

STRENGTH DEVELOPMENT POWER AND ATHLETICISM

08

MUSIC

CLASS STRUCTURE

01. WARM-UP

02. POWER CIRCUIT: PROGRESSIVE SETS

03. CON-SETS: EMOMS

04. CON-SETS

05. COOLDOWN

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



MUSIC

01.

Boooooom (4:00)

Aldous Young

Courtesy of Epidemic Sound.

Written by: Unknown
02.

Bajo (4:24)

Norman Sann

Courtesy of Epidemic Sound.

Written by: Unknown
- What You Mean** (4:23)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
03.

Midnight Fight (3:32)

Dan Draper

© 2021 Les Mills Music Licensing Ltd.

Written by: Beasley
- Daily** (8:04)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
04.

Working For The Man (5:41)

Aesyme

Courtesy of Epidemic Sound.

Written by: Unknown
- Hondo** (5:02)

Heyson

Courtesy of Epidemic Sound.

Written by: Unknown
05.

Ring Ring (3:03)

Nbhd Nick feat. Ella Faye

Courtesy of Epidemic Sound.

Written by: Unknown



CLASS STRUCTURE

1.	WARM-UP
2.	POWER CIRCUIT: PROGRESSIVE SETS
3.	CON-SETS: EMOMS
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:

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, followed by conditioning Every Minute On the Minute (EMOMs), focusing on power delivery and then finishing off 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
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	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)
	Recovery



01. BOOOOM 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. BOOOOM 4:00mins

TECHNIQUE

BACK EXTENSION

- Lie face down
- **Feet together**
- **Squeeze the glutes and press hip bones into the floor**
- Arms forward and wide in front with elbows extended
- Lift the arms and upper body away from the floor
- Lift with the thumbs up 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. BAJO / WHAT YOU MEAN 8:47mins

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. BAJO / WHAT YOU MEAN 8:47mins

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. CON-SETS: EMOMS

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

Exercise	
0:45	Set up Barbell Back Squat and keep same weight on barbell from Power Circuit
EMOM 1	
1:00	10x Barbell Back Squat (2-0-X-0) 8x Power Burpee Remaining Time: Recovery and set up Barbell Back Squat
EMOM 2	
1:00	10x Barbell Back Squat (2-0-X-0) 8x Power Burpee Remaining Time: Recovery and set up Barbell Back Squat
EMOM 3	
1:00	10x Barbell Back Squat (2-0-X-0) 8x Power Burpee Remaining Time: Recovery and set up Barbell Back Squat
EMOM 4	
1:00	10x Barbell Back Squat (2-0-X-0) 8x Power Burpee Remaining Time: Recovery and set up Barbell Back Squat
EMOM 5	
1:00	10x Barbell Back Squat (2-0-X-0) 8x Power Burpee Remaining Time: Recovery
1:00	Recovery and set up Jerk (or Push Press)
EMOM 6	
1:00	10x Jerk (or Push Press) 6 – 8x Renegade Pushup Remaining Time: Recovery and set up Jerk (or Push Press)
EMOM 7	
1:00	10x Jerk (or Push Press) 6 – 8x Renegade Pushup Remaining Time: Recovery and set up Jerk (or Push Press)



03. CON-SETS: EMOMS

Exercise	
EMOM 8	
1:00	10x Jerk (or Push Press) 6 – 8x Renegade Pushup Remaining Time: Recovery and set up Jerk (or Push Press)
EMOM 9	
1:00	10x Jerk (or Push Press) 6 – 8x Renegade Pushup Remaining Time: Recovery and set up Jerk (or Push Press)
EMOM 10	
1:00	10x Jerk (or Push Press) 6 – 8x Renegade Pushup Remaining Time: Recovery



03. MIDNIGHT FIGHT / DAILY 11:36mins

TECHNIQUE

LAYER 1

BARBELL BACK SQUAT

- Clean barbell over to meaty part of upper back
- Feet just outside hip width
- Chest up
- Core braced
- 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
- ***Maintain neutral position throughout move***

POWER BURPEE

- Plank position
- Push the floor away with hands and jump feet wide into a Squat
- Chest up
- Core braced
- Knees track forward, in line with toes
- Press weight evenly through the entire foot, and evenly through both feet to stabilize
- ***Maintain strong heel of foot to floor contact***

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
- 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***

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***

RENEGADE 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 and lift one hand off the floor and row arm back
- Row arm up to ribcage
- Maintain shoulders and hips square to the floor during the row
- Place hand back on the floor and repeat on the other side
- ***Maintain neutral position throughout move***

↓ Renegade Pushup on knees

LAYER 2

RDO: Chest down to fist height away from floor



04. CON-SETS

Exercise	
1:00	Set up Offset Barbell Deadlift with heavy barbell
SET 1	
0:30	Offset Barbell Deadlift L leg
0:30	Offset Barbell Deadlift R leg
0:30	Lunge & Bottom Half Lunge L leg with 2x weight plates
0:30	Lunge & Bottom Half Lunge R leg with 2x weight plates
0:20	Recovery and set up Frog Squat & Lateral Lunge
1:00	Frog Squat & Lateral Lunge
0:20	Recovery and set up Walking Plank Combo
1:00	Walking Plank Combo
0:20	Recovery and set up Offset Barbell Deadlift with heavy barbell
SET 2	
0:30	Offset Barbell Deadlift L leg
0:30	Offset Barbell Deadlift R leg
0:30	Lunge & Bottom Half Lunge L leg with 2x weight plates
0:30	Lunge & Bottom Half Lunge R leg with 2x weight plates
0:20	Recovery and set up Frog Squat & Lateral Lunge
1:00	Frog Squat & Lateral Lunge
0:20	Recovery and set up Walking Plank Combo
1:00	Walking Plank Combo
	Recovery



04. WORKING FOR THE MAN / HONDO 10:43mins

TECHNIQUE

LAYER 1

OFFSET BARBELL 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**
- **Chin tucked in**
- **Core braced**
- **Barbell close to body**
- **Hinge forward from the hips**
- Maintain mid-line alignment
- **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

LUNGE & BOTTOM HALF LUNGE

- **Feet hip-width apart and long step back into a Split Stance**
- **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
- Come back up halfway and back down to the bottom of the Lunge
- Return to starting position
- ***Maintain neutral position throughout move***

FROG SQUAT & LATERAL LUNGE

- Feet just outside hip width
- **Chest up**
- **Core braced**
- **Hips sit back and down**
- **Knees track forward, in line with toes**
- **Hips to knee height at bottom of range/Squat**
- From Squat position, lift hips up and straighten through legs while keeping shoulders at approximately the same height
- Sit back down into bottom of range/Squat
- While maintaining bottom of range, step laterally and shift weight towards the stepping leg
- **Knee tracks in line with toes on stepping side**
- **Straight knee on the opposite side**
- Return to bottom of range/Squat
- Repeat on opposite side
- ***Maintain neutral position at Squat and through Lateral Lunge***

WALKING PLANK COMBO

- Plank position with hands underneath shoulders
- Corkscrew hands into floor
- **Hands shoulder-width apart**
- **Shoulders away from ears**
- **Core braced**
- Walk hands to the front one at a time
- Walk hands back to starting position underneath shoulders and shoulder-width apart
- Walk hands down to elbows one at a time, into a Hover
- Walk hands back up to Plank one at a time
- Repeat combination
- **Keep hips and shoulders still and square to the floor throughout movement**
- ***Maintain neutral position throughout move***

↓ Walking Plank Combo on knees



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. RING RING 3:03mins

TECHNIQUE

LAYER 1

LYING HAMSTRING STRETCH

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

FIGURE 4

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

KNEELING HIP FLEXOR STRETCH AND OPEN CHEST

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

CHILDS POSE

- Kneel down on the floor
- Sit hips back onto heels
- Reach both arms forward and fold chest over towards the floor
- Reach as far forward as possible while sitting back onto heels
- 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



05. RING RING 3:03mins

TECHNIQUE

SHOULDER STRETCH

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

WRIST STRETCH

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

WRIST ROLL

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



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honouring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate

situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue.

We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

