

STRENGTH DEVELOPMENT

04

LOWER-BODY HYPERTROPHY

MUSIC

CLASS STRUCTURE

01. WARM-UP

02. 1 MIN EMOM PREP + 5x EMOMS: LOWER-BODY

03. TRI-SETS: LOWER-BODY

04. CON-SETS: UPPER-BODY

05. COOLDOWN

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MUSIC

01.

To The Top (4:03)

INF

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Written by: Tyson
02.

Dig (1:30)

LaToria

Courtesy of Les Mills Music Licensing Ltd.
Written by: LaToria
03.

Show Me (5:36)

NOAM DEE

Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley
04.

Hands Together (2:57)

NOAM DEE

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Written by: Fairley
05.

Oomph (4:08)

Bobby Weaving

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Written by: Arts
06.

Keep It Coming (1:51)

Bobby Weaving

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Written by: Arts
07.

Pronto (3:04)

Mow Music

© 2021 Les Mills Music Licensing Ltd.
Written by: Oudeweernink
08.

Distil With Me (3:54)

NOAM DEE

© 2021 Les Mills Music Licensing Ltd.
Written by: Fairley
09.

I Take Mine (2:51)

Dan Draper

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Written by: Beasley
10.

Keep It Coming (1:50)

Bobby Weaving

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Written by: Arts
11.

Hit It (2:51)

Akira

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Written by: Evans
12.

Kindly (3:04)

Ashley Alexander

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Written by: Alexander



CLASS STRUCTURE

1.	WARM-UP
2.	1 MIN EMOM PREP + 5x EMOMS: LOWER-BODY
3.	TRI-SETS: LOWER-BODY
4.	CON-SETS: UPPER-BODY
5.	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 **lower-body hypertrophy** workout. The focus of hypertrophy is on building muscle. With these workouts we aim for moderately heavy weight (less weight than our foundational strength workouts) and aim to hit a higher reps. 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.

After the warm-up, we prime and hit a 5-minute lower-body Every Minute On The Minute (EMOM), followed by a lower-body circuit and finishing with upper-body 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

EMOM: EVERY MINUTE ON THE MINUTE



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. TO THE TOP 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 knee 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. TO THE TOP 4:03mins

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. 1 MIN EMOM PREP + 5x EMOMS: LOWER-BODY

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

REP RANGE: Refer to move

Exercise	
0:30	Set up Barbell Back Squat with base weight on barbell and set up Plate Squat Press with 1x medium weight plate
	EMOM PREP
1:00	6x Barbell Back Squat (2-0-2-0) 10x Plate Squat Press (2-0-1-0)
0:30	Recovery , option to add weight to barbell and set up for Barbell Back Squat
	EMOM 1
1:00	6x Barbell Back Squat (2-0-2-0) 10x Plate Squat Press (2-0-1-0) Remaining Time: Recovery and set up for Barbell Back Squat
	EMOM 2
1:00	6x Barbell Back Squat (2-0-2-0) 10x Plate Squat Press (2-0-1-0) Remaining Time: Recovery and set up for Barbell Back Squat
	EMOM 3
1:00	6x Barbell Back Squat (2-0-2-0) 10x Plate Squat Press (2-0-1-0) Remaining Time: Recovery and set up for Barbell Back Squat
	EMOM 4
1:00	6x Barbell Back Squat (2-0-2-0) 10x Plate Squat Press (2-0-1-0) Remaining Time: Recovery and set up for Barbell Back Squat
	EMOM 5
1:00	6x Barbell Back Squat (2-0-2-0) 10x Plate Squat Press (2-0-1-0) Remaining Time: Recovery Recovery



02. DIG / SHOW ME 7:06mins

TECHNIQUE

LAYER 1

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 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**

PLATE SQUAT PRESS

- Feet just outside hip width
- Toes turned out slightly
- Plate parallel to floor, in front of collarbones
- Elbows under plate
- Chest up
- Core braced
- Sit hips down and back
- Knees track forward, in line with toes
- Towards the top of the Squat, press plate over head
- Brace core as plate moves over head
- Elbows slightly forward
- Return plate to in front of collarbones
- ***Maintain neutral position throughout move***



03. TRI-SETS: LOWER-BODY

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

REP RANGE: Approximately 10 – 15

Exercise		Rep Range
0:45	Set up barbell with weight that enables approximately 10 – 15 reps	
SET 1		
0:40	Barbell Deadlift (2-0-2-0)	10 – 15
0:10	Recovery and reduce weight on barbell	
0:40	Barbell Front Squat + Squat Pulse	10 – 15
0:10	Recovery and maintain weight on barbell	
0:40	Barbell Backward Stepping Lunge (2-0-1-0) L&R with barbell	
0:30	Recovery and add weight on barbell	
SET 2		
0:40	Barbell Deadlift (2-0-2-0)	10 – 15
0:10	Recovery and reduce weight on barbell	
0:40	Barbell Front Squat + Squat Pulse	10 – 15
0:10	Recovery and maintain weight on barbell	
0:40	Barbell Backward-Stepping Lunge (2-0-1-0) L&R with barbell	
0:30	Recovery and add weight on barbell	
SET 3		
0:40	Barbell Deadlift (2-0-2-0)	10 – 15
0:10	Recovery and reduce weight on barbell	
0:40	Barbell Front Squat + Squat Pulse	10 – 15
0:10	Recovery and maintain weight on barbell	
0:40	Barbell Backward-Stepping Lunge (2-0-1-0) L&R with barbell	
0:30	Recovery and add weight on barbell	
SET 4		
0:40	Barbell Deadlift (2-0-2-0)	10 – 15
0:10	Recovery and reduce weight on barbell	
0:40	Barbell Front Squat + Squat Pulse	10 – 15
0:10	Recovery and maintain weight on barbell	
0:40	Barbell Backward-Stepping Lunge (2-0-1-0) L&R with barbell	
	Recovery	



03. PRONTO / I TAKE MINE / HIT IT / HANDS TOGETHER 11:43mins

TECHNIQUE

LAYER 1

BARBELL DEADLIFT

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

BARBELL FRONT SQUAT + SQUAT PULSE

- 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
- Come up halfway, then back down to hips just above knees at 90 degrees
- Extend hips to stand
- *Maintain neutral position throughout move*

BARBELL BACKWARD-STEPPING LUNGE

- Clean barbell over to meaty part of upper back
- Feet hip-width apart
- Chest up
- Brace core
- 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*



04. CON-SETS: UPPER-BODY

Exercise	
0:45	Set up with bench + 2x medium weight plates Set up for Bear Hold Single-Arm Bench Row
SET 1	
0:30	Bear Hold Bench Row L arm
0:30	Kneeling Side Raise with 2x weight plates
0:30	Bear Hold Bench Row R arm
0:20	Recovery
SET 2	
0:30	Bear Hold Bench Row L arm
0:30	Kneeling Side Raise with 2x weight plates
0:30	Bear Hold Bench Row R arm
0:20	Recovery
SET 3	
0:30	Bear Hold Bench Row L arm
0:30	Kneeling Side Raise with 2x weight plates
0:30	Bear Hold Bench Row R arm
0:30	Recovery and set up Tricep Pushup + Marching Plank On/Off Bench
SET 4	
0:30	Tricep Pushup + Marching Plank On/Off Bench
0:30	Kneeling Arnold Press with 2x weight plates
0:30	T-Pushup
0:20	Recovery and set up Tricep Pushup + Marching Plank On/Off Bench
SET 5	
0:30	Tricep Pushup + Marching Plank On/Off Bench
0:30	Kneeling Arnold Press with 2x weight plates
0:30	T-Pushup
0:20	Recovery and set up Tricep Pushup + Marching Plank On/Off Bench
SET 6	
0:30	Tricep Pushup + Marching Plank On/Off Bench
0:30	Kneeling Arnold Press with 2x weight plates
0:30	T-Pushup
	Recovery



04. OOMPH / KEEP IT COMING / DISTIL WITH ME 11:43mins

TECHNIQUE

LAYER 1

BEAR HOLD SINGLE-ARM BENCH ROW

- Set up in a Bear Crawl/Tabletop position with one hand on bench
- Tuck toes under
- **Corkscrew hand into bench**
- Lift knees slightly off the floor, bringing hips and shoulders into one plane
- Hold plate with opposite hand directly underneath shoulder
- **Chin tucked in**
- **Core braced**
- **Shoulders away from ears**
- Row plate towards ribcage and drive elbow directly to the ceiling
- Squeeze shoulder blades towards spine
- Keep elbow close to body, brushing against ribcage during Row
- **Maintain shoulders and hips square to the floor**
- ***Maintain neutral position throughout move***

KNEELING SIDE RAISE

- Kneel on the floor
 - Tuck toes under
 - Drive hips forward, bringing hips directly above knees
 - Plates on either side of the body facing inwards
 - **Chest up**
 - **Chin tucked in**
 - **Core braced**
 - **Shoulders away from the ears**
 - **Elbows slightly bent**
 - **Lift plates to slightly below shoulder level**
 - **Elbows slightly forward of shoulder line**
 - ***Maintain neutral position throughout move***
- ↓ Sit into heels and Kneeling Side Raise

TRICEP PUSHUP + MARCHING PLANK ON/OFF BENCH

- **Hands on the bench at 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**
- Press the bench away to come back up to starting position
- Walk hands off the bench onto the floor one at a time
- Walk hands back onto the bench one at a time
- **Keeps hips still and square to the floor during movement**
- Repeat, back to Tricep Pushup
- ***Maintain neutral position throughout move***

↓ Tricep Pushup on knees and/or Marching Plank On/Off Bench on knees

LAYER 2

RDO: Chest down to fist height away from bench on Tricep Pushup



04. OOMPH / KEEP IT COMING

/ DISTIL WITH ME 11:43mins

TECHNIQUE

KNEELING ARNOLD PRESS

- Kneel on the floor
- Tuck toes under
- Drive hips forward, bringing hips directly above knees
- **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 forward**
- Press plates directly upwards
- **Plates slightly forward**
- Lower plates, maintaining shoulder width
- Squeeze between the shoulder blades in opening phase
- Protract the shoulder blades on the closing phase
- Close elbows to just in front of body at shoulder level with plates facing inwards
- ***Maintain neutral position throughout move***

↓ Sit onto heels and Kneeling Arnold Press

T-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**
- **Push the floor away to rise back and rotate body to one side; raise one arm up to ceiling bringing torso diagonally to the floor**
- **Keep both feet on the floor on rotation**
- Bring hand back to outside shoulder width
- Repeat entire move and rotate to the opposite side
- ***Maintain neutral position throughout move***

↓ T-Pushup or Pushup on knees

LAYER 2

RDO: Chest down to fist height away from bench



05. 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



05. KINDLY 3:04mins

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 chestRelax 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



05. KINDLY 3:04mins

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.

