

STRENGTH DEVELOPMENT

01

FOUNDATIONAL STRENGTH

MUSIC

CLASS STRUCTURE

01. WARM-UP

02. DEADLIFTS: PROGRESSIVE SETS

03. SQUATS: PROGRESSIVE SETS

04. PUSH PULL: SUPERSETS

05. CON-SETS

06. COOLDOWN

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MUSIC

01.

Outta My Way (4:04)

INF

Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson

02.

The Blessing (3:32)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

03.

8TANE (1:44)

St Urbain

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Written by: Yeh

03.

Rari (4:10)

Swimnaked

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Written by: Price

04.

We Have Spoken (4:05)

NOAM DEE

Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

04.

What You Mean (2:58)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

05.

The Wolf And Cage (1:35)

NOAM DEE

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Written by: Fairley

06.

Colder Still (2:56)

NOAM DEE

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06.

The Wolf And Cage (1:36)

NOAM DEE

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05.

Over & Over (5:14)

Dan Draper

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Written by: Beasley

06.

Fimonte (6:07)

Mow Music

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Written by: Oudeweernink

06.

The One (3:03)

Bobby Weaving

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Written by: Arts



CLASS STRUCTURE

1.	WARM-UP
2.	DEADLIFTS: PROGRESSIVE SETS
3.	SQUATS: PROGRESSIVE SETS
4.	PUSH PULL: SUPERSETS
5.	CON-SETS
6.	COOLDOWN

WORKOUT SET-UP

Beginner: Barbell, bench with risers, and a selection of light to medium weights
Intermediate: Barbell, bench with risers, and a selection of 2x light, 4-6x medium, and 2x heavy weights
Advanced: Barbell, bench with risers, and a selection of 2x light, 4x medium, and 4-6x heavy weights

Note: This is only a recommendation. Each workout is uniquely structured and requires a variety of weights.

CLASS INTRODUCTION

This is a **full-body foundational strength** workout; we focus on setting a strong foundation of good technique within a traditional compound strength training structure. This entire workout is in intervals of time, with tempo guides for certain exercises. This workout is off the beat of the music, and you decide the weight you would like to work with.

We begin with progressive loading, starting with our base weight working to maximum weight in Deadlifts and Squats. We then have a Push Pull Superset, where we select a weight and try to maintain that weight across the working sets. The workout finishes with conditioning.

WEIGHT GUIDE

Base weight on barbell: LES MILLS GRIT™ Strength weight or Back track weight in BODYPUMP™
New to strength training: Light weights to get a feel for the workout

KEY
RDO: RANGE DEVELOPMENT OPTION
↓ : REGRESSION
↑ : PROGRESSION



01. WARM-UP

TRACK SET-UP: Light weight on barbell

FINDING NEUTRAL

- Stand upright and place your hands side by side on top of each other – this is your *neutral position*.
- If you round your back, note that your hands overlap.
- If you arch your back, your hands will separate.
- Ensure to maintain your *neutral position* throughout most movements in this workout.

Exercise	
0:30	Hip Hinge
0:30	Barbell Deadlift
0:30	Shoulder Circle + Wrist Roll
0:30	Hip Opener + Thoracic Rotation
0:30	Pushup
0:30	Air Squat
0:30	Barbell Front Squat
0:30	Barbell Overhead Press (Strict)
	Recovery



01. OUTTA MY WAY 4:04mins

TECHNIQUE

LAYER 1

HIP HINGE

- Place your hands on abdomen, stacked vertically with the edges of your fingers touching each other. The upper hand should be placed just below the ribcage on the upper abdominals.
- Slight bend in the knees
- Chest up
- Core braced
- Chin tucked in
- Hinge forward from the hips
- *Maintain neutral position throughout move*

BARBELL DEADLIFT

- Feet hip-width apart
- Slight bend in the knees
- Chest up
- Core braced
- Hold barbell close to body throughout the move
- Chin tucked in
- Hips square to front
- Hinge forward from the hips
- Barbell to knee height
- Extend hips to stand
- *Maintain neutral position throughout move*

SHOULDER CIRCLE

- Hips and shoulders square to front
- Move arms in a circular motion at the shoulders
- Elbows straight
- *Maintain neutral position throughout move*

WRIST ROLL

- Hold hands in front and form a fist with each hand
- While maintaining arms reasonably still, move wrists in a circular motion in both directions

HIP OPENER

- Lift knee up
- Open knee outwards in a circular motion and return to standing
- Repeat in opposite direction
- Alternate sides
- Hips square to front
- *Maintain neutral position throughout move*

THORACIC ROTATION

- Feet just outside hip width
- Hips square to front
- Keep both feet on floor
- Move torso and thoracic spine through rotational movements, alternating sides

PUSHUP

- Hands outside shoulder width
- Core braced
- Shoulders away from ears
- Keep shoulders retracted
- Hips and shoulders square to floor
- Whole body to move as one unit
- Head and neck in neutral position
- Elbows track back and out in 45-degree angle
- Chest to elbow height
- *Maintain neutral position throughout move*

↓ Pushup on knees

AIR SQUAT

- Feet just outside hip width
- Chest up
- Core braced
- Hips sit back and down
- Butt stops just above knees at 90 degrees
- Knees track forward in line with toes
- Press weight evenly through the entire foot, and evenly through both feet
- Maintain strong heel of foot to floor contact
- Extend hips to stand
- *Maintain neutral position throughout move*



01. OUTTA MY WAY 4:04mins

TECHNIQUE

BARBELL FRONT SQUAT

- Clean barbell onto collarbones to front rack position
- Feet just outside hip width
- **Barbell to sit in the middle of the hand (secure grip)**
- **Elbows facing forward**
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Hips sit back and down**
- **Hips and knees to 90 degrees**
- **Knees track forward in line with toes**
- **Press weight evenly through the entire foot, and evenly through both feet**
- Maintain strong heel of foot to floor contact
- Extend hips to stand
- ***Maintain neutral position throughout move***

BARBELL OVERHEAD PRESS (STRICT)

- Clean barbell onto collarbones to front rack position
- Chest up
- **Core braced**
- **Press barbell vertically**
- **Chin tucked in**
- Biceps close to ears
- Avoid knee and hip bend (strict Press)
- Return barbell to front rack position
- ***Maintain neutral position throughout move***



02. DEADLIFTS: PROGRESSIVE SETS

TEMPO: (2-1-2-1) – first number represents the first part of the move
REP RANGE: Approximately 6 – 8

	Exercise	Rep Range
0:30	Set up Offset Deadlift L leg F with medium to heavy plate	
	SET 1	
0:40	Offset Deadlift (2-1-2-1) L leg, with weight plate	6 – 8
0:40	Offset Deadlift (2-1-2-1) R leg, with weight plate	6 – 8
0:20	Recovery and set up medium to heavy barbell	
	SET 2	
0:40	Offset Barbell Deadlift (2-1-2-1) L leg	6 – 8
0:40	Offset Barbell Deadlift (2-1-2-1) R leg	6 – 8
0:20	Recovery and add weight to barbell (maximum weight for final round)	
	SET 3	
0:40	Offset Barbell Deadlift (2-1-2-1) L leg	6 – 8
0:40	Offset Barbell Deadlift (2-1-2-1) R leg	6 – 8
	Recovery	



02. THE BLESSING / 8TANE 5:16mins

TECHNIQUE

LAYER 1

OFFSET DEADLIFT

- Feet together toes pointing forward
- Pivot toes of one foot outwards by 90 degrees at the heel of foot
- Pivot heel of same foot outwards by 90 degrees at the ball of foot
- Toes of both feet pointing to the front in offset position
- Heel of back foot lifted off the floor
- **Slight bend in the front knee**
- **Chest up**
- **Hips square to front**
- Shoulders away from ears
- Maintain middle alignment
- **Core braced**
- **Chin tucked in**
- Hinge forward from the hips
- Extend hips to stand
- ***Maintain neutral position throughout move***

WITH PLATE

- **Plate close to body**
- Shoulders square to floor
- **Middle handle of plate to knee height**
- Hand and arm hang naturally to your side

LAYER 2

RDO: Middle handle of plate to upper shin if *neutral position* is sustainable throughout move

OFFSET BARBELL DEADLIFT

- **Barbell close to body**
- **Barbell to knee height**

LAYER 2

RDO: Barbell to upper shin if *neutral position* is sustainable throughout move



03. SQUATS: PROGRESSIVE SETS

TEMPO: (2-1-2-1) – first number represents the first part of the move
REP RANGE: Approximately 6 – 8

	Exercise	Rep Range
0:30	Set up Barbell Front Squat with base weight on barbell	
	SET 1	
0:40	Barbell Front Squat (2-1-2-1)	6 – 8
0:20	Recovery	
0:40	Barbell Back Squat (2-1-2-1)	6 – 8
0:20	Recovery and add load on barbell	
	SET 2	
0:40	Barbell Front Squat (2-1-2-1)	6 – 8
0:20	Recovery	
0:40	Barbell Back Squat (2-1-2-1)	6 – 8
0:20	Recovery and add load on barbell	
	SET 3	
0:40	Barbell Front Squat (2-1-2-1)	6 – 8
0:20	Recovery	
0:40	Barbell Back Squat (2-1-2-1)	6 – 8
0:20	Recovery and add maximum weight on barbell	
	SET 4	
0:40	Barbell Front Squat (2-1-2-1)	6 – 8
0:20	Recovery	
0:40	Barbell Back Squat (2-1-2-1)	6 – 8
	Recovery	



03. RARI / WE HAVE SPOKEN 8:15mins

TECHNIQUE

LAYER 1

BARBELL FRONT SQUAT

- Clean barbell onto collarbones to front rack position
- **Feet just outside hip width**
- **Barbell to sit in the middle of the hand (secure grip)**
- **Elbows facing forward**
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Hips sit back and down**
- **Hips and knees to 90 degrees**
- **Knees track forward in line with toes**
- **Press weight evenly through the entire foot, and evenly through both feet**
- Maintain strong heel of foot to floor contact
- Extend hips to stand
- ***Maintain neutral position throughout move***

BARBELL BACK SQUAT

- Clean barbell over to meaty part of upper back
- **Feet just outside hip width**
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Hips sit back down**
- **Hips and knees to 90 degrees**
- **Knees track forward in line with toes**
- **Press weight evenly through the entire foot, and both feet**
- **Maintain strong heel of foot to floor contact**
- Extend hips to stand
- ***Maintain neutral position throughout move***



04. PUSH PULL: SUPERSETS

TEMPO: Refer to move – first number represents the first part of the move
REP RANGE: Approximately 6 – 8

Exercise		Rep Range
0:30	Set up Barbell Overhead Press	
	SET 1	
0:30	Barbell Overhead Press (Strict) (1-1-2-0)	6 – 8
0:30	Barbell Row (1-1-2-0)	6 – 8
0:30	Recovery and maintain same weight	
	SET 2	
0:30	Barbell Overhead Press (Strict) (1-1-2-0)	6 – 8
0:30	Barbell Row (1-1-2-0)	6 – 8
0:30	Recovery and maintain same weight	
	SET 3	
0:30	Barbell Overhead Press (Strict) (1-1-2-0)	6 – 8
0:30	Barbell Row (1-1-2-0)	6 – 8
0:30	Recovery and set up Pushup	
	SET 4	
0:30	Pushup (2-1-1-0)	6 – 8
0:30	Alternating Gorilla Rows	6 – 8
0:30	Recovery and maintain same weight	
	SET 5	
0:30	Pushup (2-1-1-0)	6 – 8
0:30	Alternating Gorilla Rows	6 – 8
0:30	Recovery and maintain same weight	
	SET 6	
0:30	Pushup (2-1-1-0)	6 – 8
0:30	Alternating Gorilla Rows	6 – 8
	Recovery	



04. WHAT YOU MEAN / THE WOLF AND CAGE / COLDER STILL 9:05mins

TECHNIQUE

LAYER 1

BARBELL OVERHEAD PRESS (STRICT)

- Clean barbell onto collarbones to front rack position
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Press barbell vertically**
- Biceps close to ears
- **Press weight evenly through the entire foot, and evenly through both feet**
- Maintain strong heel of foot to floor contact
- Return barbell back to front rack position
- Use a slight knee and hip drive to initiate Press if necessary
- ***Maintain neutral position throughout move***

BARBELL ROW

- **Feet under hips**
- Strong grip on the barbell
- **Brace core**
- **Hinge forward from the hip**
- **Pull barbell in line with torso, in line with lower ribcage**
- **Keep elbows in**
- Squeeze shoulder blades together
- **Barbell stops at knee height**
- ***Maintain neutral position throughout move***

PUSHUP

- **Hands outside shoulder width**
- **Core braced**
- **Shoulders away from ears**
- **Hips and shoulders square to floor**
- **Whole body to move as one unit**
- **Head and neck in neutral position**
- **Elbows track back and out in 45-degree angle**
- **Chest to elbow height**
- ***Maintain neutral position throughout move***

↓ Pushup on knees

LAYER 2

RDO: Chest down to fist height away from floor

GORILLA ROWS

- **Feet outside hip width**
- Feet turned out slightly
- **Knees track forward in line with toes**
- **Lower down to partial Squat position**
- **Hinge forward from the hips**
- **Brace core**
- Squeeze shoulder blades together
- **Keep shoulders and hips square to floor**
- **Hold plates hanging in front, pulled in close to body**
- Row plate towards ribcage
- Alternate Rows L&R
- Keep elbows in
- ***Maintain neutral position throughout move***



05. CON-SETS

TEMPO: Refer to move – first number represents the first part of the move

Exercise	
0:30	Set up Bulgarian Split Squat with 1x or 2x weight plates
SET 1	
0:30	Bulgarian Split Squat L leg (2-0-1-0) with 1x or 2x weight plates
0:15	Bulgarian Split Squat Pulse L leg with 1x or 2x weight plates
0:15	Recovery and change legs
0:30	Bulgarian Split Squat R leg (2-0-1-0) with 1x or 2x weight plates
0:15	Bulgarian Split Squat Pulse R leg with 1x or 2x weight plates
0:15	Recovery and setup Tricep Dip with 1x weight plate
0:30	Tricep Dip (2-0-1-0) with 1x weight plate
0:15	Tricep Dip Pulse with 1x weight plate
0:15	Recovery and set up Pushup
0:30	Pushup (2-0-1-0)
0:15	Pushup Pulse
0:15	Recovery and set up Pike To Extension with 1x weight plate
0:30	Pike To Extension (1-0-2-0) with 1x weight plate
0:15	Pike Pulse
0:15	Recovery
SET 2	
0:30	Bulgarian Split Squat L leg (2-0-1-0) with 1x or 2x weight plates
0:15	Bulgarian Split Squat Pulse L leg with 1x or 2x weight plates
0:15	Recovery and change legs
0:30	Bulgarian Split Squat R leg (2-0-1-0) with 1x or 2x weight plates
0:15	Bulgarian Split Squat Pulse R leg with 1x or 2x weight plates
0:15	Recovery and set up Tricep Dip with 1x weight plate
0:30	Tricep Dip (2-0-1-0) with 1x weight plate
0:15	Tricep Dip Pulse with 1x weight plate
0:15	Recovery and set up Pushup
0:30	Pushup (2-0-1-0)
0:15	Pushup Pulse
0:15	Recovery and set up Pike To Extension with 1x weight plate
0:30	Pike To Extension (1-0-2-0) with 1x weight plate
0:15	Pike Pulse
0:15	Recovery
0:30	Pike To Extension (1-0-2-0) with 1x weight plate
0:15	Extension Hold with 1x weight plate
	Recovery



05. OVER & OVER / FIMONTE 11:21mins

TECHNIQUE

LAYER 1

BULGARIAN SPLIT SQUAT

- Place back foot on bench
- Plates by side of body
- Long step forward with front foot off bench
- **Knee to stay behind toes on front leg**
- **Core braced**
- **Chest up**
- **90-degree angle at the front knee**
- **Knee tracks forward in line with toes on front leg**
- **Press weight evenly through the entire front foot**
- Maintain strong heel of foot to floor contact on front foot
- **Hips square to front**
- **Hips level**
- ***Maintain neutral position throughout move***

↓ Lunge on floor

BULGARIAN SPLIT SQUAT PULSE

- Bottom range only

↓ Lunge Pulse on floor

TRICEP DIP

- Feet hip-width apart
- Keep whole of both feet on the floor
- Knees at 90 degrees
- Place weight plate on thigh, close to hips
- **Hands on the edge of bench, fingers facing forward**
- **Chest up**
- **Shoulders away from ears**
- **Hips close to bench**
- **Bend elbows towards the back**
- Elbows close to ribcage
- Elbows extended at the top of the move

↓ Tricep Dip without weight plate

↑ Walk feet away from bench

TRICEP DIP PULSE

- Bottom range only

↓ Tricep Dip Pulse without weight plate

↑ Walk feet away from bench

PUSHUP

- **Hands outside shoulder width**
- **Core braced**
- **Shoulders away from ears**
- **Keep shoulders retracted**
- **Hips and shoulders square to floor**
- **Whole body to move as one unit**
- **Head and neck in neutral position**
- **Elbows track back and out in 45-degree angle**
- **Chest to elbow height**
- ***Maintain neutral position throughout move***

↓ Pushup on knees

LAYER 2

RDO: Chest down to fist height away from floor

PUSHUP PULSE

- Bottom range only

↓ Pushup Pulse on knees

LAYER 2

RDO: Chest down to fist height away from floor

PIKE TO EXTENSION

- Lie down on back
- Legs lifted feet over hips
- **90-degree hip angle**
- **Drive ribs to hips**
- **Brace core**
- **Chin tucked in**
- Attempt to maintain full extension at knees
- Lift plate, chest and shoulders directly up towards feet to crunch
- **Extend legs out to 45 degrees and extend plate over head**
- Attempt to maintain upper back and shoulders off the floor

↓ Crunch extension with knees bent to 90 degrees

LAYER 2

RDO: Lift hips off floor and drive feet up on Pike



05. OVER & OVER / FIMONTE 11:21mins

TECHNIQUE

PIKE PULSE

- Lift plate, chest and shoulders directly up towards feet to crunch
- Attempt to maintain upper back and shoulders off the floor for duration of move
- Repeat crunch
- Remove Extension

EXTENSION HOLD

- Lie down on back
- **Legs extended out to 45 degrees**
- Arms extended overhead with weight plate
- Legs, shoulders and upper back off the floor
- Knees fully extended
- **Drive ribs to hips**
- **Brace core**
- **Press lower back towards the floor**
- **Chin tucked in**
- Feet together

↓ Extension Hold without weight plate



06. COOLDOWN

Exercise	
0:30	Lying Hamstring Stretch L&R
0:30	Figure 4 L&R
0:30	Kneeling Hip Flexor Stretch L&R and Open Chest
0:30	Childs Pose
0:30	Standing Quadricep Stretch
0:30	Shoulder Stretch L&R and Wrist Stretch + Roll



06. THE ONE 3:03mins

TECHNIQUE

LAYER 1

LYING HAMSTRING STRETCH

- Lie down on back
- Lift left leg off the floor to above hips
- Maintain right leg on the floor
- Hold both hands around the left thigh
- Attempt to maintain full knee extension
- Foot and ankle relaxed
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 15 seconds
- Repeat on opposite side
- You should feel the stretch in the back of the left thigh/hamstring

FIGURE 4

- Lie down on back
- Lift left leg off the floor to above hips
- Place right ankle on left thigh, just above knee in a figure 4 position
- Reach behind thigh of left leg
- Gently pull left leg towards chest
- Maintain right knee away from body
- Use arm to gently push right knee away from body
- Relax hips and legs
- Take deep breaths in and out to relax further
- Hold for approximately 15 seconds
- Repeat on opposite side
- You should feel the stretch in the right glute behind the hip

KNEELING HIP FLEXOR STRETCH AND OPEN CHEST

- Right leg forward and long step back into a Lunge with left leg
- Place left knee on floor
- Both knees to 90 degrees
- Tuck toes under on left foot
- Squeeze left glute to maintain neutral position
- Push hips forward
- You should feel the stretch in the front of the upper thigh
- Push shoulders away from ears and reach behind to clasp hands together
- Pull shoulders back to feel stretch through the chest
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 15 seconds
- Repeat on opposite side
- You should feel the stretch across the chest

CHILDS POSE

- Kneel down on the floor
- Sit hips back onto heels
- Reach both arms forward and fold chest over towards the floor
- Reach as far forward as possible while sitting back onto heels of feet
- Round through back
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 30 seconds
- You should feel the stretch throughout your back

STANDING QUADRICEP STRETCH

- From standing position, bend left leg behind, reach with left hand to hold left leg
- Squeeze glutes and drive hips forward
- Lift chest
- Stand tall
- Gently pull left leg back, bringing heel of left foot towards left glute
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 15 seconds
- Repeat on opposite side
- You should feel the stretch down the front of the thigh



06. THE ONE 3:03mins

TECHNIQUE

SHOULDER STRETCH

- Reach left arm forward in front of chest
- Left elbow straight at full extension
- Tuck right elbow under left arm
- Gently pull left arm towards chest with right arm
- Rotate torso clockwise (towards the right) for a deeper stretch
- You should feel the stretch in the back of the shoulder
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 10 seconds
- Repeat on opposite side
- You should feel this stretch in the back of the shoulder

WRIST STRETCH

- Hold left hand in front, externally rotated with fingers facing towards floor
- Elbow extended on left arm
- Use right hand to gently pull left hand's fingers towards body
- Repeat on opposite side

WRIST ROLL

- Hold hands in front and form a fist with each hand
- While maintaining arms reasonably still, move wrists in a circular motion in both directions



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 honouring 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.

