

# **STRENGTH DEVELOPMENT PURE STRENGTH**

**06**

**MUSIC**

**CLASS STRUCTURE**

**01. WARM-UP**

**02. SUPERSETS: SQUATS X BACK —  
PROGRESSIVE SETS**

**03. TRI-SETS: DEADLIFT X CHEST**

**04. CON-SETS**

**05. COOLDOWN**

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# MUSIC

01. **East Hills** (4:05)  
Nbhd Nick  
Courtesy of Epidemic Sound.  
Written by: Unknown

02. **It Is What It Is** (3:31)  
INF  
Courtesy of Les Mills Music Licensing Ltd.  
Written by: Tyson

**Whatchya Gonna Do** (3:18)  
NOAM DEE  
Courtesy of Les Mills Music Licensing Ltd.  
Written by: Fairley

**Daily** (3:26)  
JIM JUNK  
Courtesy of Les Mills Music Licensing Ltd.  
Written by: Nasir

03. **Midnight Fight** (5:05)  
Dan Draper  
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Written by: Beasley

**Venture** (4:42)  
STRLGHT  
Courtesy of Epidemic Sound.  
Written by: Unknown

**Midnight Fight** (4:44)  
Dan Draper  
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Written by: Beasley

04. **Love 2 Love Ya (Instrumental)** (3:27)  
Chase White  
Courtesy of Epidemic Sound.  
Written by: Unknown

**Euphoria** (3:00)  
Dan Draper  
Courtesy of Les Mills Music Licensing Ltd.  
Written by: Beasley

**I Wanna Know** (3:04)  
Dan Draper  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Beasley

05. **Run It** (3:04)  
INF  
Courtesy of Les Mills Music Licensing Ltd.  
Written by: Tyson



# CLASS STRUCTURE

|    |                                             |
|----|---------------------------------------------|
| 1. | WARM-UP                                     |
| 2. | SUPERSETS: SQUATS X BACK – PROGRESSIVE SETS |
| 3. | TRI-SETS: DEADLIFT X CHEST                  |
| 4. | CON-SETS                                    |
| 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 **full-body pure strength workout**. The focus of pure strength is to load up heavy and aim for less reps than you would in a hypertrophy workout.

This whole workout is in intervals of time and we move off the beat of the music. We will give you tempo guides for some exercises to make this a really good strength workout. You decide the weight you would like to work with. Note: Your heaviest load should be what you can safely lift overhead during a Clean & Press.

# 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. EAST HILLS 4:05mins

## 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. EAST HILLS 4:05mins

## 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 move towards the floor
- Front thigh parallel to the floor
- Body weight even on both legs
- *Maintain neutral position throughout move*



# 02. SUPERSETS: SQUATS X BACK – PROGRESSIVE SETS

**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 <b>Barbell Front Squat</b> with base weight on barbell                 |           |
|          | <b>SET 1</b>                                                                  |           |
| 0:40     | <b>Barbell Front Squat (3-1-1-1)</b> with base weight on barbell              | 6 – 8     |
| 0:40     | <b>Upright Row (1-1-3-1)</b> with 2x light to medium weight plates            | 6 – 8     |
| 0:20     | <b>Recovery</b> and set up <b>Barbell Back Squat</b>                          |           |
|          | <b>SET 2</b>                                                                  |           |
| 0:40     | <b>Barbell Back Squat (3-1-1-1)</b> with base weight on barbell               | 6 – 8     |
| 0:40     | <b>Narrow Row (1-1-3-1)</b> with 2x medium to heavy weight plates or barbell  | 6 – 8     |
| 0:20     | <b>Recovery</b> , add weight on barbell and set up <b>Barbell Front Squat</b> |           |
|          | <b>SET 3</b>                                                                  |           |
| 0:40     | <b>Barbell Front Squat (3-1-1-1)</b>                                          | 6 – 8     |
| 0:40     | <b>Upright Row (1-1-3-1)</b> with 2x light to medium weight plates            | 6 – 8     |
| 0:20     | <b>Recovery</b> and set up <b>Barbell Back Squat</b>                          |           |
|          | <b>SET 4</b>                                                                  |           |
| 0:40     | <b>Barbell Back Squat (3-1-1-1)</b>                                           | 6 – 8     |
| 0:40     | <b>Narrow Row (1-1-3-1)</b> with 2x medium to heavy weight plates or barbell  | 6 – 8     |
| 0:20     | <b>Recovery</b> , add weight on barbell and set up <b>Barbell Front Squat</b> |           |
|          | <b>SET 5</b>                                                                  |           |
| 0:40     | <b>Barbell Front Squat (3-1-1-1)</b>                                          | 6 – 8     |
| 0:40     | <b>Upright Row (1-1-3-1)</b> with 2x medium weight plates                     | 6 – 8     |
| 0:20     | <b>Recovery</b> and set up Barbell Back Squat                                 |           |
|          | <b>SET 6</b>                                                                  |           |
| 0:40     | <b>Barbell Back Squat (3-1-1-1)</b>                                           | 6 – 8     |
| 0:40     | <b>Narrow Row (1-1-3-1)</b> with 2x medium to heavy weight plates or barbell  | 6 – 8     |
|          | <b>Recovery</b> and keep weight on barbell                                    |           |



# 02. IT IS WHAT IT IS / WHATCHYA GONNA DO / DAILY 10:15mins

## 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***

#### UPRIGHT ROW

- **Feet hip-width apart**
- **Chest up**
- **Core braced**
- **Shoulders away from ears**
- Slight pinch between the shoulder blades
- **Lift plates to lower chest**
- **Keep elbows above plates throughout the move and lead with elbows on the pull**
- Keep plates close to body
- ***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 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***

#### NARROW ROW

- **Feet under hips**
- **Core braced**
- **Hinge forward from the hips**
- **Keep elbows in**
- Squeeze shoulder blades together
- ***Maintain neutral position throughout move***

#### PLATES

- Strong grip on plates
- Pull plates to lower ribcage
- **Keep plates close to body**

#### BARBELL

- Strong narrow (approximately shoulder width) grip on barbell
- Pull barbell to lower ribcage
- **Keep barbell close to body**





# 03. TRI-SETS: DEADLIFT X CHEST

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

|      | Exercise                                                                                            | Rep Range |
|------|-----------------------------------------------------------------------------------------------------|-----------|
| 0:45 | Setup <b>Offset Barbell Deadlift</b> L leg F and keep maximum weight on barbell from previous track |           |
|      | <b>SET 1</b>                                                                                        |           |
| 0:40 | <b>Offset Barbell Deadlift</b> L leg <b>(3-1-1-1)</b>                                               | 6 – 8     |
| 0:40 | <b>Offset Barbell Deadlift</b> R leg <b>(3-1-1-1)</b>                                               | 6 – 8     |
| 0:40 | <b>Chest Press (3-1-1-1)</b> with 2x heavy weight plates or barbell if achievable                   | 6 – 8     |
| 0:20 | <b>Recovery</b> and set up <b>Chest Fly</b>                                                         |           |
|      | <b>SET 2</b>                                                                                        |           |
| 0:40 | <b>Chest Fly (3-1-1-1)</b> with 2x medium to heavy weight plates                                    | 6 – 8     |
| 0:40 | <b>Pushup (3-1-1-1)</b>                                                                             | 6 – 8     |
| 0:40 | <b>Barbell Deadlift (3-1-1-1)</b>                                                                   | 6 – 8     |
| 0:20 | <b>Recovery</b> , maintain weight and set up <b>Offset Barbell Deadlift</b>                         |           |
|      | <b>SET 3</b>                                                                                        |           |
| 0:40 | <b>Offset Barbell Deadlift</b> L leg <b>(3-1-1-1)</b>                                               | 6 – 8     |
| 0:40 | <b>Offset Barbell Deadlift</b> R leg <b>(3-1-1-1)</b>                                               | 6 – 8     |
| 0:40 | <b>Chest Press (3-1-1-1)</b> with 2x heavy weight plates or barbell                                 | 6 – 8     |
| 0:20 | <b>Recovery</b> and set up <b>Chest Fly</b>                                                         |           |
|      | <b>SET 4</b>                                                                                        |           |
| 0:40 | <b>Chest Fly (3-1-1-1)</b> with 2x medium to heavy weight plates                                    | 6 – 8     |
| 0:40 | <b>Pushup (3-1-1-1)</b>                                                                             | 6 – 8     |
| 0:40 | <b>Barbell Deadlift (3-1-1-1)</b>                                                                   | 6 – 8     |
| 0:20 | <b>Recovery</b> , maintain weight and set up <b>Offset Barbell Deadlift</b>                         |           |
|      | <b>SET 5</b>                                                                                        |           |
| 0:40 | <b>Offset Barbell Deadlift</b> L leg <b>(3-1-1-1)</b>                                               | 6 – 8     |
| 0:40 | <b>Offset Barbell Deadlift</b> R leg <b>(3-1-1-1)</b>                                               | 6 – 8     |
| 0:40 | <b>Chest Press (3-1-1-1)</b> with 2x heavy weight plates or barbell                                 | 6 – 8     |
| 0:20 | <b>Recovery</b> and set up <b>Chest Fly</b>                                                         |           |
|      | <b>SET 6</b>                                                                                        |           |
| 0:40 | <b>Chest Fly (3-1-1-1)</b> with 2x medium to heavy weight plates                                    | 6 – 8     |
| 0:40 | <b>Pushup (3-1-1-1)</b>                                                                             | 6 – 8     |
| 0:40 | <b>Barbell Deadlift (3-1-1-1)</b>                                                                   | 6 – 8     |
|      | <b>Recovery</b>                                                                                     |           |



# 03. MIDNIGHT FIGHT / VENTURE 14:31mins

## 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**
- **Hips square to front**
- **Chest up**
- Shoulders away from ears
- Maintain middle alignment
- **Core braced**
- **Chin tucked in**
- **Hinge forward from the hips**
- **Barbell to knee height**
- Extend hips to stand
- ***Maintain neutral position throughout move***

### LAYER 2

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

#### CHEST PRESS

- Lie down on the bench, facing upwards
- **Core braced**
- **Press lower back towards the bench**
- Feet hip-width apart and close to the bench
- **Push upper back into the middle of the bench**
- **Elbows stop at bench level**

#### PLATE

- **Plates up in line with shoulders**
- Plates stop when elbows at 90 degrees
- Press plates back up to be in line with shoulders

#### BARBELL

- **Strong wide hand grip on the barbell**
- **Barbell above shoulders**
- **Bring barbell to middle of the chest**
- Press barbell back to shoulder level

### LAYER 2

**RDO:** Barbell fist height away from the chest

### 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**

### 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**

↓ Pushup on knees

### LAYER 2

**RDO:** Chest down to fist height away from floor

### BARBELL DEADLIFT

- **Feet hip-width apart**
- **Slight bend in the knees**
- **Hips square to front**
- **Chest up**
- **Chin tucked in**
- **Core braced**
- **Hinge forward from the hips**
- Extend hips to stand
- **Barbell pulled 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



# 04. CON-SETS

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

| Exercise |                                                                          |
|----------|--------------------------------------------------------------------------|
| 0:45     | Set up <b>Lunge + Hammer Curl Press</b> L&R with x2 medium weight plates |
| SET 1    |                                                                          |
| 0:40     | <b>Lunge + Hammer Curl Press</b> L&R                                     |
| 0:40     | <b>Arnold Press</b>                                                      |
| 0:40     | <b>Iron Cross</b>                                                        |
| 0:40     | <b>Boat Kick</b> on bench                                                |
| 0:20     | <b>Recovery</b> and set up <b>Lunge + Hammer Curl Press</b>              |
| SET 2    |                                                                          |
| 0:40     | <b>Lunge + Hammer Curl Press</b> L&R                                     |
| 0:40     | <b>Arnold Press</b>                                                      |
| 0:40     | <b>Iron Cross</b>                                                        |
| 0:40     | <b>Boat Kick</b> on bench                                                |
| 0:20     | <b>Recovery</b> and set up <b>Lunge + Hammer Curl Press</b>              |
| SET 3    |                                                                          |
| 0:40     | <b>Lunge + Hammer Curl Press</b> L&R                                     |
| 0:40     | <b>Arnold Press</b>                                                      |
| 0:40     | <b>Iron Cross</b> with 2x light to medium weight plates                  |
| 0:40     | <b>Boat Kick</b> on bench                                                |
| Recovery |                                                                          |



# 04. LOVE 2 LOVE YA (INSTRUMENTAL) / EUPHORIA / I WANNA KNOW 9:31mins

## TECHNIQUE

### LAYER 1

#### LUNGE + HAMMER CURL PRESS

- Plates at side of body
- **Feet hip-width apart**
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Shoulders away from ears**
- Take a long step back and curl plates up to shoulders
- **Hips and shoulders square to the front**
- **Knees in line with toes**
- **Front knee above ankle**
- Bend back knee and moves towards the floor, while pressing plates over head
- **Plates slightly forward of shoulders**
- **Front thigh parallel to the floor**
- Body weight even on both legs
- Repeat on opposite side
- ***Maintain neutral position throughout move***

#### ARNOLD PRESS

- Feet hip-width apart
- **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
- Squeeze between the shoulder blades as plates come back down
- Close elbows to just in front of body at shoulder level with plates facing inwards
- Protract the shoulder blades on the closing phase
- ***Maintain neutral position throughout move***

#### IRON CROSS

- Lie down on floor
- Plates facing each other in front of chest
- Feet hip-width apart and lifted above hips
- Knees straight
- **Core braced**
- **Slide ribs to hips**
- **Chin tucked in**
- **Push lower back towards the floor**
- **Open the plates outwards and lower legs down to 45 degrees**
- **Maintain slight bend in the elbows**
- **Elbows stop just above shoulder height**
- **Anchor the shoulders down**

↓ Iron Cross with knees bent to 90 degrees and tap feet to floor instead of extended at 45 degrees



# 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. RUN IT 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 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
- 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. RUN IT 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.

