

STRENGTH DEVELOPMENT

11

UPPER-BODY HYPERTROPHY

MUSIC

CLASS STRUCTURE

01. WARM-UP

02. TRI-SET PRIMER

03. TEMPO TRAINING

04. CON-SETS: GIANT SETS

05. COOLDOWN

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MUSIC

01.

Gettin Tipsy (4:02)
Fox Morroe
Courtesy of Epidemic Sound.
Written by: Unknown

02.

A Lot (4:05)
Nbhd Nick
Courtesy of Epidemic Sound.
Written by: Unknown

All Iced Up (3:40)
Hell Nasty
Courtesy of Epidemic Sound.
Written by: Unknown

Whatchya Gonna Do (3:45)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

03.

Cannon (4:33)
JIM JUNK
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

Raise Your Shoes (4:03)
Splasher!
Courtesy of Epidemic Sound.
Written by: Unknown

04.

I'm Still Dancing (4:45)
Coshy
Courtesy of Epidemic Sound.
Written by: Unknown

Partly Equal (4:30)
NOAM DEE
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Written by: Fairley

05.

B.O.T.W (4:35)
Heyson
Courtesy of Epidemic Sound.
Written by: Unknown

Flex Up (Clean Version) (3:09)
Tilden Parc
Courtesy of Epidemic Sound.
Written by: Unknown



CLASS STRUCTURE

1.	WARM-UP
2.	TRI-SET PRIMER
3.	TEMPO TRAINING
4.	CON-SETS: GIANT 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 an **upper-body hypertrophy** workout. The focus of hypertrophy is on building muscle. With these workouts we aim for moderately heavy weight (less weight than our foundational strength workouts) and aim to hit a higher number of reps. This entire workout is in working intervals of time, with tempo guides for certain exercises. This workout is off the beat of the music and you decide the weight you would like to work with.

After the warm-up, we start with a tri-set primer to prime our body, then tempo training, and conditioning giant sets to finish the workout.

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)
	Recovery



01. GETTIN TIPSy 4:02mins

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 barbell close to body throughout the move
- Chin tucked in
- Hinge forward from the hips
- Barbell to knee height
- Extend hips to stand
- *Maintain neutral position throughout move*

BARBELL 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. GETTIN TIPS

4:02mins

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 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
- **Lift chest**
- **Brace core**
- **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. TRI-SET PRIMER

Exercise	
0:45	Set up Halo + Lunge with 2x light weight plates
SET 1	
0:30	Halo + Lunge L leg
0:30	Halo + Lunge R leg
0:30	Renegade Pushup
0:20	Recovery and set up for Y-T-W Fly
0:30	Y-T-W Fly
0:30	Plank + Alternating Arm Reach By Side
0:30	Y-A-Y Extension
0:20	Recovery and set up for Halo + Lunge L leg
SET 2	
0:30	Halo + Lunge L leg
0:30	Halo + Lunge R leg
0:30	Renegade Pushup
0:20	Recovery and set up for Y-T-W Fly
0:30	Y-T-W Fly
0:30	Plank + Single-Arm Reach By Side + 4 Second Hold L
0:30	Y-A-Y Extension
0:20	Recovery and set up for Halo + Lunge L leg
SET 3	
0:30	Halo + Lunge L leg
0:30	Halo + Lunge R leg
0:30	Renegade Pushup
0:20	Recovery and set up for Y-T-W Fly
0:30	Y-T-W Fly
0:30	Plank + Single-Arm Reach By Side + 4-Second Hold R
0:30	Y-A-Y Extension
	Recovery



02. A LOT / ALL ICED UP / WHATCHYA GONNA DO 11:30mins

TECHNIQUE

LAYER 1

HALO + LUNGE

- **Feet hip-width apart**
- Take a long step back
- **Chest up**
- **Core braced**
- Start with plate on the side of the front leg in bottom of Lunge position
- Take plate around the head in a circular motion while ascending from Lunge
- Bring plate back in front of thigh on opposite side of front leg while descending in Lunge
- Repeat alternating directions (clockwise and anticlockwise)
- **Hips and shoulders level and square to the front**
- **Knees in line with toes**
- **Knees to 90 degrees at bottom of Lunge**
- **Front knee above ankle**
- **Front thigh parallel to the floor at bottom of Lunge**
- Body weight even on both legs
- ***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

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 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 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 to starting position, just in front of knees, with plates facing towards the body



02. A LOT / ALL ICED UP / WHATCHYA GONNA DO 11:30mins

TECHNIQUE

PLANK + ALTERNATING ARM REACH BY SIDE

- **Hover position with hands under shoulders**
- Feet shoulder-width apart
- **Shoulders away from ears**
- **Core braced**
- **Reach one arm in front up to shoulder height and circle arm laterally to the side of body**
- Reverse movement and return arm to starting position with hands under shoulders
- Repeat on opposite side
- **Keep hips still and square to the floor throughout movement**
- **Maintain hips at shoulder height throughout movement**
- ***Maintain neutral position throughout move***

↓ Plank + Alternating Arm Reach by Side on knees

PLANK + SINGLE-ARM REACH BY SIDE + 4-SECOND HOLD

- **Hover position with hands under shoulders**
- Feet shoulder-width apart
- **Shoulders away from ears**
- **Core braced**
- **Reach one arm in front up to shoulder height and circle arm laterally to the side of body**
- Hold position for 4 seconds
- Reverse movement and return arm to starting position with hands under shoulders
- Repeat same side
- **Keep hips still and square to the floor throughout movement**
- **Maintain hips at shoulder height throughout movement**
- ***Maintain neutral position throughout move***

↓ Plank + Single-Arm Reach by Side + 4-second Hold on knees

Y-A-Y EXTENSION

- Lie face down on floor
- Feet together
- **Squeeze the glutes and press hip bones to the floor**
- Arms forward and wide in front with elbows extended
- Lift the arms and chest away from the floor
- Lift thumbs up to activate the upper back postural muscles
- Circle arms around to side of the body
- Circle arms back to starting position in front



03. TEMPO TRAINING

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

Exercise	
0:30	Set up base weight on barbell for Barbell Chest Press and Barbell Row
	SET 1
1:00	Barbell Chest Press (4-0-1-0)
0:10	Recovery and set up for Barbell Row
0:50	15x Barbell Row Remaining Time = Recovery , add weight on barbell and set up for Barbell Chest Press
	SET 2
1:00	Barbell Chest Press (4-0-1-0)
0:10	Recovery and set up for Barbell Row
0:50	15x Barbell Row Remaining Time = Recovery , add weight on barbell and set up for Barbell Chest Press
	SET 3
1:00	Barbell Chest Press (4-0-1-0)
0:10	Recovery and set up for Barbell Row
0:50	15x Barbell Row Remaining Time = Recovery , add weight on barbell and set up for Barbell Chest Press
	SET 4
1:00	Barbell Chest Press (4-0-1-0)
0:10	Recovery and set up for Barbell Row
0:50	Max Reps x Barbell Row Recovery



03. CANNON / RAISE YOUR SHOES 8:36mins

TECHNIQUE

LAYER 1

BARBELL CHEST PRESS

- Lie down on the bench facing upwards
- **Hands wide on the barbell**
- **Barbell above shoulders**
- **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**
- **Bring barbell to middle of the chest**
- **Elbows stop at bench level**
- Press barbell back up to above shoulders

LAYER 2

RDO: Barbell fist height away from the chest

BARBELL ROW

- **Feet under hips**
- Strong 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***



04. CON-SETS: GIANT SETS

Exercise	
0:45	Base weight on barbell and set up for Barbell Lunge
SET 1	
0:40	Barbell Lunge (2-0-1-0) L leg
0:40	Barbell Lunge (2-0-1-0) R leg
0:40	Barbell Push Press (1-0-2-0)
0:40	Barbell Back Squat + Partial Squat
0:40	Standing Hammer Curl + Press with 2x weight plates
0:40	Tricep Dip (2-0-1-0)
0:30	Recovery and set up for Barbell Lunge
SET 2	
0:40	Barbell Lunge (2-0-1-0) L leg
0:40	Barbell Lunge (2-0-1-0) R leg
0:40	Barbell Push Press (1-0-2-0)
0:40	Barbell Back Squat + Partial Squat
0:40	Standing Hammer Curl + Press with 2x weight plates
0:40	Tricep Dip (2-0-1-0)
0:30	Recovery and set up for Barbell Lunge
SET 3	
0:40	Barbell Lunge (2-0-1-0) L leg
0:40	Barbell Lunge (2-0-1-0) R leg
0:40	Barbell Push Press (1-0-2-0)
0:40	Barbell Back Squat + Partial Squat
0:40	Standing Hammer Curl + Press with 2x weight plates
0:40	Tricep Dip (2-0-1-0)
	Recovery



04. I'M STILL DANCING / PARTLY EQUAL / B.O.T.W 13:50mins

TECHNIQUE

LAYER 1

BARBELL LUNGE

- Clean barbell over to meaty part of upper back
- 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 to starting position
- *Maintain neutral position throughout move*

BARBELL PUSH PRESS

- Clean barbell onto collarbones to front rack position
- Chest up
- Core braced
- Slight bend through hips and knees to initiate move
- Extend hips and knees to initiate barbell Press 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 throughout the movement
- Return barbell back to front rack position
- Barbell to move in a strict vertical line throughout movement
- *Maintain neutral position throughout move*

BARBELL BACK SQUAT + PARTIAL 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

- Come up halfway, then back down to hips just above knees at 90 degrees
- Extend hips to stand
- **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*

STANDING HAMMER CURL + PRESS

- Feet hip-width apart
- Plates by side of body
- Chest up
- Chin tucked in
- Shoulders away from ears
- Curl plates upwards with thumb leading towards the body in the curl
- Plates to in front of shoulders
- Press plates vertically over head
- **Plates slightly forward of shoulders**
- Lower plates back down to in front of shoulders and extend elbows to bring plates back down to thighs
- **Brace core to avoid trunk sway during movement**
- *Maintain neutral position throughout move*

TRICEP DIP

- Feet hip-width apart
- Keep whole of both feet on floor
- Knees at 90 degrees
- **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
- ↑ Walk feet away from the bench, up to full knee extension
- ↑ Place weight plate on thighs, close to hips



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 + Wrist Stretch + Roll



05. FLEX UP 3:09mins

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. FLEX UP 3:09mins

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.

