

STRENGTH DEVELOPMENT POWER AND ATHLETICISM

07

MUSIC

CLASS STRUCTURE

01. WARM-UP

02. POWER CIRCUIT: PROGRESSIVE SETS

03. CLEAN & JERK (CLEAN & PRESS) CHALLENGE

04. CON-SETS: AMRAPs

05. SUPERSETS

06. CON-SETS: CORE

07. COOLDOWN

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MUSIC

01.

Way Up (4:00)

Nbhd Nick

Courtesy of Epidemic Sound.

Written by: Unknown
02.

Add It Up (4:20)

Nbhd Nick

Courtesy of Epidemic Sound.

Written by: Unknown
03.

Distil With Me (4:26)

NOAM DEE

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Written by: Fairley
04.

I Take Mine (2:47)

Dan Draper

Courtesy of Les Mills Music Licensing Ltd.

Written by: Beasley
- Venture** (2:30)

STRLGHT

Courtesy of Epidemic Sound.

Written by: Unknown
- DaDa** (2:33)

Mow Music

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Written by: Oudeweernink

05.

Go Mode (4:48)

Nbhd Nick

Courtesy of Epidemic Sound.

Written by: Unknown
- On Lock** (4:27)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
- I’m Bout It** (4:34)

Donell Mase

Courtesy of Epidemic Sound.

Written by: Unknown
06.

To The Top (2:30)

INF

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Written by: Tyson
- Keep It Coming** (2:20)

Bobby Weaving

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Written by: Arts
07.

Good Vibes Only (3:00)

Nbhd Nick

Courtesy of Epidemic Sound.

Written by: Unknown



CLASS STRUCTURE

1.	WARM-UP
2.	POWER CIRCUIT: PROGRESSIVE SETS
3.	CLEAN & JERK (CLEAN & PRESS) CHALLENGE
4.	CON-SETS: AMRAPs
5.	SUPERSETS
6.	CON-SETS: CORE
7.	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

Welcome to our **power peak**! This workout is all about power and athleticism and being able to move the barbell quickly and explosively.
This entire workout is in working intervals of time. 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 start with a Power Circuit, then a Clean & Jerk or Clean & Press challenge, conditioning AMRAPs, supersets and core conditioning to finish.

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	Barbell Row
0:30	Shoulder Circle + Wrist Roll
0:30	Hip Opener + Thoracic Rotation
0:30	Pushup
0:30	Back Extension
0:30	Barbell Overhead Press (Strict) and keep weight on barbell
	Recovery



01. WAY UP 4:00mins

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***

BARBELL ROW

- **Feet under hips**
- **Strong grip on the barbell**
- **Core braced**
- **Hinge forward from the hips**
- **Pull barbell in line with torso, in line with lower ribcage**
- **Keep elbows in**
- **Squeeze shoulder blades together**
- ***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



01. WAY UP 4:00mins

TECHNIQUE

BACK EXTENSION

- Lie face down on floor
- **Feet together**
- **Squeeze the glutes and press hip bones into the floor**
- Arm forward and wide in front with elbows extended
- Lift the arms and upper body away from the floor
- Point thumbs towards the ceiling to activate the upper back postural muscles
- Pull elbows in towards the ribs
- Extend arms back to forward and wide in front with elbows extended

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. POWER CIRCUIT: PROGRESSIVE SETS

Exercise	
0:30	Set up High Pull with Warm-up weight on barbell
	SET 1
0:20	High Pull
0:20	Hang Clean
0:20	Push Press
0:20	Barbell Front Squat
0:20	Clean & Press
0:30	Recovery , add base weight on barbell and set up High Pull
	SET 2
0:20	High Pull
0:20	Hang Clean
0:20	Push Press
0:20	Barbell Front Squat
0:20	Clean & Press
0:30	Recovery , add weight on barbell and set up High Pull
	SET 3
0:20	High Pull
0:20	Hang Clean
0:20	Jerk (or Press)
0:20	Barbell Front Squat
0:20	Clean & Jerk (or Clean & Press)
0:30	Recovery , add heaviest weight on barbell and set up High Pull
	SET 4
0:20	High Pull
0:20	Hang Clean
0:20	Jerk (or Press)
0:20	Barbell Front Squat
0:20	Clean & Jerk (or Clean & Press)
	Recovery and keep weight on barbell



02. ADD IT UP / DISTIL WITH ME 8:46mins

TECHNIQUE

LAYER 1

HIGH PULL

- Feet hip-width apart with barbell held in front of thighs, close to body
- Grip barbell thumb distance from the thigh
- Chest up
- Chin tucked in
- Core braced
- Slight tip forward at the hips and slight knee bend to prepare for pull
- Extend through hip and knees, and lift heels off the floor to pull barbell
- Pull barbell up to the height of lower chest
- Keep barbell close to body
- Slight pinch between the shoulder blades
- Keep elbows above barbell throughout the move and lead with elbows on the pull
- Shoulders away from ears throughout the move
- *Maintain neutral position throughout move*

HANG CLEAN

- Feet hip-width apart with barbell held in front of thighs, close to body
- Chest up
- Chin tucked in
- Core braced
- Slight bend through hips and knees to initiate move
- Lead pull with elbows
- Extend through knees and hips to pull barbell
- Lift heels off the floor to pull barbell
- As the barbell reaches the end of the pull range, quickly drop under the barbell and catch barbell on shoulders at collarbones to front rack position
- Bend knees and hips to catch barbell
- Knees track forward, in line with toes
- Bring elbows facing forward
- Shoulders away from ears throughout the move
- Extend hips and knees to stand upright
- Keep barbell close to body throughout movement
- Barbell to move in strict vertical line throughout movement
- *Maintain neutral position throughout move*

PUSH PRESS

- Feet hip-width apart and barbell in front rack position
- Chest up
- Core braced
- Chin tucked in
- Slight bend through hips and knees to initiate move
- Extend through hips and knees to press barbell vertically
- Biceps close to ears at the top of move
- Press weight evenly through the entire foot, and evenly through both feet
- Maintain strong heel of foot to floor contact
- Slight bend through hips and knees to return barbell to front rack position
- *Maintain neutral position throughout move*

BARBELL FRONT SQUAT

- From 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*



02. ADD IT UP / DISTIL WITH ME 8:46mins

TECHNIQUE

CLEAN & PRESS

- Feet hip-width apart with barbell held in front of thighs, close to body
- Chest up
- Chin tucked in
- Core braced
- HANG CLEAN barbell onto shoulders at collarbones to front rack position
- Extend through hips and knees to press barbell vertically
- Biceps close to ears at the top of move
- Press weight evenly through the entire foot, and evenly through both feet
- Maintain strong heel of foot to floor contact
- Slight bend through hips and knees to return barbell to front rack position
- *Maintain neutral position throughout move*

CLEAN & JERK

- Feet hip-width apart with barbell held in front of thighs, close to body
- Chest up
- Chin tucked in
- Core braced
- HANG CLEAN barbell onto shoulders at collarbones to front rack position
- JERK barbell vertically over head
- Hold barbell over head to stabilize position and return barbell to front rack position, then back down in front of thighs
- Barbell to move in a strict vertical line throughout movement
- *Maintain neutral position throughout move*

JERK

- Feet hip-width apart and barbell in front rack position
- Chest up
- Chin tucked in
- Core braced
- Slight bend through hips and knees to initiate move
- Extend hips and knees to initiate barbell press overhead
- Lift heels off the floor to vertically Press barbell over head
- Bend hips and knees to catch barbell over head
- Elbows extended at the top of the press
- Biceps close to ears
- Hold barbell overhead to stabilize position and return barbell back to front rack position
- Maintain and press weight evenly through the entire foot, and evenly through both feet
- Return barbell to front rack position
- Barbell to move in a strict vertical line throughout movement
- *Maintain neutral position throughout move*



03. CLEAN & JERK (CLEAN & PRESS) CHALLENGE

Exercise	
0:30	Set up Clean & Jerk (or Clean & Press) and use heaviest weight on barbell from Clean & Jerk circuit
	SET 1
0:30	Clean & Jerk (or Clean & Press) – count reps
0:20	Recovery
	SET 2
0:30	Clean & Jerk (or Clean & Press) – same number of reps as SET 1
0:20	Recovery
	SET 3
0:30	Clean & Jerk (or Clean & Press) – same number of reps as SET 1
	Recovery and keep weight on barbell



03. HANDS TOGETHER 2:47mins

TECHNIQUE

LAYER 1

CLEAN & JERK

- Feet hip-width apart with barbell held in front of thighs, close to body
- Chest up
- Chin tucked in
- Core braced
- **HANG CLEAN** barbell onto shoulders at collarbones to front rack position
- **JERK** barbell vertically over head
- Hold barbell over head to stabilize position and return barbell to front rack position, then back down, in front of thighs
- Barbell to move in a strict vertical line throughout movement
- *Maintain neutral position throughout move*

CLEAN & PRESS (↓ OPTION ONLY)

- Feet hip-width apart with barbell held in front of thighs, close to body
- Chest up
- Chin tucked in
- Core braced
- **HANG CLEAN** barbell onto shoulders at collarbones to front rack position
- **Press** barbell vertically over head
- Return barbell to front rack position and then back down in front of thighs



04. CON-SETS: AMRAPS

Exercise	
0:45	Set up High Pull and keep same weight on barbell from previous track
	AMRAP 1
2:00	6x High Pull 5x Pushup + Tricep Pushup (Pushup + Tricep Pushup = 1 rep) 4x Triple Extension Jump
0:30	Recovery and set up High Pull
	AMRAP 2
2:00	6x High Pull 5x Pushup + Tricep Pushup (Pushup + Tricep Pushup = 1 rep) 4x Triple Extension Jump
0:30	Recovery and set up High Pull
	AMRAP 3
2:00	6x High Pull 5x Pushup + Tricep Pushup (Pushup + Tricep Pushup = 1 rep) 4x Triple Extension Jump Recovery



04. I TAKE MINE / VENTURE / DADA 7:50mins

TECHNIQUE

LAYER 1

HIGH PULL

- Feet hip-width apart with barbell held in front of thighs, close to body
- Grip barbell thumb distance from the thigh
- Chest up
- Chin tucked in
- Core braced
- Slight tip forward at the hips and slight knee bend to prepare for pull
- Extend through hip and knees, and lift heels off the floor to pull barbell
- Pull barbell up to the height of lower chest
- Keep barbell close to body
- Slight pinch between the shoulder blades
- Keep elbows above barbell throughout the move and lead with elbows on the pull
- Shoulders away from ears throughout the move
- *Maintain neutral position throughout move*

PUSHUP + TRICEP PUSHUP

- Hands outside shoulder width
- Core braced
- Shoulders away from ears
- Hips and shoulders square to floor
- Head and neck in neutral position
- Lower chest to elbow height
- Elbows track back and out in 45-degree angle
- Push floor away, back to starting position, with hands outside shoulder width
- Walk hands to shoulder-width
- Lower chest to elbow height
- Elbows track back and brushing against ribcage
- Push floor away, back to hands shoulder-width apart
- Walk hands to outside shoulder width
- Whole body to move as one unit
- *Maintain neutral position throughout move*

↓ Pushup + Tricep Pushup on knees

LAYER 2

RDO: Chest down to fist height away from floor

TRIPLE EXTENSION JUMP

- Feet just outside hip width
- Chest up
- Core braced
- Hips sit back down into a Squat
- Hips to knee height at bottom of Squat
- Extend hips, knees and ankles simultaneously and push away from floor as hard as possible to launch into a Jump
- Knees track forward, in line with toes
- Press weight evenly through the entire foot, and evenly through both feet
- Land softly
- On landing, bend hips, knees and ankles to land back into Squat
- Maintain strong heel of foot to floor contact
- *Maintain neutral position throughout move*



05. SUPERSETS

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

Exercise	
0:45	Set up Barbell Deadlift
	SET 1
0:30	Barbell Deadlift (2-0-1-0)
0:30	Double-Arm Gorilla Row (1-0-2-0) with 2x weight plates
0:30	Recovery and set up Barbell Deadlift
	SET 2
0:30	Barbell Deadlift (2-0-1-0)
0:30	Double-Arm Gorilla Row (1-0-2-0) with 2x weight plates
0:30	Recovery and set up Barbell Deadlift
	SET 3
0:30	Barbell Deadlift (2-0-1-0)
0:30	Double-Arm Gorilla Row (1-0-2-0) with 2x weight plates
0:30	Recovery and set up Barbell Elevated Hip Thrust
	SET 4
0:30	Barbell Elevated Hip Thrust (1-0-2-0)
0:30	Isometric Hip Bridge Hold + Chest Press (2-0-1-0)
0:30	Recovery and set up Barbell Elevated Hip Thrust
	SET 5
0:30	Barbell Elevated Hip Thrust (1-0-2-0)
0:30	Isometric Hip Bridge Hold + Chest Press (2-0-1-0)
0:30	Recovery and set up Barbell Elevated Hip Thrust
	SET 6
0:30	Barbell Elevated Hip Thrust (1-0-2-0)
0:30	Isometric Hip Bridge Hold + Chest Press (2-0-1-0)
0:30	Recovery and set up Barbell Lunge
	SET 7
0:30	Barbell Lunge L leg (2-0-1-0)
0:30	Barbell Lunge R leg (2-0-1-0)
0:30	Recovery and set up Barbell Lunge + Bottom Half Barbell Lunge



05. SUPERSETS

Exercise	
SET 8	
0:30	Barbell Lunge + Bottom Half Barbell Lunge L leg
0:30	Barbell Lunge + Bottom Half Barbell Lunge R leg
0:30	Recovery and set up Barbell Lunge + Bottom Half Barbell Lunge
SET 9	
0:30	Barbell Lunge + Bottom Half Barbell Lunge L leg
0:30	Barbell Lunge + Bottom Half Barbell Lunge R leg
Recovery	



05. GO MODE / ON LOCK / I'M BOUT IT 13:49mins

TECHNIQUE

LAYER 1

BARBELL DEADLIFT

- Feet hip-width apart
- Slight bend in the front knee
- 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

DOUBLE-ARM GORILLA ROW

- 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
- Core braced
- Squeeze shoulder blades together
- Keep shoulders and hips square to floor
- Hold plates hanging in front, pulled in close to body
- Row both plates towards ribcage
- Keep elbows in
- *Maintain neutral position throughout move*

BARBELL ELEVATED HIP THRUST

- Lie down with mid-back on bench
- Feet hip-width apart on floor
- Drive through heels to lift hips up to come in line with bench
- Hips square to floor
- Core braced
- Chin tucked in
- Shoulders away from ears
- Push mid-back into the bench
- Bend at hips to lower hips down to hover just above floor
- Push through heels to lift hips to come up in line with bench
- Keep whole foot on floor throughout movement
- *Maintain neutral position throughout move*

ISOMETRIC HIP BRIDGE HOLD + CHEST PRESS

- Lie down with mid-back on bench
- Feet hip-width apart on floor
- Drive through heels to lift hips up to come in line with bench
- Extend hips
- Hips square to floor
- Core braced
- Chin tucked in
- Shoulders away from ears
- Push mid-back into the bench
- Hold position for the duration of the set
- Hands wide on the barbell
- Barbell above shoulders
- Bring barbell to middle of the chest
- Elbows stop at just above bench height
- Press barbell vertically

↓ Chest Press on bench

LAYER 2

RDO: Barbell fist height away from the chest



05. GO MODE / ON LOCK / I'M BOUT IT 13:49mins

TECHNIQUE

BARBELL LUNGE

- **Barbell on meaty part of the upper back**
- **Feet hip-width apart**
- Take a long step back
- **Chest up**
- **Core braced**
- **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
- Extend knees to come up and repeat
- ***Maintain neutral position throughout move***

BARBELL LUNGE + BOTTOM HALF LUNGE

- **Barbell on meaty part of the upper back**
- **Feet hip-width apart**
- Take a long step back
- **Chest up**
- **Core braced**
- **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
- Extend knees to come halfway up
- Bend back knee and move towards the floor
- Extend knees to come up all the way
- ***Maintain neutral position throughout move***



06. CON-SETS: CORE

Exercise	
0:30	Set up Jack Knife (with optional 1x light weight plate)
	SET 1
0:30	Jack Knife L
0:30	Jack Knife R
0:15	Recovery and set up Plate Drag
0:45	Plate Drag
0:15	Recovery and set up Jack Knife
	SET 2
0:30	Jack Knife L
0:30	Jack Knife R
0:15	Recovery and set up Plate Drag
0:45	Plate Drag
	Recovery



06. TO THE TOP / KEEP IT COMING 4:50mins

TECHNIQUE

LAYER 1

JACK KNIFE

- Lie down on the side of your body
- **Use bottom arm on floor to anchor**
- **Lift chest**
- Knees extended
- Feet and knees together and hovering over the floor
- Bottom shoulder lifted off the floor
- Lift legs and top shoulder up and reach towards feet with top arm
- Lower back down to starting position with legs shoulders and legs hovering over the floor

↓ Side Crunch

↑ Jack Knife with light weight plate

PLATE DRAG

- **Place plate to one side of body, just underneath the shoulder line**
- Corkscrew hands into floor
- **Hands shoulder-width apart**
- **Shoulders away from ears**
- **Core braced**
- **Chin tucked in**
- **Head and neck in neutral position**
- **Reach one arm across underneath the body and drag plate to the opposite side of body**
- **Keep shoulders and hips square to floor**
- ***Maintain neutral position throughout move***

↓ Plate Drag on knees



07. 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



07. GOOD VIBES ONLY 3:00mins

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
- Chest up
- 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



07. GOOD VIBES ONLY 3:00mins

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.

