

STRENGTH DEVELOPMENT

12

LOWER-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.

East Hills (4:05)

Nbhd Nick

Courtesy of Epidemic Sound.
Written by: Unknown

02.

See Thru (Clean Version) (4:07)

Xray Rusan

Courtesy of Epidemic Sound.
Written by: Unknown

Dig (3:37)

LaToria

Courtesy of Les Mills Music Licensing Ltd.
Written by: LaToria

Oomph (3:47)

Bobby Weaving

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Written by: Arts

03.

Zone (4:33)

INF

Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson

Hit It (4:02)

Akira

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Written by: Evans

04.

The Dirty Panther (4:46)

Rascals

Courtesy of Epidemic Sound.
Written by: Unknown

Show Me (4:33)

NOAM DEE

Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

Get Rekt (4:34)

St Urbain

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Written by: Yeh

05.

Forever and Ever (3:02)

Nbhd

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 a **lower-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. It is off the beat of the music and you decide the weight you would like to work with.

After the Warm-up, we prime our body with a tri-set primer, then tempo training and finish 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



01. WARM-UP

TRACK SET-UP: Light weight on barbell

FINDING NEUTRAL

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

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



01. EAST HILLS 4:05mins

TECHNIQUE

LAYER 1

HIP HINGE

- **Place your hands on abdomen, stacked vertically with the edges of your fingers touching each other. The upper hand should be placed just below the ribcage on the upper abdominals.**
- **Slight bend in the knees**
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Hinge forward from the hips**
- ***Maintain neutral position throughout move***

BARBELL DEADLIFT

- **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***

SHOULDER CIRCLE

- **Hips and shoulders square to front**
- **Move arms in a circular motion at the shoulders**
- **Elbows straight**
- ***Maintain neutral position throughout move***

WRIST ROLL

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

HIP OPENER

- **Lift knee up**
- **Open knee outwards in a circular motion and return to standing**
- **Repeat in opposite direction**
- **Alternate sides**
- **Hips square to front**
- ***Maintain neutral position throughout move***

THORACIC ROTATION

- **Feet just outside hip width**
- **Hips square to front**
- **Keep both feet on floor**
- **Move torso and thoracic spine through rotational movements, alternating sides**

PUSHUP

- **Hands outside shoulder width**
- **Core braced**
- **Shoulders away from ears**
- **Keep shoulders retracted**
- **Hips and shoulders square to floor**
- **Whole body to move as one unit**
- **Head and neck in neutral position**
- **Elbows track back and out in 45-degree angle**
- **Chest to elbow height**
- ***Maintain neutral position throughout move***

↓ Pushup on knees

AIR SQUAT

- **Feet just outside hip width**
- **Chest up**
- **Core braced**
- **Hips sit back and down**
- **Butt stops just above knee at 90 degrees**
- **Knees track forward in line with toes**
- **Press weight evenly through the entire foot, and evenly through both feet**
- **Maintain strong heel of foot to floor contact**
- **Extend hips to stand**
- ***Maintain neutral position throughout move***



01. EAST HILLS 4:05mins

TECHNIQUE

BARBELL OVERHEAD PRESS (STRICT)

- Clean barbell onto collarbones to front rack position
- **Chest up**
- Core braced
- **Press barbell vertically**
- **Chin tucked in**
- Biceps close to ears
- Avoid knee and hip bend (strict Press)
- Return barbell to front rack position
- ***Maintain neutral position throughout move***

BARBELL BACKWARD-STEPPING LUNGE

- **Clean barbell over to meaty part of upper back**
- **Feet hip-width apart**
- **Chest up**
- **Core braced**
- Take a long step back
- **Hips and shoulders level and square to the front**
- **Knees in line with toes**
- **Front knee above ankle**
- Bend back knee and move towards the floor
- **Front thigh parallel to the floor**
- Body weight even on both legs
- ***Maintain neutral position throughout move***



02. TRI-SET PRIMER

Exercise	
0:45	Set up Cossack Lunge and keep light weight/warm-up weight on barbell
SET 1	
0:30	Cossack Lunge
0:30	Single-Leg Barbell Deadlift L leg
0:30	Single-Leg Barbell Deadlift R leg
0:20	Recovery and set up for Barbell Bulgarian Split Squat
0:30	Barbell Bulgarian Split Squat L leg
0:30	Barbell Bulgarian Split Squat R leg
0:30	Plank with Alternating Shoulder Tap + 4-Second Hold
0:20	Recovery and set up for Cossack Lunge
SET 2	
0:30	Cossack Lunge
0:30	Single-Leg Barbell Deadlift L leg
0:30	Single-Leg Barbell Deadlift R leg
0:20	Recovery and set up for Barbell Bulgarian Split Squat + Partial Barbell Bulgarian Split Squat
0:30	Barbell Bulgarian Split Squat + Partial Barbell Bulgarian Split Squat L leg
0:30	Barbell Bulgarian Split Squat + Partial Barbell Bulgarian Split Squat R leg
0:30	Plank with Alternating Shoulder Tap + 4-Second Hold
0:20	Recovery and set up for Cossack Lunge
SET 3	
0:30	Cossack Lunge
0:30	Single-Leg Barbell Deadlift L leg
0:30	Single-Leg Barbell Deadlift R leg
0:20	Recovery and set up for Barbell Bulgarian Split Squat + Partial Barbell Bulgarian Split Squat
0:30	Barbell Bulgarian Split Squat + Partial Barbell Bulgarian Split Squat L leg
0:30	Barbell Bulgarian Split Squat + Partial Barbell Bulgarian Split Squat R leg
0:30	Plank with Alternating Shoulder Tap + 4-Second Hold
	Recovery



02. SEE THRU (CLEAN VERSION)

/ DIG / OOMPH 11:31mins

TECHNIQUE

LAYER 1

COSSACK LUNGE

- Feet outside hip width in a very wide stance
- Chest up
- Core braced
- Shift weight to one side
- Hips sit back down to one side
- Butt stops just above knee at 90 degrees
- Knee tracks forward, in line with toes on the weighted side
- Press weight evenly through entire foot of the weighted side
- Maintain strong heel of foot to floor contact on weighted side
- Opposite leg’s toes turned upwards, heel on the floor and knee extended
- Shift weight to the opposite leg and repeat on opposite side
- Maintain neutral position throughout move

↓ Cossack Lunge with the entire foot on both sides remaining on the floor/toes of extended leg not turned upward

SINGLE-LEG BARBELL DEADLIFT

- Feet hip-width apart
- Barbell in front of body
- Hips square to front
- Chest up
- Chin tucked in
- Core braced
- Shoulders away from ears
- Lift one foot off the floor
- Slight bend in the standing front knee
- Maintain mid-line alignment
- Hinge forward from the hips on standing leg
- Keep lifted leg straight and extend behind body
- Shoulders square to floor
- Extend hip on standing leg to stand
- *Maintain neutral position throughout move*

↓ Single-Leg Deadlift with plate or Single-Leg Deadlift without weight

LAYER 2

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

BARBELL BULGARIAN SPLIT SQUAT

- Clean barbell over to meaty part of upper back
- Place back foot on bench
- Long step forward with front foot off bench
- Knee to stay behind toes on front leg
- Core braced
- Chest up
- Bend back knee and move towards the floor
- Front thigh parallel to the floor
- 90-degree angle at the front knee
- Knee tracks forward in line with toes on front leg
- Press weight evenly through the entire front foot
- Maintain strong heel of foot to floor contact on front foot
- Hips level and square to front
- *Maintain neutral position throughout move*

↓ Barbell Lunge on floor

PLANK WITH ALTERNATING SHOULDER TAP + 4-SECOND HOLD

- Corkscrew hands into floor
- Hands shoulder-width apart
- Shoulders away from ears
- Core braced
- Chin tucked in
- Head and neck in neutral position
- Tap opposite shoulder and hold for 4 seconds
- Alternate tap and hold on opposite side for 4 seconds
- Keep shoulders and hips square to floor
- *Maintain neutral position throughout move*

↓ Plank with Alternating Shoulder Tap + 4-Second Hold on knees



02. SEE THRU (CLEAN VERSION) / DIG / OOMPH 11:31mins

TECHNIQUE

BARBELL BULGARIAN SPLIT SQUAT + PARTIAL BARBELL BULGARIAN SPLIT SQUAT

- Clean barbell over to meaty part of upper back
- Place back foot on bench
- Long step forward with front foot off bench
- Knee to stay behind toes on front leg
- Core braced
- Chest up
- Bend back knee and move towards the floor
- Front thigh parallel to the floor
- 90-degree angle at the front knee
- Push floor to come up halfway, then back down to 90-degree angle on front knee and back up to starting position
- Knee track forward in line with toes on front leg
- Press weight evenly through the entire front foot
- Maintain strong heel of foot to floor contact on front foot
- Hips level and square to front
- ***Maintain neutral position throughout move***

↓ Barbell Lunge + Partial Barbell Lunge on floor



03. TEMPO TRAINING

TEMPO: (4-0-1-0) – first number represents the first part of the move

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



03. ZONE / HIT IT 8:35mins

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 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***

FROGGIES

- Feet just outside hip width
- Chest up
- Core braced
- Hips sit back down
- Knees track forward in line with toes
- Knees stay behind 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
- ***Maintain neutral position at Squat***



04. CON-SETS: GIANT SETS

Exercise	
0:45	Set up Alternating Single-Arm Reverse Fly + Double-Arm Reverse Fly with light to medium weight plates
SET 1	
0:30	Alternating Single-Arm Reverse Fly + Double-Arm Reverse Fly
0:30	Side Raise + Front Raise + Hammer Curl & Press
0:30	Farmers Carry Backward-Stepping Lunge with 2x medium to heavy weight plates
0:30	Tricep Dip
0:30	T-Pushup
0:30	Kick Sit
0:30	Recovery and set up for Alternating Single-Arm Reverse Fly + Double-Arm Reverse Fly
SET 2	
0:30	Alternating Single-Arm Reverse Fly + Double-Arm Reverse Fly
0:30	Side Raise + Front Raise + Hammer Curl & Press
0:30	Farmers Carry Partial Lunge L leg with 2x medium to heavy weight plates
0:30	Tricep Dip with option to add weight plate
0:30	T-Pushup
0:30	Kick Sit
0:30	Recovery and set up for Alternating Single-Arm Reverse Fly + Double-Arm Reverse Fly
SET 3	
0:30	Alternating Single-Arm Reverse Fly + Double-Arm Reverse Fly
0:30	Side Raise + Front Raise + Hammer Curl & Press
0:30	Farmers Carry Partial Lunge R leg with 2x medium to heavy weight plates
0:30	Tricep Dip with option to add weight plate
0:30	T-Pushup
0:30	Kick Sit
	Recovery



04. THE DIRTY PANTHER / SHOW ME / GET REKT 13:53mins

TECHNIQUE

LAYER 1

ALTERNATING SINGLE-ARM REVERSE FLY + DOUBLE-ARM REVERSE FLY

- **Tip forward from the hips**
- Plates in front, just forward of hips
- **Chest up**
- **Core braced**
- **Chin tucked in**
- Eye gaze approximately 6½ feet (2 meters) in front
- **Elbows slightly bent**
- Keep shoulders back and locked in position
- **Shoulders away from ears**
- Raise one plate up, leading with elbow, and lower back down
- Raise opposite plate up, leading with elbow, and lower back down
- Raise both plates up, leading with elbows, and lower back down
- Squeeze between the shoulder blades
- **Lift elbows to just below shoulder level**
- Keep body still
- *Maintain neutral position throughout move*

SIDE RAISE + FRONT RAISE + HAMMER CURL + PRESS

- Feet hip-width apart
- Plates at side with palms facing towards the body
- **Chest up**
- **Chin tucked in**
- **Core braced**
- **Shoulders away from the ears**
- **Lift plates laterally to slightly below shoulder level**
- **Elbows slightly forward of shoulder line**
- **Elbows slightly bent**
- Lower plates back down
- **Lift plates in front of body to slightly below shoulder level**
- Lower plates back down
- Curl plates upwards to in front of shoulders with thumb leading towards the body in the curl
- Press plates vertically
- **Plates slightly forward**
- Lower plates down to in front of shoulders and back to starting position with plates in at side
- Plates to stay slightly away from touching the body throughout entire move
- *Maintain neutral position throughout move*

FARMERS CARRY BACKWARD-STEPPING LUNGE

- **Feet hip-width apart**
- Hold weight plates at side of body on each side
- **Chest up**
- **Core braced**
- Take a long step back
- **Hips and shoulders even 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
- Step leg back to standing position to feet hip-width apart
- Repeat on opposite side
- *Maintain neutral position throughout move*



04. THE DIRTY PANTHER / SHOW ME / GET REKT 13:53mins

TECHNIQUE

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

↑ Tricep Dip with weight plate

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

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 diagonal 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***

↓ T-Pushup or Pushup on knees

LAYER 2

RDO: Chest down to fist height away from bench

FARMERS CARRY PARTIAL LUNGE

- **Feet hip-width apart**
- Hold weight plates at side of body on each side
- **Chest up**
- **Core braced**
- Take a long step back
- **Hips and shoulders even 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
- Rise back up halfway through range
- Move back towards the floor, bringing front knee to 90 degrees
- Repeat the half range for the duration of the move
- ***Maintain neutral position throughout move***

KICK SIT

- **Feet hip-width apart and hands shoulder-width apart in a Bear Crawl position**
 - **Hips level at shoulder height**
 - **Knees bent to 90 degrees**
 - **Toes tucked under**
 - **Core braced**
 - Lift one foot off the floor and kick through underneath the body to the opposite side, while lifting the opposite arm off the floor
 - Pull lifted arm and shoulder back, and lift chest up
 - Extend knee out and kick leg through
 - Opposite knee facing the ceiling
 - Reverse kick, coming back into Bear Crawl position
 - Repeat on opposite side
- ↓ Bear Crawl Hold with Shoulder Tap



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	Shoulders Stretch L&R and Wrist Stretch + Roll



05. FOREVER AND EVER 3:02mins

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 grab 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



05. FOREVER AND EVER 3:02mins

TECHNIQUE

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

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.

