

STRENGTH DEVELOPMENT PURE STRENGTH

09

MUSIC

CLASS STRUCTURE

01. WARM-UP

02. SQUAT PREPARATION

03. TRI-SETS: MAJOR X MAJOR X MINOR

04. SUPERSETS: DEADLIFTS X SHOULDERS

05. CON-SETS: UPPER-BODY

06. CON-SETS: TRI-SETS

07. COOLDOWN

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MUSIC

01. **Tropica** (4:03)
Herlock
Courtesy of Les Mills Music Licensing Ltd.
Written by: Norris

02. **Bajo** (2:35)
FRE\$KO & Desamor
Courtesy of Les Mills Music Licensing Ltd.
Written by: Guerra, Matamaros

03. **BE GREAT** (2:10)
INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson

The Wolf And Cage (2:00)
NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

BE GREAT (2:10)
INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson

The Wolf And Cage (2:06)
NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

04. **Attack Mode** (1:42)
EZ feat. VinDon
Courtesy of Les Mills Music Licensing Ltd.
Written by: Martins, Hulcome

To Kill A Cyclops (1:51)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

Attack Mode (1:51)
EZ feat. VinDon
Courtesy of Les Mills Music Licensing Ltd.
Written by: Martins, Hulcome

05. **Fimonte** (3:16)
Mow Music
© 2021 Les Mills Music Licensing Ltd.
Written by: Oudeweernink

Over & Over (2:44)
Dan Draper
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Written by: Beasley

Fimonte (2:56)
Mow Music
© 2021 Les Mills Music Licensing Ltd.
Written by: Oudeweernink

Over & Over (2:51)
Dan Draper
© 2021 Les Mills Music Licensing Ltd.
Written by: Beasley

06. **King Of You** (2:16)
NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

Tear It Down (1:51)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

King Of You (1:53)
NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

07. **Mouthful** (3:05)
Ashley Alexander
© 2020 Les Mills Music Licensing Ltd.
Written by: Alexander



CLASS STRUCTURE

1.	WARM-UP
2.	SQUAT PREPARATION
3.	TRISSETS: MAJOR X MAJOR X MINOR
4.	SUPERSETS: DEADLIFTS X SHOULDERS
5.	CON-SETS: UPPER-BODY
6.	CON-SETS: TRI-SETS
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

This is a **full-body pure strength** workout. The focus is to load up heavily to hit fewer repetitions than you would in a hypertrophy workout.

This entire 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, and 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.

The workout begins with a Warm-up and then preparation for Squats. We then roll into a tri-set and superset, primarily focusing on the lower-body, and then finish with upper body and core conditioning.

WEIGHT GUIDE

Base weight on barbell: LES MILLS GRIT™ Strength weight or Back track weight in BODYPUMP™
New to strength training: Light weights to get a feel for the workout

KEY

RDO: RANGE DEVELOPMENT OPTION

↓ : REGRESSION

↑ : PROGRESSION



01. WARM-UP

TRACK SET-UP: Light weight on barbell

FINDING NEUTRAL

- Stand upright and place your hands side by side on top of each other – this is your *neutral position*.
- If you round your back, note that your hands overlap.
- If you arch your back, your hands will separate.
- Ensure to maintain your *neutral position* throughout most movements in this workout.

Exercise	
0:30	Hip Hinge
0:30	Barbell Deadlift
0:30	Shoulder Circle + Thoracic Rotation
0:30	Hip Opener + Wrist Roll
0:30	Pushup
0:30	Air Squat
0:30	Barbell Overhead Press (Strict)
0:30	Barbell Backward-Stepping Lunge
	Recovery



01. TROPICA 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

- Slight bend in the knees
- Chest up
- Core braced
- Hold bar 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*

SHOULDER CIRCLE

- Hips and shoulders square to front
- Move arms in a circular motion at the shoulders
- Elbows straight
- *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

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*

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

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. TROPICA

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. SQUAT PREPARATION

TEMPO: (3-0-3-0) – first number represents the first part of the move

Exercise	
0:20	Set up Barbell Back Squat with base weight on barbell
0:30	Barbell Back Squat (3-0-3-0)
0:20	Recovery and add weight to barbell
0:30	Barbell Back Squat (3-0-3-0)
0:20	Recovery and add maximum weight to barbell
0:30	Back Squat (3-0-3-0)
	Recovery and keep maximum weight on barbell



02. BAJO 2:35mins

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 down**
- **Hips and knees to 90 degrees**
- **Hips to knee height at bottom of Squat**
- **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***



03. TRI-SETS: MAJOR X MAJOR X MINOR

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

Exercise		Rep Range
0:20	Set up Barbell Back Squat with same weight on barbell from Squat preparation	
	SET 1	
0:40	Barbell Back Squat (3-1-1-1)	6 – 8
0:40	Barbell Backward-Stepping Lunge (3-0-1-0)	
0:30	Bicep Curl	
0:10	Recovery and set up for Barbell Back Squat	
	SET 2	
0:40	Barbell Back Squat (3-1-1-1)	6 – 8
0:40	Barbell Backward-Stepping Lunge (3-0-1-0)	
0:30	Bicep Curl	
0:20	Recovery and set up for Barbell Front Squat with option to reduce weight	
	SET 3	
0:40	Barbell Front Squat (3-1-1-1)	6 – 8
0:40	Barbell Backward-Stepping Lunge (3-0-1-0)	
0:30	Tricep Dip	
0:10	Recovery and set up for Barbell Front Squat	
	SET 4	
0:40	Barbell Front Squat (3-1-1-1)	6 – 8
0:40	Barbell Backward-Stepping Lunge (3-0-1-0)	
0:30	Tricep Dip On Bench	
	Recovery	



03. BE GREAT / THE WOLF AND THE CAGE 8:26mins

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
- Extend hips to stand
- ***Maintain neutral position throughout move***

BARBELL BACKWARD-STEPPING LUNGE

- Barbell on 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***

BICEP CURL

- Feet hip-width apart
- Core braced
- Chest up
- Plates by side of body with plates facing forward (palms facing forward)
- Curl plates upwards to in front of shoulders
- **Keep elbows locked in by the side of ribcage**
- Extend elbows all the way down to starting position, with plates facing forward
- ***Maintain neutral position throughout move***

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***

TRICEP DIP

- Feet hip-width apart
- Keep whole of both feet on floor
- Knees at 90 degrees
- Place weight plate on thigh close to hips
- **Hands on the edge of bench, fingers facing forward**
- Chest up
- Shoulders away from ears
- Hips close to bench
- Bend elbows towards the back
- Elbows close to ribcage
- Elbows extended at the top of the move

↓ Tricep Dip without weight plate

↑ Walk feet away from the bench up to full knee extension



04. SUPERSETS: DEADLIFTS X SHOULDERS

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

	Exercise	Rep Range
0:20	Set up Barbell Deadlift with heaviest barbell weight	
	SET 1	
0:40	Barbell Deadlift (3-1-1-1)	6 – 8
0:40	Seesaw Press (1-0-2-0) with 2x medium weight plates	
0:30	Recovery and set up for Barbell Deadlift	
	SET 2	
0:40	Barbell Deadlift (3-1-1-1)	6 – 8
0:40	Seesaw Press (1-0-2-0) with 2x medium weight plates	
0:30	Recovery and set up for Barbell Deadlift	
	SET 3	
0:40	Barbell Deadlift (3-1-1-1)	6 – 8
0:40	Seesaw Press (1-0-2-0) with 2x medium weight plates	
	Recovery	



04. ATTACK MODE / TO KILL A CYCLOPS 5:24mins

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 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

SEESAW PRESS

- Feet hip-width apart
- Elbows in front of body and at 90 degrees in line with shoulders
- Plates facing in, towards each other
- Chest up
- Chin tucked in
- Core braced
- Shoulders away from ears
- Press one plate directly up
- Plate slightly forward
- Lower plate back to starting position
- Repeat on opposite side
- Alternate the Presses on each side
- *Maintain neutral position throughout move*



05. CON-SETS: UPPER-BODY

Exercise	
0:30	Set up Barbell Row with base weight on barbell
	SET 1
0:45	Barbell Row
0:15	Recovery and set up T-Pushup
0:45	T-Pushup
0:15	Recovery and set up Y-T-W Fly
0:45	Y-T-W Fly with 2x light to medium weight plates
0:10	Recovery and set up for Barbell Row with option to add weight on barbell
	SET 2
0:45	Barbell Row
0:10	Recovery and set up T-Pushup
0:45	T-Pushup
0:10	Recovery and set up Y-T-W Fly
0:45	Y-T-W Fly with 2x light to medium weight plates
0:10	Recovery and set up for Underhand Barbell Row – maintain weight on barbell
	SET 3
0:45	Underhand Barbell Row
0:15	Recovery and set up Tricep Wave Hover
0:45	Tricep Wave Hover
0:15	Recovery and set up Zottman Curl
0:45	Zottman Curl
0:10	Recovery and set up for Underhand Barbell Row – maintain weight on barbell
	SET 4
0:45	Underhand Barbell Row
0:10	Recovery and set up Tricep Wave Hover
0:45	Tricep Wave Hover
0:10	Recovery and set up Zottman Curl
0:45	Zottman Curl
0:10	Recovery



05. FIMONTE / OVER & OVER 11:47mins

TECHNIQUE

LAYER 1

BARBELL ROW

- Feet under hips
- Core braced
- Hinge forward from the hips
- Keep elbows in
- Squeeze shoulder blades together
- Strong grip on barbell
- Pull barbell to lower ribcage
- *Maintain neutral position throughout move*

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*

↓ Pushup/Pushup on knees

LAYER 2

RDO: Chest down to fist height away from floor

Y-T-W FLY

- Feet under hips
- Core braced
- Chin tucked in
- Eye gaze approximately 3¼ feet (1 meter) in front
- Hinge forward from the hips
- Shoulders away from ears
- Squeeze between the shoulder blades
- Keep body still
- Plates at starting position – just in front and by the sides of knees, with plates facing towards the body
- *Maintain neutral position throughout move*

Y

- Rotate hands outwards to an approximate 45-degree angle
- Slight bend at the elbows
- Raise arms over head in a Y-shape at an approximate 45-degree angle
- Aim to get biceps close to ears
- Bring arms back down to starting position, just in front of knees, with plates facing towards the body

T

- Rotate hands outwards to bring palms facing forward
- Slight bend at the elbows
- Lift plates away from body to just under shoulder height
- Bring arms back down to starting position, just in front of knees, with plates facing towards the body

W

- Elbows bent
- Raise plates up laterally, away from body, leading with elbows
- Lift elbows to just below shoulder level
- Bring arms back down to starting position, just in front of knees, with plates facing towards the body



05. FIMONTE / OVER & OVER 11:47mins

TECHNIQUE

UNDERHAND BARBELL ROW

- **Feet under hips**
- Strong underhand grip on 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***

TRICEP WAVE HOVER

- **Start in a Plank position with hands together side by side**
- **Glutes squeezed**
- Quads squeezed
- **Core braced**
- **Head and neck in neutral position**
- **Transfer weight to place one forearm on the floor, lowering with control**
- **Repeat to place other forearm on the floor**
- **Maintain hips square to the floor**
- **Press up through one arm at a time to return to Plank position**
- ***Maintain neutral position throughout move***

↓ Tricep Wave Hover on knees

ZOTTMAN CURL

- Feet hip-width apart
- **Core braced**
- **Chest up**
- Plates by side of body with palms facing forward
- Curl plates upwards to in front of shoulders
- Hold position and rotate plates to bring palms facing forward/outwards
- Extend elbows all the way down to starting position, ending move with palms facing backwards
- Rotate plates to bring palms facing forward
- **Keep elbows locked in by the side of ribcage throughout move**
- ***Maintain neutral position throughout move***



06. CON-SETS: TRI-SETS

Exercise	
0:45	Set up Lateral Lunge + Plate Punch
	SET 1
0:30	Lateral Lunge + Plate Punch
0:30	Plank with Alternating Knee Tap
0:30	Single-Leg Plated V-Up (L&R)
0:20	Recovery and set up for Lateral Lunge + Plate Punch
	SET 2
0:30	Lateral Lunge + Plate Punch
0:30	Plank with Alternating Knee Tap
0:30	Single-Leg Plated V-Up (L&R) with option to increase weight
0:20	Recovery and set up for Lateral Lunge + Plate Punch
	SET 3
0:30	Lateral Lunge + Plate Punch
0:30	Plank with Alternating Knee Tap
0:30	Single-Leg Plated V-Up (L&R) with option to increase weight
	Recovery



06. KING OF YOU / TEAR IT DOWN 6:00mins

TECHNIQUE

LAYER 1

LATERAL LUNGE + PLATE PUNCH

- **Feet hip-width apart and hold plate close to body and facing the chest**
- **Chest up**
- **Core braced**
- **Take a long step laterally and transfer weight to the side leg**
- **Press plate directly in front of chest with control**
- **Flexing knee to track forward in line with toes**
- **Opposite knee straight**
- **Hips and shoulders square to the front**
- Return to starting position with feet hip-width apart
- Repeat on opposite side

PLANK WITH ALTERNATING KNEE TAP

- Corkscrew hands into floor
- **Hands shoulder-width apart**
- **Shoulders away from ears**
- **Core braced**
- Bring knee to 90 degrees and tap opposite hand to knee
- Return to starting position and repeat on opposite side
- **Keep hips and shoulders still and square to the floor throughout movement**
- **Maintain hips at shoulder height throughout movement**
- ***Maintain neutral position throughout move***

↓ Plank Shoulder Tap

SINGLE-LEG PLATED V-UP

- Lie down on back
 - Hold plate extended over head
 - Knees fully extended with legs resting on the floor
 - **Drive ribs to hips**
 - **Core braced**
 - **Chin tucked in**
 - **Feet together**
 - Lift one leg up and reach plate towards foot with both hands
 - Alternate on the other side
- ↓ Single-Leg V-Up without plate



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 L&R
0:30	Shoulder Stretch L&R and Wrist Stretch + Roll



07. MOUTHFUL 3:05mins

TECHNIQUE

LAYER 1

LYING HAMSTRING STRETCH

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

FIGURE 4

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

KNEELING HIP FLEXOR STRETCH AND OPEN CHEST

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

CHILDS POSE

- Kneel down on the floor
- Sit 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. MOUTHFUL 3:05mins

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.

