



SH'BAM 41

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MUSIC

- 01

Thunder (3:31)

Netsky feat. Emeli Sandé

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Written by: Coffey, Daenen, Sandé
- 02

Mambara (3:26)

Mariana BO & Daddy’s Groove

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Written by: Grieco, Folliero, Robles
- 03

Further Up (Na, Na, Na, Na, Na) (2:31)

Static & Ben El feat. Pitbull

Courtesy of the Universal Music Group.
Written by: Perez, Scott, Rodriguez, Rousseau, Kenner, Kamoze, Nix, Gibbs
- 04

Illuminate (Extended Remix) (3:34)

Sub Focus & Wilkinson

Courtesy of the Universal Music Group.
Written by: Wilkinson, Havelock, Varrall, Douwma
- 05

End This (L.O.V.E) (3:02)

Hailee Steinfeld

Courtesy of the Universal Music Group.
Written by: Boland, Campbell, Gabler, Kaempfert, Kozmeniuk, Steinfeld
- 06

In Your Eyes (Clean Bandit Remix) (2:58)

Robin Schulz feat. Alida

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Written by: Bierbrodt, Kramer, Dohr, Dabrock, Schulz, Deimann, Peck, Smaaland, Ormaasen, Toemmerbakke
- 07

Higher Ground (5:13)

Martin Garrix feat. John Martin

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Written by: Garritsen, Fogelmark, Lindstrom, Nedler, Zitron
- 08

Break My Heart (3:40)

Dua Lipa

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Written by: Lipa, Tamposi, J. Johnson, S. Johnson, Wotman, Hutchence, Farriss
- 09

I’m Ready (3:18)

Sam Smith & Demi Lovato

Courtesy of the Universal Music Group.
Written by: Lovato, Smith, Kotecha, Svensson, Salmanzadehi

- 10

Amarillo (2:37)

J. Balvin

Courtesy of the Universal Music Group.
Written by: Greenfield, Sedaka
- 11

I’ll Be Here For You (4:54)

Sick Individuals

© 2019 Revealed Music B.V.
Written by: Smeele, Hofstee
- 12

Little Bit of Love (3:15)

JP Cooper

Courtesy of the Universal Music Group.
Written by: Cooper, Erfjord, Michelsen, Tempest



SH'BAM 41



L-R Bianca Ikinofu, Grace Stevens, Jace Ago

SH'BAM 41 is here and it is hot, hot, hot! Jace, Grace and Bianca bring you dance moves that have serious sass, dramatic Jazz flavor, euphoric energy, beauty, power and fun. It's a workout that brings so much joy to everyone in the room, letting go of their inhibitions and having the most amazing shared workout experience.

You'll feel the fun, energy and beauty right from the beginning of this release with *Thunder* starting this dance party and setting you up for what's to come. The cardio and dance euphoria is out of this world for each peak track dancing to *Illuminate*, *Higher Ground*, and *I'll Be Here for You*. Fair warning, you just might need to bring a fire extinguisher into your studio for tracks 3, 5 and 8 because in SH'BAM 41 the hips are on fire!

CREDITS

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Choreography – Corrah Philips, Bianca Ikinofu & Claude Messi Fouda

Technical Consultant – Andrew Newmarch

Production Coordinator – Amber Pountney

PRESENTER

Grace Stevens (New Zealand) is a SH'BAM and BORN TO MOVE Instructor/Presenter. She is currently studying in Auckland and works as a professional dancer.

Jace Ago (New Zealand) is a BODYJAM and BODYBALANCE Trainer/Instructor/Presenter. He is back in Auckland.

Bianca Ikinofu (New Zealand) is an award-winning urban/hip-hop dancer who has performed all around the globe. She has worked on a TV show and commercials and is a choreographer for BODYJAM and SH'BAM. She is based in Auckland.



EXPRESS FORMATS

30-MINUTE FORMAT

Track 1	Warm-Up
Track 2	Intense
Track 3	Party
Track 4	NRG
Track 5	Hips
Track 6	Jazz
Track 7	Hype
Track 8	Commercial
Total Time	27:55

Please note: This 30-minute class format has been customized for this release.

KEY

B up	Build-up	OTS	On The Spot
Intro	Introduction	CTS	Counts
L	Left	R	Right
Instr	Instrumental	Outro	Last Few Bars of Music
F&B	Forward and Back	Mins	Minutes
HOH	Hands On Hips	O/H	Over Head
	Preview		

RELEASE FEEDBACK

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GUIDELINES FOR TRACK SELECTION

- In the 45-minute class, you must always teach the Warm-Up and Cooldown. Tracks 4, 7 and 11 are the Cardio tracks so you should also include these routines and try to mix up the styles and feels.
- Track 5 is usually a Hips track, so aim to keep this where the Track 5 always sits.

The remainder of the class can be up to you but please think about the following:

- Do you have a mixture of styles? For example, Commercial, Jazz, Hype.
- Is there a good mix of music? Current versus old-school, male and female vocals etc.
- Is there a good flow to the class? For example, you should avoid teaching three big Cardio tracks in a row.

Think about the highs and lows, and the journey the playlist will create. You know your participants best and know that some classes will have a preference for one style or genre over others; so just use common sense when putting your playlist together.



01. WARM-UP

TRACK FOCUS

Welcome participants into a safe dance space where anything goes and they have the freedom to let themselves go.

FEEL

Energetic, Dramatic, Freedom

	MUSIC	CTS		EXERCISE	REPS
0:10	Intro / Strings	16	A	Slow Wide Walk Step F L&R (8cts), Step B L&R (8cts)	3x
0:27	V / There’s a storm	8	B	Sweep and Snap Tap L & Sweep L arm (2cts), feet together, spring and Snap (2cts) Repeat R (4cts)	8x
0:50	PC / Hey , did you	32	C	2 Step Scoop F&B Double Step F with Scoop arms, L, R, L, R (16cts) Double Step B with Scoop arms, L, R, L, R (16cts)	2x
1:12	C/ Hey , did you	32	D	Rock It/Wide Walk Wide bounce L&R, lean F&B x2 (16cts) Wide Walk L, R, F&B x2 (16cts)	2x
1:34	V / There’s a love	8	B	Sweep and Snap	8x
1:56	PC / Hey , Did you	32	C	2 Step Scoop F&B	2x
2:19	Instr / (distorted lyrics)	32	D ¹	Rock It/Wide Walk + Arm swing on Wide Walk	2x
2:41	C / Hey , did you	32	C	2 Step Scoop F&B	2x
3:05	Instr / (distorted lyrics)	32	D ¹	Rock It/Wide Walk	2x



02. INTENSE

TRACK FOCUS

Simple, clear directions to set up the Combo's with success, then let the music take over your body.

FEEL

Building, Modern House & Latin Beats

MUSIC		CTS	EXERCISE		REPS
0:08	Intro	16	A	'L' Shape Combo Face R, L leg to F, rock F&B (4cts) Face F, rock L&R (2cts), shuffle L (2cts) Repeat R (8cts)	1x
0:15	Br	4		Feet tog, Roll Up	
0:17	V	16	A ¹	'L' Shape Combo + Upper body isolation	2x
0:32	B Up	16	A ²	'L' Shape Combo + Sweep arms O/H and back to sides	2x
0:48	Music fades	8		Feet tog, Roll Up	
0:51	QC	8	B	Corner Rock and Roll Step L foot to corner, ripple through body, fists at chest-height, roll shoulders F (4cts) Repeat R	4x
1:06	PC	8	B ¹	Corner Rock and Roll + Run, run, run	4x
1:21	C	8	B ²	Corner Rock and Roll + Bigger	8x
1:51		4		Feet tog, Roll Up	
1:53	V	16	A ¹	'L' Shape Combo	2x
2:07	B Up	16	A ²	'L' Shape Combo	2x
2:23	PC	8	B ¹	Corner Rock and Roll	4x
2:38	C	16	A ¹	'L' Shape Combo	2x
2:52	C	16	A ²	'L' Shape Combo	2x
3:07	B Up	8	B ¹	Corner Rock and Roll	4x



03. PARTY

TRACK FOCUS

Time to party! Sing along to this remixed classic anthem and dance like you’re filming yourself for your social media account.

FEEL

Sing Along, Party, Cheeky, Fun

	MUSIC	CTS		EXERCISE	REPS
0:04	Intro / stack em	16	A	Single Single Double L&R Step touch L&R, Double step L, Repeat R with clapping hands from low to high (16cts)	2x
0:14	Na , na na na	16	B	The Reebok Jump L, R, Double Jump L, one fist to hip and other throwing at shoulder-height (8cts) Repeat R (8cts)	2x
0:23	V / Here’s a little	16	C	Party Hips Weight on L Leg, Hands on Hips, Rock Hips to L x4 (8cts) Repeat R (8cts)	4x
0:43	We turning up	16	C¹	Party Hips + L arm O/H palm up (8cts) + R arm O/H palm up (8cts)	2x
0:52	PC / stack em	16	A	Single Single Double L&R	2x
1:02	C / Na , na na na	16	B	The Reebok	2x
1:11	V / Horses on the	16	C	Party Hips	4x
1:31	PC / stack em	16	A	Single Single Double L&R	2x
1:40	C / Na , na na na	16	B	The Reebok	2x
1:50	V / Only fall asleep	16	C	Party Hips	2x
1:59	_hello mama	16	C¹	Party Hips + L arm O/H palm up (8cts) + R arm O/H palm up (8cts)	2x
2:09	PC / stack em	16	A	Single Single Double L&R	2x
2:19	C / Na , na na na	16	B¹	The Reebok + Anywhere	2x



04. NRG

TRACK FOCUS

It's time to get sweaty! Go big like you only have 3 minutes to work out in.

FEEL

Driving, Motivational, Workout Anthem

MUSIC		CTS		EXERCISE	REPS
0:11	Intro / (faint lyrics)	16	A	Sway and Sweep Feet wide, Sway to L, Sweep R arm low (4cts) Repeat R (4cts) Feet wide, Sway to L, Sweep L arm high (4cts) Repeat R (4cts)	2x
0:22	V / It's the energy	16	B	Slide and Sweep Slide to L, bend L knee, Sweep R leg in circle from F to B (8cts) Repeat R (8cts)	4x
0:44	PC / (building energy)	16	B ¹	Slide and Sweep + Head look to L, R arm strong push to R + Head look to R, L arm strong push to L	4x
1:07	C / (driving beat)	32	C	Cross Pump Step L leg across body to R, pump chest x4, one arm high, one arm low (8cts) Repeat R (8cts) & L (8cts) Run B R,L x4 (8cts)	2x
1:28	V / It's the energy	16	B ¹	Slide and Sweep	4x
1:50	C / (driving beat)	32	C	Cross Pump	2x
2:13	Instr / (soft fade)	32		Breath Sequence Circle arms O/H and down by sides (16cts) Bend knees, roll down and up (16cts)	
2:24	V / It's the energy	16	A	Sway and Sweep	4x
2:45	PC / (building energy)	16	B ¹	Slide and Sweep	4x
3:08	C / (driving beat)	32	C	Cross Pump	2x



05. HIPS

TRACK FOCUS

Hook into the different heights and textures to channel all of the emotions through your body.

FEEL

Powerful, Emotional, Playful

	MUSIC	CTS		EXERCISE	REPS
0:04	Intro / O is I'm	4	A	Figure 8 Hips	6x
0:19	V / _every time I	8	A ¹	Figure 8 Hips + R arm to hip, L arm to R hip (4cts) + Drag hands to shoulders and push to sides (4cts)	4x
0:40	PC / _no one's ever	4	A ²	Figure 8 Hips + Double time	4x
0:50	C / L is for the way	8	B	Cross Mambo Chasse L Mambo to R corner, Chasse to L (4cts) Repeat R (4cts)	4x
1:10	Love , L-O-V-E-N-D,	8	B ¹	Cross Mambo Chasse + Drop low, upper body wave, arms at shoulder-height at 90 degrees	4x
1:30	V / _(love) every time	8	A ¹	Figure 8 Hips Slow	4x
1:50	PC / _no one's ever	4	A ²	Figure 8 Hips Fast	4x
2:00	C / L is for the way	8	B	Cross Mambo Chasse	4x
2:20	Love , L-O-V-E-N-D,	8	B ¹	Cross Mambo Chasse Low	8x



06. JAZZ

TRACK FOCUS

Lights on, the curtains open and you’re on stage. Embrace being the center of attention in a modern Jazz production.

FEEL

Jazzy Drama and Flamboyant Fun

	MUSIC	CTS		EXERCISE	REPS
0:02	V / Hearing whispers in	16	A	4 Walks, Tap & Turn Traveling L, Walk L, R x2, Tap L foot x3 changing direction, L foot steps to R (8cts) Repeat R (8cts)	2x
0:17	See the colors	16	A ¹	4 Walks, Tap & Turn + Arms open to O/H+ Throw down by sides	2x
0:33	B Up / I can hear the	16	A ²	4 Walks, Tap & Turn + Drama	2x
0:48	PC / In your eyes	8	B	Step Drop Walk Walk Step L, drop R knee, hands to side of head, wrap R hand around head to L (2cts) Step R, L arms drizzle down body (2cts) Repeat R (4cts)	4x
1:04	C / In your eyes	16	C	Jazz Knee Combo Traveling F, Step L, lift R knee & contract (2cts) Repeat R (2cts) Traveling B, Step Tap behind, L, R x3 (12cts)	2x
1:19	V / In your eyes	16	A	4 Walks, Tap & Turn	2x
1:35	See the colors	16	A ¹	4 Walks, Tap & Turn + Arms	2x
1:51	B Up / I can hear the	16	A ²	4 Walks, Tap & Turn + Drama	2x
2:06	PC / In your eyes	8	B	Step Drop Walk Walk	4x
2:22	C / In your eyes	16	C ¹	Jazz Knee Combo + Arms push to sides from prayer position 2x (4cts) + Arm at shoulder height, other arm snaps down L, R x3 (12cts)	4x



07. HYPE

TRACK FOCUS

Tap into the lyrics and hook participants in *With You*. Enjoy all of the euphoria as it builds, builds and overflows!

FEEL

Euphoric and Inspirational

MUSIC		CTS		EXERCISE	REPS
0:07	V / All this time	8	A	Slow Arm Push O/H Weight to L leg, Push R palm O/H, L Arm Push down behind body (4cts) Repeat R (4cts)	4x
0:22	Long time coming	4	B	Step Drop Step L, drop R knee (2cts) Repeat R (2cts)	8x
0:37	In the dust	16	B ¹	Step Drop Combo + Arm Push O/H R, L x2 (8cts) + Open arms down to sides of body (8cts)	4x
1:07	With You	8		Breathe Feet wide, point fingers, lift arms from sides up to head-height (8cts)	
1:10	B Up	4	C	Step Touch Step Touch L, R with pumping arms O/H (4cts)	6x
1:22	C / With You	16	D	Pull and Throw Combo Wide slide L, R x2, Pull and Throw arms, L, R x2 (8cts) Wide slide L, R x2, arms O/H, open to sides (8cts)	2x
1:37	V / Try to speak	8	A	Slow Arm Push O/H	4x
1:52	Long time coming	4	B	Step Drop	8x
2:07	In the dust	16	B ¹	Step Drop Combo	4x
2:37	With You	8		Breathe	
2:40	B Up	4	C	Step Touch	6x
2:52	C / With You	16	D	Pull and Throw Combo	4x
3:22	With You	4		Hold OTS	
3:24	V / Try to speak	8	A	Slow Arm Push O/H	4x
3:39	Long time coming	4	B	Step Drop L&R	8x
3:54	In the dust	16	B ¹	Step Drop Combo	4x
4:24	With You	8		Breathe	
4:28	B Up	4	C	Step Touch	6x
4:39	C / With You	16	D	Pull and Throw Combo	4x



08. COMMERCIAL

TRACK FOCUS

Time to go full on music video diva! Outfits, lighting, make-up and backing dancers, you have them all.

FEEL

Full On Music Video Vibes, Sass and Attitude

MUSIC		CTS		EXERCISE	REPS
0:00	Intro	16		 Hips on last 4cts	
0:08	V / I've always	8	A	Cross Flick Hip Combo Step L, Pop hip L, Flick L wrist from opposite shoulder to L side (2cts) Repeat R (2cts) March L, R x2 with hip swing, lowering arms (4cts)	8x
0:42	PC / Center of	32	B	Center of Attention Combo Walk F L, R x2, Arms push to front opening to sides and draw back in (8cts) March L, R, L with hip swing, sway arms behind body L, R, L, turn head to L side (4cts) Repeat R (4cts) Repeat to B (16cts)	1x
0:59	C / stayed at home	16	C	Stay at Home Combo F&B March L, R, L with hip swing, Push arms L, R, Lift arms O/H (4cts) Run F R, L, R, L (2cts) Step F R leg, Ripple up body, finish feet tog (2cts) Repeat to B (8cts)	4x
1:33	Instr	8		Heart Pose	
1:37	V / I wonder	8	A	Cross Flick Hips	4x
1:54	PC / Center of	32	B	Center of Attention Combo	1x
2:11	C / stayed at home	16	C	Stay at Home Combo F&B	4x
2:45	PC / (soft vocal)	16		Breath Sequence Inhale lift arms O/H (4cts) Bend knees, lowering arms (4cts), Roll up to standing (8cts)	2x
3:03	Music fades	4		Heart Pose	
3:04	C / stayed at home	16	C	Stay at Home Combo F&B	4x



09. RELEASE

TRACK FOCUS

Sink super heavy into the legs with strong arm-lines and then soften completely to enjoy the gracefulness.

FEEL

Contrasting, Hard and Beautiful

MUSIC		CTS		EXERCISE	REPS
0:06	V / It's a cold	8	A	Heavy Drop Step to L side, turn knee out, step L foot tog (4cts) Repeat R (4cts)	4x
0:18	Not a cheater	8	A ¹	Heavy Drop + Hand on hand, hit R elbow across body to R side, throwing arms to sides (4cts) + Hand on hand, hit L elbow across body to L side, throwing arms to sides (4cts)	4x
0:30	B Up / It's so hard	8	A ²	Heavy Drop + Arm throw O/H	4x
0:43	PC / I'm Ready	32	B	Step Touch Breath Combo L&R Step Touch L&R, double step L. R and L arms sweep to O/H, wrists crossed, open arms to F&B, chest faces direction of movement (8cts) Repeat R (8cts)	1x
0:55	C / I'm ready	16	B ¹	Step Touch Breath Combo L&R + Double time	2x
1:07	To love me	8		Body Wave Feet wide, wave from R to L	
1:11	V / _ooh	8	A	Heavy Drop	2x
1:17	V / It's a hot	8	A ¹	Heavy Drop + Elbow	8x
1:42	B Up / It's so hard	8	A ²	Heavy Drop + Arm Throw	4x
1:54	PC / I'm Ready	32	B	Step Touch Breath Combo Slow L&R	1x
2:06	C / I'm ready	16	B ¹	Step Touch Breath Combo Fast L&R	2x
2:19	To love me	8		Body Wave	
2:22	(Distorted lyrics)	8	A	Heavy Drop	4x
2:34	V / It's a cold	8	A ²	Heavy Drop + Arm Throw	4x
2:47	PC / I'm Ready	16	B ¹	Step Touch Breath Combo Fast L&R	4x
3:12	To love me	8		Body Wave	



10. BASE

TRACK FOCUS

Like you are part of the entertainment team in a resort taking holidaymakers through the latest dance track craze.

FEEL

Cheeky, Playful, Holiday vibes

	MUSIC	CTS		EXERCISE	REPS
0:10	PC / de las doce	8	A	Maraca Tap Tap foot to F L, R, L, L. Hands at shoulder-height (4cts) Repeat R (4cts)	2x
0:20	C / no me complico	4	B	3 Hips 2 Jumps Jump feet wide, Rock hips L, R, L with alternating hand to hip (3cts) Feet tog, jump 2x (1ct)	4x
0:31	V / Despue de la	8	C	Grapevine Step L, Cross R leg behind, Step L, Step R foot tog. Throw arms to L and circle chest 2x (8cts) Repeat R (8cts)	2x
0:42	La policia	8	C ¹	Grapevine + Upper Body Wave	2x
0:52	C / no me complico	16	B ¹	3 Hips 2 Jumps + Face F, L, F, R	2x
1:13	_Ey, ey, mm	8	A	Maraca Tap	2x
1:23	V / sig a la fiesta	8	C	Grapevine + Body Wave	2x
1:34	Y vamo a seguir	8	C ¹	Grapevine	4x
1:55	C / no me complico	16	B1	3 Hips 2 Jumps	2x
2:16	_yah yah yah	8	A	Maraca Tap	2x
2:26	No me complico_	8	A ¹	Maraca Tap + Arms anywhere	2x



11. PEAK

TRACK FOCUS

“We will make it through, keep on dancing!”. Let these lyrics take you through this epic, banging club track.

FEEL

Banging club sounds at 3am and you don’t want to go home

MUSIC		CTS		EXERCISE	REPS
0:08	Intro / When I’m here	8	A	Slide and Sweep Slide to L, L palm slides along R arm, finish with feet tog and arms by sides (4cts) Repeat R (4cts)	4x
0:23	When I’m here	16	A¹	Slide and Sweep Combo + Double time (4cts) + Circle turn (4cts) Repeat R (8cts)	2x
0:39	B Up	4	B	Step Touch Step Touch L&R (4cts)	8x
0:54	PC	16	C	Get Down Low Combo Walk F L, R x2 (4cts), Step Knee B L, R x2 (8cts), Jump OTS (4cts) 👁 Jump arms on last 4cts	3x
1:16	C / get down low_	16	C¹	Get Down Low Combo + Arms open & throw on Step Knee + Arms ascend to O/H on Jump OTS	4x
1:47	Music fades	4		Freeze	
1:49	V / When I’m here	8	A	Slide and Sweep	4x
2:04	QC	16	A¹	Slide and Sweep Combo	2x
2:19	B Up	4	B	Step Touch	8x
2:34	PC / _get down low	16	C	Get Down Low Combo	2x
2:49	C	16	C¹	Get Down Low Combo + Arms	4x
3:19	Music fades	4		Freeze	
3:21	V / When I’m here	8	A	Slide and Sweep	4x
3:36	QC	16	A¹	Slide and Sweep Combo	2x
3:52	B Up	4	B	Step Touch	8x
4:06	PC / _ get down low	16	C	Get Down Low Combo	2x
4:22	C	16	C¹	Get Down Low Combo + Arms	4x



12. GROOVEDOWN

TRACK FOCUS

Let the love in! Enjoy a lovely release at the end of class and the celebration of all dancing together.

FEEL

Like you are on stage singing your heart out in ‘The Greatest Showman’

	MUSIC	CTS		EXERCISE	REPS
0:07	V / when you’re sittin’	40	A	Lat Stretch L&R Roll into plié position last 8cts	1x
0:29	PC / If you’re lost	20	B	Adductor and Shoulder Stretch Roll up last 4cts	1x
0:41	C / Little bit of love	8	C	Little Bit Of Love Step Touch F L&R, Arm sweeps to shoulder-height at 90 degrees (4cts) Walk B L, R x2, (4cts)	6x
1:08	Little bit of love	4		Breathe	
1:10	V / When you feel	16	D	Quad Stretch L	1x
1:19	Hold on tight	24	E	Hamstring Stretch L	1x
1:33	I won’t leave you	8	D ¹	Quad Stretch R	1x
1:37	PC / If you’re lost	20	E ¹	Hamstring Stretch R Roll up last 4cts	1x
1:49	C / Little bit of love	8	C	Little Bit Of Love	7x
2:21	I’ve seen highs	36	F	Neck Stretch L&R Roll up last 4cts	1x
2:41	C / Little bit of love	8	C	Little Bit Of Love	7x



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.



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