

LES MILLS TONE 03

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Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01. WARMUP

TRACK FOCUS

I want my participants to experience simplicity in the moves through clear coaching, easy-to-follow choreography and be ready to move.

Music			Exercise		CTS	REPS
0:00			Stand feet under hips			
0:05	Intro / (Keyboard)	4x8	Circle arms wide to O/H and down		16	2x
0:21	V1 / Love , we love	4x8	A	Staggered Back-Stepping Lunge R&L (L leg steps B, then R leg). RA	16	2x
0:37	PC / (Chant)	4x8	A ¹	Back-Stepping Lunge R&L. RA	8	4x
0:53	C / Go bang	4x8	A ²	Back-Stepping Lunge/Side Squat Combo Back-Stepping Lunge R&L. RA Side Squat L, R. Arms cross at chest then open down as Squat to side	8 8	2x
1:09	C / Go bang	4x8	A ³	Propulsion Lunge/Side Squat Combo Propulsion Lunge R&L (L leg B, then R leg). RA Propulsion Side Squat L&R. Arms cross and down ↓ Option: Back-Stepping Lunge/Side Squat Combo	4 4	4x
1:25	Ref / Nine times	2x8	B	Quad Stretch L&R	16	
1:33	Ref / Nine times	2x8		Recover, stretch arms and set up Run F&B pattern	16	
1:41	V2 / Love , we love	8x8	A ⁴	Run & Back-Stepping Lunge/Side Squat Combo Run F L&R. RA Back-Stepping Lunge R&L. RA Turn & Run B L&R. RA Turn F Side Squat L&R. Arms cross and down ↓ Option: March F&B	8 8 8 8	2x
2:13	C / Go bang	12x8	A ⁵	Run & Propulsion Lunge/Side Squat Combo Run F L&R. RA Propulsion Lunge R&L. RA Propulsion Side Squat L&R. Arms cross and down Turn and Run B Turn front,  Propulsion Lunge/Side Squat ↓ Option: March & Back-Stepping Lunge/Side Squat Combo	8 4 4 8 8	3x



01. GO BANG 3:11mins

TECHNIQUE & COACHING

BACK-STEPPING LUNGE

Layer 1

- Right leg, step back, lunge, rise, change sides
- Step, lunge, rise, step, change sides
- **Chest is proud**
- **A long step back**, down and up, down and up
- Speed it up, lunge, change sides, lunge, change sides
- Back knee drops to 90 degrees
- **Front leg parallel to the floor**

PROPULSION BACK-STEPPING LUNGE/ SIDE SQUAT COMBO

Layer 1

- Lunge, lunge, Side Squat, right and left
- Stay here or speed it up with a jump, make it faster
- Lunge, lunge, squat and squat
- When you land, **bend your knees**
- ⬇ Option: If this is too difficult, squat right and left

RUN & BACK-STEPPING LUNGE/SIDE SQUAT COMBO

Layer 1

- Run forward
- 2 Single Lunges, right leg, then left
- Long stride, turn to the back of the room
- Face front, 2 Lateral Squats with the arms out and in
- Run forward
- Levels: run forward, fast, slow or march
- Whatever gets you warm today
- Jog and turn around and face the back

Layer 2

- Add the Jump to the combo, 2 Lunges, 2 Lateral Squats
- If the first combo worked for you, stay with that; squat out and in
- Combination: Jump it, to the back and to the side of the room
- Feeling warmer?

COACHING TIPS

The moves progress in the choreography and we want to be inclusive with language so you can cater to all participants. This Warmup hits all the major muscles with easy-to-follow moves and sets the tone for the workout ahead. Be enthusiastic and show your love of LES MILLS TONE.



02. WARMUP

TRACK FOCUS

I want to coach my participants to increase the range of motion in all the moves to get their heart rates up for an effective Warmup.

Music				Exercise	CTS	REPS
0:00				Set up feet outside shoulder width		
0:03	V1 / Big girl	4x8	A	Alternating Side Lunge L&R. <i>Hands on lead thigh</i>	8	4x
0:16	V2 / _ I'm about	4x8	A ¹	Alternating Side Lunge L&R. <i>Opposite hand reaches towards floor</i> ↑ Option: <i>Opposite hand touches floor</i>	8	4x
0:29	PC / Oh , what	8x8	B	Squat/Rear Leg Extension L&R (R leg lifts and extends B on high diagonal, then L leg) <i>Double Bent Arm Raise O/H, pull B at hips</i> Increase ROM after 4 reps	8	8x
0:53	Instr /	4x8	B ¹	Propulsion Side Squat L&R ↓ Option: <i>Squat/Rear Leg Extension</i>	8	4x
1:05	Br / (Quiet)	½x8		Hold	4	
1:07	V3 / Big shot	8x8	A ¹	 Alternating Side Lunge L&R ↓ Option: <i>Hands to lead thigh</i>	8	8x
1:33	PC / Oh , what	8x8	B	 Squat/Rear Leg Extension L&R ↓ Option: <i>Rear Leg Extension</i>	8	8x
1:57	Instr /	4x8	B ¹	 Propulsion Side Squat L&R ↑ Option: <i>Side Leap, extend outside leg</i>	8	4x
2:10	Br / (Quiet)	½x8		Hold	4	
2:12	Br / Try in to	3x8	A ¹	 Alternating Side Lunge L&R	8	3x
2:22	Outro /	8x8	B ¹	 Propulsion Side Squat L&R	8	8x



02. ARIGATO 2:51mins

TECHNIQUE & COACHING

ALTERNATING SIDE LUNGE

Layer 1

- Feet slightly outside shoulder width
- Right and left
- Hands on mid-thigh and **keep your chest lifted**
- **Push the hips back**, weight in your heels
- Knee tracks over midfoot
- Arm down and reach for the toes
- **↑** Option: Reach for the floor

Layer 2

- Warming through the core
- Lead with the shoulder for more rotation
- At any time, hands on mid-thigh
- Shoot the hips back a little further to warm the hamstrings

SQUAT/REAR LEG EXTENSION

Layer 1

- Arms over head
- Back leg lifts
- **Squeeze the glutes** to pull the leg off the floor
- Extend the arms, **lift the chest**

Layer 2

- Bigger Squat, bigger stretch
- As you squat, push the knees out
- Stretch through the shoulders, extend the arms



PROPULSION SIDE SQUAT

Layer 1

- Squat jump to the side
- **↓** Option: Stay on the ground
- **Land with soft knees**, let the muscles absorb the impact

Layer 2

- Leap or side step
- Land with both feet on the floor
- Leap, land
- Can you jump higher?



COACHING TIPS

This super cool song starts with Slow Side Lunges. Ensure the class participants step outside shoulder width to shift their hips back. This allows for increased range of motion (ROM) and generates more heat through the legs. Encourage leading with the shoulder in the Lunges for more rotation, stimulating the obliques to warm the core. To increase the intensity, coaching extended arm-lines will promote a heart rate lift, whether or not members are jumping or staying in low-impact mode. The deep Squats/Rear Leg Extensions and Propulsion Side Squats will no doubt get everyone officially warm for this LES MILLS TONE workout!



03. CARDIO

TRACK FOCUS

I want my participants to enjoy the freedom of this training by helping them work their own fitness levels.

Music			Exercise		CTS	REPS
0:00	Instr /	6x8	Set up combo Everyone works at own pace, on the beat, behind the beat or ahead of the beat		48	
0:20	V1 / I'm not actin'	20x8	A	Back-Stepping Lunge/Side Squat & Run F&B Combo Back-Stepping Lunge R&L. RA Side Squat L&R. <i>Arms cross and down</i> Run F. <i>Reach towards floor</i> Turn, Run B, turn to front. RA ⬆ Option: Propulsion Lunge/Side Squat ⬇ Option: March F&B	160	
1:29	V2 / Stand	4x8	Hold. Set up addition of Burpee		32	
1:42	V3 / Attached	20x8	A ¹	Back-Stepping Lunge/Side Squat/Burpee & Run F&B Combo Ⓜ Back-Stepping Lunge/Side Squat/Burpee ⬇ Options: Slow-Stepping Burpee or Hamstring Curl L&R. <i>Arms crossed O/H</i> Ⓜ Run F&B	160	
2:51	PC / _ Sweetest love	8½x8	Hold. Set up addition of Tuck Jump		68	
3:20	C / Ooooooh	14x8	A ²	Back-Stepping Lunge/Side Squat/Burpee/ Tuck Jump & Run F&B Combo Ⓜ Back-Stepping Lunge/Side Squat/Burpee Tuck Jump. <i>Double Punch F</i> ⬇ Option: Calf Raise Ⓜ Run F&B	112	



03. SLIDE 4:10mins

TECHNIQUE & COACHING

BACK-STEPPING LUNGE/SIDE SQUAT & RUN F&B COMBO

Layer 1

- Lunge, lunge, squat, squat
- Run or walk forward, tap towards the floor, turn around and run or walk back
- Lunge, back knee down, **front thigh parallel, front knee pressing out**
- Squat, hips back and down to knee height
- In both moves, **keep your chest lifted and abs braced**
- Work at your own pace; can jump in both moves
- Just keep bending your knees

Layer 2

- 20 seconds on the clock – where do you want to take this?
- Squeeze in one more

BURPEE

Layer 1

- Jump or step back to Burpee
- Standing Option: Hamstring Curl with arms over head
- Squat, squat, squat, plank, squat, stand
- Run forward, run back and repeat
- Burpee, **brace abs and keep your chest lifted**

Layer 2

- If you are on the low option, still work hard
- Moves are big and we're switching them fast

BURPEE/TUCK JUMP

Layer 1

- Burpee, Tuck Jump, Run or Walk
- ↓ Option: Heel Lift

Layer 2

- How far can you come forward?

COACHING TIPS

This track is a big cardio challenge, building on the pre-learning from the Track 1 Warmup. Your intro sets the stage clearly for participants to know what this track is all about. First, highlight cardio training continues. There are three sets of work, with moves added onto each set and this shows that the track is designed for everyone to go at their own pace. The sequence and variety of impact and non-impact moves will be a fantastic blast to cardiovascular training. Intensity is full-on, so encourage the participants doing the low-impact moves to feel included through role-modeling all levels physically and by coaching them to keep the moves big and quick.



04. CARDIO

TRACK FOCUS

I want my participants to enjoy the feel of the different moves to achieve their cardio kick.

Music			Exercise		CTS	REPS
0:00	Intro /	2x8	Set up feet outside shoulder width		16	
0:07	V1 / _ You're my	4x8	A	Double Pulse Squat Calf Raise. <i>Hands stacked then open down to sides</i> ↓ Option: No Calf Raise	4	8x
0:23	PC / You're on my	4x8	A ¹	Double Pulse Squat Jump ↓ Option: Calf Raise instead of Jump	4	8x
0:38	C / Breathe	8x8	B	Skater/Ladder Step Combo L&R 2x Skater L&R. <i>Skater Swing</i> ↓ Option: Side Step L&R 4x Fast Ladder Step L&R. <i>Double Bent Arm Raise O/H</i> ↓ Option: Step out, out, in, in 2x Skater R&L. <i>Skater Swing</i> 4x Fast Ladder Step R&L. <i>Double Bent Arm Raise O/H</i>	8 8 8 8	2x
1:08	V2 / _ You're my obsession	8x8	A	Double Pulse Squat Calf Raise ↑ Option: Jump ↓ Option: No Calf Raise	4	16x
1:39	C / Breathe	8x8	B	Skater/Ladder Step Combo	32	2x
2:09	Ref / Dum dum	4x8	A	Double Pulse Squat Calf Raise	4	8x
2:24	Rep / Breathe	12x8	B	Skater/Ladder Step Combo	32	3x
3:10	Ref / Dum dum	4x8	A ¹	Double Pulse Squat Jump	4	8x



04. BREATHE 3:28mins

TECHNIQUE & COACHING

DOUBLE PULSE SQUAT CALF RAISE/JUMP

Layer 1

- Take your feet wide, stack your hands together
- Double squat and rise
- To work your feet and your calves, lift your heels off the floor
- Pinch between your shoulder blades
- ⬆ Option: Jump
- **Bend your knees to absorb the weight**

Layer 2

- Squeeze your shoulder blades together, supporting your back
- Energy in your arms, feel the extension
- Strong in the back, open in the chest
- Jump away

SKATER/LADDER STEP COMBO

Layer 1

- Leap to the side, feet out, out, in, in
- Bend the knees to stay low
- 4, 3, 2, 1
- Fast feet, out and in, out and in
- ⬇ Option: Take the Jumps away and sit low here

Layer 2

- Fast, but low; bend your knees
- That's how to find the load, bending your knees
- Turn from the waist and reach your arms further
- Waist shaping and toning
- Work harder by stepping longer and reaching further
- Keep great posture to the very end

COACHING TIPS

Coaching postural activation in the Pulse Squat Calf Raises has a number of benefits. The heart rate will lift and the back muscles will get stronger and more toned. Layer 2 coaching cues focus on using the back muscles effectively and will educate participants on how to increase muscle activity. Delivering cues like “use the energy of the arms to engage the back muscles”, “squeeze the shoulder blades together to tighten the back” and “maintain a strong back when pulling back” will allow participants to understand how to develop strength. Enjoy the fun, upbeat music. Explore vocal contrast and attitude, matching the feel of the moves – focused on coaching in the Pulse Squats and light and lifted in the Skater/ Ladder Step Combo. Enjoy the feel!



05. CARDIO

TRACK FOCUS

I want my participants to understand all the levels offered to them to reach their cardio peak and and athletic challenge.

Music		Exercise		CTS	REPS
0:00	Intro /	4x8	Set up weight plates to side	32	
0:15	C / Breathin' as bad	½x8	Prepare for Burpees	4	
0:17	Rep / Boom, boom	4x8	A Burpee Hands stacked on Squat, down at sides on standing ↓ Option: 2x Hamstring Curl L&R. Reach O/H 2x Double Pulse Squat. Hands stacked, then down at sides	8	4x
0:33	V1 / It was	8x8	A ¹ Burpee Jump Hands stacked on Squat, hands and heels tap on Jump up	8	8x
1:04	C / Breathin' as bad	4x8	A ² Burpee Jump Race the beat or Explosive Jump on the beat (as many reps as possible)	32	
1:20	Br / Boom, boom	6x8	Hold. Set up Plate Side Squat or Jump Squat	48	
1:41	Rep / Boom, boom	8x8	B Side Squat & Press L&R. Plate O/H Press ↑ Option: Jump Squat. Plate O/H Press	4 2	16x 32x
2:20	Rap / _ Like a boom, boom	6x8	B ¹ Corner Side Squat & Press L&R. Plate O/H Press ↑ Option: Corner Jump Squat L&R ↑ Option: Slow Explosive Corner Jump Squat L&R. Plate at collar bones	4 4 8	12x 8x 6x
2:44	C / Breathin' as bad	4x8	A ² REPEAT Burpee Jump Race the beat or Explosive Jump on the beat (as many reps as possible) ↓ Option: Burpee Jump or Hamstring Curl/ Double Pulse Squat on the beat	32	



05. BOOM 2:58mins

TECHNIQUE & COACHING

BURPEE

Layer 1

- Squat, plank, squat, jump in
- ⬆ Option: Heel Tap with Jump
- ⬇ Option: Hamstring Curl
- Land soft in your knees, pressed out to keep the glutes engaged
- **Core is braced**
- **Back is long in the Plank**

Layer 2

- Stay on the beat, faster off the beat or explosive
- Do it with feeling

SIDE SQUAT & PRESS

Layer 1

- Grab one or two plates
- Step together, step or jump out
- **Hips back, chest lifted**
- Level 2: Add the turn on the diagonal
- Level 3: Explosive Jump
- **Drive from your hips**, back and down to help sculpt and tone your legs



COACHING TIPS

A Burpee blast is the feature in this cardio peak! Slow Burpees, Burpee Jumps, lightning-fast Burpees and Burpees with Heel Taps are game-changers for anyone looking for an athletic challenge. The Burpee is a full-body strength training exercise and the ultimate example of functional fitness. With every rep, the arms, chest, quads, glutes, hamstrings and abs are utilized. As a TONE athlete and instructor, physically training to be 'Burpee Fit' is a must-do to role-model inspirational technique. As a coach, delivering driving and challenging cues is key to keeping everyone motivated to take on the challenge of the exercises in this phenomenal track.



06. STRENGTH

TRACK FOCUS

I want my participants to understand the benefits of functional training and enjoy the music to help them connect to their muscles.

Music		Exercise		CTS	REPS
0:00	Intro / (Keyboard)	4x8		Set feet under hips. Weight plates – <i>one in each hand, facing thigh</i> Band – <i>handle in each hand and single or double wrap</i>	32
0:16	Instr /	16x8	A	Slow Forward Raise/Fly Combo <i>Lift plates F to O/H</i> <i>Fly plates out to shoulder height</i> Band Option: <i>Lower band behind head</i> <i>Reverse Fly, plates to O/H</i> <i>Lower plates F and down</i>	8x
1:19	C / Leave	4x8	A ¹	Forward Raise/7x Fly Combo	32
1:36	V2 / _ In the words	8x8	B	Slow Bentover Bicep Curl/Side Raise Combo <i>Hinge F from hips. Curl plates to chest</i> <i>Bentover. Extend plates to sides</i> <i>Bentover. Curl plates to chest</i> <i>Stand. Curl plates down</i> Band Option: <i>Use first 16cts to place band under feet</i>	4x
2:08	C / Leave	6x8	B ¹	Bentover Bicep Curl/11x Side Raise Combo	48
2:32	Rep / Leave	6x8	B ²	Bentover Bicep Curl/Side Raise Combo	8 6x
2:56	V3 / _ So we	4x8	C	Slow Cobra Curl Combo <i>Hinge F from hips. Straight arm lift plates to rear</i> <i>Bentover. Curl plates to chest</i> <i>Bentover. Extend plates to rear</i> <i>Stand. Curl plates down</i>	2x
3:12	Br / Woah	4x8	C ¹	Cobra/7x Curl Combo	32
3:28	Outro / Leave	5x8	C ²	Cobra Curl Combo	8 5x



06. NATURALLY 3:51mins

TECHNIQUE & COACHING

FORWARD RAISE/FLY COMBO

Layer 1

- Need 2 separate plates or a band
- Heels under hips, **stand tall and proud**
- Bring it up, forward raise, fly, reverse, plates forward and down
- Band forward of shoulders then behind your head in the fly
- Forearms lead the move, **brace the core**, open through the chest
- Glutes are activated and shoulder blades down towards ribcage
- Elbows soft and stop at chest height on the Fly
- Stay with the Fly, 7 reps

Layer 2

- Train functional strength, tightening our postural muscles around the spine
- The muscles that keep us upright
- Spinal integrity, keep the shoulder blades down, **chest lifted and open**



BENTOVER BICEP CURL/SIDE RAISE COMBO

Layer 1

- Hinge and curl
- Pull in, **lift chest, elbows below the shoulders**
- Body weight shifts forward and back
- Hold at the bottom, Side Raise and curl in
- Single reps, come up and down

Layer 2

- Breathe naturally
- Work the posterior shoulders on the Raise
- Feel the posterior activate as you extend
- Back of the shoulders activate – great postural work

COBRA CURL COMBO

Layer 1

- Plates to the back of the room, then return and curl in
- Easy tip forward from the hip
- 7 Cobra Curls
- Elbows in line with the shoulder and close to the body

Layer 2

- Helps us isolate into the biceps and the triceps
- Flex and squeeze



COACHING TIPS

Well-rounded functional strength training with a focus on improving posture! Be clear on the different targets with the plate and band to ensure everyone can follow you easily. Featured are the Forward Raise/Fly, Bentover Bicep Curl/Side Raise and Cobra Curl Combos. Be an educator and coach the benefits of improved posture, standing taller and maintaining a healthy back. Keep in mind that many participants are seeking to understand why they are doing certain moves and that is why the benefits are an important part of your coaching repertoire. Also, because it's such a smooth musical piece, ensure your voice doesn't overpower the music. This will enhance mind/muscle connection of the exercises.



07. STRENGTH

TRACK FOCUS

I want my participants to focus on maintaining knee alignment by using their gluteals to lift their knees in the Lunge/Knee Lift Combo.

Music			Exercise		CTS	REPS
0:00	Intro /	4x8	Set up Lunge L position (R leg B) Weight plates – <i>one in each hand, down facing F</i> Band – <i>under L foot, handle in each hand</i>		32	
0:15	V1 / Rollin'	8x8	A	Lunge L (R leg B). <i>Arms down, plates facing F</i>	4	16x
0:45	PC / _ Doesn't matter	6x8	B	Triple Pulse Lunge/Knee Lift Combo L <i>Triple Pulse Lunge L (R leg B). Arms down, plates facing F</i> <i>Knee Lift R. Bicep Plate Curl</i>	6 2	6x
1:07	C / Ahhh	2x8	B ¹	Lunge/Knee Lift Combo L (R leg B) ⬆ Option: Knee Lift with <i>O/H Curl Press</i>	4	4x
1:14	V2 / Wasting time	1x8		Hold. Change legs	8	
1:18	Ahhh	7x8	A	 Lunge R (L leg B)	4	14x
1:44	PC / _ Doesn't matter	6x8	B	 Triple Pulse Lunge/Knee Lift Combo R (L leg B)	8	6x
2:06	C / Ahhh	2x8	B ¹	 Lunge/Knee Lift Combo R (L leg B)	4	4x
2:13	Instr /	2x8		Hold. Set up for Side Lunge Weight plates – <i>stack plates at collarbones</i> Band – <i>fold in half, hold chest height</i>	16	
2:21	Instr /	2x8	C	Slow Side Lunge L&R ⬇ Option: <i>With band, press F</i>	16	
2:28	Instr / (Horns)	4x8	C ¹	Side Lunge L&R	8	4x
2:43	PC / _ Doesn't matter	15x8	C ²	Side Lunge L&R. <i>Extend plates/band to leading hip</i> ⬆ Option: <i>Lift plates/band O/H and extend straight arms down to hip height</i> ⬆ Option: Propulsion Side Lunge	8	15x



07. ON AND ON 3:46mins

TECHNIQUE & COACHING

LUNGE

Layer 1

- Need 2 plates or a band
- Feet under hips
- One plate in each hand
- Leg steps back, lunge, down, up, down, up
- **Body square to front**
- **Knee in line with middle of foot**
- **Lift your chest and pull your shoulders back**
- **Front thigh parallel to the floor**, bend your back knee

Layer 2

- Re-stabilize and reset the posture
- Front knee stability and activating glutes
- Drive your knee out and feel the activation

TRIPLE PULSE LUNGE/KNEE LIFT COMBO

Layer 1

- 3, 2, 1, back knee lifts
- 3, 2, 1, knee lift
- Pick knee up to hip height
- **Strong core brace**
- Curl the plate or band into the shoulders
- Single lunge
- **Body square to front**
- **Lift your chest and pull your shoulders back**
- Find range, front thigh parallel to the floor, bend your back knee

Layer 2

- Use glute activation, knee wide, glutes on, drive high
- Use big, powerful muscles

SIDE LUNGE

Layer 1

- Stack your plates, band or no plates/band
- Lunge right side, left side
- **Hinge from the hips**
- More resistance, extend the arms to the hips, return to chest
- Anchor the hips
- Long arms in front of the face
- **↑ Option: Add Jump to the side**

Layer 2

- Tension between the arms with band

COACHING TIPS

Strengthening and balancing the muscles that surround the knee can take the pressure off the joint and decrease the amount of total weight absorbed by the ligaments and meniscus (cartilage) in the knee. Basic Layer 1 cues like “knee in line with the middle of the foot” will help participants achieve great knee alignment in the Lunges and Side Lunges. Then include Layer 2 cues to “keep the knee pressing out for stability” and “to activate the glutes to maintain optimal knee alignment. These Layer 2 cues help to improve execution for powerful glute muscles. The addition of the plates adds resistance and is a solid way to develop leg and core strength.



08. STRENGTH

TRACK FOCUS

I want my participants to feel stable and controlled in the glute work and feel their obliques firing up as well.

Music			Exercise		CTS	REPS
0:00	Intro / (Keyboard)	4x8	Set up feet <i>outside shoulder width</i> , elbows bent, palms face up, hands at hips Band – band under both feet, handle in each hand Weight plates – one in each hand		32	
0:17	V1 / Long , long	10x8	A	Alternating Side Lunge/Side Leg Extension Combo L&R Lunge L&R. Press opposite handle/plate to leading knee Extend R leg at side, weight in L leg. Pull handles/plates to hips ↓ Option: Tap toes to side Lunge R&L Extend L leg	4 4 4 4	5x
1:01	Instr / (Heavy beat)	12x8	A ¹	Fast Alternating Side Lunge/Double Side Leg Extension Combo L&R Lunge L, R, L, R. Press opposite handle/plate to leading knee 2x Extend R leg, weight in L leg. Pull handles/plates to hips Lunge R, L, R, L 2x Extend L leg	4 4 4 4	6x
1:53	Rep / Praise you	2x8	Hold. Set up for Side Step Combo Band – cross handles, lift to just below chest level Weight plates – hold just below chest level		16	
2:02	Rep / Praise you	6x8	B	4x Step Side Combo L&R 4x Step Side L. <i>Top half Upright Row</i> 4x Step Side R. <i>Mid-range Bicep Curl</i>	8 8	3x
2:28	Instr / (Quiet)	2x8	C	Pulse Squat. Handles/plates on hips	2	8x
2:37	V2 / Long , long	4x8	C ¹	Double Pulse Squat/Double Rear Leg Extension Combo L&R. Handles/plates on hips ↓ Option: Double Rear Toe Tap	16	2x
2:54	Br / Sh.. ou .. ou ..ld	1½x8	C	 Pulse Squat	2	6x
3:01	Rep / Praise you	8x8	B	 4x Step Side Combo L&R	16	4x
3:36	Outro / Praise you	2x8	C	 Pulse Squat	2	8x



08. PRAISE YOU 3:48mins

TECHNIQUE & COACHING

ALTERNATING SIDE LUNGE/SIDE LEG EXTENSION COMBO

Layer 1

- Need band, one handle in each hand
- Step onto the band
- **Feet outside hip width, turn toes out slightly**
- Bend the elbows, palms face the ceiling, pull handles to your hips
- Lunge, lunge, then lift
- Right, left, lift to the left
- Shift your weight onto your leg
- **Squeeze your butt** and pull your heel on the diagonal
- Punch, punch, and pull
- **Brace your abs tightly**, lock your hips in place and try to rotate from your ribcage
- ↓ Option: Toes to the floor
- Speed it up: 4 Lunges, 2 Kicks
- 4, 3, 2, shift, kick

Layer 2

- Coordination training
- Mind and muscles working
- Brace core to anchor the hips and rotate the ribs
- Feel the side waist working
- If the intensity is too difficult, tap down and squeeze the glutes



DOUBLE PULSE SQUAT/DOUBLE REAR LEG EXTENSION COMBO

Layer 1

- 2 Squat Pulses, 2 drop low
- Once, twice, shift, leg lift right, slow, down, down, shift, lift
- Last one, hold, pulse, hold here

Layer 2

- Because how good does it feel to go slowly

4X STEP SIDE COMBO

Layer 1

- Cross handles over, pull hands to hips
- Bend your knees and keep tension on the band
- 4 Step Sides and row, pulling between the shoulder blades
- Mid-range Bicep Curl on the way back
- Pull handles under the chest, pull between the shoulder blades
- Handles an inch above and below elbow level
- **Bend your knees to activate leg muscles**

Layer 2

- Bend your knees, load the legs
- Can you step your feet a little wider, keeping tension on the band, working the outside of your thighs
- Pinch harder between the shoulders blades, slide and release

PULSE SQUAT

Layer 1

- Pulse down and up
- **Chest is lifted, knees are pressed out** as the butt goes back and down

Layer 2

- This is for active recovery

COACHING TIPS

A classic song with a variety of exercises to train and strengthen the gluteals. Be clear on coaching the faster tempo of the Alternating Side Lunge/ Side Leg Extension Combo. You may need to coach the tempo multiple times for participants to start to move quickly with you. This combo is focused on coordination training. It benefits neuromuscular connection, and it helps improve the communication between your brain and muscles. It facilitates core stabilization and this also helps to improve your coordination, athletic skill and posture. Coaching a big rotation of the torso and ribs will fire up the obliques while maintaining a strong core brace for control. Multi-joint and muscle training of the side muscles of the hip joint, the biceps, the back and the shoulders are featured in the Step Side Combo. Be sure to celebrate and praise your class for their efforts in this challenging track.



09. STRENGTH

TRACK FOCUS

I want my participants to feel stable and controlled in the Assisted Arabesque.

Music			Exercise		CTS	REPS
0:00	Intro /	4x8	Set up for Assisted Arabesque, L leg lifted Band – L foot in handle, R hand holds other handle, L hand stretches band O/H Weight plates – one in each hand, in a high ‘V’		32	
0:20	V1 / Don’t mess it up	2x8	A	Assisted Arabesque R	16	
0:30	PC / Look at	4x8	A ¹	Assisted Arabesque/Single-Leg Squat R ↓ Option: Tap L toes to floor	4	8x
0:50	C / Ob vious	4x8	A ²	Assisted Arabesque/Rear Leg Pulse ↓ Option: Tap L toes to floor	2	16x
1:10	V2 / Have you the	2x8	Change legs		16	
1:21	V2 / Don’t mess it up	2x8	A	 Assisted Arabesque L	16	
1:31	PC / Look at	4x8	A ¹	 Assisted Arabesque/Single-Leg Squat L	4	8x
1:51	C / Ob vious	4x8	A ²	 Assisted Arabesque/Rear Leg Pulse	2	16x
2:11	Br / F.r.i.e.n.d.s	2x8	Set up Squat/Arabesque, feet outside hip width Band – handle in each hand, double wrap, lift O/H Weight plates – plates at shoulder height		16	
2:21	Ref / _ Nooo, noo	2x8	B	Squat/Arabesque Combo R&L Squat down. Band O/H, plates at shoulder height Arabesque R. Band O/H, plates at shoulder height Squat down Arabesque L	4 4 4 4	
2:31	PC / Look at	4x8	B ¹	Squat/Arabesque Combo with Fly R&L Squat down. Band extends down to Wide Fly. Plates press up to a high ‘V’	16	2x
2:52	C / Ob vious	4x8	B ²	Fast Squat/Arabesque Combo with Fly R&L	8	4x
3:12	Outro / Oooh , oooh	2x8	C	Pulse Squat. Band Wide Fly, plates at shoulder height	2	8x



09. FRIENDS 3:24mins

TECHNIQUE & COACHING

ASSISTED ARABESQUE/SINGLE-LEG SQUAT/ REAR LEG PULSE

Layer 1

- Grab a band or plates
- Slide handle onto right foot
- Grab opposite handle with your other hand
- Chest towards front of the room
- Weight comes onto the left leg
- Right leg lifts and hips and shoulders are square to the front
- **Squeeze your glutes**
- Eye gaze to the floor for balance
- Add Squat, go down and up
- Check the **knee is in line with the middle of the toes**
- Add a Pulse
- ⬇ Option: Tap the floor

Layer 2

- Shoulders are back and down to strengthen the postural muscles
- Check the knee is still pressing out
- Point your toes and feel your whole body working



SQUAT/ARABESQUE COMBO WITH FLY

Layer 1

- Squat, arabesque to the left, squat, arabesque to the right
- As you squat, pull the band apart
- As you rise, keep some tension in the band
- Go faster, down and up
- Hold down and pulse

Layer 2

- As you squat, pull the band apart to work your back
- As you rise, keep some tension in the band to work your shoulders

COACHING TIPS

The Assisted Arabesque and Single-Leg Squat and Rear Leg Pulse is a supreme exercise to develop balance and control, improve posture and flexibility in the shoulders and to build strength in the gluteals, hamstrings and quadriceps. Core control is key for stability and safe, strong execution of the move. Reinforce control by pulling the shoulders back and down and the abdominals in and tight to promote stability. Also cue pushing the standing knee out to get the glutes firing, squeeze the butt in the top leg to keep the lower back protected. To keep everyone feeling successful and in control, be sure to coach that tapping the foot down at any time to re-stabilize will help to reset and try again.

The Single-Leg Squats are also an ideal way to train stability in the body and strength in the legs, particularly in the glutes which help protect you from any lower limb injuries. This track is challenging with a light feel in the music, but keep it real and when you get off balance, maintain a playful attitude. This is a genuine connection point for you and your participants.



10. CARDIO

TRACK FOCUS

I want my participants to feel freedom and energy by running, jogging or power walking to improve their cardiovascular fitness levels.

Music		Exercise		CTS	REPS
0:00	Intro /	2x8	Ensure bands/plates are off to side	16	
0:11	Instr /	2x8	A Circle arms wide to O/H. Press palms together	8	
			Bend F. Arms wide and down	8	
0:18	Instr / (Beat)	8x8	A ¹ Mountain Pose/Forward Fold		4x
			Roll to standing. Palms press up mid-line	8	
			Bend F. Arms wide and down	8	
			Step feet wide after 2nd rep		
0:45	Instr / (Piano)	4x8	B Set up Warrior 2 L	32	
0:59	Instr / (Bup)	4x8	B ¹ Warrior 2 L. Arms rise O/H	16	
			Turn L, set up Sprinters Lunge L (L leg F)	16	
1:12	Instr / (Heavy beat)	8x8	C Run L to R across room	64	
			↓ Option: Jog or Powerwalk		
1:40	Instr / (Heavy beat)	12x8	C ¹ Run side to side with Jump in middle	96	
			Freedom to jump any way at all		
			Encourage participants to have fun		
2:22	Instr / (Piano)	4x8	B  Set up Warrior 2 R	32	
2:35	Instr / (Bup)	4x8	B ¹  Warrior 2 R. Arms rise O/H	16	
			Turn R, set up Sprinters Lunge R (R leg F)	16	
2:49	Instr / (Heavy beat)	8x8	C  Run R to L across room	64	
			↓ Option: Jog or Powerwalk		
3:16	Instr / (Heavy beat)	8x8	C ¹  Run R to L across room with Jump in middle	64	
3:44	Fade /	8x8	Congratulate your participants	64	



10. YOU AND ME 4:04mins

TECHNIQUE & COACHING

MOUNTAIN POSE/FORWARD FOLD

Layer 1

- Put plates and bands away
- Breathe in, reach high over head
- **Bend your knees, belly button to spine**, roll forward
- Lift again, rolling up, stretching down
- Step the feet wide, rise and keep breathing

Layer 2

- Getting the body used to coming back to cardio

WARRIOR 2

Layer 1

- Keep heels down
- **Knee presses out, hips and shoulders are forward**
- Arms extend in front
- Rise, breathe into the fingertips
- **Lift the chest**, sink the hips
- Lift the back heel, turn into a Lunge
- Hands on thigh

Layer 2

- Breathe, easy breaths

RUN/JOG/WALK

Layer 1

- Run, Jog or Walk
- **↑** Option: Add a Jump, Leap, big Hops or Tuck Jump in the middle of the Run

Layer 2

- All about freedom
- Take whatever pace you need, slower Jog, Powerwalk or easy walk
- Feel the freedom of movement in your body, let's have some fun with it

COACHING TIPS

This Cardio track is all about freedom, fun and movement, individually and collectively, to feel good while reaping the rewards of heart fitness training. Interspersing optional Jumps, Leaps, a high-five or Tuck Jumps with the basic moves of running, jogging or powerwalking creates a non-thinking and just feeling environment. Encourage this free feeling in the room through your coaching voice and attitude of positivity, joy and motivation. Enjoy!



11. CARDIO

TRACK FOCUS

I want my participants to experience the contrast of feeling control to feeling uplifted while developing cardiovascular fitness and muscular strength.

	Music		Exercise	CTS	REPS
0:00	Intro /	2x8	Set up on floor for Bear Crawl	16	
0:07	V1 / _ In your eyes	8x8	A Bear Crawl F&B 4x Opposite hand and foot crawl F 4x Crawl Standing on last 4cts ↓ Option: Back-Stepping Lunge R&L (L leg B). RA	8 8	4x
0:38	C / Runnin'	8x8	B Knee Lift & Rear Leg Extension Combo L. RA Knee Lift L (Weight on R leg) Rear Leg Extension L (Weight on R leg, L leg F&B) Last rep, land rear foot to Lunge ↑ Option: Bend standing knee, extend rear leg and front arm ↓ Option: Tap rear toes to floor	4 4	8x
1:09	Ref / You	4x8	B ¹ Propulsion Knee Lift & Lunge Combo L. <i>Extended</i> RA ↓ Option: No propulsion	4	8x
1:24	V2 / _ Your finger touch	2x8	Hold. Reset to floor for Bear Crawl	16	
1:32	V3 / _ Lightly I	6x8	A  Bear Crawl F&B	16	3x
1:55	C / Runnin'	8x8	B  Knee Lift & Rear Leg Extension Combo R (Weight on L leg, R leg F&B). RA Last rep, land rear foot to Lunge	8	8x
2:26	Ref / You	4x8	B ¹  Propulsion Knee Lift & Lunge Combo R. <i>Extended</i> RA Last rep, land rear foot, prepare to alternate	4	8x
2:41	Rep / Runnin'	8x8	B ² Alternating Propulsion Knee Lift & Step Back R&L. <i>Extended</i> RA ↓ Option: No propulsion	8	8x



11. WOLVES 3:16mins

TECHNIQUE & COACHING

BEAR CRAWL

Layer 1

- Come to the floor or stay standing
- Hands under shoulders; knees under hips
- Come forward, 1, 2, 3, 4, back
- **Brace your abs** and squeeze shoulder blades together
- ⬇ Option: Alternating Back-Stepping Lunge

Layer 2

- Try to increase the range without losing your posture
- Build a strong core

KNEE LIFT & REAR LEG EXTENSION/LUNGE/STEP BACK COMBO

Layer 1

- Stand, right knee up, push it back
- Find your balance by using your arms and bending your knee
- Add Jump, **knee soft on landing**, opposite arm up
- ⬇ Option: Stay on the floor and raise your knee up
- Alternate, switch
- Levels: Add a Jump or stay on the floor

Layer 2

- Try to go further by bending your knee more and pushing your hands to the front
- Activate your posterior chain muscles to protect your lower back

COACHING TIPS

This track starts with Bear Crawls or Back-Stepping Lunges where we challenge movement control with a slower tempo. The Bear Crawl provides the perfect opportunity to stabilize and train the core muscles as you move from the hips. Maintaining the knees close to the floor will also fire up the quadriceps. When executing the Back-Stepping Lunges, coach using strong abdominals in a controlled manner to promote moving to an effective range of 90 degrees for a full Lunge. The Knee Lift sequence develops balance and strength, progressing to a Propulsion Jump at the end of the sequence. Coaching the bending of the knee and using the arms to progressively move forward encourages more tip of the hip as an effective Layer 2 cue to manipulate the intensity. When the propulsion kicks in, motivate with your voice to drive upward and lift the body with energy. Illustrate a safe landing as you land with soft knees to absorb the impact. Whatever level your participants take is a step further to getting fitter and stronger.



12. CARDIO

TRACK FOCUS

I want my participants to feel breathless from the challenging cardio work and to enjoy moving to this cool song.

Music			Exercise		CTS	REPS
0:00	Intro /	4x8		Explain track structure. Demonstrate all moves Work at own timing; below is a guide	32	
0:19	Rep / Music	4x8	A	Burpee Tuck Jump – own timing ↓ Options: Squat or No Jump	32	
0:35	Ref / _ I said yeah	4x8	B	Mountain Climber ↓ Option: Slow Mountain Climber	32	
0:52	V1 / Toll	4x8	C	Broad Jump ↓ Option: Step F and Squat	32	
1:09	V2 / Twirl	4x8	D	Spiderman Pushup ↓ Option: Firefly/Kneeling Pushup	32	
1:26	C / Move	5x8	E	Lateral & Vertical Leap ↓ Option: Step Side and Squat	40	
1:47	Instr / (Heavy beat)	2x8		Set up duration. Choose how many minutes for each exercise, ie 2 minutes	16	
1:55	Ref / Duh , dup, duh	4x8	A	Call out name of move, Burpee Tuck Jump . "Go" Work with participants and floor-coach	32	
2:12	Ref / Duh , dup, duh	4x8	B	Call out "Stop". Next move Mountain Climber . "Go"	32	
2:28	Ref / Duh , dup, duh	5x8	D	 for all exercises. Spiderman Pushup	40	
2:49	V3 / Pause , take	4x8	C	 Broad Jump	32	
3:06	V4 / Dance til ya	4x8	E	 Lateral & Vertical Leap	32	
3:23	C / _ Everybody	4x8		Dance break (recovery)	32	
3:40	C / Sweat	4x8	A	Final block of favorite exercise ie Burpee Tuck Jump	32	
3:56	Fade / Duh , dum, duh	1½x8		Recovery	12	



12. GONNA MAKE YOU SWEAT (EVERYBODY DANCE NOW) 4:04mins

TECHNIQUE & COACHING

BURPEE TUCK JUMP

Layer 1

- Squat, shoot the hips back into a Plank
- **Abs braced**
- Knees jump forward and up
- ↓ Options: Squat or no Jump

Layer 2

- Off the beat or on the beat, your pace
- As fast as you can

MOUNTAIN CLIMBER

Layer 1

- **Hands down under the shoulders**
- Knees fast to chest
- **Squeeze the glutes**, back long and flat
- ↓ Option: Slower pace

Layer 2

- Glide your shins across the floor
- Pump the knees

BROAD JUMP

Layer 1

- Turn to the side, feet outside hip width
- Jump forward and **land with soft knees**
- ↓ Option: Walk and squat

Layer 2

- Jump as far as you can
- Get your butt down and back
- Explode through the balls of your feet



SPIDERMAN PUSHUP

Layer 1

- Come to the floor
- Same knee to same elbow
- **Hips and shoulders square to the floor**
- ↑ Option: Jump

Layer 2

- Abs braced to maintain control



LATERAL & VERTICAL LEAP

Layer 1

- Step or jump to the side, jump up
- **Land on soft knees**
- Press on outside of foot
- **Hips and shoulders square to the front**
- ↓ Option: Step Side and Squat

Layer 2

- Big Jumps

COACHING TIPS

Burpee Tuck Jumps, Mountain Climbers, Broad Jumps, Lateral & Vertical Leaps and Spiderman Pushups are the WOW moves to elevate heart rates sky-high and challenge the cardiovascular system. These exercises work on your total integrated body, and make for great High Intensity Interval Training (HIIT) as they burn extra calories in less time. With the addition of the jumping, these moves also become body-weight exercises to strengthen and tone your lower body. The Mountain Climbers and Spiderman Pushups add in strong core and upper body conditioning as well. Coach the benefits of this track to motivate the class to full-out fatigue and to reach their personal best. Remind them “they’ve got the power” and they can “jump to the rhythm” to seize the challenge!



13. CORE

TRACK FOCUS

I want my participants to maintain strong stability in their shoulders as they execute the moves.

Music		Exercise		CTS	REPS
0:00	Intro /	4x8	Set up in Plank position for Pushups	32	
0:16	C / _ You make me feel better	8x8 A	Pushup. Hands wider than shoulders ↓ Option: From knees	4	16x
0:48	Instr / (Steel drum)	8x8 B	Shoulder Tap, F&B. Hands under shoulders F hand lifts, taps opposite shoulder and replace to floor B hand lifts, taps opposite shoulder and replace to floor ↓ Option: From knees	4 4	8x
1:21	Br / _ Oh darlin'	4x8 C	Modified Donkey From Plank, both feet jump F under hips Both feet jump B to Plank ↓ Option: Step, step feet under hips, step, step feet B to Plank	4 4	4x
1:37	QC / _ You make me feel better	8x8 C ¹	Donkey Kick Jump knees towards chest and B to Plank ↓ Option: Modified Donkey	4	16x
2:09	Instr /	4x8 D	Mountain Climber L&R ↓ Option: Slow Mountain Climber	2	16x
2:25	C / _ You make me feel better	4x8	Hold. Set up Plank Combo	32	
2:41	Outro / (Steel drum)	8x8 E	Plank Combo 2x Pushup 2x Fast Shoulder Tap F&B 2x Donkey Kick 4x Mountain Climber L&R ↓ Option: From knees	8 8 8 8	2x



13. MAKE ME FEEL BETTER 3:17mins

TECHNIQUE & COACHING

PUSHUP

Layer 1

- Hands slightly outside shoulder width
- Single Pushups
- Chest is no lower than the elbow crease
- ↓ Option: On knees
- **Strong core brace, squeeze your glutes**
- Long straight back

Layer 2

- Training the upper body and the core

SHOULDER TAP

Layer 1

- **Hands under the shoulders**
- Shoulder Tap, tap opposite shoulder, reset
- **Strong core brace to stop the hips from rocking**
- ↓ Option: On knees
- Back is long

Layer 2

- Keep the spine long

MODIFIED DONKEY

Layer 1

- Jump the feet under the hips, hold
- Jump back out
- Return knees back under the hips
- Full Donkey: Jump the knees up and into the chest
- ↓ Option: Alternate knees in
- **Keep the elbows soft** to absorb the movement

Layer 2

- Fight to keep the back flat



Donkey Kick



MOUNTAIN CLIMBER

Layer 1

- Pull the knees into the chest
- Keep the back flat
- ↓ Option: Slower pace

PLANK COMBO

Layer 1

- Push up, down, down
- Shoulder tap, 4, 3, 2, 1
- 2 Donkeys, in and out, wait
- Mountain Climbers, 8, 7, 6, 5, 4, 3, 2, 1

Layer 2

- Fight to keep the back flat

COACHING TIPS

Featured are 4 moves that progress through the choreography and are all combined within the final combo. Your job is to role-model (say and do) clear Layer 1 setup, then to show how to dial the intensity up or down early on in the track.

The track starts with the basic Pushup, adding on a Shoulder Tap for a balance and stability challenge. We then add the new move of the Donkey or Modified Donkey. Reinforce Layer 1 cues of body-part and direction so everyone understands how to do this new move. Next up is the familiar move of the Mountain Climbers with a choice to go fast to ramp up the heart rate. For each of these moves, it's essential to coach shoulders back and down and strong abdominals braced tightly for stability and control. Continue to reinforce Layer 2 cues to activate the shoulders, contract the back and to brace the abs super tightly, allowing for all levels and all participants to move with safe control of movements.

All the moves are combined at the end for an ultimate challenge. The music is the best selling point of this track. Everyone knows it and wants to move to it – ENJOY!



14. CORE

TRACK FOCUS

I want my participants to feel the fire in their glutes and focus on control in the Leg Extension/Scorpion Combo.

Music		Exercise		CTS	REPS
0:00	Intro /	2x8	Set up in Horse Stance, on all fours	16	
0:14	Instr /	12x8 A	Leg Extension Combo F&B (from knees) 2x Front leg extends out on diagonal and then straight B 2x Front knee draws in to chest and straight B  B leg	8 8 16	3x
0:58	C / God walked down	8x8 A ¹	Leg Extension Combo F&B (from toes) ↓ Option: From knees	32	2x
1:28	Instr / Down	16x8 A ²	Leg Extension/Scorpion Combo F&B 2x Front leg extends out on diagonal and straight B 2x Front knee draws in, to chest and straight B 7x Front knee bends to Scorpion Pulse ↓ Option: From knees  to B leg	8 8 16	2x
2:27	Instr / Down	2x8	Roll onto back. Bend knees, lift hips	16	
2:35	Instr /	6x8 B	Hip Bridge Pulse	2	24x
2:57	Instr / (Trumpet)	4x8 B ¹	Hip Bridge ↑ Option: Back Bend	32	
3:12	C / God walked down	8x8 B	 Hip Bridge Pulse	2	32x
3:42	Fade /	2x8	Roll down	16	



14. GOD WALKED DOWN 3:51mins

TECHNIQUE & COACHING

LEG EXTENSION COMBO

Layer 1

- Come down to all fours
- **Hands under shoulders, knees under hips**
- Back long and straight
- Front leg back
- Out, in, out, in, knee to chest twice, change sides
- Out, cross, out, cross, in 1 and 2
- Leg out to hip level
- **Brace core to square shoulders and hips to floor**
- ⬆ Option: On toes

Layer 2

- All about control
- Take legs wider as long as you keep hips still
- Press palms into the floor
- Beautiful strength for the whole body

LEG EXTENSION/SCORPION COMBO

Layer 1

- Out, in, out, in, knee to chest, point toes to ceiling
- Brace core to stabilize
- Pulse, 7, 6, 5, 4, 3, 2, 1

Layer 2

- Squeeze butt tight and move small
- Small moves to isolate the glutes
- If you feel it more in your shoulders or your hips start twisting, come down to your knees

HIP BRIDGE PULSE/BACK BEND

Layer 1

- Roll over onto your back, **feet hip-width apart**
- Hands at your sides and palms facing up
- Push down from your heels, **squeeze your butt**
- ⬆ Option: Hands to ears, push with arms and legs, tuck in chin and roll back down

Layer 2

- More pinch between your shoulder blades to open your chest and work posterior chain
- Feel the heat in your posterior chain, strength in glutes

COACHING TIPS

This Core track is all about training strong healthy hips with a 'sting in the tail' via strong gluteal work. The Gluteus medius and minimus complete our gluteal muscle group, glute medius is the focus of the Side Leg Extension and the glute maximus is fired up with the Scorpion. These muscles are particularly important for lower limb stability and injury prevention. These exercises will specifically target these muscles to tone the butt and improve movement control. Layer 2 cues that enhance control include "abdominals braced tightly", "small isolated pulses" and "a firm backside to prevent the lower back from arching". Also focus on movement from the glute muscles and the hip joints to minimize the hips from rocking. Keep it steady and strong! Finishing the track with the Hip Bridge Pulse and optional Back Bend adds burn in the muscle and strength to complete the track in a multi-dimensional way. Have a blast teaching this track; the song is super cool.



15. CORE

TRACK FOCUS

I want my participants to maximize core activation in this short Core track.

Music			Exercise		CTS	REPS
0:00	Intro /	2x8	Set up supine, legs extended straight up to ceiling ⬆️ Option: Plate on chest		16	
0:09	Instr / (Guitar)	4x8	A	Double Leg Lower & Lift ⬆️ Option: Straight legs ⬇️ Option: Knees bent Pregnancy Option: On elbows, single leg extends on floor	8	4x
0:28	V1 / _ One pill	6x8	A ¹	Reverse Pike Crunch ⬆️ Option: <i>Plate O/H</i> , legs straight ⬇️ Option: Reverse C-Crunch – <i>fingertips to temples</i> , knees bent Last 4cts, 👁 set up for Cross Crawl	8	6x
0:55	V2 / You go	6x8	B	Cross Crawl L&R ⬆️ Option: <i>Plate on chest</i> , leg extends ⬇️ Option: Knees bent, <i>fingertips to temples</i> Pregnancy Option: From elbows, Single Leg Extension and Toe Tap	4	12x
1:22	V3 / _ And men on	6x8	B ¹	Cross Crawl Combo L&R Quick, quick, slow rhythm	8	6x
1:49	V4 / Logic	4x8	C	C-Crunch ⬆️ Option: <i>Plate lift at forehead</i> ⬇️ Option: <i>Fingertips at temples</i>	2	16x
2:06	Remember	½x8		Set up for Pike Crunch	4	
2:08	_ what the dormouse said	3½x8	C ¹	Pike Crunch ⬇️ Option: C-Crunch	2	14x



15. WHITE RABBIT 2:30mins

TECHNIQUE & COACHING

DOUBLE LEG LOWER & LIFT

Layer 1

- Lie on back
- Work with a plate or none
- Plate to chest
- Feet over hips, slowly lower legs down
- Down, down, up, up
- ⬇ Option: Bend your knees
- **Brace abs tightly to keep your lower back pressed to the floor**
- Arms reach over head; crunch to come up
- Down, down, up, up

Layer 2

- Challenge is the focus and drop heels to where the lower back doesn't leave the floor

CROSS CRAWL

Layer 1

- Fingertips to temples or hold plate to chest
- Twist, 1, 2, 1, 2
- Extend the legs
- **Pull opposite shoulder closer to the knee**
- ⬇ Option: Bent knee, toe-tap
- Speed it up, 1, 2, slow

Layer 2

- Keep the chin tucked in, focusing on the obliques
- Both shoulders off the floor, both elbows off the floor

C-CRUNCH/PIKE CRUNCH

Layer 1

- 1, 2, 1, 2
- Shift ribs to your hips
- Arms out, legs out, crunch

COACHING TIPS

This Core track starts out with the Leg Lower & Lift. Challenge your participants to drop their heels as far as they can to the point where their lower back doesn't leave the floor. A strong ab brace to maintain the lower back downward is the key to keep the spine in neutral position. The plate adds additional resistance as extending the levers of the arms and legs places more demand on the core. The Cross Crawls dial up the strength and tone of the rotational muscles of the core. When both shoulders and elbows are lifted off the floor, the intensity sneaks up on you; this results in the benefits of hitting a multitude of abdominal muscles.



16. CORE

TRACK FOCUS

I want my participants to maintain a Hip Lift in the Side Hover to fully experience the benefits of oblique training.

	Music		Exercise	CTS	REPS
0:00	Intro /	4x8	Set up on floor, Side Hover L. <i>Elbow under shoulder, bottom knee on floor</i>	32	
0:23	V1 / _ I work	4x8	A Side Hover with Hip Lift L. <i>Top hand on hip</i> ↑ Option: Lift bottom knee, scissor split legs	4	8x
0:43	C / _ I love	2x8	B Side Hover with Side Crunch , small ROM L. <i>Bent elbow towards knee</i>	2	8x
0:53	C / Ballin'	2x8	B ¹ Side Hover with Rhythm Side Crunch L, 2x small ROM Crunch. <i>Elbow as crunch towards knee, reach top arm and leg is long every 2nd rep</i>	4	4x
1:03	V2 / Melan choly	4x8	Hold. Change sides	32	
1:24	V3 / _ We still	4x8	A  Side Hover with Hip Lift R. <i>Top hand on hip</i> ↑ Option: Lift bottom knee and top leg	4	8x
1:45	C / _ I love	2x8	B  Side Hover with Side Crunch , small ROM R. <i>Bent elbow towards knee</i>	2	8x
1:54	C / Ballin'	2x8	B ¹  Side Hover with Rhythm Side Crunch R	4	4x
2:05	Br / _ Music	2x8	Hold. Set up Hover, <i>forearms stacked</i>	16	
2:15	Br / _ Music	2x8	 Rotating Hover 2/2 F&B	16	
2:25	V4 / Verbal	4x8	C Rotating Hover 2/2 F&B <i>Rotate to Side Hover F. Top arm extends</i> <i>Rotate to Hover. Forearms stacked</i> <i>Reverse to B</i> ↓ Option: From knees	4 4 8	2x
2:46	C / _ I love	4x8	C ¹ Rotating Hover 1/3 F&B Hold Hover	16	2x



16. WHAT'S GOLDEN 3:09mins

TECHNIQUE & COACHING

SIDE HOVER WITH HIP LIFT/SIDE CRUNCH

Layer 1

- Plant full elbow and forearm to the floor
- Bottom knee down or up
- Lift and drop, up, down, up, down
- Top leg lifts up
- Strong foundation, **elbow under shoulder**
- ⬆ Option: Side Crunch; crunch, crunch, elbow to side ribs
- As you reach, lengthen the leg and the arm

Layer 2

- Keep the hip away from the floor
- Short, tight, compact
- Crunch and extend

ROTATING HOVER 2/2

Layer 1

- Up, extend, down, retract
- Change sides
- Feet wide, hips down
- Shoulders over the elbows and strong, long back
- Fast, then slow
- ⬇ Option: On knees

Layer 2

- Designed for everyday life, more core control
- Reactive Core Training: abs react, eccentric lengthening

COACHING TIPS

This Core track focuses on the obliques with variations in arm and leg movement in the Side Hover. Our oblique muscles help us bend from side to side and twist our torso, all very necessary in activities of daily living and sports conditioning. When our obliques are strong, they support the lower back and improve posture. For a strong foundation, safely set up the move with clear Layer 1 cues ensuring the elbow is directly under the shoulder, the shoulders are drawn back and down, belly braced, hips squared to the front and the body is in one long line. This sets up the move solidly so you can focus on coaching the lift of the hip while maintaining good alignment. The added Side Crunch execution is compact and controlled, and the reach of the arm and leg away from the body increases the intensity.



17. STRETCH

TRACK FOCUS

I want my participants to enjoy feeling the success of completing a functional, challenging and energizing workout.

	Music		Exercise	CTS	REPS
0:00	Intro /	2x8	Set up on knees, facing L side	16	
0:08	Ref / _ Ain't no mountain	2x8	A Lunge L. <i>Hands to floor then L arm lifts to twist</i>	16	
0:16	V1 / _ If ya need me	2x8	B Hamstring Stretch L. Optional Toe Lift	16	
0:23	V2 / Baby , just call	2x8	A  Lunge R. <i>R arm lifts to twist</i>	16	
0:30	C / Ain't no mountain	3x8	B  Hamstring Stretch R	24	
0:41	C / Keep me	1x8	Roll to standing	8	
0:45	V3 / Day	4x8	C Gluteal Stretch L	32	
1:00	C / Ain't no mountain	4x8	C  Gluteal Stretch R	32	
1:15	Outro /		Continue stretching or interact with class		



17. AIN'T NO MOUNTAIN HIGH ENOUGH 2:27mins

TECHNIQUE & COACHING

LUNGE

Layer 1

- Step foot to between hands
- Opposite hand down
- Twist away

Layer 2

- Pull the shoulder back and the hips come further down
- Eyes up or down, opening your chest and releasing the spine

HAMSTRING STRETCH

Layer 1

- Sit the hips back
- Lift the toes if it feels good

GLUTEAL STRETCH

Layer 1

- Foot crosses to thigh
- Hips sit back and down
- Change sides

Layer 2

- Stretch or be free and have fun, jump around and dance with your team
- Chest to thighs and straighten your legs as it feels good

COACHING TIPS

Whether you choose to deliver stretch options or more of an interactive finish, celebrate your class by praising them and thanking them for being part of an energizing, strong and well-rounded LES MILLS TONE workout.



MUSIC

01 **Go Bang** (3:11)
Pnau feat. Kira Divine
© 2017 etcetc Music Pty. Ltd. www.etcetc.tv.
Written by: N. Littlemore, S. Littlemore, Steele, Mayes

02 **Arigato** (2:51)
Julie Bergan
© 2016 Warner Music Norway AS.
Written by: Bergan, Stromstedt, Haukaas, Martinsson

03 **Slide** (4:10)
LPX
© 2017 LPX.
Written by: Plapinger, Decilveo

04 **Breathe** (3:28)
Jax Jones, Ina Wroldson
© 2017 Universal Music Operations Limited, under exclusive license to etcetc Music Pty Ltd.
Written by: Emenike, Aluo, Clarke, Gibson, Wroldsen

05 **BOOM** (2:58)
Tiësto & Sevens feat. Gucci Mane
Courtesy of the Universal Music Group.
Written by: Verwest, K. Brauer, S. Brauer

06 **Naturally** (3:51)
James Crooks feat. Paige IV
© 2016 Liberation Music.
Written by: Aarons, Crooks

07 **On And On** (3:46)
Curtis Harding
© 2017 Curtis Harding, under exclusive license to Anti.
Written by: Cohen, Harding

08 **Praise You** (3:48)
Fatboy Slim
© 2000 Skint Records under exclusive license to Astralwerks.
Written by: Cook, Yarbrough

09 **FRIENDS** (3:24)
Marshmello & Anne-Marie
© 2018 Joytime Collective under exclusive licence to Asylum Records a division of Atlantic Records UK, a Warner Music Group Company.
Written by: Nicholson, Marshmello, Dunn

10 **You & Me** (4:04)
Skrux
© 2015 The EDM Network.
Written by: Brown

11 **Wolves** (3:16)
Selena Gomez & Marshmello
Courtesy of the Universal Music Group.
Written by: Bell, Lee, Tamposi, Gomez, Rosen, Wotman, Marshmello

12 **Gonna Make You Sweat (Everybody Dance Now)** (4:04)
C+C Music Factory
© 1990 Columbia Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Williams, Clivillés

13 **Make Me Feel Better** (3:17)
Alex Adair
© 2016 Alex Adair Records Limited under exclusive license to Sony/ATV Music Publishing (UK) Limited / Ultra Records, LLC.
Written by: Adair

14 **God Walked Down** (3:51)
The Allergies
© 2015 Jalapeno Ltd.
Written by: Spencer, Volsen

15 **White Rabbit** (2:30)
Jefferson Airplane
© 2005 Sony BMG Music Entertainment.
Written by: Slick

16 **What's Golden** (3:09)
Jurassic 5
Courtesy of the Universal Music Group.
Written by: Givens, Stuart, Henderson, Macfadden, Potsic, Stewart

17 **Ain't No Mountain High Enough** (2:27)
Marvin Gaye, Tammi Terrell
Courtesy of the Universal Music Group.
Written by: Ashford, Simpson

ALT 05 **I Bet You Wanna** (2:58)
Gnome
© Black Lotus 2018.
Written by: Sanei, Langeveld



L-R: Nats Levi, Marlon Woods, Khiran Huston, René Vogel, Diana Archer Mills, Mark Nu’u-Steele, Lyle Haywood, Bas Hollander, Dee Tjoeng and Alex Sanchez.

We are evolving and growing so we hope you are ready for LES MILLS TONE 03!

We filmed all the tracks together so your job is to tailor the class to your participants’ needs. It’s all about options and choice! You have the freedom to mix and match tracks to enable you to create a unique class for your participants, depending on the day/timeslot and markets. This allows you to tailor the class to the people in front of you. This is what LES MILLS TONE is all about! Whether you are using the single peak or double peak formats, aim for approximately 42 minutes of music and add tracks where it’s needed to take participants into this experience. Be mindful of creating contrast with the movements and music but most importantly, have fun and play around with it.

What’s up with LES MILLS TONE 03? *Go Bang* and *Arigato* set the scene for the workout ahead by priming all the muscles and mindset. You have a smorgasbord of Cardio tracks to choose from with different training focuses. *Slide* has a team training feel, *Breathe* is aerobic gold for all levels and *Boom* has loads of Burpees with the option of plates to increase cardio gains. Plus, if you have a big space, your class participants will love the freedom in *You & Me* and *Gonna Make You Sweat!* Lastly, *Wolves* is pure aerobic conditioning. Having so many tracks give you choice, freedom and longevity in this release!

There are many amazing Strength tracks to choose from using plates or bands, depending on what you have in your clubs. However, you can use both to cater to all participants, allowing them to see and do whatever feels right for them. The Assisted Arabesque and Side Lunges are some of the highlights of this release, as well as the sculpting and toning moves for the upper and lower body that we all love. Finally the Core tracks are nothing less than inspirational; *Make Me Feel Better* will challenge the core big time, along with integration of the upper and lower body for your hard-core participants – give it a try, or try the more isolated Core tracks of *God Walked Down* and *White Rabbit*.

Enjoy xx

KEY

Low Level

↓

Advanced Level

↑

Preview

👁️

Repeat

REPEAT

45-MINUTE FORMATS

SINGLE PEAK FORMAT 45 MINUTES		DOUBLE PEAK FORMAT 45 MINUTES	
Warmup block	8-10 mins	Warmup block	8-10 mins
Cardio block	10-14 mins	Cardio block	10-12 mins
Strength block	11-13 mins	Strength block	8-10 mins
Core/Stretch block	7-9 mins	Cardio block	10-12 mins
		Core/Stretch block	3-5 mins

Aim for approximately 42 minutes of total music time for both formats.

For a single peak format, your class will have 4 blocks; the Warmup block – 2 tracks, the Cardio block – choose 3-4 tracks, and the Strength and Core blocks – choose 5 tracks. This makes up 10-11 tracks, but add extra tracks if needed to reach approximately 42 minutes.

For a double peak format, your class will have 5 blocks. These are the Warmup block – 2 tracks, the Cardio block – choose 3 tracks, Strength block – choose 2 tracks and then your second Cardio block – choose 2 tracks. Finish it all off with Core/Stretch – choose 1-2 tracks. This all makes up 10-11 tracks, but add extra tracks if needed to make up to around 42 minutes.

To create the 30-minute format of LES MILLS TONE, you have the freedom to choose your tracks as long as they fit the time. Just make sure you have a good balance of training and choose the tracks that best suit your class.

It’s all about options and choice! You have the freedom to mix and match tracks to enable you to create a unique class for your participants. This allows you to tailor the class to the people in front of you. This is what LES MILLS TONE is all about! The only thing we ask is that when mixing and matching the 45-minute formats, you always remember to replace like for like. For example, make sure you replace a Cardio track with another Cardio track or a Strength track with another Strength track. Be mindful of creating contrast in the movements and music. Have fun and play around with it!



CREDITS

Choreography – Diana Archer Mills
Chief Creative Officer – Dr Jackie Mills
Creative Director – Kylie Gates & Les Mills Jnr
Technical Consultant – Bryce Hastings & Andrew Newmarch
Program Coach – Kylie Gates
Production Coordinator – Courtney Watt

PRESENTERS

Diana Archer Mills (New Zealand) is choreographer for LES MILLS TONE, LES MILLS BARRE and CXWORX, Creative Director for BODYCOMBAT, BODYJAM, BODYPUMP and RPM and co-Program Director for BODYBALANCE/BODYFLOW. She is based in Auckland.

Mark Nu’u-Steele (New Zealand) is an International Presenter for LES MILLS TONE and the BODYSTEP Program Director. He is a former international and national aerobics competitor, based in Auckland.

Alex Sanchez (Spain) is a LES MILLS TONE, SH’BAM, BODYATTACK, BODYCOMBAT, BODYJAM, BODYPUMP and LES MILLS GRIT Trainer and also an Instructor for BODYBALANCE/BODYFLOW, BODYSTEP and CXWORX and a LES MILLS SPRINT Coach. He is also a software developer.

Bas Hollander (Japan) is a LES MILLS TONE, BODYATTACK, BODYCOMBAT, BODYPUMP, BODYSTEP, CXWORX and RPM Instructor and a LES MILLS GRIT, LES MILLS SPRINT and BORN TO MOVE Trainer. He is the Training Manager for Les Mills Japan.

Dee Tjoeng (Australia) is a LES MILLS TONE, BODYATTACK, BODYPUMP, BODYSTEP, LES MILLS SPRINT and RPM Trainer. She is also a nurse and is based in Brisbane.

Khiran Huston (New Zealand) is a LES MILLS TONE, BODYPUMP and RPM Instructor, LES MILLS SPRINT Trainer, and a LES MILLS GRIT Coach. She is based in Auckland, where she is also an IT project manager.

Lyle Haywood (USA) is a LES MILLS TONE, BODYATTACK, CXWORX and LES MILLS GRIT Presenter. He is based in Tennessee.

Marlon Woods (USA) is a LES MILLS TONE and BODYPUMP Instructor and BODYCOMBAT Trainer. He lives in Georgia, where he also works as an intelligence analyst.

Nats Levi (New Zealand) is a LES MILLS TONE, BODYPUMP and RPM Trainer, CXWORX and THE TRIP Instructor, and a LES MILLS SPRINT Coach.

René Vogel (Germany) is a LES MILLS TONE, BODYPUMP, BODYBALANCE/BODYFLOW, CXWORX and LES MILLS GRIT Trainer. He is also a BODYATTACK Instructor.

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WE ARE THE LES MILLS TRIBE

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

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

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring 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 the Les Mills Tribe.

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 differences of opinion can be expressed, and compromises reached.

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

