

STRENGTH DEVELOPMENT

02

FOUNDATIONAL STRENGTH

MUSIC

CLASS STRUCTURE

01. WARM-UP

02. TRI-SETS: SQUATS X CHEST — PROGRESSIVE SETS

03. DEADLIFT: SUPERSETS

04. UPPER-BODY SUPERSETS

05. CON-SETS

06. COOLDOWN

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MUSIC

01.

Holy Matrimony (4:03)

JIM JUNK

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

02.

It Is What It Is (2:30)

INF

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

Tear It Down (2:20)

NOAM DEE

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

King Of You (4:45)

NOAM DEE

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Written by: Fairley

03.

Anything You Want (2:16)

Tilde Key

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Written by: McCarthy, Tyson, Tanner

To Kill A Cyclops (2:00)

NOAM DEE

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Written by: Fairley

Anything You Want (2:05)

Tilde Key

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Written by: McCarthy, Tyson, Tanner

04.

Tiger King (3:03)

Kettlebellz

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Written by: Landell, McCarthy, Yeh, Sanders

FLOW (2:43)

Rich Cosby

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

Tiger King (2:45)

Kettlebellz

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Written by: Landell, McCarthy, Yeh, Sanders

05.

Flex (3:07)

LUCKSON feat. INF

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Written by: Luckson, Tyson

Attack Mode (2:47)

EZ feat. VinDon

Courtesy of Les Mills Music Licensing Ltd.
Written by: Martins, Hulcome

Basit Low (2:58)

Eastern Bloc

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Written by: Aldridge

06.

Elevate (3:05)

Ashley Alexander

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Written by: Alexander



CLASS STRUCTURE

1.	WARM-UP
2.	TRI-SETS: SQUATS X CHEST – PROGRESSIVE SETS
3.	DEADLIFT: SUPERSETS
4.	UPPER-BODY: SUPERSETS
5.	CON-SETS
6.	COOLDOWN

WORKOUT SETUP

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

Building on from **Strength Development 1**, our focus is still on setting a strong foundation of good technique within a traditional strength training structure. We have added more complexity to sets for this workout. This entire workout is in working 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 start with progressive loading, working to maximum weight in Squats, and we then have supersets for Deadlifts. Then we move to upper body, 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 Overhead Press (Strict)
0:30	Barbell Backward-Stepping Lunge
	Recovery



01. HOLY MATRIMONY 4:03mins

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. HOLY MATRIMONY 4:03mins

TECHNIQUE

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***

BARBELL BACKWARD-STEPPING LUNGE

- Clean barbell over to meaty part of upper back
- **Feet hip-width apart**
- **Chest up**
- **Core braced**
- Take a long step back
- **Hips and shoulders level and square to the front**
- **Knees in line with toes**
- **Front knee above ankle**
- Bend back knee and moves towards the floor
- **Front thigh parallel to the floor**
- Body weight even on both legs
- ***Maintain neutral position throughout move***



02. TRI-SETS: SQUATS X CHEST – 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
0:40	Barbell Back Squat (2-1-2-1)	6 – 8
0:40	Pushup (2-1-2-1)	6 – 8
0:20	Recovery and add weight to barbell	
	SET 2	
0:40	Barbell Front Squat (2-1-2-1)	6 – 8
0:40	Barnell Back Squat (2-1-2-1)	6 – 8
0:40	Pushup (2-1-2-1)	6 – 8
0:20	Recovery and add weight to barbell	
	SET 3	
0:40	Barbell Front Squat (2-1-2-1)	6 – 8
0:40	Barbell Back Squat (2-1-2-1)	6 – 8
0:40	Pushup (2-1-2-1)	6 – 8
0:20	Recovery and add weight to barbell	
	SET 4	
0:40	Barbell Front Squat (2-1-2-1)	6 – 8
0:40	Barbell Back Squat (2-1-2-1)	6 – 8
0:40	Pushup (2-1-2-1)	6 – 8
	Recovery	



02. IT IS WHAT IT IS / TEAR IT DOWN / KING OF YOU 9:35mins

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***

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



03. DEADLIFT: SUPERSETS

TEMPO: (2-1-2-1) – first number represents the first part of the move
REP RANGE: Approximately 8 – 10

Exercise		Rep Range
0:45	Set up Barbell Deadlift maintain heavy weight on barbell	
SET 1		
0:90	Barbell Deadlift (2-1-2-1) Remaining Time: Raised Isometric Glute Hold on Bench	8 – 10
0:30	Recovery	
SET 2		
0:90	Barbell Deadlift (2-1-2-1) Remaining Time: L leg Raised Isometric Glute Hold on Bench	8 – 10
0:30	Recovery	
SET 3		
0:90	Barbell Deadlift (2-1-2-1) Remaining Time: R leg Raised Isometric Glute Hold on Bench	8 – 10
	Recovery	



03. ANYTHING YOU WANT / TO KILL A CYCLOPS 6:21mins

TECHNIQUE

LAYER 1

BARBELL DEADLIFT

- Feet hip-width apart
- Knees slightly bent
- Hips square to front
- Chest up
- Chin tucked in
- Core braced
- Hinge forward from the hips
- Extend hips to stand
- Barbell close to body
- Barbell to knee height
- Maintain neutral position throughout move

LAYER 2

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

RAISED ISOMETRIC GLUTE HOLD ON BENCH

- Rest shoulders, upper back and head on bench
- Feet hip-width apart
- Drive through heels to lift hips up
- Extend at the hips
- Hips in line with bench
- Hips square to floor
- Core braced
- Chin tucked in
- Shoulders away from ears
- Hold position
- *Maintain neutral position throughout move*

↓ Isometric Glute Hold on floor

↑ Add weight plate on hips

SINGLE-LEG RAISED ISOMETRIC GLUTE HOLD ON BENCH

- Rest shoulders and upper back on long edge of bench
- Feet shoulder-width apart
- Lift one leg off floor
- Drive through heel of base leg to lift hips up
- Extend at the hips
- Hips in line with bench
- Hips square to floor
- Core braced
- Chin tucked in
- Shoulders away from ears
- Hold position
- *Maintain neutral position throughout move*

↓ Single-leg Isometric Glute Hold on floor

↑ Add weight plate on hips



04. UPPER-BODY SUPERSETS

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

Exercise		Rep Range
0:45	Set up Seated Side Raise with 2x medium weight plates	
	SET 1	
0:30	Seated Side Raise (1-0-2-0)	6 – 8
0:30	Seated Arnold Press (1-1-2-1)	6 – 8
0:20	Recovery and set up Chest Fly	
0:30	Chest Fly on bench (2-0-1-0)	6 – 8
0:30	Standing Reverse Fly (1-0-2-0)	6 – 8
0:20	Recovery and set up Seated Side Raise	
	SET 2	
0:30	Seated Side Raise (1-0-2-0)	6 – 8
0:30	Seated Arnold Press (1-1-2-1)	6 – 8
0:20	Recovery and set up Chest Fly	
0:30	Chest Fly on bench (2-0-1-0)	6 – 8
0:30	Standing Reverse Fly (1-0-2-0)	6 – 8
0:20	Recovery and set up Seated Side Raise	
	SET 3	
0:30	Seated Side Raise (1-0-2-0)	6 – 8
0:30	Seated Arnold Press (1-1-2-1)	6 – 8
0:20	Recovery and set up Chest Fly	
0:30	Chest Fly on bench (2-0-1-0)	6 – 8
0:30	Standing Reverse Fly (1-0-2-0)	6 – 8
	Recovery	



04. TIGER KING / FLOW 8:31mins

TECHNIQUE

LAYER 1

SEATED SIDE RAISE

- Sit on the short edge of bench
- Plates at side of the body
- **Chest up**
- **Chin tucked in**
- **Elbows slightly bent**
- **Core braced**
- **Shoulders away from ears**
- **Raise plates to shoulder height**
- Avoid resting plates on legs / hips / bench
- ***Maintain neutral position throughout move***

SEATED ARNOLD PRESS

- Sit on the short edge of bench
- Elbows in front of body at shoulder level with plates facing inwards
- **Chest up**
- **Chin tucked in**
- **Core braced**
- **Shoulders away from ears**
- Open elbows to just forward of the shoulders while opening plates to face outwards
- Squeeze between the shoulder blades in opening phase
- Press plates directly up
- **Plates slightly forward**
- Lower plates maintaining shoulder width
- Close elbows to shoulder-width and shoulder level with plates facing inwards
- Protract the shoulder blades on the closing phase
- ***Maintain neutral position throughout move***

CHEST FLY

- Lie down on bench
- **Plates facing each other in front of chest**
- Plates shoulder-width apart
- **Core braced**
- **Push lower back towards the bench**
- Open the plates outwards
- **Elbows stop in line with the bench**
- **Maintain slight bend in the elbows**

STANDING REVERSE FLY

- **Tip forward from the hips**
- Plates just in front of hips
- **Chest up**
- **Core braced**
- **Chin tucked in**
- Eye gaze approximately 6½ (2 meters in front)
- **Elbows slightly bent**
- Keep shoulders locked in position
- **Shoulders away from ears**
- Raise plates up, leading with elbows
- Squeeze between the shoulder blades
- **Lift elbows to just below shoulder level**
- Keep body still
- ***Maintain neutral position throughout move***



05. CON-SETS

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

Exercise	
0:45	Set up Farmers Carry Backward-Stepping Lunge with 2x medium weight plates
SET 1	
0:30	Farmers Carry Backward-Stepping Lunge L&R with 2x medium weight plates
0:30	Squat Double Plate Overhead Press (2-0-1-0)
0:20	Recovery and set up Plank Around The World
1:00	Plank Around The World
0:30	Recovery and set up Farmers Carry Backward-Stepping Lunge
SET 2	
0:30	Farmers Carry Backward-Stepping Lunge L&R with 2x medium weight plates
0:30	Squat Double Plate Overhead Press (2-0-1-0)
0:20	Recovery and set up Plank Around The World + Tricep Pushup
1:00	Plank Around The World and Tricep Pushup
0:30	Recovery and set up Farmers Carry Backward-Stepping Lunge
SET 3	
0:30	Farmers Carry Backward-Stepping Lunge L&R with 2x medium weight plates
0:30	Squat Double Plate Overhead Press (2-0-1-0)
0:20	Recovery and set up Plank Around The World + Tricep Pushup
1:00	Plank Around The World + Tricep Pushup
	Recovery



05. FLEX / ATTACK MODE / BASIT LOW 8:52mins

TECHNIQUE

LAYER 1

FARMERS CARRY BACKWARD-STEPPING LUNGE

- **Feet hip-width apart**
- Hold weight plates at side of body on each side
- **Lift chest**
- **Core braced**
- Take a long step back
- **Hips and shoulders even and square to the front**
- **Knees in line with toes**
- **Front knee above ankle**
- Bend back knee and move towards the floor
- **Front thigh parallel to the floor**
- Body weight even on both legs
- Step leg forward to standing position to feet hip-width apart
- Repeat on opposite side
- ***Maintain neutral position throughout move***

SQUAT DOUBLE PLATE OVERHEAD PRESS

- **Feet slightly outside hip-width**
- **Plates just in front of shoulders**
- **Elbows under plates**
- **Chest up**
- **Core braced**
- **Sit hips back and down**
- **Knees track forward in line with toes**
- Towards the top of the Squat, press plates over head
- **Core braced as plates moves over head**
- **Elbows slightly forward**
- Return plates just in front of shoulders
- ***Maintain neutral position throughout move***

PLANK AROUND THE WORLD

- Corkscrew hands into floor
- **Hands shoulder-width apart**
- **Shoulders away from ears**
- **Core braced**
- Walk hands forward one at a time
- Walk hands to the side of shoulders one at a time, wider than shoulder width
- Walk hands back to shoulder-width apart
- **Keep hips still and square to the floor during movement**
- **Maintain hips at shoulder height**
- ***Maintain neutral position throughout move***

TRICEP PUSHUP

- **Hands shoulder-width apart**
- **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 brushing against ribcage**
- **Chest to elbow height**
- ***Maintain neutral position throughout move***

↓ Tricep Pushup on knees

LAYER 2

RDO: Chest down to fist height away from floor



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. ELEVATE 3:05mins

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 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
- 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



06. ELEVATE 3:05mins

TECHNIQUE

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

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.

