rolls slowly into fist and returns back into ribcage Repeat to R side	4 4 8 16	1x
0:26	B up /	4x8	A ¹	L SIDE ELBOW L PALM STRIKE L hand returns to ribcage Repeat to R side PREVIEW: Side Kick on last 4cts	2 2 4 8	2x
0:39	C / (Dance beats)	12x8	A ²	L SIDE ELBOW L PALM STRIKE L SIDE KICK Repeat to R side	2 2 4 8	6x
1:18	(Faint)	4x8	B, B ¹	SQUAT JACK COMBO JACK OUT – reach L hand down JACK IN – L hand back to head JACK OUT – reach R hand down JACK IN – R hand back to head NOTE: Add Side Crunch to reach after 4 reps OPTION: Squat with reach	1 1 1 1	8x
1:31	Br / Is our holy place _	3x8		JACK OUT – reach L hand down and hold to finish TRANSITION: L Combat Stance Lift L knee to balance in ROUNDHOUSE SET-UP	8 8 8	
1:40	(Ticking and strings)	4x8	C	L ROUNDHOUSE KICK REPEATER	2	16x
1:54	(Synth)	4x8	D	L JAB , R CROSS L HOOK PULSE F&B x2	2 2 4	4x
2:07	B up /	5x8	D ¹	L JAB , R CROSS L HOOK PREVIEW: L Roundhouse Kick on last rep	2 2	10x
2:23	C / Faith _	8x8	D ²	L JAB , R CROSS L HOOK L ROUNDHOUSE KICK	2 2 4	8x
2:49	(Beats and strings)	4x8	B ¹	JACK OUT, SIDE CRUNCH – reach L hand down head JACK IN – L hand back to head JACK OUT, SIDE CRUNCH – reach R hand down JACK IN – R hand back to head OPTION: Squat with reach	1 1 1 1	8x



06. COMBAT 3

MUSIC			EXERCISE	CTS	REPS
3:03	Is our holy place _	3x8	JACK OUT – reach L hand down and hold to finish TRANSITION: R Combat Stance Lift R knee to balance in ROUNDHOUSE SET-UP	8 8 8	
3:12	(Ticking and strings)		REPEAT SEQUENCES C to B¹ – R NOTE: B ¹ is L hand reach again Reach R hand down and hold to finish		



06. HOLY PLACE 4:35mins

TECHNIQUE AND COACHING

SIDE ELBOW, PALM STRIKE & SIDE KICK COMBINATION

LAYER 1

- Feet wide, chest lifted
- Hands circle forwards, roll hands into fists tucking into ribs
- Elbow strike – right arm
- Palm strike
- Return hand into fist by ribcage
- Left side
- **Chest lifted and core strong**

Add speed:

- Double time (speed up)
- Look to the direction you are striking in
- Strike with point of elbow and heel of the hand
- Soft elbow on Palm Strike

Add Side Kick:

- Add a Side Kick
- **Set back heel before you execute the Side Kick**
- **Core braced, glutes squeezed tightly and keep chest lifted**
- After the Side Kick, reset feet in Wide Front Stance
- 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 towards chest

LAYER 2

- Push knees out and sink into legs to isolate the upper body
- Posturally upright and grounded to the floor
- A clear start and stop to every move
- 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 overthink it – the simplicity of the Dojo: be at one with the essence
- Well done, that's excellent control!
- Option: Kick low

SQUAT JACK COMBINATION

LAYER 1

- Boxing Guard
- Jack feet out into Squat – reach right hand down
- Jack feet in – right hand back to guard
- Jack out – left hand reach
- Jack in – left hand to guard
- **Chest lifted**
- **Abs braced**
- Hips and shoulders square to the front
- **Butt sits back and down no lower than in line with knees**
- Knees in line with toes

Add Side Crunch:

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

LAYER 2

- Great conditioning for the legs and glutes
- Hit that lateral lean to fire up the obliques
- Stay low or stand a little higher – you choose the level of intensity

LAYER 3

- Feel the heat in your legs and side flexors
- Who's reaching for the sand – Rio de Janeiro beach sands!
- Option: Squat and reach (no Jack/no impact)



06. HOLY PLACE 4:35mins

TECHNIQUE AND COACHING

JAB, CROSS, HOOK & ROUNDHOUSE KICK COMBINATION

LAYER 1

- *Right Combat Stance*
- **Back heel steps in to set**
- *Lift right shin, abs braced and balance*
- *Low Roundhouse Kick Repeater – right leg*
- *Stabilizing knee slightly bent*
- *Kick with shoelaces by pointing toes*
- *Start low – aiming for knee level*
- **Knee soft as you strike**
- **Chest lifted**
- **Abs braced**

Jab, Cross, Hook and Pulse F&B:

- *Jab, Cross Hook – right, left, right*
- *Easy pulse forwards and back*
- *Target zone – nose and jaw*
- **Elbow soft on Jab, Cross**

Jab, Cross, Hook (non-stop):

- *Now we have 8 reps with no stops*
- *Add the power and feel the speed*
- *Release heel and rotate torso on Hook*
- *Elbow just above the wrist (Hook)*

Add Roundhouse Kick:

- *Add on a big Roundhouse Kick – right leg*
- **Set back heel towards target**
- *Extend leg and strike with top of foot or shin*
- *Aim low towards knee level or kick higher*
- **Chest lifted and abs braced as you lean away**

LAYER 2

- *Tailor the target zone of your Roundhouse Kick to suit you (low or high)*
- *'Kiah' on the kick to increase power and focus*

LAYER 3

- *Feel the strength and control on the Roundhouse Kick Repeater*
- *8 opportunities to unleash the full combo!*
- *Think focus, fight and finish – who's with me?*
- *Option: Kick low*

TIPS

FUNDAMENTALS

WHY?

Leg conditioning hits hard in this epic Karate, Capoeira and Kick-boxing fusion! Get ready for a gem of a track with a strong musical connection to the mystery and mastery of Martial Arts. Multiple disciplines, each with their own fingerprint – their unique essence.

WHAT AND HOW?

Karate

Karate is first up with a calm, controlled and centered feel. We avoid overthinking this one and instead build confidence through repetition of a simple three-strike combination. Use your breath as you strike with power and precision. Tap into the key principles of Karate as seen later in the coaching cues.

Capoeira

Our Capoeira sequence is dynamic, flowing and agile with integrated movements. Combining a Jack into Squat with reach trains our lower body and cardiovascular system. By adding the Side Crunch, we unlock greater benefits for the obliques while dialling up the authenticity! Be sure to offer the option here to take out the Jack and stay with the Squat version to lessen the impact.

Kick-boxing

There's a beautiful moment of music contrast here after the speed and athleticism of Capoeira. We take our time to set up the foundation for the Roundhouse Kick Repeater. This is performed in line with a winding up and ticking clock sound. The kicks then blend with strings and operatic vocals before the electro sounds drop as we throw our punch combination! We build technical proficiency, layering in power and speed as the music builds. Adding the Roundhouse Kick to complete the full Kick-boxing combination is another magical moment. Embrace the 8 opportunities to amplify and commit to unleashing this full combination!



07. MUAY THAI

TRACK FOCUS

The focus is combining furious with fun in this challenging Muay Thai track! Bring to life the contrast of complexity in combinations vs. simplicity in Running Knees. This allows you to coach in the verse and ‘let loose’ in the drops!

FEEL

It’s a Muay Thai party – fuse the fun and the fierce!

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Bass coming in on the	2x8		L Combat Stance	16	
0:06	V1 / Bass coming in on the	2x8	A	L JAB , R CROSS L ASCENDING ELBOW PULSE F&B x2	2 2 4	2x
0:11	B up / _ (Whistle-whistle)	4x8	A ¹	L JAB , R CROSS L ASCENDING ELBOW PREVIEW: L Front Knee x2 on last rep	2 2	8x
0:23	Br / (Instr)	8x8	A ²	L JAB , R CROSS L ASCENDING ELBOW L FRONT KNEE x2 OPTION: Hop on Knees	2 2 4	8x
0:45	C / (Drop)	8x8	B	R, L RUNNING KNEE OPTION: Grounded Knees	4	16
1:08	V2 / Bass coming in on the	2x8		R KNEE to finish and RECOVER TRANSITION: L Combat Stance	8 8	
1:13	Bass coming in on the	2x8	C	PLYO PUSH HOLD OTS	2 6	2x
1:19	Br / _ (Whistle-whistle)	4x8	C ¹	PLYO PUSH L PUSH KICK Reset L Combat Stance PREVIEW: R Push Kick on last rep	2 2 4	4x
1:30	B up / (Instr)	8x8	C ²	PLYO PUSH L PUSH KICK R PUSH KICK Reset L Combat Stance NOTE: Reach and pull with arms on R Push Kick after 4 reps	2 2 2 2	8x
1:53	C / (Drop)	8x8	B	L, R RUNNING KNEE OPTION: Grounded Knees	4	16x
2:16	Br / _ Bass coming in on	2x8		L KNEE to finish and RECOVER TRANSITION: R Combat Stance	8 8	
2:22	V3 / Bass coming in on		REPEAT SEQUENCES A to 2nd B – R			
4:32	_ Bass coming in on	2x8		R KNEE to finish and RECOVER TRANSITION: Front Stance	8 8	
4:37	Bass coming in on	2x8	D	L, R DESCENDING ELBOW	8	2x
4:43	B up / Bass coming in on	4x8	D ¹	L, R DESCENDING ELBOW PREVIEW: L Knee x2, R Knee x2 on last 8cts	4	8x



07. MUAY THAI

MUSIC			EXERCISE		CTS	REPS
4:55	(Instr)	8x8	D ²	L, R DESCENDING ELBOW x2	8	
				L KNEE , L POWER KNEE	4	
				R KNEE , R POWER KNEE	4	4x
5:17	C / (Drop)	8x8	B	L, R RUNNING KNEE	4	16x
				OPTION: Grounded Knees L KNEE to finish		



07. FIREBREAK (1991 REMIX) 5:43mins

TECHNIQUE AND COACHING

JAB, CROSS, ASCENDING ELBOW & FRONT KNEE x2 COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Jab, Cross, Ascending Elbow*
- *Right, left, right*
- *Pulse forward and back*
- *Target zones – nose, lip or chin on Jab, Cross*
- **Soft elbow on Jab, Cross**
- **Abs braced**
- *Target chin on Ascending Elbow*
- *Strike with front two knuckles, then the forearm or elbow (Jab, Cross and Ascending Elbow)*

Non-stop – (8 reps):

- *8 reps non-stop – 8, 7, 6...*
- *No Pulse – just strikes*
- *Chin tucked in*

Add Double Front Knee:

- *Double Right Knee*
- *Strike with top of your knee – aim for stomach*
- **Shoulders back, abs braced to protect lower back**
- *Reach hands high and pull down to hips*
- *Chin tucked in*

LAYER 2

- *On the Elbow, lift the arm and pop your chest – it's a little bit like an Uppercut but open your hand*
- *Land lightly, then add speed*

LAYER 3

- *Take a deep breath – this is challenging Muay Thai training... but it's a party!*
- *Chaos is unpredictable like these Knees – have fun and 'go with it'*
- *Option: Stay grounded on Knees (no Hop)*

RUNNING KNEE SEQUENCE

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Knees, left, right – back and front*
- *Top of knee strikes into the punchbag*
- *Crunch abs*
- *Little hop or stay grounded*
- *Chest lifted*
- *Lift hands high and pull down to the outside of hip*

LAYER 2

- *We are cycling the knees – hips back and shoulders forward*
- *Knee comes up as elbow comes down, crunching the abs for added core training*

LAYER 3

- *Let's call these Knees 'dirty knees'. Listen to that beat – it's 'ugly'. Feel the difference!*
- *Are your Knees cutting like a blade? Looking sharp out there!*
- *Option: Stay grounded on Knees (no Hop)*



07. FIREBREAK (1991 REMIX) 5:43mins

TECHNIQUE AND COACHING

PLYO PUSH & PUSH KICK COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Open hands, draw elbows back and forcefully push hands forwards*
- *Chest open, shoulder blades pull together to load the Plyo Push*
- *Hands on your imaginary opponent's shoulders and push them away*

Add Push Kick (front leg):

- *Strike with ball of foot – **aim for stomach or chest***
- *Lean shoulders back and **abs braced to protect the lower back***
- *Drive hips forward on kick*

Add Push Kick (back leg):

- *Reach forward, grab your opponent and pull them in*
- *Knee lifts high towards chest and extend leg long*

LAYER 2

- *Circle your kicking foot out, round and back towards your butt – great for hamstring activation*
- *Create space between you and your opponent*

LAYER 3

- *Feels like a stomp-style kick, huh? So good!*
- *Everything you've got – show me your power!*
- *Option: Kick low*

DESCENDING ELBOW x4 & DOUBLE KNEE COMBINATION

LAYER 1

- *Front Stance*
- *Boxing Guard*
- *Descending Elbow – right, left – slowly*

Add speed:

- *Faster*
- *Strike with the forearm or elbow*
- *Lift the elbow high and strike diagonally down*
- *Target zone – nose or eyebrow*
- *Crunch abs*

Add on Double Knee:

- *4 reps of Elbows*
- *Add on Double Knee, right and left*
- *Knee to stomach of opponent*
- ***Shoulders back, abs braced to protect the lower back***
- *Second knee strike is more powerful than the first*
- ***Abs braced tightly on knee strikes***

LAYER 2

- *Chest lifted and twist ribcage as you fire the Descending Elbow*
- *Take your shoulders off-center – side flex on the Elbows*
- *Little Knee then large Knee – load then explode into the second Knee*

LAYER 3

- *Feel the rawness of this Muay Thai combination*
- *It's a little chaotic but you look amazing!*
- *Option: Stay grounded on Knees (no Hop)*



07. FIREBREAK (1991 REMIX) 5:43mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

WHY?

Get ready for a huge cardio spike in this chaotically energetic and fun Muay Thai track.

Feel yourself completely unleash with 3 feature combinations. Each combo is followed immediately with Running Knees. We aim to 'max out' the cardiovascular peak in this track, so 'go for it' and sprinkle your very own blend of 'party chaos'!

WHAT?

Three feature combinations with various levels of intensity. All combos integrate the upper and lower body – using authentic Muay Thai Punches, Elbows, Knees and Kicks. Running Knees build stamina and endurance. Check out the 'dirty' Knees, matching the music vibe and feel!

HOW?

Our feature combinations are progressively created by layering complexity and intensity. When it drops ... it's really drops! Each combo is a sure-fire knockout for the win. Coach the fundamentals of each movement to build your participants' confidence and competence, then 'let loose' and unleash!



08. POWER TRAINING 3

TRACK FOCUS

Tap into the emotion of this uplifting song to empower members to finish strongly. The lyrics depict a struggle to maintain control while also letting go. Explore this balance through your coaching and physicality.

FEEL

Enjoy the balance of faith and trust as you push through this epic Power Training track!

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8	RECOVER		32	
0:11	V1 / Standing like I'm on a wire	8x8	L SHOULDER STRETCH R SHOULDER STRETCH PREVIEW: L Combat Stance, L, Jab x2 on last 4cts		32 32	
0:33	PC / Stop me falling from heights	8x8	A	L JAB NOTE: Step F on Jab after 16 reps PREVIEW: L Jab, R Cross x2, L Uppercut, L Hook on last 8cts	2	32x
0:55	C / I-I , I find balance with	8x8	B	L JAB , R CROSS x2 L UPPERCUT L HOOK	4 2 2	8x
1:17	V2 / Crashing through the	8x8	C	Front Stance R, L JAB	2	32x
1:39	PC / Falling from heights	4x8	R fist to ceiling and hold to finish RECOVER		16 16	
1:50	With you	4x8	L, R RUN OTS PREVIEW: L, R Body Rip x2, L, R Hook on last 8cts		2	16x
2:01	PC / I-I , I find balance	8x8	D	Front Stance L, R BODY RIP L, R HOOK	4 4	8x
2:23	C / I-I , I find balance	8x8	D ¹	L, R BODY RIP L, R POWER HOOK OPTION: Stay with grounded Hook	4 4	8x
2:45	Falling from heights	8x8	C	L, R JAB	2	32x
3:08	Br / With you	5x8	L fist to ceiling and hold to finish RECOVER		8 32	
3:21	V3 / What I can and can't	4x8	R, L RUN OTS TRANSITION: R Combat Stance on last 4cts		2	16x
3:32	PC / Stop me falling from heights		REPEAT SEQUENCES A to 2nd C – R			



08. BALANCE 6:12mins

TECHNIQUE AND COACHING

JAB, CROSS x2, UPPERCUT & HOOK COMBINATION

LAYER 1

- *Right Combat Stance*
- *Boxing Guard*
- *Single Jabs – right hand*
- *Target zones – nose, lip or chin*
- **Soft elbows**
- **Abs braced**
- *Strike with front two knuckles*

Add step forward into Jab:

- *Shift front foot forward on Jab*
- *Step foot back in to reset*
- **Soft knee landing**
- *Push off the back leg*

Add on Jab, Cross, Uppercut and Hook:

- *Jab, Cross – 4 punches, Uppercut and Hook – right arm*
- *Aim for the chin with a 45-degree bend in elbow (Uppercut)*
- *Target jaw with elbow just above wrist (Hook)*
- **Release heel on Hook**

LAYER 2

- *Keep your chin tucked in, shoulders relaxed and abs braced*
- *Get inside your opponent's guard to throw the Uppercut then come over the top with the Hook*

LAYER 3

- *Don't hide, that won't get you there – confidence will!*
- *This is your BODYCOMBAT journey – enjoy every part of the process*

JAB

LAYER 1

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

LAYER 2

- *Lock into that timing and hit the fast tempo*
- *Find more torso twist for more range in your strikes*
- *Sink into your stance as you lean slightly forward on the Jabs*

LAYER 3

- *Where does your balance come from? Feel the strength in your foundations*
- *Trust yourself – you are stronger than you think!*



08. BALANCE 6:12mins

TECHNIQUE AND COACHING

BODY RIP x4 & POWER HOOK COMBINATION

LAYER 1

- *Front Stance*
- *Boxing Guard*
- *4 Body Rips – right, left*
- *Hook – right and left*
- *Hit the ribcage on Body Rips*
- *Target side of face on Hooks*
- *Bend knees on Body Rips*
- **Turn hips and release heel on Hooks**

Add Power Hook:

- *Power Hook – shuffle to the side as you throw the Hook*
- *Turn hips and release heel on Hooks*
- *Land with soft knees*
- *Return to stance with Boxing Guard*

LAYER 2

- *The Body Rip is a mix of an Uppercut and a Body Hook*
- *Throw your body weight behind the Hook (Power Hook)*
- *It's like you're throwing yourself off balance*

LAYER 3

- *Time to step out of your comfort zone – your future is there for the taking!*
- *Unleash your maximum power in the Power Hook*
- *Option: Hook instead of Power Hook (no impact)*

TIPS

FUNDAMENTALS

WHY?

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

WHAT?

Starting with a Shoulder Stretch, use this time to create a united and committed vibe. We want to carry this shared energy and sense of 'balance' into the challenges that lie ahead. Life is always about balance – the yin and yang of high and lows; so let's tap into a positive mindset from the start. 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!

Block 1 starts with Jabs, leading into Step Jabs and finally a 6-strike Jab, Cross, Uppercut and Hook combo. The power is truly felt on the front arm as you execute the Uppercut and Hook.

A holding pattern is next, Jabs in Front Stance, where we encourage participants to focus on timing and range as the complexity drops.

After a short recovery, **Block 2** opens with a new combination – Body Rips and Power Hooks. Now we try to throw ourselves off 'balance'! This is felt by the force produced as you shuffle your body weight to the side while throwing the Power Hook.

Without taking a rest we head straight into another set of Jabs. It's OK to feel the fatigue in the shoulders and legs now... 'hang in there' as another recovery is coming.

A well-deserved recovery and Run OTS mark the halfway point.

Channel your strong mindset as you continue your amazing BODYCOMBAT journey by repeating everything on the other side.

HOW?

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



09. CONDITIONING

TRACK FOCUS

This Conditioning track has a great feature combination targeting both posterior and anterior core recruitment. Focus on coaching body-part, direction and timing as members will be looking at the ceiling and may not see you. Have fun with the Rope Climb Crunch Combo – who’s going to climb the highest?

FEEL

This track has a bubbly energy and fiesta party vibe! It’s not super serious so have fun with it while still working hard.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8		TRANSITION to the floor, lie side-on, knees bent, feet flat on floor	32	
0:15	V1 / Metele duro	4x8	A	HIP BRIDGE & C-CRUNCH COMBO 2/2 HIP BRIDGE 2/2 C-CRUNCH OPTION: Crunch instead of C-Crunch	8 8	2x
0:31	C / Mallorquina	14x8	A ¹	TRIPLE-PULSE HIP BRIDGE TRIPLE-PULSE C-CRUNCH OPTION: Crunch instead of C-Crunch NOTE: Knees stay over hips after last rep	8 8	7x
1:25	Br / (Soft sounds)	4x8	B	Extend legs out to 45° and HOLD OPTION: Hollow – Hold Crunch up, reach hands towards feet after 16cts OPTION: Knees bent, shins parallel to floor TRANSITION: Head down, knees bent, feet flat on floor on last 4cts	32	
1:40	C / Mallorquina	12x8	C	ROPE CLIMB CRUNCH COMBO B, F, B ARM ROPE CLIMB Release down F, B, F ARM ROPE CLIMB Release down	6 2 6 2	6x
2:26		6x8	B	Extend legs out to 45° and HOLD OPTION: Hollow – Hold Crunch up, reach hands towards feet after 16cts OPTION: Knees bent, shins parallel to floor PREVIEW: Cross Crawl Combo on last 8cts (B first)	32	
2:49	Mallorquina	8x8	D	CROSS CRAWL COMBO F, B CROSS CRAWL F, B, F CROSS CRAWL Repeat to other side	4 4 8	4x
3:19	Instr / (Beat)	4x8	C	REPEAT ROPE CLIMB CRUNCH COMBO	16	2x



09. SHAKE 3:40mins

TECHNIQUE AND COACHING

HIP BRIDGE & C-CRUNCH COMBINATION

LAYER 1

- Lie on your back
- Arms on floor, palms up
- Knees bent at 90 degrees, heels hip-width apart
- Hip Bridge – 2/2 tempo
- C-Crunch – 2/2 tempo
- Reach hands towards ankles on C-Crunch

Triple Pulse:

- This is our sequence – now make it a Triple Pulse
- Hip Bridge Pulse – 3, 2, 1
- C-Crunch Pulse – 3, 2, 1
- Squeeze glutes to lift hips on Bridge
- **Slide ribs towards hips as you Crunch up**
- Push heels into floor to elevate into the Bridge
- **Chin tucked in towards chest**

LAYER 2

- Take your chest towards your thighs on the C-Crunch
- On the Bridge, push your chest towards your chin for more hip height

LAYER 3

- Feel the pressure building in the back then the front of the body
- How good is this posterior and anterior core combo?
- Option: Feet stay on floor (Crunch instead of C-Crunch)

LEG EXTENSION / HOLLOW SEQUENCE

LAYER 1

- Knees over hips, shins parallel to the floor
- Arms relaxed on floor, head and shoulders down
- Extend legs, pushing feet away to **45-degree angle**
- **Abs braced**
- This is stage 1

Add Hollow:

- Stage 2, if you want – lift shoulders
- Crunch up and hold
- Reach hands towards knees
- Chin tucked in, neck relaxed

LAYER 2

- Imagine squeezing a towel in between your thighs. That locks the position and fires up the core even more
- Using leverage with long levers in the Leg Extension to challenge our core

LAYER 3

- I know it's tough, but can you keep your lower back towards the floor and crunch a little higher?
- A fighter needs a strong core – brace hard and push through that burn!

Options:

- Stage 1 – head and arms stay on floor
- Stage 2 – Hollow, adding an isometric Crunch



09. SHAKE 3:40mins

TECHNIQUE AND COACHING

ROPE CLIMB CRUNCH COMBINATION

LAYER 1

- Feet on floor, knees bent at 90 degrees
- Grab the rope, back arm first – 1, 2, 3
- Drop down to reset
- Switch – front, back, front arm
- **Slide ribs towards hips as you Crunch up**
- Imagine grabbing the rope and climbing up
- Shoulder blades lift off the floor
- Chin tucked in
- A little twist of the upper body as you climb up

LAYER 2

- Open your hand first then clench as you grip the imagery rope, pulling yourself up
- Release down with control each time – abs working the entire time

LAYER 3

- Feel the core fire up as you climb higher and higher!
- We are almost at the finish line – hold on for a super strong core

CROSS CRAWL COMBINATION

LAYER 1

- **Fingertips to temples**
- Cross Crawl combo – 1, 2, quick, quick, slow
- Switch to other side
- **Chin tucked in**
- Extend leg out to **45 degrees** as other knee comes in
- Shoulder comes up and across towards opposite thigh
- **Rotate from center of chest**
- **Ribs pull down towards hips**

LAYER 2

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

LAYER 3

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

TIPS

FUNDAMENTALS

WHY?

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

WHAT?

We begin with a Bridge and C-Crunch Combination which targets both posterior and anterior core muscles. Next, we head into long levered extensions where the legs lengthen out to 45 degrees. This places the lower abs under pressure now as we fight to maintain the lower back position close to the floor. We also have a level 2, where we crunch up into the Hollow – adding upper ab recruitment. Immediately heading into the Rope Climb Combo next – the burn is real by this point! This huge block continues with a repeat of the Leg Extension and Hollow, great abdominal isometric work! Look out for the Cross Crawl Combination which focuses on oblique training by torso twisting. We finally bring it home with another round of the Rope Climb Combination to finish in style. This is one single block – over 3 minutes of work, non-stop!

HOW?

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

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



10. COOLDOWN

Please note this track contains explicit content. The alternative song can be used in its place. Please use *How Does It Hurt* with the same choreography when teaching Track 10.

TRACK FOCUS

Stretching is vital for our muscles to relax, recharge and rejuvenate.

Focus on gently guiding your class through each stretch and option, allowing them to maximize the results. It's also a great opportunity to praise members and celebrate such a wonderful workout.

FEEL

Enjoy the uplifting feels of this beautiful song. There is the perfect blend of melody strings and contrasting powerful vocals.

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro / (Strings)	2x8	Lie on back, prepare to stretch	16	
0:09	V1 / They say the holy water's watered	4x8	R LYING GLUTE STRETCH R leg ankle over L knee, reach through and gently pull L leg in	32	
0:25	PC / _ Oh my, my, oh my, my	2x8	LYING LOWER BACK STRETCH Knees to back of the room	16	
0:34	C / You're taking me out of the	4x8	R LYING HAMSTRING STRETCH OPTION: Lengthen L leg on floor after 16cts	32	
0:51	Something so out of the ordinary	4x8	L LYING GLUTE STRETCH L leg ankle over R knee, reach through and gently pull R leg in	32	
1:09	V2 / _ Hopeless Hallelujah	2x8	LYING LOWER BACK STRETCH Knees to front of the room	16	
1:17	PC / _ Oh my life, how do ya	4x8	L LYING HAMSTRING STRETCH OPTION: Lengthen R leg on floor after 4cts	32	
1:34	C / You're taking me out of the	4x8	R KNEELING HIP FLEXOR (L leg F) and R TRICEPS STRETCH	32	
1:51	Something so out of the	4x8	L KNEELING HIP FLEXOR STRETCH (R leg F) and L SHOULDER STRETCH	32	
2:09	Br / _ Something so heavenly	4x8	L STANDING QUAD STRETCH	32	
2:26	C / Something so out of the	4x8	R STANDING QUAD STRETCH	32	
2:43	Something so out of the ordinary	2x8	R ILIOTIBIAL BAND STRETCH (R foot behind)	16	
2:51	Shatter me with your touch	2x8	L ILIOTIBIAL BAND STRETCH (L foot behind)	16	
3:00	Outro / We found		Feet together – take a bow		



ALT

10. COOLDOWN

Please use this song in replacement of *Ordinary* with the same choreography when teaching Track 10.

TRACK FOCUS

Stretching is vital for our muscles to relax, recharge and rejuvenate.

Focus on gently guiding your class through each stretch and option, allowing them to maximize the results. It's also a great opportunity to praise members and celebrate such a wonderful workout.

FEEL

Enjoy the uplifting feels of this beautiful song. There is the perfect blend of melody strings and contrasting powerful vocals.

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro / (Instr)	2x8	Lie on back, prepare to stretch	16	
0:09	V1 / Sat on the	4x8	R LYING GLUTE STRETCH R leg ankle over L knee, reach through and gently pull L leg in	32	
0:25	Instr / (Guitar)	2x8	LYING LOWER BACK STRETCH Knees to back of the room	16	
0:34	C / You	4x8	R LYING HAMSTRING STRETCH OPTION: Lengthen L leg on floor after 16cts	32	
0:51	Through	4x8	L LYING GLUTE STRETCH L leg ankle over R knee, reach through and gently pull R leg in	32	
1:09	V2 / _ But what can I	2x8	LYING LOWER BACK STRETCH Knees to front of the room	16	
1:17	Instr / (Guitar)	4x8	L LYING HAMSTRING STRETCH OPTION: Lengthen R leg on floor after 4cts	32	
1:34	C / _ Stand	4x8	R KNEELING HIP FLEXOR (L leg F) and R TRICEPS STRETCH	32	
1:51	Through	4x8	L KNEELING HIP FLEXOR STRETCH (R leg F) and L SHOULDER STRETCH	32	
2:09	Instr / (Guitar)	4x8	L STANDING QUAD STRETCH	32	
2:26	(Guitar)	4x8	R STANDING QUAD STRETCH	32	
2:43	(Guitar)	2x8	R ILIOTIBIAL BAND STRETCH (R foot behind)	16	
2:51	Now	2x8	L ILIOTIBIAL BAND STRETCH (L foot behind)	16	
3:00	Outro /		Feet together – take a bow		



10. ORDINARY 3:04mins

TECHNIQUE AND COACHING

LYING GLUTE STRETCH

LAYER 1

- Lie on your back – side-on to the front
- Knees bent at 90 degrees, feet flat on floor
- Cross front ankle over back knee
- Reach through the window and hold back leg
- Rest head and shoulders back down

LAYER 2

- Take a nice deep breath in and gently pull the leg in as you exhale
- Assess if you have a tighter side; breathe and gently ease into the stretch
- Option: Back foot stays down, use hand to gently push front leg away to stretch glute

LYING LOWER BACK STRETCH

LAYER 1

- Top leg gently rocks down towards back of room
- Chest facing the ceiling, shoulders down on floor
- Use your hand to guide the leg over and support it

LAYER 2

- Keep both shoulders anchored to the floor for a great lower-back stretch
- Feel a beautiful release through your lower back
- Option: Keep top knee higher to reduce stretch

LYING HAMSTRING STRETCH

LAYER 1

- Gently extend top leg into Hamstring Stretch
- Hips stay down
- Hold the back of the leg, or the calf muscle

LAYER 2

- Relax and surrender to the stretch – bringing the knee closer to your head
- Front foot stays relaxed as you feel the length down the back of your leg

LAYER 3

- We did a lot of kicking today, right? Let's give our hamstrings some love!
- Options: Keep bottom foot on floor or extend leg away

KNEELING HIP FLEXOR & TRICEPS STRETCH

LAYER 1

- Right foot steps forward, left knee on floor
- Hip Flexor Stretch – left side
- Chest lifted
- Left arm, Triceps Stretch
- Drop the left hip down 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 lower-body strikes? Time to let the tension go

STANDING QUADRICEPS STRETCH

LAYER 1

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

LAYER 2

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

ILIOTIBIAL BAND STRETCH

LAYER 1

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

LAYER 2

- Take a deep breath in, then gently breathe out and release into the stretch
- Press the back heel into the floor more, to enhance the stretch
- This is loosening our bodies after all that twisting and turning in class



10. ORDINARY 3:04mins

TECHNIQUE AND COACHING

TIPS

FUNDAMENTALS

This is a deeply empowering and uplifting Cooldown. Time to enjoy the yin after the yang, giving your body a well-earned stretch. During each stretch, if needed, move around to find the most comfortable position before you sink lower. The aim is to gently lengthen our muscles with just the right amount of tension – take your time and explore this for yourself. Another tip is trying to focus on breathing throughout our stretches as this helps to increase circulation, relax the body and disperse lactic acid build-up.



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.

