



BODYPUMP 135



Presenters:

Back row (L–R): Levi Farrell (New Zealand), Windy Gao (China), Maggie Cheng (China), Ben Main (New Zealand), Kylie Gates (Australia), Lula Slaughter (United States)

Front row (L–R): Amy Lu (New Zealand), Anthony Oxford (United Kingdom), Glen Ostergaard (New Zealand)

BODYPUMP is light to medium weights, high repetition, strength and muscular endurance training. It is the perfect workout for everyday fitness and health, and with strength training being so popular at the moment, BODYPUMP is the one-stop solution.

A fabulous Warm-up, with each muscle group engaged; a feeling of joy and connection commences. Squats, a gigantic tune from Drum 'n' Bass legends Pendulum – all tempos are slow; more time under tension equals faster results. The Chest track is 'gnarly' – slow and heavy, with time under tension. Stack the weight for the Back training track – this track is huge!

In the second half, there's fun Tricep Plate Extensions (ouch) to a track featuring pop queen Chappell Roan. The Biceps track focuses on time under tension. Then there's steady and controlled Lunges, pumping shoulders – all the basic exercises to complete the workout.

A killer set list of tracks, a big focus on slow and steady tempos – the physical results will speak for themselves.

The BODYPUMP Team

BODYPUMP 135

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

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



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 towards 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
- 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

A-PRESS

Position Set-up

- Plates above shoulders (top position)
- Core braced
- Lower back towards the bench
- Feet hip-width apart and close to the bench

Execution Set-up

- Lower plates wide to A-shape (bottom position)
- Elbows stop at bench level
- Plates level with mid-chest

Layer 2

- Squeeze chest as you push the plates in and up

CHEST PRESS

Position Set-up

- Hands wide on the bar
- Bar above shoulders
- Brace abs – lower back towards 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



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.

WIDE DEADROW

Position Set-up

- **Hands wide on barbell**
- **Slight bend in the knees (20 degrees)**
- **Chest lifted, abs braced**

Execution Set-up

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

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.



GLOSSARY

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

TRICEP PLATE EXTENSION

Position Set-up

- Lying on bench
- **Plates in line with shoulders**
- Shoulders away from ears
- **Core braced**
- **Chin tucked in**

Execution Set-up

- **Lower plates to temples**
- **Elbows stacked over shoulders**
- **Keep elbows in**
- **Full extension to the top**

Layer 2

- Keep the elbows squeezing inwards to isolate the triceps

SEATED / STANDING OVERHEAD TRICEP PLATE EXTENSION

Position Set-up

- Seated or standing 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

BICEP PLATE CURL

Position Set-up

- **Knees soft, Split Stance or SET Position**
- Arms by sides, palms face in, Bicep Plate Curl
- **Chest lifted**
- **Abs braced**

Execution Set-up

- Curl upward, rotating plates for bottom half and full range
- **Plates in front of shoulders in full-range Curl**
- **Extend down to thighs**
- **Elbows in under shoulders**

Layer 2

- Brace abs to stop trunk swaying



GLOSSARY

SINGLE-ARM PLATE FRONT RACK LUNGE

Position Set-up

- Grab the end of the plate
- Hand threaded through
- **Wrist and forearm aligned**
- Rest the plate on shoulder
- Close the armpit off
- **Open up the chest**
- **Core braced**
- **Long step back for the Lunge**
- **Lift the back heel off the floor**
- **Square hips and shoulders to the front**

Execution Set-up

- **Back knee down**
- **Front knee out**
- **90/90 is the range**

Layer 2

- Feel even weight in both legs

PUSHUP

Position Set-up

- **Hands just outside shoulder-width apart**
- **Back straight – abs braced to support the mid-section**
- **Chin tucked in**

Execution Set-up

- **Drop down to bring shoulders and chest to elbow level**

Layer 2

- Push the floor away
- Dropping the chest no lower than elbow height minimizes stress on the rotator cuffs

STANDING REVERSE FLY / T-RAISE

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 about 3 feet (1 meter) in front
- **Lead with the elbows**
- **Plate stops under the shoulder line**
- **Squeeze between the shoulder blades**
- Aim for stability

Layer 2

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

BARBELL UPRIGHT ROW

Position Set-up

- **SET Position**
- **Chest lifted, abs braced**
- **Slight pinch between the shoulder blades**

Execution Set-up

- **Lift bar up to lower chest level**
- **Lead with the elbows**
- **Keep bar close to body**

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades



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 towards ceiling
- **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

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

SIDE RAISE / FORWARD PRESS COMBINATION

Position Set-up

- **SET Position**
- **Elbows at 90 degrees**
- **Core braced, chest lifted**

Execution Set-up

- **Lift elbows to just under shoulder line**
- **Elbows at 90 degrees**
- **Press plates forward from shoulders**
- **Palms down**
- **Plates stop under shoulder line**
- **Pull elbows back to Side Raise, stopping at shoulder line**
- Reset to 90-degree angle

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

LUNGE WITH SIDE RAISE / FORWARD PRESS COMBINATION

Position Set-up

- **Feet hip-width apart**
- Elbows at 90 degrees
- **Hips and shoulders even and square to the front**
- **Belly in, abs braced and chest lifted**

Execution Set-up

- **Take a long stride back**
- **Bend knees – back knee moves towards the floor**
- **Knees in line with toes**
- **Lead with elbows**
- **Front thigh parallel to the floor**
- **Press plates forward, stopping under shoulder line**

Layer 2

- Go low to work the butt
- Body weight even on both legs



GLOSSARY

HOVER

Position Set-up

- **Elbows under shoulders**
- **Knees just outside hip-width, toes tucked under**
- **Hips in line with shoulders**
- Lift knees off floor
- **Back long and straight**
- **Core braced to support mid-section**
- Option: On knees

Execution Set-up

- **Brace abs to keep the hips and shoulders square to the floor**

Layer 2

- Squeeze quads, abs and glutes to keep the back long and straight as you fatigue

ROTATING SIDE HOVER

Position Set-up

- **Cross arms for parallel position**
- **Knees just outside hip-width, toes tucked under**
- **Hips in line with shoulders**
- Lift knees off floor
- **Back long and straight**
- **Core braced to support mid-section**
- Option: On knees

Execution Set-up

- **Drop the heels as you rotate the body as one unit**
- **Square the hips and shoulders to the floor by bracing the abs**

SHOOTOUT

Position Set-up

- Lie down on the floor
- Bar or plate directly above shoulders
- **Knees over hips**
- Shins parallel
- **Brace abs to keep lower back towards the floor**

Execution Set-up

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



MUSIC

- 01

Here In Your Arms (2:37)

Nathan Dawe x Abi Flynn

© 2025 Nathan Dawe under exclusive licence to Warner Music UK Limited.

Written by: Applebaum, Cross, Flynn, Dawe
- 02

Here In Your Arms (2:33)

Nathan Dawe x Abi Flynn

© 2025 Nathan Dawe under exclusive licence to Warner Music UK Limited.

Written by: Applebaum, Cross, Flynn, Dawe
- 03

Sound of You (5:58)

Pendulum, Armin van Buuren & Rob Swire

© 2025 Armada Music.

Written by: van Buuren, Swire, Adrian, Newman, van Hooff, van Maren
- 04

Gnarly (2:21)

KATSEYE

Courtesy of the Universal Music Group.

Written by: Bang, Gao, Kash, Love, Randolph, Slow
- 05

Gnarly (2:17)

KATSEYE

Courtesy of the Universal Music Group.

Written by: Bang, Gao, Kash, Love, Randolph, Slow
- 06

STACKS (4:57)

TRICKSTAR & Dirty Audio

© 2025 BREAK ROOM.

Written by: Laguna, Assatourian, Bai
- 07

Super Graphic Ultra Modern Girl (3:08)

Chappell Roan

Courtesy of the Universal Music Group.

Written by: Nigro, Amstutz, Bennett, Shy
- 08

Super Graphic Ultra Modern Girl (1:53)

Chappell Roan

Courtesy of the Universal Music Group.

Written by: Nigro, Amstutz, Bennett, Shy
- 09

R U SLEEPING (4:53)

Sigma feat. Dizzee Rascal & Coco

© 2025 Day Ones Music.

Written by: Lenzie, Mills, Riley

- 07

Mind Still (5:00)

Sonny Fodera feat. blythe

© 2024 Solotoko.

Written by: Fodera, Huber, Hammele, Cross
- 08

Lift Off (6:18)

Hardwell

© 2025 Revealed Music B.V.

Written by: van de Corput
- 09

Gasolina (5:34)

Sun Lay

Courtesy of Les Mills Music Licensing Ltd.

Written by: Finlay
- 10

Ate That (3:16)

NTP feat. Rubi Du

Courtesy of Les Mills Music Licensing Ltd.

Written by: Tekela-Pule, Dyer

45-MIN FORMAT

- 05

No Money (Dillon Francis Remix) (4:03)

Galantis

© 2016 Atlantic Recording Corporation.

Written by: Jonback, Karlsson, Bullimore, Koitzsch, Eklow, Digital Farm Animals
- 06

No Money (Dillon Francis Remix) (2:02)

Galantis

© 2016 Atlantic Recording Corporation.

Written by: Jonback, Karlsson, Bullimore, Koitzsch, Eklow, Digital Farm Animals
- 07

Represent (5:27)

Fabian Mazur

© 2024 Fabian Mazur / Create Music Group Inc.

Written by: Mazur
- ALT 03

Run It Up (5:15)

King Flexx

© 2019 Position Music.

Written by: Ofir, Harris
- ALT 05

Golden Sun (5:01)

Sun Lay feat. Ash Wallace

Courtesy of Les Mills Music Licensing Ltd.

Written by: Finlay, Wallace



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	26:17

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	40:51

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	41:05



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

Tell us what you think of this release.

Visit <http://www.lesmills.com/release-feedback>



01. WARM-UP

WEIGHT SELECTION

Light barbell

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	0:05	Intro /	2x8	Set up SET Position SHOULDER ROLL	1x
	0:12	V1 / Rain eh?	4x8	4/4 DEADLIFT SET Stance	2x
	0:28	Here in your	4x8	3/1	4x
	0:43	Ref / Staying	4x8	1/1/1/1 DEADROW Use the last 2cts to transition the hands wide to TRIPLE WIDE DEADROW	4x
	0:58	C / Here in your	8x8	TRIPLE WIDE DEADROW Use the last 2cts to transition the hands back to MID GRIP	4x
2	1:29	(Low)	4x8	4/4 UPRIGHT ROW	2x
	1:43	V2 / You're ready	4x8	2/2/2/2 CLEAN & PRESS	2x
	1:59	C / Here in your	4x8	1/1/1/1 Use last 4cts to lower the bar to the chin, ready for STANDING O/H SHOULDER PRESS	4x
	2:14	You're ready	4x8	2/2 STANDING O/H SHOULDER PRESS	4x
	2:30	Rep / Here in your	2x8	4/4	1x
3	2:37	Br /	2x8	TRANSITION: Bar onto the upper back, ready for SQUAT WIDE Stance	
	2:45	V3 / Rain eh?	4x8	4/4 SQUAT WIDE Stance	2x
	3:00	Here in your	4x8	3/1	4x
	3:15	Ref / Staying	4x8	2/2	4x
	3:30	C / Here in your	4x8	1/1	8x
	3:46	_ Staying	4x8	2/2 Use the last 4cts to step R leg B, ready for LUNGE L	4x
4	4:01	(Low)	4x8	4/4 LUNGE L, R leg B	2x
	4:16	V4 / You're ready	4x8	2/2 Use the last 4cts to transition to other side	4x
	4:31	C / Here in your	4x8	2/2 LUNGE R, L leg B	4x
	4:47	You're ready	4x8	4/4	2x
	5:02	Outro /	2x8	Bar down, shake out arms and legs	



01. HERE IN YOUR ARMS 5:10mins

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, toes turned out slightly**
- **Soften the knees**
- **Hands thumb-distance from thighs**
- **Chest lifted**
- *Shoulders up, back and down towards 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**
- **Triple Wide Deadrow – Hands wide on barbell, bar to knees, lower ribs, knees and set**

BLOCK 2

LAYER 1 / LAYER 2

The second block is focused on developing good pulling Technique – Upright Row building to the Clean & Press. Coach clear Position and Execution to get everyone used to the Timing and Execution, preparing them for the Back track. Early cues are needed so your participants don't miss that the final Clean finishes at the chin, ready for Shoulder Presses to end the block.

- **Upright Row – Bar stops at lower chest, elbows wide**
- **Clean & Press – Pull and catch, bent knees, core braced, chest lifted, bar close to body**
- **Lunge – Long step back, back knee down, front thigh parallel to the floor**
- **Standing Overhead Shoulder Press – Bar starts at chin level, press up to ceiling, elbows in, core braced, chest lifted and chin tucked in**

BLOCK 3 / BLOCK 4

LAYER 1 / LAYER 2

The third and fourth blocks are focused on developing good squatting and lunging Technique. Coach clear Position and Execution to get everyone used to the timing. Once your participants are moving well, encourage full range of motion to get their bodies ready for the workout ahead, both physically and mentally. Help them connect with their goals for the workout. Can you think of how you can communicate this to them?

- **Wide-Stance Squat – Feet outside hip-width, heel-toe wider, hips go back and down, knees track forward over toes, chest lifted, core braced, 90 degrees**
- **Lunge – Long step back, back knee down, front thigh parallel to the floor**

CONNECTION

Welcome your class to the workout by being engaging and showing your love of resistance training. Connect with everyone in the room.



02. SQUATS

WEIGHT SELECTION

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

TRACK FOCUS

Coach your class through the Mid, Wide and Wider Squat stances; three rounds to maximize range and tension, with a big focus on control to build muscular strength and endurance with minimal recovery.

MUSCLE FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	8x8 Set up SQUAT MID Stance	
	0:28	Instr / (Synth)	20x8 4/4 SQUAT MID Stance	10x
	1:26	(Drop)	8x8 2/2	8x
	1:50	(Stagger)	4x8 1/1/2	4x
			Use the last 4cts to transition to SQUAT WIDE Stance	
2	2:01	V2 / _ Felt the	8x8 4/4 SQUAT WIDE Stance	4x
	2:24	_ You	8x8 3/1	8x
	2:48	Instr / (Drop)	8x8 2/2	8x
	3:11	_ You	8x8 1/1/2	8x
	3:34	_ You	8x8 8x BOTTOM HALF (32cts)	2x
			Use the last 4cts to transition to SQUAT WIDER Stance	
3	3:58	V3 / _ Felt the	40x8 REPEAT BLOCK 2 in WIDER Stance	
			RECOVERY: Shake out legs, Quadricep Stretch	



02. SOUND OF YOU 5:58mins

TECHNIQUE AND COACHING

1. MID STANCE

LAYER 1

Coach Layer 1 Position and Execution set-up of the MID-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 to follow you easily. We are also creating the mindset approach for the workout ahead.

- Mid-Stance Squat
- **Feet outside hip-width**
- **Toes turned out slightly**
- **Abs braced, chest lifted**
- Slow 4/4 timing
- Bring your elbows forward under the bar
- Create strength through the upper back
- **Hips sit back and down**
- **Push your knees out through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line** – that's your range
- Squeeze shoulder blades towards the spine
- Control is the focus
- We love the smooth timing
- Priming the legs
- Imagine you're sitting down on a box
- Fast and slow

2. WIDE STANCE

LAYER 1 / LAYER 2

Block 2 uses the Wide Stance with a 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.

- **Feet outside hip-width, heel-toe wider for Wide-Stance Squat, toes turned out slightly**
- **Core braced, chest lifted**
- **Keep sitting the hips back and down**
- **Knees push out to load the glutes** and for good alignment
- **Butt stops just above knee line**
- Again, stay with control
- No rest at the top and no rest at the bottom
- You are where you need to be
- Find your range
- Here comes the change – feel the burn
- Feel the release
- Super slowly, team



02. SOUND OF YOU 5:58mins

TECHNIQUE AND COACHING

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 people 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 that you're with them feeling every rep. This really is THE REP EFFECT™ in action!

- **Wider Stance – heel-toe wider**
- No recovery – you can do this
- This time round, **push your knees out further** to fire more into the glutes
- Strong base
- Let's follow the music
- 8 Bottom Halves
- Stay low and put the pressure on
- Strength endurance comes from this sort of training
- Train with control
- Time under tension is going to give you the results you are looking for
- Continuous tension
- Sinking in with the sounds – that's the magic
- The unique BODYPUMP feeling that gives us our results

PUMP FACT

The wider the stance, the less the knees track forward in the sagittal plane. This is how wider stances can assist participants to keep their trunk upright and sit a little deeper in their Squat.



03. CHEST

WEIGHT SELECTION

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

MUSCLE FOCUS

Chest Press: Pectorals, triceps and deltoids

TRACK FOCUS

Two massive blocks of work with the barbell and a recovery halfway through. Encourage your participants to take a longer recovery if needed. Coach great Timing and Target zones for precise Execution of the Chest Press, along with great motivational coaching to help them get to the finish line.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / They could	1½x8 Set up CHEST PRESS	
	0:10	V1 / Boba tee	7x8 2/2 CHEST PRESS	7x
	0:35	Gnarly	4x8 2/2 STAGGERED CHEST PRESS	4x
	0:50	C / Hottie	8x8 2x BOTTOM HALF CHEST PRESS (8cts)	8x
	1:18	Br /	1x8 HOLD	
	1:21	V2 / Beats	4x8 2/2 CHEST PRESS	4x
	1:36	_ Gnarly	4x8 2/2 STAGGERED CHEST PRESS	4x
	1:50	C / Hottie	8x8 2x BOTTOM HALF CHEST PRESS (8cts)	8x
2	2:19	Everything	2½x8 RECOVERY: Sit up, shake out arms	
	2:27	V3 / Boba tee	REPEAT BLOCK 1	
	3:34	Br /	17x8 REPEAT BLOCK 1	
			RECOVERY: Shake out arms and roll shoulders. Chest Stretch	



03. GNARLY 4:38mins

TECHNIQUE AND COACHING

1. CHEST PRESS

LAYER 1 / LAYER 2

Coach your class into the Position set-up for the Chest Press. Use **NETT** to coach Target zones and Timing so your participants are moving well with Execution, and they can follow the timing successfully with the music. Bring in a Layer 2 focus to help them understand how to improve their Execution and Manipulate the Intensity.

- **Hands wide on the bar**
- *Feet hip-width apart, close to bench*
- **Bar over shoulders**
- *2/2 – get a feel for the timing*
- **Target – middle of the chest**
- **Core braced, lower back towards the bench**
- *Draw the ribs down to create a great lifting position under the bar*
- *Elbows directly under the wrists*
- **Elbows to the top of the bench for range**
- *Stagger 2/2*
- *Changing the tempo*
- *As soon as you hit the bottom range you're pushing*
- *Bottom half to create tempo*
- *Locked and loaded position*
- *Shoulders down, away from the ears*
- *Feel the chest working*
- *Stable upper body*
- *We have a very strong base*
- *Tension builds in the bottom half*

2. CHEST PRESS

LAYER 2 / LAYER 3

Halfway through... halfway to go! We focus on time under tension to burn and shape the muscles of the chest. Encourage your participants to work for quality reps with good Execution, no matter what their level is. Right now they need your help to get more out of this final block of work. What will you say and do to help them finish strong with the barbell?

- *Now reset the body again*
- *Let's feel the technique in this block*
- *Focus on pulling your shoulder blades together on the way down to open up the chest*
- *As you pull the shoulder blades down, it puts you in the best position for the Chest Press*
- *Keep the range – elbows to top of bench*
- *Work in the bottom range*
- *Can you feel your upper back pressing into the bench to stabilize and keep the work in the isolated muscles? Yes, you can*
- *We are getting BODYPUMP strong*

PUMP FACT

Elevating the chest while keeping the lower back towards the bench creates the best platform for a Chest Press.



BONUS

03. CHEST

WEIGHT SELECTION

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

MUSCLE FOCUS

Chest Press and A-Press: Pectorals, triceps and deltoids

TRACK FOCUS

The first half of the track is with the barbell for Chest Press and A-Press with weight plates for the second half of the track. This combination of moves brings fast fatigue. Coach great Timing and Targets for precise Execution in both moves, along with great motivational coaching to help participants get to the finish line.

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8	Set up CHEST PRESS	
	0:14	V1 / By any means	8x8	4/4 CHEST PRESS	4x
	0:33	PC / I ain't	4x8	8/8	1x
	0:43	C / _ Go hard	8x8	1/1	8x
2	1:02	V2 / _ Everyday	12x8	4/4 CHEST PRESS	6x
	1:31	PC / I ain't	4x8	8/8	1x
	1:41	C / _ Go hard	8x8	1/1	8x
3	2:00	Ref / _ Everyday	8x8	4/4 CHEST PRESS	4x
	2:19	C / _ Go hard	8x8	1/1	8x
4	2:38	Instr / (Low)	4x8	TRANSITION: Bar down, pick up weight plates, ready for A-PRESS	
	2:48	V3 / By any means	8x8	4/4 A-PRESS	4x
	3:07	PC / I ain't	4x8	8/8	1x
	3:17	C / _ Go hard	8x8	1/1	8x
5	3:36	V2 / _ Everyday	12x8	4/4 A-PRESS	6x
	4:05	PC / I ain't	4x8	8/8	1x
	4:14	C / _ Go hard	8x8	1/1	8x
6	4:34	Ref / _ Everyday	8x8	4/4 A-PRESS	4x
	4:53	C / _ Go hard	8x8	1/1	8x



BONUS

03. RUN IT UP 5:15mins

TECHNIQUE AND COACHING

1. CHEST PRESS

LAYER 1

Coach your class into the Position set-up for the Chest Press. Use **NETT** to coach Target zones and Timing so your participants are moving well with Execution, and they can follow the timing successfully with the music.

- **Hands wide on the bar**
- Feet hip-width apart, close to bench
- **Bar over shoulders**
- 4/4 – get a feel for the timing
- **Target – middle of the chest**
- **Core braced, lower back towards the bench**
- Draw the ribs down to create a great lifting position under the bar
- Elbows directly under the wrists
- **Elbows to the top of the bench for range**
- Changing the tempo
- Singles
- It's like there is a pause at the bottom and at the top

2 & 3. CHEST PRESS

LAYER 2 / LAYER 3

The first block is short, so continue to coach Execution of the Chest Press for a solid foundation. Once your class is moving well, bring in Layer 2 coaching cues that focus on helping participants understand how to improve their Execution and manipulate the Intensity.

- Drive the upper back down into the bench
- Elevate the chest up
- Shoulders down, away from the ears, and feel the chest working
- Stable upper body
- We have a very strong base
- Tension is building fast
- Drive through the heel of the hand on every Press
- Feel the push; feel the pull
- Every day we are doing something for our fitness to keep us strong
- Timing is building the tension

4. A-PRESS

LAYER 1

Halfway through... halfway to go! Plates are up for the A-Press. Use **NETT** to coach Target zones and Timing so your participants are moving well with Execution, and they can follow the timing successfully with the music.

- Now reset the body again
- **Hands shoulder-width apart**
- Anchor the feet to the floor
- **Core braced, lower back close to bench**
- **Target is top of the bench for the A-Press**
- Create a capital A shape – wide at the base, narrow at the top
- We are bringing our bodies to fatigue

5 & 6. A-PRESS

LAYER 2 / LAYER 3

We focus on getting participants back on the Timing and Target zones for big tension in the final blocks of work with the plates. The challenge comes from finding stability with the weight plates. Encourage your class to work for quality reps with good Execution, no matter what their level is. Right now they need your help to get more out of this final block of work. What will you say and do to help them finish strongly?

- Stay on that good timing
- The timing brings us to fatigue
- We are isolating
- We love it
- Run it up
- Push it up
- We have to stabilize to get strong in both arms
- Power time
- We love that squeeze in the chest
- So much control, everyone



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

Three big blocks to challenge strength endurance. We focus on building isolated and dynamic power through solid coaching and role-modeling strong Execution for everyday life. Encourage your participants to use extra weight plates for a challenge.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up SET Position SHOULDER ROLL	1x
	0:19	Instr / (Piano)	4x8 4/4 DEADLIFT SET Stance	2x
	0:32	(Beat)	4x8 3/1	4x
	0:46	(B up)	4x8 1/1/1/1 DEADROW	4x
	1:00	(Drop)	8x8 1/1/1/1 CLEAN & PRESS OPTION: 1x 1/1/1/1 CLEAN & PRESS, 1x 1/1/1/1 DEADROW x4 Use the last 2cts to transition the hands wide, ready for a WIDE DEADROW	8x
	1:27	(Drop pulse)	5x8 1/1/1/1 WIDE DEADROW	5x
	1:44	(Low drop)	4x8 TRIPLE WIDE DEADROW	2x
2	1:58	(Low piano)	4x8 RECOVERY: Bar down, shake out arms and legs, Torso Twists OPTION: Add more weight	
	2:12	(Beat)	4x8 3/1 DEADLIFT	4x
	2:25	(B up)	4x8 1/1/1/1 DEADROW	4x
	2:39	(Drop)	8x8 1/1/1/1 CLEAN & PRESS OPTION: 1x 1/1/1/1 CLEAN & PRESS, 1x 1/1/1/1 DEADROW x4 Use the last 2cts to transition the hands wide, ready for a TRIPLE WIDE DEADROW	8x
	3:07	(Low drop)	4x8 TRIPLE WIDE DEADROW	2x
3	3:20	(Low piano)	24x8 REPEAT BLOCK 2 OPTION: Add more weight	
	4:43	Outro /	4x8 4/4 WIDE DEADLIFT RECOVERY: Upper and lower back stretches	2x

SMARTSTART

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



04. STACKS 4:57mins

TECHNIQUE AND COACHING

1. DEADLIFT / DEADROW / CLEAN & PRESS / WIDE DEADROW / TRIPLE WIDE DEADROW

LAYER 1 / LAYER 2

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 for shoulder blade engagement
- Super slow Deadlift
- **Hinge forward from the hips**
- **Core braced, chest lifted**
- **Bar to top of knees**
- 3 and 1 tempo
- Drive out of the heels to engage the glutes
- 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, chest lifted**
- Elbows stay close to the body
- **Squeeze shoulder blades together**

CLEAN & PRESS

- **Catch bar high on collarbones**
- **Core braced on the Squat**
- **Keep bar close to body**
- **Elbows forward of the face in the Press**
- Option: 1x Clean, 1x Row
- Feel how the glutes transfer the vertical force on the pull and the Press
- Glutes drive the hips
- Hips drive the power

TRIPLE WIDE DEADROW

- Hands wide for Wide Deadrows
- All the same hinging principles are re-applied
- **Target is bottom of the ribs**
- **Chest lifted, core braced**
- **Squeeze the shoulder blades together**
- Stay down for the Triple Deadrow
- Lock the body down
- Access more muscles in the upper back

2. DEADLIFT / DEADROW / CLEAN & PRESS / TRIPLE WIDE DEADROW

LAYER 2 / LAYER 3

Motivate your participants to drive their training results by coaching to a Layer 2 focus; Improving Execution and 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 setting in fast.

- Add extra weight if you're feeling good
- Bend the knees and pick the bar up
- Strong SET Position
- 3/1 Deadlift
- Let's bring some attitude into this block
- It's coming back
- We are going bigger this time
- 8x Cleans in a row
- Keep it simple
- Glutes drive the hips, and the hips drive the power
- Unleash the power in your body
- Triple Wide Deadrow
- Stable bodies



04. STACKS 4:57mins

TECHNIQUE AND COACHING

3. DEADLIFT / DEADROW / CLEAN & PRESS / TRIPLE WIDE DEADROW

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 setting 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.

- *Shake it out, recover*
- *Option to add more weight*
- *Last round – the muscles are fatigued*
- *Now is not the time to quit*
- *Let's get strong together*
- *Use the legs for power*
- *Faster under the barbell*
- *We are getting stronger – BODYPUMP strong*

PUMP FACT

Squeezing the shoulder blades together during Rows not only engages the muscles of the upper back – it also protects the shoulders from excessive joint stress.



05. TRICEPS

Please note this track contains explicit content. The alternative song can be used in its place. Please use *Golden Sun* with the same choreography when teaching Track 05.

WEIGHT SELECTION

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

MUSCLE FOCUS

Tricep Overhead Extension: Triceps and deltoids
Tricep Dip: 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 V1 / _ You know	2x8	Set up TRICEP DIP	
	0:13 _ And so I take	4x8	4/4 TRICEP DIP	2x
	0:28 _ Ahhhhhh	4x8	2/2	4x
	0:43 PC / Uh-huh	8x8	COMBINATION 1 (16cts): 2x 1/1 TRICEP DIP (8cts) 1x 2/2 (8cts) OPTION: Sit on the bench	4x
2	1:13 V2 / _ Telling secrets	4x8	TRANSITION: Pick up weight plate, ready for SEATED O/H TRICEP EXTENSION	
	1:29 _ Ahhhhhh	4x8	2/2 SEATED O/H TRICEP EXTENSION	4x
	1:44 QC / We’re hot	8x8	COMBINATION 1 (16cts): 2x 1/1 SEATED O/H TRICEP EXTENSION (8cts) 1x 2/2 (8cts)	4x
	2:14 Get up off	4x8	2/2 SEATED O/H TRICEP EXTENSION	4x
	2:29 Br /	1½x8	HOLD	
	2:31 C / We’re hot	8x8	COMBINATION 1 (16cts)	4x
	3:02 Hyper sexy	1x8	2/2 SEATED O/H TRICEP EXTENSION	1x
3	3:06 V3 / _ Telling	4½x8	TRANSITION: Pick up weight plates, and lie back on bench, ready for TRICEP PLATE EXTENSION OPTION: Use barbell	
	3:23 _ Ahhhhhh	4x8	2/2 TRICEP PLATE EXTENSION	4x
	3:38 QC / We’re hot	8x8	COMBINATION 1 (16cts): 2x 1/1 TRICEP PLATE EXTENSION (8cts) 1x 2/2 (8cts)	4x
	4:09 Get up off	4x8	2/2 TRICEP PLATE EXTENSION	4x
	4:24 Br /	1½x8	HOLD	
	4:26 C / We’re hot	8x8	COMBINATION 1 (16cts)	4x
	4:56 Hyper sexy	1x8	2/2 TRICEP PLATE EXTENSION	1x
			RECOVERY: Shake out arms, Tricep Stretches	



ALT

05. TRICEPS

GOLDEN SUN 5:01mins

Please use this song in replacement of *Super Graphic Ultra Modern Girl* with the same choreography when teaching Track 05.

WEIGHT SELECTION

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

MUSCLE FOCUS

Tricep Overhead Extension: Triceps and deltoids
Tricep Dip: 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 /	2x8 Set up TRICEP DIP	
	0:13	You're already	4x8 4/4 TRICEP DIP	2x
	0:28	Oh yeah	4x8 2/2	4x
	0:43	I'm not fair	8x8 COMBINATION 1 (16cts): 2x 1/1 TRICEP DIP (8cts) 1x 2/2 (8cts) OPTION: Sit on the bench	4x
2	1:13	C / Reality	4x8 TRANSITION: Pick up weight plate, ready for SEATED O/H TRICEP EXTENSION	
	1:29	I'm not fair	4x8 2/2 SEATED O/H TRICEP EXTENSION	4x
	1:44		8x8 COMBINATION 1 (16cts): 2x 1/1 SEATED O/H TRICEP EXTENSION (8cts) 1x 2/2 (8cts)	4x
	2:14	(Beat)	4x8 2/2 SEATED O/H TRICEP EXTENSION	4x
	2:29	Too hot to bare	½x8 HOLD	
	2:31		8x8 COMBINATION 1 (16cts)	4x
	3:02	Just living in	1x8 2/2 SEATED O/H TRICEP EXTENSION	1x
	3:06	(Quiet)	4½x8 TRANSITION: Pick up weight plates, and lie back on bench, ready for TRICEP PLATE EXTENSION OPTION: Use barbell	
3	3:23	I'm not fair	4x8 2/2 TRICEP PLATE EXTENSION	4x
	3:38		8x8 COMBINATION 1 (16cts): 2x 1/1 TRICEP PLATE EXTENSION (8cts) 1x 2/2 (8cts)	4x
	4:09	(Beat)	4x8 2/2 TRICEP PLATE EXTENSION	4x
	4:24	C / Hot to bare	½x8 HOLD	
	4:26		8x8 COMBINATION 1 (16cts)	4x
	4:56	Just living in	1x8 2/2 TRICEP PLATE EXTENSION	1x
			RECOVERY: Shake out arms, Tricep Stretches	



05. SUPER GRAPHIC ULTRA MODERN GIRL 5:01mins

TECHNIQUE AND COACHING

1. TRICEP DIP

LAYER 1

Coach Position and Execution set-up with a focus on Target zones and Timing for the Tricep Dip. It's a short set so offer options early for your participants. Then encourage precise Technique to build isolation in the back of their arms.

- *Fingers forward*
- **Butt off bench**
- **Chest lifted**
- *Squeeze shoulder blades together to hold the upper-body posture*
- *Lower body down*
- *Bend elbows to the rear*
- *Locking in the elbow position early on*
- **Core braced**
- **Your butt stays close to the bench**
- *Option: Sit on bench and work from there*
- *Keep a vertical line as we drop*
- *Short set today*

2. SEATED OVERHEAD PLATE EXTENSION

LAYER 1 / LAYER 2

Coach Position and Execution set-up with focus on Target zones and Timing for the Tricep Extensions with the weight plate. 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 that are available to them.

- *Transition to a heavier weight plate*
- *Sit on the edge of the bench*
- *Press knees open to keep the spine long*
- *Overhead Extensions*
- *2/2 timing*
- **Weight plate to base of neck**
- **Chest lifted**
- **Full extension to the top**
- *Elbows in*
- *Shoulders down*
- **Core braced and lock the body to stabilize**
- *Longer set now*
- *Lock the elbow position to maintain the isolation*
- *Feel the speed on the singles*
- *Control on the 2/2*
- *The upper arm is still*
- *Have you got it?*

3. TRICEP PLATE EXTENSION

LAYER 1 / LAYER 2 / LAYER 3

This final block of work is super challenging as we use weight plates for the Tricep Extension work. Coach a Layer 2 focus of creating stability to achieve isolation. Encourage your participants to finish the block as best they can. What will you say and do to Motivate everyone to the finish line?

- *2x light-medium weight plates*
- *1 in each hand*
- *Lie down on bench*
- *Feet hip-width apart*
- **Abs braced to keep the lower back close to the bench**
- **Weight plates directly above shoulders**
- *Plate extensions*
- **Target is the temples**
- *This is a little more challenging to stabilize*
- *Let's lock in the elbow position because the combo is coming back*
- *Access the heat and bathe in the burn for 30 seconds*
- *Combo everyone – home stretch*
- *The last reps are our magic moments*

PUMP FACT

Weight plate extensions allow us to individually load each side. This can help us work on asymmetries and imbalances that can compromise our performance.



06. BICEPS

WEIGHT SELECTION

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

MUSCLE FOCUS

Biceps

TRACK FOCUS

Focus on coaching stability to find the tension,
isolation and control in the Bicep Curls. Clearly
coach Timing to hook your participants into the
feel and musical energy of the combination.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07	Intro /	2x8 Set up BICEP PLATE CURL	
			SHOULDER ROLL	1x
	0:12	C / _ R U sleeping	2x8 4/4 BICEP PLATE CURL SET Stance	1x
	0:18	V1 / It there	4x8 2/2	4x
	0:29	C / _ R U sleeping	8x8 COMBINATION 1 (16cts): 1x 2/2 BICEP PLATE CURL (8cts) 1x 1/1/2 (8cts)	4x
	0:51	V2 / I ain't sleepin	8x8 3/1	8x
2	1:13	_ When I grab	8x8 COMBINATION 1 (16cts)	4x
	1:35	QC / _ R U sleepin	2x8 TRANSITION: Weight plates down, shake out arms, pick up the bar	
	1:40	V3 / I verse	8x8 3/1 BICEP CURL	8x
	2:02	_ When I grab	8x8 COMBINATION 1 (16cts): 1x 2/2 BICEP CURL (8cts) 1x 1/1/2 (8cts)	4x
3	2:24	Br / (Low)	2x8 TRANSITION: Bar down, shake out arms, pick up the weight plates	
	2:30	Instr /	4x8 4/4 BICEP PLATE CURL	2x
	2:41	V4 / It there	4x8 2/2	4x
	2:51	C / _ R U sleeping	8x8 COMBINATION 1 (16cts)	4x
	3:13	V5 / I ain't sleepin	16x8 COMBINATION 1 (16cts): 2x 4/4 BICEP PLATE CURL (8cts) 1x 1/1/2 (8cts)	
4	3:57	QC / _ R U sleepin	18x8 REPEAT BLOCK 2	
			RECOVERY: Weight plates down, shake out arms, Bicep Stretches	



06. R U SLEEPING 4:53mins

TECHNIQUE AND COACHING

1. BICEP PLATE CURL

LAYER 1

Use Layer 1 Position and Execution cues to get your participants moving with great Timing, Target zones and range, hooking them into the feel and strength of the song.

- *Pick up your weight plates to start*
- *SET Position*
- *Super slow Bicep Curl*
- *We are on the 2/2 timing*
- **Target shoulders and thighs**
- *Twist the plates as you lift*
- **Elbows under shoulders**
- **Chest lifted**
- **Abs engaged**
- *Smooth and controlled on the 2/2*
- *Up and stop on the 1/1/2*
- *The key is to control the weight plates on the way down*
- *Back to the combination*
- *We focus on nailing the timing of the combo*

2. BICEP CURL

LAYER 1 / LAYER 2

The second block is a short one with the barbell, so encourage your participants to challenge their weight selection. 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.

- *Plates down, grab your barbell*
- *Underhand grip, team*
- *Roll your shoulders and set your position*
- *3/1 timing*
- *We focus on full range*
- *All the way up and all the way down*
- *We lengthen to strengthen*
- **Core braced, chest lifted**
- *Combo is coming back*
- *You want that tension in the arms on the 1/1/2 timing and the pump*

3 & 4. BICEP CURL

LAYER 2 / LAYER 3

Halfway through – back to the weight plates for the third block and a barbell for the final block of work. Muscular overload and tension are building, and your participants will need you to Motivate them to the finish line, especially on the Pulses. How will you bring your class to the end?

- *Grab your weight plates everyone*
- *We are halfway through*
- *No missed reps for us*
- *We are back on the 2/2 timing*
- *Lock the elbow under for the combo*
- *Are you ready?*
- *Take it there*
- *We move from the slow control to the fast pump*
- *It's all about the feel*
- *3/1 – we know the deal*
- *Full range and control*
- *Team, we are heading into the final block*
- *If you feel like your arms are about to explode, you're in the right place*
- *Barbells to finish, team*
- *Lengthen to strengthen*
- *Bank the timing*
- *Bank the full range*
- *Get the pump on!*

PUMP FACT

Because of the effects of lever length and gravity the mid range of a Bicep Curl encounters the greatest resistance. Coaching your participants to avoid swinging the weight and keeping their trunk stable through this part of the Curl will ensure they get the most out of their bicep training.



07. LUNGES

WEIGHT SELECTION

REGULARS: 1x medium–heavy weight plate
NEW: 1x light weight plate
OPTIONS: 1x light barbell, or body weight

MUSCLE FOCUS

Lunges: Glutes and quadriceps

TRACK FOCUS

Focus on coaching alignment of the Lunges with the new front rack position to help your participants set great Technique from the start of the track. Then, focus on holding them in the Intensity. Offer equipment options to keep them engaged, creating success for everyone. Demonstrate the front rack position.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / _ Ooh, sometimes	4x8	Set up SINGLE-ARM PLATE FRONT RACK LUNGE L Hold weight plate end in R hand, rest plate on R shoulder. Step R leg B
	0:19	V1 / _ Only days	6x8	2/2 LUNGE L , R leg B
	0:40	_ Keep the	6x8	3/1
	1:02	_ Sometimes	4x8	1/1
	1:16	_ Only days	4x8	1/2/1 Weight plate down by R side on last 2cts
	1:30	_ Keep the	4x8	4/4
	1:44	_ Ooh, some	4x8	1/1
	1:59	_ Sometimes	8x8	8x BOTTOM PULSE
2	2:27	_ Ooh, some	40x8	REPEAT BLOCK 1 for SINGLE-ARM PLATE FRONT RACK LUNGE R , L leg B RECOVERY: Shake out legs, Quadricep Stretches



07. MIND STILL 5:00mins

TECHNIQUE AND COACHING

1. SINGLE-ARM PLATE FRONT RACK LUNGE LAYER 1

Use simple cues to coach Position and Execution of the Lunges. Bring focus to alignment, Target zones and Timing.

- *If you're using the weight plate, this position will offset the weight and challenge stability*
- *Grab the end of the weight plate*
- *Hand threads through*
- **Wrist and forearm aligned**
- *Rest the weight plate on your shoulder*
- *Close the armpit*
- **Chest lifted**
- **Long step back for the Lunge**
- *Lift the back heel off the floor*
- **Square hips and shoulders to the front**
- *2/2 Lunge*
- *Back knee down*
- **Front knee out over toes**
- **90/90 is the range**
- *Let's slow it down with the core tension, lock in the upper-body position*
- *Here's the challenge – 1/2/1*
- *Pause and drive into the floor*
- *Release your weight plate down by your side*
- *8x Pulses to deepen the tension*
- *Feel the legs burning now*

2. SINGLE-ARM PLATE FRONT RACK LUNGE LAYER 2 / LAYER 3

This is a long endurance block of Lunges. 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 the Intensity builds in this longer block of work. The focus is on squaring the hips to the front to fire up both glutes, while holding the front rack position.

- *All on the other side*
- *Reset the weight plate to the other side*
- *Long Lunge position*
- *This is a more challenging offset position for the plate*
- *The glutes have to stabilize more*
- *Drive into the floor*
- *Let's move with more power*
- *Tempo change – drop and release*
- *Keep the back foot turned to the front so the load is in both legs*
- *We have Pulses – stay low*
- *Lean into the challenge*
- *Stay with us – build the strength*

PUMP FACT

Training with a weight plate on one side when lunging increases the challenge on the gluteus medius on the opposite side. This is a great way to improve stability and control in our Lunges.



08. SHOULDERS

WEIGHT SELECTION

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

NEW: 1x light barbell and 2x light weight plates

MUSCLE FOCUS

Plate work: Deltoids, trapezius, muscles of the upper back

Barbell work: Deltoids, trapezius

TRACK FOCUS

We train the shoulders with a 3-dimensional focus – front, side, rear – with weight plate work, to pre-fatigue the shoulders, along with compound work in the final block. Clearly coach the Position and Execution set-up for all of the exercises so your participants develop good Technique and can create Precision and tension in the muscles for the entire track.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low synth)	4x8	Set up REAR DELTOID FLY
	0:19	Instr / (Synth)	4x8	4/4 REAR DELTOID FLY 2x
	0:32	(Beat)	4x8	2/2 4x
	0:46	(Low dramatic synth)	4x8	2/2 SIDE RAISE SET Stance 4x
	1:00	(B up)	4x8	2/2/2/2 SIDE RAISE / FORWARD PRESS (16cts) 2x
	1:13	(Drop)	8x8	1/1/1/1 (8cts) 7x
				Use the last 8cts to transition to the floor for PUSHUP
	1:41	(Driving beat)	4x8	2/2 PUSHUP 4x
2	1:55	(Low beat)	4x8	1/1 8x
	2:08	(Low synth)	36x8	REPEAT BLOCK 1 Down and hold to finish
3	4:12	(Low synth)	4x8	TRANSITION: Up on feet, pick up bar, ready for STANDING UPRIGHT ROW
	4:25	(Synth)	4x8	4/4 STANDING UPRIGHT ROW SET Stance 2x
	4:39	(Beat)	4x8	2/2 4x
	4:53	(Low dramatic synth)	4x8	1/1 8x
	5:07	(B up)	4x8	2/2 4x
				Use the last 4cts to transition to STANDING O/H SHOULDER PRESS
	5:20	(Drop)	4x8	1/1 STANDING O/H SHOULDER PRESS 8x
	5:34	(Drop)	4x8	2/2 4x
	5:48	(Driving beat)	4x8	1/1 8x
				OPTION: STANDING PUSH PRESS
	6:01	(Low beat)	4x8	2/2 4x
				RECOVERY: Plates down, shake out arms. Deltoid Stretches



08. LIFT OFF 6:18mins

TECHNIQUE AND COACHING

1 & 2. REAR DELTOID FLY / SIDE RAISE / FORWARD PRESS COMBINATION / PUSHUP LAYER 1 / LAYER 2 / LAYER 3

We begin the first block with weight plate work for the front, side and rear of the deltoids. Focus on clear coaching of the direction of the plates along with clear Timing and Target zones for Precision and success. Only say what is needed for clarity. The block finishes with Pushups. In the second block, we repeat all the exercises again with a Layer 2 focus of Improving Execution and Manipulating Intensity.

REAR DELTOID FLY

- Grab your light weight plates
- **Tip forward from the hips**
- Rear Fly, slowly
- **Elbows lead and stop just under the shoulders**
- **Chest lifted**
- **Core braced to support the lower back**
- Back long and straight
- Open your wings like a bird
- Can you **squeeze through the shoulder blades in this block?**

SIDE RAISE

- **Elbows lead the movement**
- **Elbows stop under the shoulder line**
- Isolated movements – feel it and trap it

SIDE RAISE / FORWARD PRESS COMBINATION

- Side Raise and Forward Press
- **Weight plates are just under the shoulder line**
- Make it faster now
- Forearms are parallel to the floor
- **Chest lifted, core braced**
- Maintain tension in the whole body to stay strong
- Bend the knees even more
- The strong push and pull

PUSHUP

- **Hands outside shoulder-width**
- On knees or toes
- **Chest to elbow level**
- **Back long and straight**
- We are pre-fatigued
- Stay strong in the rep
- Don't let the burn escape
- We are teaching and training our bodies to move under load

3. UPRIGHT ROW / STANDING OVERHEAD SHOULDER PRESS

LAYER 1 / LAYER 2

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

UPRIGHT ROW

- Grab your barbell
- Upright Row, super slowly
- **Strong SET Position**
- **Bar to the lower chest**
- **Core braced, chest lifted**
- More compound focus
- Lift the shoulders up
- Singles now – every time you're pulling the bar, you are feeling the shoulders gaining the pump

STANDING OVERHEAD SHOULDER PRESS

- Transition to the Overhead Press
- **Barbell from the chin to the ceiling**
- **Elbows forward of the face**
- **Core braced to stabilize your body**
- Slow yourself down now – 2/2
- Feel the load; feel the work in the shoulders
- Do the work
- Stay focused everyone
- Challenge yourself
- Push Press the bar; use the legs if you need to
- The hardest reps reveal themselves at the end

PUMP FACT

Keeping the bar slightly forward in a Press keeps the load in the muscles and prevents participants from locking their shoulders into a compromised position.



09. CORE

WEIGHT SELECTION

REGULARS: 1x medium barbell, 1x light weight plate, 1x medium weight plate
NEW: 1x light barbell, 1x light weight plate

MUSCLE FOCUS

Shootout: Lower and upper abs
Weighted Hip Bridge: Posterior chain
Hover/Side Hover: Rectus abdominis, obliques, shoulders and triceps

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 to understand how to increase or decrease the level of Intensity so everyone is successful.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up WEIGHTED HIP BRIDGE Bar across lap	
	0:12	(Low drum)	8x8 4/4 WEIGHTED HIP BRIDGE	4x
	0:43	(Beat)	8x8 2/2	8x
	1:13	(Whistle)	12x8 TRIPLE-PULSE WEIGHTED HIP BRIDGE	12x
2	1:59	(Horn)	4x8 TRANSITION: Bar down, to a HOVER , arms crossed in front, weight plate ready	
	2:15	(B up horn)	4x8 HOVER OPTION: On knees Grab a light weight plate in L hand, ready for ROTATING SIDE HOVER L	
	2:30	(Beat)	8x8 2/2 ROTATING SIDE HOVER L OPTION: On knee	8x
	3:00		2x8 TRANSITION: Pick up a heavier weight plate, lie down on your back, ready for SHOOTOUT	
	3:08	(Faster beat)	6x8 2/2 SHOOTOUT	6x
	3:30		4x8 1/1/2	4x
3	3:46	(Horn)	28x8 REPEAT BLOCK 2 on R side	



09. GASOLINA 5:34mins

TECHNIQUE AND COACHING

1. WEIGHTED HIP BRIDGE

LAYER 1 / LAYER 2

Set the barbell to the hip crease for the huge block of weighted Hip Bridges. Keep the coaching simple to get everyone moving well, then Motivate, Educate and connect with the feeling of the move and music.

- **Barbell over the hip crease**
- Hip Bridge
- Drive out of heels
- **Squeeze butt**
- Extend to the top
- **Keep the core tight**
- Now we can feel the glutes driving the movement
- Slow moves to lock in the tension from the start
- The simplicity drives the intensity
- We should be feeling the big muscles working hard on the way up and way down
- Buckle up, it's a big one
- Small isolated Pulses to generate heat in the back of the legs

2. HOVER / ROTATING SIDE HOVER / SHOOTOUT

LAYER 1

Coach the Layer 1 Position and Execution of the Side Hover with clear coaching of the Timing and Target zones.

- Sit up
- Barbell down
- Light weight plate if you want to use it
- Setting up for Hover
- Cross the forearms
- On knees or toes
- **Back long and straight**
- **Core braced tightly**
- Grab the weight plate for the Rolling Hover
- Get ready
- One knee to both knees or pivot on your feet
- **Body rotates as one unit**
- Every time we come back to Hover, **square the hips and shoulders to front**
- **Focus is to lift the bottom hip off the floor**

SHOOTOUT

- Maybe grab a heavier weight plate
- Shootouts, lie down on floor
- Weight plate above shoulders
- Knees above hips
- **Core braced**
- **Shoot out to 45 degrees or toe-tap down**
- **Keep the lower back towards the floor** to engage the core
- Crunch up, lifting the shoulders off the floor
- **Ribs to hips**

3. HOVER / ROTATING SIDE HOVER / SHOOTOUT

LAYER 2 / LAYER 3

We finish the core work by repeating Block 2 on the other side: Hovers, Rolling Side Hovers and Shootouts. Coach options to help participants succeed as fatigue will be setting in. Challenge your participants to stay in the workout to the end as we strengthen the core cylinder, getting them ready for their next BODYPUMP workout.

- Come back into your Hover position
- Cross the forearms
- On knees or toes
- Core braced
- Back long and straight
- Keep hips in line with shoulders
- Rotating Hover
- One knee down or Split Stance
- Rotating the hips and shoulders as one unit
- Lift the bottom hip up
- Weight plate for Shootouts to finish
- We are 'hot-spotting' the core at every phase of this movement



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE
1	0:05 Intro /	2x8	Set up a HIP FLEXOR STRETCH
	0:14 V1 / I did that	4x8	KNEELING HIP FLEXOR STRETCH R, L leg F, TRICEP STRETCH R
	0:32 Eyes on me	4x8	KNEELING HAMSTRING STRETCH L
	0:51 (Low click)	2x8	TRANSITION: To the other side
	1:00 I did that	4x8	KNEELING HIP FLEXOR STRETCH L, R leg F, TRICEP STRETCH L
	1:19 Look at me	4x8	KNEELING HAMSTRING STRETCH R
2	1:37 (Low synth)	2x8	DOWN DOG
	1:46 I did that	4x8	90/90 GLUTE STRETCH L Lean F on last 2x8
	2:05 _ Do you like	5x8	90/90 GLUTE STRETCH R Lean F on last 2x8
3	2:28 _ Ohhh oh	2x8	TRANSITION: To standing
	2:37 I did that	2x8	STANDING QUADRICEP STRETCH L
	2:46 If you know	2x8	STANDING QUADRICEP STRETCH R
	2:56 If you know	2x8	STANDING UPPER BACK STRETCH Arms stretch out front, hands clasp together
	3:05 I did that	2x8	STANDING CHEST STRETCH Arms open wide



10. ATE THAT 3:16mins

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 light–medium barbell,
1x light–medium weight plate and 1x heavy
weight plate
NEW: 1x light barbell and 1x light weight plate

MUSCLE FOCUS

Standing Overhead Tricep Extension:
Triceps and deltoids
Tricep Dip: Triceps
Standing Bicep Curl: Biceps

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8	Set up STANDING O/H TRICEP EXTENSION
	0:19	Instr / (Beat)	4x8	2/2 STANDING O/H TRICEP EXTENSION SET Stance 4x
	0:34	V1 / _ Sorry	8x8	3/1 8x
	1:03	PC / _ This time	8x8	4/4 4x
	1:32	Instr / (Drop)	8x8	COMBINATION 1 (16cts): 2x 1/1 STANDING O/H TRICEP EXTENSION (8cts) 1x 1/1/2 (8cts) 4x
2	2:01	Br /	3x8	TRANSITION: Weight plate down, pick up heavy bar, ready for STANDING BICEP CURL
	2:12	_ You can call	2x8	2/2 STANDING BICEP CURL SET Stance 2x
	2:19	_ You can	4x8	3/1 4x
	2:34	PC / _ This time	4x8	4/4 2x
	2:49	Rep / This time	4x8	1/1 8x
	3:03	Instr / (Low beat)	4x8	TRANSITION: Bar down, move to bench, ready for TRICEP DIP NOTE: Use the long transition time to PREVIEW the exercise/option to participants
	3:18	(B up)	4x8	2/2 TRICEP DIP 4x
	3:32	(Drop)	8x8	COMBINATION 1 (16cts): 2x 1/1 TRICEP DIP (8cts) 1x 1/1/2 (8cts) 4x
3	4:02	Br /	33x8	REPEAT BLOCK 2 RECOVERY: Shake out arms, stretch triceps and biceps



45-MIN FORMAT

05. NO MONEY (DILLON FRANCIS REMIX) 6:05mins

TECHNIQUE AND COACHING

1. STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

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

- Overhead Tricep Extensions
- 2/2 timing
- **Plate to base of neck**
- **Full extension to the top**
- Elbows in
- Shoulders down
- **Core braced and squeeze glutes to stabilize the body**
- Can you squeeze your elbows in to maximize the isolation?
- 3/1 is about resisting on the way down
- Overcome the challenge
- Feel the load in the back of the arm
- The music is going to lean us into the combination
- 2x singles and 1/1/2
- Hold it, then release slowly

2. STANDING BICEP CURL / TRICEP DIP

LAYER 1

We move to the Bicep Curl with the barbell. Use Layer 1 Position and Execution cues to get your participants moving with great Timing, range and control, hooking them into the feel and strength of the song. We finish the block with body-weight Tricep Dips for the back of the arms.

BICEP CURL

- Find strong **SET Position**
- 2/2 Curl
- **Abs braced and 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

TRICEP DIP

- Fingers forward
- Butt off bench
- **Chest lifted**
- **Squeeze shoulder blades** together to hold the upper-body posture
- Lower body down
- Bend elbows to the rear
- Lock in the elbow position early on
- **Core braced**
- **Your butt stays close to the bench**
- Option: Sit on bench and work from there
- Keep a vertical line as we drop
- Short set today

3. STANDING BICEP CURL / TRICEP DIP

LAYER 1 / LAYER 2

We repeat Block 2 again. 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.

- SET Position
- Back to the biceps
- This track is trying to knock us down!
- We can feel the load
- Back to the Tricep Dip
- Add a weight plate if you want to
- Let's feel the triceps for this final block
- Feel the pause

PUMP FACT

Supersetting between triceps and biceps helps to keep the Intensity high due to mixing the target muscles. This may also provide your participants with the opportunity to go heavier, as the working blocks of each muscle group are shorter.



45-MIN FORMAT

07. LUNGES / SHOULDERS

WEIGHT SELECTION

REGULARS: 2x light weight plates
NEW: 2x light weight plates

MUSCLE FOCUS

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

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
	0:05	Intro /	2x8	Set up LUNGE L Step R foot B, weight plates at the sides
	0:11	V1 / Put your	4x8	2/2 LUNGE L, R leg B
	0:23	Put your	4x8	2/2 LUNGE L with 2/2 SIDE RAISE
	0:36	Represent	4x8	1/2/1 LUNGE L with 1/2/1 SIDE RAISE
	0:48	(Heavy drop)	8x8	1/2/1 LUNGE L with 1/1/1/1 SIDE RAISE / FORWARD PRESS COMBO
1	1:12	(Drag beat)	4x8	1/1 LUNGE L Weight plates down by sides
	1:25	(Low stagger)	4x8	4/4
	1:37	Put your	8x8	2/2 LUNGE L with SIDE RAISE
	1:40	_ Put your	7x8	2/2 LUNGE L with 2/2 SIDE RAISE
	2:02	Represent	4x8	1/2/1 LUNGE L with 1/2/1 SIDE RAISE
	2:14	(Beat)	10x8	TRIPLE-PULSE LUNGE L with 1/2/1 SIDE RAISE
2	2:45	(Low)	52x8	REPEAT BLOCK 1 on R side RECOVERY: Shake out legs, Quadricep and Deltoid Stretches



45-MIN FORMAT

07. REPRESENT 5:27mins

TECHNIQUE AND COACHING

1. LUNGE WITH SIDE RAISE / FORWARD PRESS COMBINATION

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution set-up of the Lunges with shoulder work, focusing on Timing, alignment, range and Precision of movement.

LUNGE

- **Feet hip-width apart**
- **Take a long step back for the Lunge**
- *2/2 timing*
- **Front knee presses out over ankle**
- **Square hips and shoulders to front**
- *Add on a 2/2 Side Raise*
- **Elbows under shoulder line**
- **Lead with elbow**
- *New tempo – 1/2/1*
- *Feel the pause*
- *Add on the Forward Press*
- *Push the weight plates forward and back*
- **Weight plates stop under the shoulder line**
- *Release the weight plates long*
- *Take control*
- *Back to the Side Raise*
- *The challenge is to stay strong in these positions*
- *Hold longer; create more tension in the muscles*
- *We are looking for the 2 'hot spots' in the sides of the shoulders and the legs*

2. LUNGE WITH SIDE RAISE / FORWARD PRESS COMBINATION

LAYER 2 / LAYER 3

We repeat Block 2 again. 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.

- *Other leg goes back*
- *Nothing changes*
- *We are dialing up the intensity more*
- *Check your alignment*
- *Find the control*
- *Everything comes from the core – create the lockdown in your body*
- *How long can you hold for?*
- *It's starting to get challenging*
- *This is the integration of the legs, core and shoulders*

PUMP FACT

This combination requires the integration of the upper and lower body. This trains us to transfer load from the lower body, through the core, into the upper body as we do in many day-to-day activities.



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.

