

LES MILLS TONE 04

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MUSIC

- 01

Mad Love (3:56)

Lime & Bitters

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Written by: Wroldsen, Diztortion, Guetta, Paul, Shakira, Soaky, Tuinfort, Warren
- 02

Nuggets (3:24)

Green Red

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Written by: Crossan, O'Reilly
- 03

Rhymes (3:18)

Hannah Wants & Chris Lorenzo

Courtesy of the Universal Music Group.
Written by: Lawrence, Bangalter, Homem-Christo, Smith
- 04

Beating Heart Baby (3:25)

Head Automatica

© 2004 Warner Bros. Records Inc.
Written by: Bonich, Palumbo
- 05

Radio (3:32)

Sylvan Esso

© 2017 Loma Vista Recordings. Distributed by Concord Music Group, Inc.
Written by: Sanborn, Meath
- 06

Be Ok Again (3:47)

What So Not feat. Daniel Johns

© 2017 Counter Records.
Written by: Emerson, Johns
- 07

Impossible (2:39)

LION BABE

Courtesy of the Universal Music Group.
Written by: Ghost, Compass, Jankel, Cox, Hervey, Goodman, Jay
- 08

5/300 Hours (5:01)

GANZ

© 2014 Bmkltsch Rcrds.
Written by: Unknown
- 09

Living (Dante Klein Remix) (4:28)

Bakermat feat. Alex Clare

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Written by: Claire, Fluttert, Goilo, Dawood, Wredenberg
- 10

Mama Said Knock You Out (13 Inch Remix) (2:35)

LL Cool J

Courtesy of the Universal Music Group.
Written by: J. McCants, L. McCants, Williams, Smith

- 11

Genius (3:32)

LSD

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Sia appears courtesy of Monkey Puzzle Records. Labrinth appears courtesy of Simco Limited/Sony Music UK/RCA Records.
Diplo appears courtesy of Mad Decent.
Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: McKenzie, Furler, Pentz, Meckseper
- 12

Ready Or Not (3:49)

Cast Proctor

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Written by: Heart, Bell, Jean, Michel, Hill
- 13

Gust Of Wind (4:43)

Pharrell Williams

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Written by: Williams, Bangalter, Homem-Christo
- 14

Hold Yuh (Major Lazer Remix) (3:35)

Gyptian

© 2010 VP Music Group, Inc.
Written by: Edwards, Johnson
- 15

Bum Bum Tam Tam (David Guetta Remix) (4:07)

MC Fioti, J Balvin, & Stefflon Don

Courtesy of the Universal Music Group.
Written by: Aparecido
- 16

Jezahel (2:49)

Shirley Bassey

© 2000 Parlophone Records Ltd, a Warner Music Group Company.
Written by: Fossanti, Prudence, Harris
- 17

Black Skinhead (Explicit) (3:08)

Kanye West

Courtesy of the Universal Music Group.
Written by: West, Dean, Bangalter, Homem-Christo, Jaco, Young, Jones, Rutberg, Sandifer, Watkins
- ALT 17

Black Skinhead (Explicit) (0:22)

Kanye West

Courtesy of the Universal Music Group.
Written by: West, Dean, Bangalter, Homem-Christo, Jaco, Young, Jones, Rutberg, Sandifer, Watkins
- ALT 17

Heartbreak Jake (3:29)

Civilian Sol

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Written by: Fairley



L-R (back): Mark Nu’u-Steele (shadow), Anneke Siolo, Marlon Woods, Bas Hollander and Erin Maw.
L-R (front): Khiran Huston and Dee Tjoeng.

LES MILLS TONE 4! A phenomenal compilation of cardio, strength and core! There are 17 tracks choreographed to cater and meet the needs of the demographics in your facilities and clubs.

One of the elements about LES MILLS TONE that instructors and participants are loving, is how the format gives the freedom to mix and match tracks to for a unique workout experience from class to class, in varied demographics and timeslots. It truly is what LES MILLS TONE is all about, options and choices!

The music is modern and most of the tracks are shorter, while packing variety and mixed intensity within each track. The challenge is incredible while still catering to participants that want to work at lower to moderate levels. Many of the tracks will absolutely “fly-by”, where participants move into an experiential state, almost forgetting they are working out. You and your participants will have opportunities to sweat, smile, grimace, breathe, laugh and groan throughout this workout. This will create a deeper sense of connection with you and your class as well create healthier, stronger bodies and minds.

Highlights include the music and feel of Track 5’s Cardio *Radio* with Forward Diagonal Palm Press and Jumps that are uplifting and Track 9’s Strength with slow, controlled movements feel absolutely incredible. The innovation of weights in Track 11 Strength’s Downward Punches and Upper Cuts. In Track 14, Core, this is where we introduce Wild Thing to LES MILLS TONE. Another highlight is the option to move slower or faster than the beat in some of the cardio and strength tracks which allow participants to personalize the workout that suits the type of intensity desired.

Once again you’ll find the cardio, strength and core work fresh and innovative. The variety of exercises, shorter tracks packed with a punch, keep the workout rolling along. There is something for everyone in the design of LES MILLS TONE 4!

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

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Creative Director – Kylie Gates & Les Mills Jnr

Technical Consultant – Bryce Hastings & Andrew Newmarch

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PRESENTERS

Erin Maw (New Zealand) is a LES MILLS TONE, LES MILLS GRIT, BODYATTACK, BODYCOMBAT, BODYJAM and SH’BAM Trainer and a CXWORX and BODYBALANCE/BODYFLOW Instructor. She is based in Auckland.

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.

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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.

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.

Anneke Siolo (New Zealand)) is a LES MILLS TONE Presenter, and BODYSTEP Trainer/Presenter. She is based in Auckland, where she works as an organisational development specialist.

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01. WARMUP

TRACK FOCUS

I want to coach my participants to increase range of motion in all the moves to get their heart rates up and to progressively warm up their bodies.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	4x8		Set up feet under hips. <i>Stretch arms</i>	32	
0:14	V1 / Love me	4x8	A	Side Squat L&R. <i>Hands on thighs</i>	8	4x
0:24	V2 / Take your time	4x8	A ¹	Propulsion Side Squat L&R. <i>Hands on thighs</i> ↓ Option: No Propulsion	8	4x
0:33	C / Watch	4x8	B	Squat/Rear Leg Extension L&R (R leg lifts and extends B on high diagonal, then L leg). <i>Fists pull B at hips/Bent Elbow Raise O/H</i>	8	4x
0:42	Instr /	8x8	B ¹	Squat/Propulsion Rear Leg Extension L&R ↓ Option: No Propulsion	8	8x
1:01	V3 / Lovin'	4x8	C	Alternating Side Lunge L&R. <i>Hands on leading thigh</i>	8	4x
1:11	V4 / Green	4x8	C ¹	Alternating Side Lunge L&R. <i>Opposite hand reaches to floor</i>	8	4x
1:20	PC / Lord	8x8	C ²	Alternating Side Lunge L&R. <i>Extend both arms and rotate</i> ↓ Option: Opposite hand reaches to floor	8	8x
1:39	C / Watch	8x8	D	Back-Stepping Lunge R&L (L leg steps B, then R). <i>RA</i>	8	8x
1:58	Instr /	8x8	D ¹	Propulsion Lunge R&L. <i>Reach O/H, swing arms down</i> ↓ Option: Back-Stepping Lunge	8	8x
2:17	V5 / Spin	36x8	E	Squat/Extension/Lunge/Run Combo Side Squat L&R. <i>Hands on thighs</i> 8x Run OTS. <i>RA</i> Squat/Rear Leg Extension L&R. <i>Fists pull B at hips/Bent elbow raise O/H</i> 8x Run OTS. <i>RA</i> Side Lunge L&R. <i>Extend arms and rotate</i> 8x Run OTS. <i>RA</i> Back-Stepping Lunge. <i>RA</i> 8x Run OTS. <i>RA</i> ↑ Option: Add Propulsion	8 8 8 8 8 8 8 8	4½x
3:42	(Quiet)	½x8		Freeze	4	
3:44	Instr /	4x8	E	 Squat/Extension/Lunge/Run Combo (from Side Lunge)	32	



01. MAD LOVE 3:56mins

TECHNIQUE & COACHING

SIDE SQUAT

Layer 1

- Butt back and down
- **Chest is lifted**

PROPULSION SIDE SQUAT

Layer 1

- Dial this up a little by adding a Jump
- **Landing softly**
- **Keeping chest up**
- Both feet take off and both feet land

SQUAT/REAR LEG EXTENSION

Layer 1

- Step and lift, step, lift
- Up, down, up, down
- **Squeeze your glutes** and a little Squat in between

SQUAT/PROPULSION REAR LEG EXTENSION

Layer 1

- A little Jump, up, down, up, down
- Both feet take off and both feet land
- Jump up and kick the back leg out
- **Bend your knees every landing**

Layer 2

- Jump a little higher or stay here

ALTERNATING SIDE LUNGE

Layer 1

- Feet wide, Lateral Lunges, right, left, right, left
- Side to side
- **Turn knees out and square hips to front**
- Shift your body weight side to side
- **Chest stays lifted** to keep back straight as we reach towards the floor

Layer 2

- A little reach
- Now we go for mobility – turn the chest and extend arm long behind
- **↓ Option:** Can stay facing the front, hands on thigh
- Even longer, reach all the way up
- Extension

BACK-STEPPING LUNGE

Layer 1

- Back-Stepping Lunge, right leg, left leg, right, left
- Long step back, drop the back knee down
- **Check front knee – is it in line with toes?**
- **Keep chest lifted**
- **Keep abs braced**
- **↓ Option:** You can do this in your own time

PROPULSION LUNGE

Layer 1

- A Jump Lunge to lift the heart rate and get the legs warm for the workout
- Land softly in the legs
- Swing the arms up to get more height
- **↓ Option:** If you want to step back, go for it

SQUAT/EXTENSION/LUNGE/RUN COMBO

Layer 1

- Put it all together: 2 Lateral Squats, Run OTS, Step Lift, up, down, up, Run, Lateral Lunge right, left, Run, 2 Back-Stepping Lunges

Layer 2

- If you can, pump your knees up
- Feet wide and big rotation
- Long step back in the Lunge, knee goes right down
- Jump if you want to

ESSENCE TIPS

Right from the get-go, the moves in Warmup 1 will kick the heart and breathing rate up for an effective warmup. The choices to jump, mixed with the controlled Alternating Side Lunges, offer contrast in intensity. Distill your coaching by pacing your cues in the Alternating Side Lunges. This is a perfect opportunity to educate the class on how to manipulate the intensity of a base move, by adding range of motion in the arms and legs. A clear, upbeat vocal tone as well as good spacing between your cues will ensure your participants are tuned in mentally and physically for the workout ahead.



02. WARMUP

TRACK FOCUS

I want my participants to feel successful as I coach and physically role-model all levels of the Lunge.

	MUSIC			EXERCISE	CTS	REPS
0:00	Instr /	4x8		Set up Lunge L, facing L diagonal	32	
0:17	V1 / Bam	4x8	A	Slow Static Lunge L. <i>Arms reach down and up</i>	4	8x
0:34	PC / By the sounds	6x8	A ¹	Slow Lunge/Rear Leg Extension L. <i>Arms swing up and down</i> ⬆ Option: Propulsion Rear Leg Extension	4	12x
1:00	C / Be	4x8	A ²	Lunge/Rear Leg Extension L. <i>Arms swing up and down</i> ⬆ Option: Propulsion Rear Leg Extension	2	16x
1:17	Br / Sh _	1x8		Shake out arms and legs. Change sides	8	
1:21	V2 / I	4x8	A	 Slow Static Lunge R	4	8x
1:38	PC / By the sounds	6x8	A ¹	 Slow Lunge/Rear Leg Extension R	4	12x
2:04	C / Be	4x8	A ²	 Lunge/Rear Leg Extension R	2	16x
2:21	Br / Trance	2x8		Recover. Set up feet wide, Squat position	16	
2:29	Instr / (Quiet)	2x8	B	Static Squat with Heel Lift. <i>Hands on thighs</i>	2	8x
2:37	Outro / (Beat)	10x8	B ¹	Slow Squat. <i>Arms reach down and up</i> ⬆ Option: Slow Squat with Calf Raise	4	20x



02. NUGGETS 3:24mins

TECHNIQUE & COACHING

STATIC LUNGE

Layer 1

- Right leg forward, turn to diagonal
- It's a long step with feet hip-width apart
- Drop down, lift up
- Low and reach, low and reach
- Back knee is getting close to the floor, front thigh parallel
- **Front knee is out**
- **Chest is up, abs are braced**
- **↑** Option: Reach for the floor

Layer 2

- Even up the pressure in both legs



LUNGE/REAR LEG EXTENSION

Layer 1

- Lunge, lift, lunge, lift

Layer 2

- Lunge, jump, lunge, jump
- Land softly if you are jumping
- Swing arms up to create more height



SQUAT WITH HEEL LIFT

Layer 1

- Feet wide, hands on knees
- Lift heels up, down, up, down



- Squat down, lift up, squat down, lift up
- Reach down but **keep chest up**

Layer 2

- More mobility, lift all the way up, reach longer



ESSENCE TIPS

Warmup 2 will ensure your participants create activation in their legs and a rise in their heart rates to phenomenally heat their bodies. This setup is slow and the build to Jumps in the Lunges is big! How will you use your voice to bring this track to life and increase motivation for all fitness levels? Check out how Bas uses a clear instructor voice in the setup, then builds his vocal tone subtly while coaching gradual intensity. Use a motivational voice that matches the music without overcoming the cool feel of the music.



03. CARDIO

TRACK FOCUS

I want to coach my participants to feel successful with all options for the Burpees and Firefly Pushups.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	12x8		Set up Options A & B Explain that they can choose the options and do as many reps as possible in 1 minute	96	
0:45	Heavy beat / Touch it	16x8	A	Burpee/4x Bounce with Rotation 360°. <i>Hands stacked then bent elbows</i> ⬆️ Option: Burpee/2x Jump with 2x Rotation 180° Alternate direction of Bounce/Jump with Rotation ⬇️ Option: No Bounce with Rotation. Jump Butt Kick	128	
			B	4x Knee Lift/4x Bounce with Rotation 360° <i>L&R. Arms reach and pull then bent elbows</i> ⬆️ Option: 4x Knee Lift/2x Jump with 2x Rotation 180° L&R		
1:46	Quiet / Touch it	4x8		Recover Set up Firefly	32	
2:02	Instr / (Synth)	8x8	C	Slow Firefly L&R ⬆️ Option: Propulsion Firefly ⬇️ Option: Kneeling Firefly ⬇️ Standing Option: Jog OTS	8	8x
2:32	Heavy beat / Touch it	8x8	C¹	Fast Firefly L&R ⬆️ Option: As fast as you can ⬇️ Option: On the beat ⬇️ Standing Option: Jog OTS	64	
3:03	Outro / Touch it	4x8	D	Mountain Climber L&R ⬇️ Standing Option: Jog OTS	2	16x



03. RHYMES 3:18mins

TECHNIQUE & COACHING

BURPEE/4x BOUNCE WITH ROTATION 360°

Layer 1

- Squat, plank, squat, stand then bounce around 360 degrees
- ⬆ Option: Bounce 180 degrees, 180 degrees
- ⬇ Option: If you get dizzy, the option is a Butt Kick
- 1 minute to do as many reps as you can
- Burpee, no Burpee – Bounce 360 degrees, 180 degrees or Butt Kick, you work as hard as you like
- Alternate the way that you hit the 360 degrees
- On the Burpee, brace your abs and use the Squat to get down and up
- On the Bounce 360 degrees, keep feet wide, stay light and use your core to turn your body around

Layer 2

- Jump high on the 180 degrees



4x KNEE LIFT/4x BOUNCE WITH ROTATION 360°

Layer 1

- ⬆ Option: 4 Knee Lifts and then we are going to bounce around 360 degrees

FIREFLY

Layer 1

- Hands under shoulders
- **Brace abs**
- **Long spine**
- Hips back, knee comes forward and back

Layer 2

- Shoot forward and catch the knee
- Soft elbows
- ⬆ Option: To jump
- ⬇ Option: Anytime, come down to knees
- Fast as you can
- Feel that Reactive Core Training
- High reps, high calorie burn

MOUNTAIN CLIMBER

Layer 1

- **Big brace of abs**
- **Hips square**

ESSENCE TIPS

A Burpee track for everyone! Check out the Masterclass for the many choices for options and timing. It's not necessary for everyone to stay on the beat, as this defines real freedom within LES MILLS TONE. Coaching and physically role-modeling the multiple levels ensures everyone gets what they need in this cardio track. Listen to Erin as she coaches very clear Layer 1 setup cues and Layer 2 cues such as: "how to improve the moves". These are key cues for a participant's success. Remember to also showcase the standing option so everyone feels supported to the end of the track. The music is a highlight for sure, so tune into the feel and let your coaching voice reflect the smooth ride and funky feel of the music. Bring it vocally and physically with the beat or off the beat – that's the freedom of this track!



04. CARDIO

TRACK FOCUS

I want my participants to experience crystal-clear organization to easily understand and follow clear directions to maximize the cardio work in this track.

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8		Set up split-room format. Explain that each side will be doing a different exercise	32	
0:14	V1 / Yo	8x8	A	Team A – Sprint/Jog/Walk across room and B	64	
				Team B – Tricep Pushup . Toes, knees or kneeling	64	
				↓ Standing Option: Back-Stepping Lunge		
0:40	C / _ Baby	8x8	A	Switch	64	
1:05	V2 / Yo	8x8	B	Team A – Sprint/Jog/Walk across room and B	64	
				Team B – Mountain Climber . Fast or slow	64	
				↓ Option: Jog OTS		
1:31	C / _ Baby	8x8	B	Switch	64	
1:56	B up / Spite of you	8x8		Recover	64	
				Set up Spiderman Pushup		
2:22	V3 / Yo	8x8	C	Team A – Sprint/Jog/Walk across room and B	64	
				Team B – Spiderman Pushup . Toes or knees	64	
				↓ Option: Step/Jump F & Knee Lift, step B L&R.		
				<i>Double bent arm raise</i>		
2:48	Rep / Baby	8x8	C	Switch	64	



04. BEATING HEART BABY 3:25mins

TECHNIQUE & COACHING

TRICEP PUSHUP

Layer 1

- Hands are directly under shoulders
- From knees or toes, or pull knees in and under hips
- Elbows in
- Long spine and shift body weight forward
- **Keep core braced**
- **Elbows to ribs or elbows to shoulder height**
- ⬇ Standing Option: Back-Stepping Lunge

MOUNTAIN CLIMBER

Layer 1

- Pull knees in, in, in, in
- ⬇ Option: Go one by one, slow it down
- **Back long and straight**
- **Use abs to pull knees in**

Layer 2

- Super tight core gives us control
- Control gives us speed
- High reps, high heart rate
- ⬇ Standing Option: Jog OTS

SPIDERMAN PUSHUP

Layer 1

- Put one foot forward, one hand forward, push down and up, then switch
- ⬇ Option: Do this on your knees
- Shoulder to elbow height
- One arm, one leg come forward, hit the Pushup
- ⬇ Standing Option: Step/Jump F & Knee Lift, Step B L&R

ESSENCE TIPS

Beating Heart Baby is the song name and no doubt hearts will be beating stronger because of this awesome cardio track! Your introduction clearly sets the stage for participants to know what this track is all about. Clear floor coaching for Layer 1 setup and options, as well as Layer 2 Manipulate Intensity cues, are critical to capture everyone's attention. Listen to Erin's voice and how she will "bring this track home". Motivation in the coaching voice and attitude are exactly what your participants need in this challenging Cardio track.



05. CARDIO

TRACK FOCUS

I want my participants to experience the enjoyment of the music and moves together.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Keyboard)	3x8	Set up feet under hips		24	
0:12	Instr / (Heavy beat)	4x8	A	Slow Forward Palm Press L&R	8	4x
0:27	V1 / Me	8x8	A ¹	Fast Forward Palm Press L&R	2	32x
1:00	C / Slave to the radio	8x8	A ²	Fast Diagonal Palm Press L&R	2	32x
1:32	Rep / Slave to the radio	4x8	B	Straight Jump. <i>Arms hang naturally</i> ↓ Option: Feet hip-width apart, Calf Raise	1	32x
1:48	Instr / (Keyboard)	4x8	B ¹	2x Straight Jump/Jump Squat. <i>Hands on thighs</i> ↓ Option: Squat/Calf Raise	4	8x
2:04	V2 / Highway blues	4x8	A ¹	 Fast Forward Palm Press	2	16x
2:19	V3 / Got	4x8	A ²	 Fast Diagonal Palm Press	2	16x
2:36	C / Slave to the radio	4x8	B	 Straight Jump	1	32x
2:52	Rep / Slave to the radio	4x8	B ¹	 2x Straight Jump/Jump Squat	4	8x
3:08	Instr /	4x8	B	 Straight Jump	1	32x
3:24	Outro / (Siren)	2x8	B ²	 Straight Jump. <i>Arms O/H</i>	1	16x



05. RADIO 3:32mins

TECHNIQUE & COACHING

FORWARD/DIAGONAL PALM PRESS

Layer 1

- Feet outside hip-width, slow palms
- Hands return however you want them to return
- Push through palms of hands
- Keep mid-section still by **bracing the core**
- Lots of upper body rotation
- **Core is braced**



Layer 2

- Take it to the corners
- Focus on the rotation through the upper body, twist from the sternum
- Hips are in cement
- Push a little harder and pull the hand back
- Start to pull the hand back to activate rear delts



STRAIGHT JUMP

Layer 1

- Keep core braced, jump, jump, jump, jump
- Hands natural

Layer 2

- Really important to pull up through the mid-section and hold that brace

2x STRAIGHT JUMP/JUMP SQUAT

Layer 1

- 2 Jumps, 1 Squat
- 1, 2, squat, 1, 2, squat



ESSENCE TIPS

This song is the perfect recipe for fitness enjoyment. Start with subtle and fluid motion, add a dash of bounce, then throw in strong movement quality and you will have your participants loving every bit of this track and coming back for more! It's one of those songs that creates such enjoyment in moving to music, where you 'almost forget' that you are exercising. How will you bring your interpretation of the music to life? Check out the Masterclass to see how Marlon and Khiran bring out their authenticity with their individual personalities in the coaching and connecting to the music, the moves and the class. Bringing the authentic you to life will have your participants sweating and grinning from ear to ear.



06. 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 /	4x8	Set up feet outside shoulder-width for Extended Warrior 2 L	32	
0:12	V1 / _ Layin'	2x8	A Extended Warrior 2 L	16	
0:18	_ Lookin'	2x8	B Sun Warrior L	16	
0:24	_ We were	2x8	A Extended Warrior 2 R	16	
0:31	Are we	2x8	B Sun Warrior R	16	
0:37	PC / (Chant)	8x8	C Slow Walking Burpee L ↓ Standing Option: Double Pulse Squat. Hands stacked, then down at sides	16	4x
1:02	Instr /	2x8	Transition through Squat to Plank	16	
1:08	Instr / (Beat)	6x8	D Mountain Climber/Prone Jack Combo 8x Fast Mountain Climber 4x Prone Jack ↓ Option: 4x Slow Mountain Climber/4x Tap Side ↓ Standing Option: 8x Jog, 4x Tap Side	8 8	3x
1:26	Rep / _ Hold me	2x8	E Down Dog ↓ Standing Option: Baby Back Bend. <i>Arms O/H to Flat Back Extension, Arms reach diagonally back</i>	16	
1:32	Rep / _ Hold me	2x8	Roll F to Plank Transition through Squat to standing	8 8	
1:39	_ I keep on tryin'	4x8	C Slow Walking Burpee R ↓ Standing Option: Baby Back Bend. <i>Arms O/H transition to standing</i>	16	2x
1:51	Instr / (Chant)	2x8	Transition through Squat to Plank	16	
1:57	Instr / (Beat)	10x8	D Mountain Climber/Prone Jack Combo	16	5x
2:28	Rep / _ Hold me	2x8	E Down Dog	16	
2:34	Rep / _ Hold me	2x8	Roll F to Plank Transition through Squat to standing	8 8	
2:41	Br / Stars	12x8	F Slow Walking Burpee/Pushup Combo Slow Squat down Walk hands F 2x Pushup Walk hands B and stand ↓ Option: Pushup from knees ↓ Standing Option: 4x Squat/4x Lunge	8 8 8 8	3x
3:18	Outro / (Chant)	8x8	F ¹ Fast Walking Burpee/Pushup Combo Encourage to go ahead of the beat ↓ Option: Stay on the beat	64	



06. BE OK AGAIN 3:47mins

TECHNIQUE & COACHING

EXTENDED WARRIOR 2

Layer 1

- Feet wide, bend right knee
- Extended Warrior 2
- **Brace core**
- **Front knee over toes**



SUN WARRIOR

Layer 1

- Circle the arms, Sun Warrior



WALKING BURPEE

Layer 1

- Squat and walk the Plank
- 1, 2, 3, 4, 5, 6, 7, 8
- When we squat, hips back and down, just above the knee line
- When you place the hands, place them under your shoulders
- When we walk the feet out, **brace the core to protect the lower back**

Layer 2

- We are going to start off with the left leg
- Back to the combination, one Squat, left hand leads

MOUNTAIN CLIMBER/PRONE JACK COMBO

Layer 1

- Mountain Climber, go, 8, 7, 6... then jack the feet four times, 4, 3, 2
- ↓ Option: Slow down the Mountain Climbers and walk the feet out one at a time
- As we climb, **strong brace of the core**
- Squeeze glutes and keep hips low

Layer 2

- This is our opportunity to really spike the heart rate, but only if we have good technique
- Press hard through each hand, brace the core, and pump the knees really quickly



DOWN DOG

Layer 1

- Release
- Lift the hips and push back into heels
- Roll forward to Plank, slow

Layer 2

- Reward, Down Dog



WALKING BURPEE/PUSHUP COMBO

Layer 1

- Slow Squat, 4, 3, 2, walk the hands out, 4, 3, 2, two Pushups, slow, slow, walk back
- Two more slowly
- ↓ Option: We can come to knees for Pushups
- Chest no lower than elbow height
- Glutes squeezed, core squeezed

Layer 2

- Can stay at this tempo, or, off the beat, as fast as you can
- Cut it in half now
- As fast as you can move with excellent technique
- Quality reps, not quantity



ESSENCE TIPS

This track has a smooth and 'chilled' feel, with bursts of intensity woven in as the music peaks. It has a breather moment with Extended Warrior 2 and Sun Warrior early in the track, a recovery with Down Dog and full-on intensity with the Mountain Climber/Prone Jack Combo or options of Slow Mountain Climber/Tap Side Option and the Standing Jog/Tap Side Combo. It's the perfect opportunity to dial into the music and 'play' with riding the waves of the music through vocal contrast. Be purposeful with clear intent in coaching Layer 1 body-part, direction and options in the setup of each move. Alter your voice when needed – chilled when the moves slow down; direct and with a sense of urgency as the beat and moves get quicker. Create a journey of vocal contrast with some restraint, so that it doesn't overpower the music. This is what differentiates a fitness class from a fitness experience!



07. CARDIO

TRACK FOCUS

I want my participants to feel encouraged to do as many reps as possible in this short cardio peak.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	8x8	Set up combo and encourage participants to have a target number of reps (2 minutes to complete as many reps as possible)	64	
0:26	C / Head top	16x8 A	Squat/Burpee/Jumping Jack Combo Propulsion Side Squat L&R. <i>Bent Elbow Raise</i> Burpee/Tuck Jump 8x Jumping Jack. <i>Bent Elbow Raise</i> ↓ Option: 4x Double Pulse Squat. <i>Hands stacked F, sweep B low at side</i> 8x Tap Side L&R. <i>Bent Elbow Raise</i>	128	
1:19	C / Head top	24x8 A ¹	Squat/Burpee/Jumping Jack/Leg Extension Combo Add 2x Squat/Propulsion Rear Leg Extension to combo A for those who want to increase the challenge	192	



07. IMPOSSIBLE 2:39mins

TECHNIQUE & COACHING

PROPULSION SIDE SQUAT

Layer 1

- 2 Lateral Squats
- Down, up, bend your knees

BURPEE/TUCK JUMP

Layer 1

- 1 Burpee, Tuck Jump
- **Brace the core strong**, tuck

JUMPING JACK

Layer 1

- 8 Jumping Jacks

DOUBLE PULSE SQUAT

Layer 1

- If you want a killer workout without jumping, Double Pulse Squat
- Push knees out and butt back

TAP SIDE

Layer 1

- 8 Taps, wide and low

LEG EXTENSION

Layer 1

- If you want a little more, add on 2 Leg Extensions
- Remember them from the Warmup?
- **Land with a soft knee**
- **Make sure the knee is pressed out**
- **Glutes squeezed**

ESSENCE TIPS

This track is short, sassy, fast and fun and all wrapped up in 2 minutes of cardio training. The music will create a spark in everyone's pep and step. Be clear in the setup of all the moves. Consider asking questions about how many repetitions your participants have completed, as this will give them a measurable mark to gauge their fitness and speed levels as they improve class after class. Also, coaching how much time is left for a move will provide that extra motivation for participants to move faster. A real euphoria, coupled with a breathless feel, is to be experienced in this track.



08. STRENGTH

TRACK FOCUS

I want my participants to feel calm and connected to the smooth, controlled moves.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8	Collect 2 light weight plates or band Explain that participants can work 4 exercises at their own timing (Approximately 1½ minutes per exercise)	32	
0:14	Instr /	20x8	Shoulder Circle <i>Circle arms wide, plates face F or down</i> <i>O/H Fly, plates face in</i> <i>Lower down, elbows bent, plates face B</i> <i>Bicep Curl down, elbows in, plates face F</i> Band Option: <i>O/H Press</i>	160	
1:22	Instr / (Beat)	20x8	Side Bend L&R <i>Single L arm sweep O/H with Side Bend R, plate faces upwards on rise and downwards on Side Bend</i> <i>Return, plate faces F and then in to thigh</i>  to R Band Option: <i>Hold band O/H, Side Bend L&R</i>	160	
2:44	Instr / _ Left	24x8	Cobra Curl <i>Hinge F from hips. Straight arm lift plates to rear</i> <i>Bent over. Curl plates to chest</i> <i>Bent over. Extend plates to rear</i> <i>Stand. Curl plates down</i> Band Option: <i>Stand feet shoulder-width apart on band and Cobra Curl</i>	192	
3:53	Instr / _Left	20x8	Rear Fly <i>Hinge F from hips. Side Raise, plates face down</i> <i>Stand. Plates return in front of body</i> Band Option: <i>Stand feet shoulder-width apart on band and Bentover Side Raise</i>	160	



08. 5/300 HOURS 5:01mins

TECHNIQUE & COACHING

SHOULDER CIRCLE

Layer 1

- Set feet under hips
- Roll shoulders back and down
- Work at your pace, on beat, off beat, behind the beat
- Circle plates wide, bring them together, bend elbows and bring them down
- Both plates facing forward as we rise
- Plates just in front of body from start to finish
- Connect in with breath. Inhale on way up, exhale on way back down
- Everyone in your own time

Layer 2

- Feel every single breath surge through your body and take strength from it
- Working through the shoulders



SIDE BEND

Layer 1

- Side Bend, when you are ready
- **Lift up to create the Side Bend from your sternum**
- **Brace core really tight, to stabilize hips**
- Move with your own breath, in your own time
- As you move through the Side Bend, notice how your obliques start to engage



COBRA CURL

Layer 1

- Tip forward from the hips, curl, press back and rise
- Push hips back, curl plates, push back and rise
- A little knee bend
- **A really strong core brace to anchor yourself**
- Bring attention to breath; inhale as you tip forward, release that breath as you push back and rise again

Layer 2

- Strengthen the back of the body
- What do you notice when you push the hips back a little further?
- How about when you squeeze your shoulder blades together?
- Feel your chest open as you inhale, and use it to squeeze your shoulder blades together
- Strengthening all your postural muscles, the ones that keep you up and tall and strong all day long

REAR FLY

Layer 1

- Same movement with your body, weights stop at your shoulder line
- Chest to horizontal, spine long and eye gaze towards the floor
- Squeeze the shoulder blades together
- Feel the postural muscles engage

Layer 2

- How is the upper body feeling?
- 5 minutes of upper body work





08. 5/300 HOURS 5:01mins

ESSENCE TIPS

The rhythmic, silky feel of the music, together with controlled, smooth strength work is what this track is all about. Coach breath as you guide participants through the feel of the moves and encourage everyone to move at their own pace. Anneke and Dee ride the wave of the music with their vocal tone aligned with all Layers of coaching: Clear setup and alignment, options, cues on enhancement and how to get more out of the moves, feel and benefit cues – while maintaining a ‘chilled’ connection with the class. Your participants will welcome the contrast between moving from challenging cardio work to smooth, slower strength work. Guide your class from ‘think’ mode to ‘feel’ mode by creating space in your coaching and allowing your voice to reflect a clear, lower volume that matches the silky feel of the music.



09. STRENGTH

TRACK FOCUS

I want my participants to maintain (strong) stability and control through the integrated moves.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up Lunge L (R leg B), weight plate in each hand	16	
0:09	V1 / _ Stuck in a rut	4x8	A	Slow Lunge 2/2 L. Alternate Arm Sweep F&B, R arm F first ↓ Option: No plates	8	4x
0:27	V2 / If you've got	4x8	A ¹	Lunge L. Alternate Arm Sweep F&B	4	8x
0:46	PC / Nothin'	4x8	B	Slow Leg Extension L (R leg extends F&B). Alternate Arm Sweep F&B, L arm extends F first ↓ Option: No plates, tap foot F&B	8	4x
1:04	C / I'm gonna	4x8	B ¹	Leg Extension L. Alternate Arm Sweep F&B	4	8x
1:22	Instr /	2x8		Recover. Change sides. Set up Lunge R	16	
1:31	V3 / _ Stuck in a rut	4x8	A	 Slow Lunge 2/2 R	8	4x
1:49	V4 / If you've got	4x8	A ¹	 Lunge R	4	8x
2:08	PC / Nothin'	4x8	B	 Slow Leg Extension R	8	4x
2:26	C / I'm gonna	4x8	B ¹	 Leg Extension R	4	8x
2:44	Instr /	2x8		Recover. Set feet wide	16	
2:53	V5 / _ Stuck in a rut	4x8	C	Slow Circular Squat L&R. Arms long, plates behind hips ↓ Option: No plates	16	2x
3:11	V6 / If you've got	4x8	C ¹	Slow Circular Squat with Weight Shift L&R. Arms long, plates behind hips	16	2x
3:30	PC / Nothin'	8x8	C ²	Circular Squat with Leg Lift L&R ↑ Option: Lift leg higher	8	8x
4:07	Rep / Nothin'	4x8	C ³	Circular Squat with Leg Lift. Arms O/H and in high 'V', plates face inwards	8	4x



09. LIVING 4:28mins

TECHNIQUE & COACHING

LUNGE

Layer 1

- Right leg forward, left leg back, **square hips to front**
- **Front knee**
- Roll shoulders back and down
- Lunge 2/2
- Sweep left arm to the front; as you rise, sweep it back
- Back heel lifting each time we drop to the bottom
- Open through your chest as you stretch arm to the back
- Drop back knee straight down

Layer 2

- Pick it up a little, lunge and rise, lunge and rise
- Working the legs, working the quads, working the glutes
- Can you reach to the wall behind? What about the wall in front?
- Strengthening legs, nothing better than a Lunge

LEG EXTENSION

Layer 1

- Take our focus into stabilizing muscles
- Hold, sweep back (left) leg to the front, balance, sweep it back bracing strong
- ⬇ Option: If you are losing your balance, tap down any time or don't take the leg as high
- **Brace core strongly**
- **A soft knee bend in the standing leg**

Layer 2

- Double time
- Plates never come higher than the shoulders
- What do you notice as you stretch your back arm to the wall behind?
- Open through chest
- Go for a little speed and a challenge for your stabilizers
- A really big sweep and a really long extension



CIRCULAR SQUAT

Layer 1

- Take feet wide, plates behind body
- Toes turned out slightly, tuck in your pelvis
- Slow Circular Squat, circle and hold
- Draw a circle with your hips
- As you get comfortable with the move, start to shift your weight into your bent leg
- Keep pressing knees out and this will engage your glutes
- **Keep core braced throughout**



Layer 2

- Speed it up with a leg lift
- Circle, leg lift, circle, leg lift
- Doesn't have to be a big leg lift – just get the movement first
- If you want to go there, lift your leg higher
- This movement is all about control, so squeeze your glutes and your quads really tightly
- If you want even more, lift plates over head
- Such a great move for control and posture



ESSENCE TIPS

The lyrics are “Nothing can hold you down”, even though you absolutely want to hold strongly and maintain control in this integrated Strength track. The Slow Lunge, Leg Extension and Circular Squat all require a strong coaching focus that is about core stabilization, to ensure the moves are executed safely and effectively. Listen to Anneke and Dee coach Layer 2 cues, “How to Improve, Manipulate Intensity and Benefits of the moves” with each exercise. Our participants are primarily looking for an instructor who coaches intelligently, so put on your educator hat and coach your class to a new level of understanding.



10. STRENGTH

TRACK FOCUS

I want my participants to enjoy the music and the simplicity of the strength moves.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	L Combat Stance (L leg F), <i>plate in each hand</i> ↓ Option: No plates	32	
0:09	V1 / Come back	12x8	A Downward Punch L&R. <i>Plates below shoulder height, plates face down</i>	8	12x
0:37	C / I'm gonna knock	8x8	B Uppercut L&R. <i>Plates face towards body</i>	4	16x
0:56	Br / Dance the	12x8	A  Downward Punch R&L. Change to R Combat Stance	8	12x
1:24	V2 / Don't you call	12x8	B  Uppercut R&L Last 4 reps, transition to Front Combat Stance	4	24x
1:52	V3 / You do	8x8	B ¹ Uppercut R&L. Front Combat Stance	4	16x
2:11	C / I'm gonna knock	6x8	Downward Punch R&L. Front Combat Stance, <i>plates face down</i>	8	6x
2:25	Outro /	2x8	Make up your own fun finale	16	



10. MAMA SAID KNOCK YOU OUT 2:35mins

TECHNIQUE & COACHING

DOWNWARD PUNCH

Layer 1

- Right leg forward
- Downward punch, weights lower than shoulder line
- Soft elbows every time you extend
- ↓ Option: No plates
- Back heel lifts every time you rotate

Layer 2

- Keep the elbows soft to take out any stress in the joints and keep the work in the muscles
- That's what we want to tone and shape
- Feel the effects through the shoulders, upper body and core
- How good does working out feel when you're having fun?
- And you get better results that way



UPPERCUT

Layer 1

- Uppercut, drive your plates upwards
- Soften knees
- Roll shoulders

Layer 2

- Keep rolling the shoulders, keep twisting through the torso
- Lots of rotation through the body
- Lift heels up and that is working the lower body





11. STRENGTH

TRACK FOCUS

I want my participants to focus on effective range of motion.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up feet shoulder-width apart for Sumo Squat <i>Plate in each hand or doubled band, in front of hips</i>		16	
0:08	V1 / _ My algebra	6x8	A	Slow Sumo Squat 4/4. <i>Arms extended, plates/band in front of hips</i>	16	3x
0:26	PC / Oh my god	8x8	A ¹	4x Bottom Half Sumo Squat. <i>Arms extended, plates/band in front of hips</i>	16	4x
0:51	C / G _ g _ g _ g	8x8	A ²	3x Fast Pulse Sumo Squat. <i>Arms extended, plates/band in front of hips</i>	8	8x
1:15	Br / You	2x8	Hold. Turn L foot to L side for Lunge		16	
1:21	V2 / _ You've been	8x8	B	Slow Alternating Lunge 2/2 L&R Lunge L (R leg B) , facing L Turn feet to Lunge R, facing R <i>Arms extended, plates either side of leading leg or band across leading thigh</i>	16 16	2x
1:45	PC / Oh my god	8x8	B ¹	4x Bottom Half Alternating Lunge L&R (R leg B first)	32	2x
2:09	C / G _ g _ g _ g	8x8	B ²	3x Fast Pulse Alternating Lunge L&R (R leg B first)	16	4x
2:33	Br / You	2x8	Recover. Shake out legs		16	
2:39	Rep / Oh my god	8x8	C	Slow Sumo Squat/Lunge Combo Slow Sumo Squat 4/4 Slow Lunge 4/4 L (R leg B) Slow Sumo Squat 4/4 Slow Lunge 4/4 R (L leg B)	16 16 16 16	
3:03	Outro / Me	8x8	C ¹	Fast Sumo Squat/Lunge Combo Sumo Squat Lunge L (R leg B) Sumo Squat Lunge R (L leg B)	4 4 4 4	4x



11. GENIUS 3:32mins

TECHNIQUE & COACHING

SUMO SQUAT

Layer 1

- Wide stance, Sumo Squat
- Toes turned out slightly
- **Chest lifted tall**
- Slow Sumo Squat, easy tip forward from the hip, push the butt back and slowly rise
- **Press knees out, brace belly and keep posture upright**
- Four slow Pulses, 4, 3, 2, 1 and rise
- **Dig heels down and strong press out through knees**
- Same move, little quicker, three Pulses, 3, 2, 1, lift



ALTERNATING LUNGE

Layer 1

- Turn right toes out slightly
- Slow Lunge, hips square to front
- 4, 3, 2, 1, come back; other side
- When we lunge, make sure the **front toes are pointed out and the knee is over ankle**
- Drive weight down into heel
- **Chest is lifted**
- **Core is turned on**
- Four Pulses slow, 4, 3, 2, look at the heel, turn
- **Lift the ball of the foot and rotate on the heel**
- We speed it up, three Pulses quickly, 3, 2, 1

Layer 2

- Focus on upper body, squeeze shoulder blades together to open the chest
- Stretch plates towards floor
- Full-body workout



SUMO SQUAT/LUNGE COMBO

Layer 1

- Wide Sumo Squat paired with the Lunge
- Let's try slow – slowly lift, turn to right, slow Lunge
- Let's speed it up
- 1 Squat, 1 Lunge, 1 Squat, 1 Lunge

Layer 2

- When chest is lifted and proud, it tells us the core is engaged
- Are you pressing the heel into the floor?
- Are you squeezing the butt when you rise?

ESSENCE TIPS

Playful, addictive Pop music is the song, *Genius*. The pulse tempo is perfect to ensure effective, controlled range of motion in the Squats, Lunges and Sumo Squat/Lunge Combo. The “genius” in the design of this track is simplicity. It's a simple way to strengthen, challenge and tone the muscles of the legs.



12. CORE

TRACK FOCUS

I want my participants to feel successful at all stages of this track, choosing the best option for them.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	6x8	Set up on floor. Explain that this track is a 3½-minute Ascending Strength challenge and participants can work at own pace and option	48	
0:32	V1 (Rap) / Now that I	72x8	Tricep Pushup/Scorpion Tail 1x Tricep Pushup. Toes, knees or kneeling 1x Scorpion Tail L. Toes, knees or kneeling 1x Scorpion Tail R  2x each exercise, 3x, 4x, etc. Encourage participants to stop whenever they need to, take lower-intensity options as the number of reps increases, take hands wider for a Chest Pushup and work slower or faster when necessary	576	



12. READY OR NOT 3:49mins

TECHNIQUE & COACHING

TRICEP PUSHUP

Layer 1

- Hands underneath shoulders
- Strong Plank position from either knees or toes
- First move, Tricep Pushup
- Then two more Tricep Pushups
- Variation for the Tricep Pushups is to do them from your knees or your toes, or pull the knees in closer and bend the elbows back
- Shoulders to elbow height
- Chest is lifted so back is straight

Layer 2

- Totally OK to take a short break and shake it out
- Get back in when you feel ready
- If your arms are finding this too intense, you can do wide Pushups instead
- You can even split your reps up and take a short break, then finish them
- This one is not just about physical strength – it's about mental strength as well
- How much burn and tension can you create through the arms right to the end of each set?

SCORPION TAIL

Layer 1

- Scorpion Tail on the right side, then one Scorpion Tail on the left side
- Two Scorpion Tails on your right side
- **Core is braced nice and strong**
- It is really important to keep the hips still and stable
- Two options: Start on your knees and come to your toes or start on your toes
- **Brace core tightly and keep the hips level as you point the tail up**
- At the top when your tail is up, **really squeeze the glutes hard**

Layer 2

- To get more out of the Scorpion Tail, harder heel drive with the hands
- Stronger brace of the core
- If you feel like it, see if you can speed up just a little

ESSENCE TIPS

Ready or not, core strength is full-on in a new approach for LES MILLS TONE to building strength. This track features the Tricep Pushup and Scorpion Tail. Your introduction should include that this track is a 3½-minute Ascending Strength challenge. Be clear that ascending strength means building reps at any level or option. Just 'be real' and talk to your participants about the design of this track in the setup. When the going gets tough, and it will, this is where your connection and motivation through encouragement can come alive. Encourage participants to stop whenever they need to and if necessary, to take lower-intensity options when the number of reps increases and the level of intensity heightens. Empower your participants by telling them you believe in them and to believe in themselves, as they develop mental and physical strength throughout this track.



13. CORE

TRACK FOCUS

I want my participants to understand how to properly execute the Wild Thing Pose.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4½x8	Set up on knees or toes, facing L side Demonstrate Yoga Sequence		36	
0:21	V1 / Heart is	8x8	A	Yoga Sequence Crocodile Pose. On knees or toes Up Dog. ↓ Option: Cobra Down Dog Roll to Plank position. On knees or toes 4th rep, hold Down Dog for 8cts	4 4 4 4	4x
1:00	C / Wind	4x8	B	3-Legged Dog Lift R Bring R knee to chest (F knee) Extend R leg to 3-Legged Dog ↑ Option: Add hop and lift grounded foot Handstand setup	2 2	8x
1:19	V2 / Window	4x8	B	 3-Legged Dog Lift L	4	8x
1:38	V3 / With your love	4x8	C	Wild Thing Pose. <i>R arm lifted</i> (Face F of room) ↓ Option: Hip Bridge	32	
1:57	PC / Need	4x8	C¹	Wild Thing Hip Lift ↓ Option: Hip Bridge Lift	4	8x
2:16	C / Wind	4x8	D	Back Bend ↓ Option: Hip Bridge	32	
2:36	V4 / Window	4x8	C	 Wild Thing Pose. <i>L arm lifted</i> (Face B of room)	32	
2:55	Instr /	4x8	C¹	 Wild Thing Hip Lift	4	8x
3:14	V5 / First saw you	8x8	A	 Yoga Sequence	16	4x
3:52	V6 / Window	8x8	B	 3-Legged Dog Lift R  3-Legged Dog Lift L	4 4	8x 8x



13. GUST OF WIND 4:43mins

TECHNIQUE & COACHING

YOGA SEQUENCE

Crocodile Pose

Layer 1

- Set up Plank on knees or toes
- Hands in line with shoulders
- **Brace abs**
- Long spine
- Come down slowly, pulling shoulders back
- Slowly lower to Crocodile
- On knees or toes

Layer 2

- Add some breath
- One breath for each movement, to connect body, mind and breath

Up Dog

Layer 1

- Push hips through
- Shoulders stay back, push through
- Push through to Up Dog

Layer 2

- Push chest through
- Breathe in

Down Dog

Layer 1

- Lift hips up
- Press heels down
- Down Dog
- Feel the stretch through the back of the legs

Layer 2

- Breathing out

Plank

Layer 1

- Rolling forward to Plank
- Reset in Plank
- **Abs braced**

Layer 2

- Breathing in

3-LEGGED DOG LIFT

Layer 1

- Keep hips up and bring front knee close to chest
- Knee in and lift, knee in and lift
- If it feels good, see if you can add a little hop
- Soft landing
- ⬆ Option: Add small Jump
- Switch sides

Layer 2

- Press hands strongly into the floor
- Bend the landing leg every time you land
- Great for coordination, the Handstand setup

WILD THING POSE

Layer 1

- Hand and leg closest to front, lift and flip
- Turn hips up; this is Wild Thing
- Supporting hand is directly under shoulder
- Hips are facing up
- Other arm reaches over head
- Squeeze your glutes

Layer 2

- Back hand under shoulder and lift your hips up to Wild Thing on the other side
- You should be facing away
- This is training the whole of the body if you keep your hips up



WILD THING HIP LIFT

Layer 1

- Lower hips a little, then down and up, down and up
- ⬇ Option: Hip Bridge
- Squeeze the glutes

BACK BEND

Layer 1

- Lower hips gently; you can do the Hip Bridge or full Bridge
- Lie on back, hands beside ears
- Press heels down and push hips up into the air
- We are not here for long, so just breathe and take your choice





13. GUST OF WIND 4:43mins

ESSENCE TIPS

Like a *Gust of Wind*, your participants will glide with the cruisy feel of the Yoga Sequence and be blown away by the open, strong feel of Wild Thing. Wild Thing will be a new move for many participants, so be super clear in Layer 1 cues. Include the option of the Bridge to dial down the intensity or Back Bend to dial up the physicality. The fluid Yoga Sequence is an ideal time to express full enjoyment with your face. Listen to Erin's breath cues as she grooves through the smooth feel of Up Dog, Down Dog, Plank and Crocodile. A perfect way to understand how the breath links into this sequence is when you practice, so just focus on the inhalation and exhalation of the sequence. The feel of the music is catchy and groovy. How will you express this in your own groove with your voice, face and attitude?



14. CORE

TRACK FOCUS

I want my participants to feel connected through my holistic coaching.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Lie on back, facing L, knees bent. <i>One or two plates stacked and held at chest</i> ↓ Option: No plates		16	
0:07	Instr / (Heavy beat)	8x8	A	Slow Diagonal Crunch B&F. <i>Press plate(s) and extend arms to diagonal B&F</i>	32	2x
0:38	V1 / You	8x8	A ¹	Diagonal Crunch B&F	8	8x
1:09	V2 / You	8x8	A ²	4-Point Pulse Crunch <i>Crunch up. Press plate B diagonal</i> <i>Pulse up. Press plate center</i> <i>Pulse up. Press plate F diagonal</i> <i>Pulse up. Press plate center</i> <i>Arms extended</i> ↓ Options: Bend elbows or no plates	2 2 2 2	8x
1:40	Quiet / Warn ya	1x8	Hold. <i>Lower plate to hips</i>		8	
1:44	Br / Warn ya	4x8	B	Slow Hip Bridge with O/H Extension <i>Lift hips. Plate on hips</i> <i>Extend arms O/H</i> <i>Return plate to hips</i> <i>Lower hips to floor</i>	4 4 4 4	2x
2:00	V3 / Be what	12x8	B ¹	Hip Bridge with O/H Extension ↓ Option: Keep plate on hips	8	12x
2:49	V4 / Love	8x8	B ²	Hip Bridge & Crunch Press Combo <i>Hip Bridge. Plate on hips</i> <i>Crunch. Press plate towards knees</i>	4 4	8x
3:17	Outro / (Instr)	4x8	B ³	Hip Bridge Pulse. <i>Plate on hips</i>	2	16x



14. HOLD YUH 3:35mins

TECHNIQUE & COACHING

DIAGONAL CRUNCH

Layer 1

- **Draw belly in and brace core**
- **Push lower back towards floor for stability**
- Tuck chin in
- Stack two plates together at chest
- Diagonal crunch, super slow
- To the back, 4, 3, 2, 1, super slow return
- To the front, 4, 3, 2, 1. 4, 3, 2, 1
- Full extension of arms at the top
- Eye gaze forward
- Same movement a little faster, up, down, up, down
- Corner to corner

Layer 2

- Perfect way to target the lower and upper abdominals and the obliques

4-POINT PULSE CRUNCH

Layer 1

- Stay up and pulse
- Corner, center, corner, center
- **Lots of core brace**
- ⬇ Option: Just bring the plates down on chest. When you feel good and strong again, extend the plates



HIP BRIDGE WITH OVER HEAD EXTENSION

Layer 1

- Slow Hip Bridge, plates come over the head, plates return to hips and lower the body
- Push it up, over, back, down
- Single time
- **Big squeeze of the glutes**

Layer 2

- We want to get the hips as high as possible so a strong push through the heels
- Tight squeeze of the glutes at the top of the move
- ⬇ Option: Lose the plates and continue without them
- Lots of glute activation, lots of core activation
- How hard can you push through the heels?
- How tight can you squeeze at the top of the move?



HIP BRIDGE & CRUNCH PRESS COMBO

Layer 1

- 1 Hip Bridge, 1 Plate Press, 1 Hip Bridge, 1 Plate Press

Layer 2

- How high can you get your shoulder blades off the floor to really work the core?

HIP BRIDGE PULSE

Layer 1

- Finish with some Pulses
- Plates stay on hips, pulse, pulse, pulse

Layer 2

- Perfect opportunity to get stronger for Squats, for Lunges, for the entire workout

ESSENCE TIPS

The innovation of the plates with the Diagonal Crunch, 4-Point Pulse Crunch and Hip Bridge Combo are certain to be a winner for multi-dimensional core training. The fun, dance club vibe in the music will no doubt create a positive energy. Once Layer 1 is coached, create a moment to pause, look and see your class to ensure they are moving with control. You then have the freedom to coach what you see in front of you by delivering Layer 2 cues that will work with your participants. Positively coach any technique improvements first. Then drop into educator mode as Khiran does, with intrinsic muscle-feel cues on how to recruit more muscle fibre and extrinsic questioning on how to move the body further for greater muscle activation. Add some Benefits-based cues with a little motivation to work harder and you've nailed all 3 Layers of coaching.



15. CORE

TRACK FOCUS

I want my participants to maintain a strong glute squeeze in all the moves for solid, safe movement quality.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Heavy beat)	4x8	Set up on back facing L of room, knees bent, arms by sides, palms up		32	
0:14	B up / (Fast beat)	4x8	A	Hip Bridge Lift 2/2	8	4x
0:30	Quiet / (Violin)	3x8	A ¹	Slow Hip Bridge Lift. Hold at top. Lift F leg, knee bent	8 16	
0:41	Instr / (Percussion)	10x8	A ²	Hip Bridge Pulse Combo 8x Hip Bridge Pulse, R leg lifted 8x Hip Bridge Pulse, L leg lifted 4x Hip Bridge Pulse 8x Hip Bridge Pulse, R leg lifted 8x Hip Bridge Pulse, L leg lifted	16 16 16 16 16	
1:19	V1 / _ Val com	1½x8	Roll down, turn over. Set up Horse Stance. R leg extended		12	
1:24	B up / Tam tam	4x8	B	Leg Extension Combo R Abduct straight leg to side and return Lift straight leg up and return	4 4	4x
1:39	Instr / (Loud horns)	4x8	B ¹	Fast Leg Extension Combo R	4	8x
1:54	Instr / (Flute)	4x8	C	Scorpion Tail R	2	16x
2:09	V2 / _ Quemex	3x8	Childs Pose/Cat Stretch		24	
2:20	V3 / _ Dequem	2x8	Reset Horse Stance, L leg extended		16	
2:28	V4 / Novinha	7x8	B	 Leg Extension Combo L	8	7x
2:54	Instr / (Horns)	4x8	B ¹	 Fast Leg Extension Combo L	4	8x
3:09	Instr /	4x8	C	 Scorpion Tail L	2	16x
3:24	Instr / (Drums)	1x8	Lower leg and roll to B		8	
3:28	Outro / (Instr)	8x8	A ³	Hip Bridge Pulse Combo 12x Hip Bridge Pulse 8x Hip Bridge Pulse, R leg lifted 8x Hip Bridge Pulse, L leg lifted Roll down slowly	24 16 16 8	



15. BUM BUM TAM TAM 4:07mins

TECHNIQUE & COACHING

HIP BRIDGE LIFT

Layer 1

- Palms face up
- Hip Bridge, up 2, down 2
- Drive the heels into the floor
- As you push the floor away, squeeze the glutes to lift the hips to the ceiling

HIP BRIDGE PULSE COMBO

Layer 1

- Lift front leg, pulse, 8, 7, 6, 5, drive through the standing heel
- Switch legs, trying to keep the hips as high as possible
- Both feet on the floor, four Pulses slow, 4, 3, 2...
- Front leg lifts, pulse, 8, 7, 6, posterior chain – hamstrings, glutes, lower back
- Switch

Layer 2

- Keep the glutes squeezed

LEG EXTENSION COMBO

Layer 1

- Roll over and come to all fours
- Front leg extends out, lift up, out, up
- Abduction and then lift
- For glute medius and glute maximus
- **Brace the core to square the hips to the floor**
- Double time, out, up, out, up
- It's a 90-degree angle
- Keep the core turned on; don't loop the leg or twist round the corner

Layer 2

- Think about pulling the leg up using the glutes instead of lifting
- Can you stretch each movement an inch further?
- Side glutes
- Keep the hips from rocking; all movement related to the glutes

SCORPION TAIL

Layer 1

- Bend the leg, Scorpion Tail
- 16, 15, 14...
- Toes to the ceiling
- **Core is braced to keep the hips square to floor**
- 7, 6, 5, 4, 3, 2, 1

Layer 2

- All in the glute medius and maximus

ESSENCE TIPS

A “Bum, Bum” glute burner in this posterior chain-focused track. The fire will ignite rapidly with the Single Leg Pulses in the Bridge. Next, flip over into Horse Stance for the Leg Extension Combo and Scorpion Tail, then return on your back and finish in Bridge. The glutes will be cooked by then! However, that’s all a part of strengthening, toning and shaping the glutes. Remember to coach your stabilization cues of squeezing the glutes, shoulders back and down and a tight ab brace so that everyone remains stable and controlled. Feel free to holler out “OUCH” during this awesome glute-focused Core track.



16. STRETCH

TRACK FOCUS

I want my participants to feel uplifted and successful after completing a functional, challenging workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	8x8	Childs Pose		56	
			Last 8cts, transition onto back		8	
0:35	C / There's a	2x8	A	Hip Stretch F. Press F, bent knee out	16	
0:44	C / There's a	4x8	A ¹	Gluteal Stretch F. <i>Hands reach through to opposite thigh</i>	32	
1:02	V1 / _ Will we	2x8	B	Hamstring Stretch F	16	
1:11	C / There's a	2x8	A	 Hip Stretch B	16	
1:20	C / There's a	2x8	A ¹	 Gluteal Stretch B	16	
1:29	V2 / _ Scorching sun	4x8	B	 Hamstring Stretch B	32	
1:46	C / There's a	2x8		Roll up and stand	16	
1:55	C / There's a	4x8	C	Quad Stretch L&R	32	
2:12	V3 / _ Wind and rain	2x8	D	Shoulder Stretch L&R	16	
			Applaud and celebrate			



16. JEZAHIEL 2:49mins

TECHNIQUE & COACHING

CHILDS POSE

Layer 1

- Butt back onto heels
- Walk the hands forward
- Separate the shoulder blades
- Big breath in and exhale

HIP STRETCH

Layer 1

- Transition onto back
- Take front leg up, ankle to knee, press the knee away from the body

GLUTEAL STRETCH

Layer 1

- Reach the hands through and feel the beautiful stretch through the glute

HAMSTRING STRETCH

Layer 1

- Top leg up, press the heel to the ceiling
- Hamstring Stretch
- Lots of Lunges, Squats and back of the leg activation today

QUAD STRETCH

Layer 1

- Quad Stretch, you choose the leg
- Bring the knees together
- Other side

ESSENCE TIPS

Teach simple stretches to complete the workout. Thank everyone for coming, invite them back and finish off with a smile!



17. CARDIO

BLACK SKINHEAD 3:30mins

TRACK FOCUS

I want my participants to feel motivated in multiple ways during this short, yet challenging, cardio track.

This track contains explicit content. There is an alternative track available.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	3x8		Set up for Lunge L (R leg B)	24	
0:11	Instr / (Heavy beat)	4x8	A	Back-Stepping Lunge L. RA	4	8x
0:25	V1 / _ For my	4x8	A ¹	Back-Stepping Lunge L, increase ROM. RA	4	8x
0:40	V2 / Middle America	4x8	A ²	Back-Stepping Lunge/Knee Lift L. RA ↓ Option: No Knee Lift, tap down front	4	8x
0:55	V3 / Go in	4x8	A ³	Rear Leg Extension/Knee Lift L. RA ↓ Option: Back-Stepping Lunge, tap down	4	8x
1:10	C / Ahh	4x8	A ⁴	Back-Stepping Lunge/Propulsion Knee Lift L. <i>Extended</i> RA	4	8x
1:25	Instr /	2x8		Recover	16	
1:32	PC / 4 in the	4x8	A	Back-Stepping Lunge R. RA	4	8x
1:47	C / Ahh	4x8	A ¹	Back-Stepping Lunge R, increase ROM	4	8x
2:02	V4 / Black	4x8	A ²	Back-Stepping Lunge/Knee Lift R	4	8x
2:16	PC / 4 in the	4x8	A ³	Rear Leg Extension/Knee Lift R	4	8x
2:31	C / Ahh	4x8	A ⁴	Back-Stepping Lunge/Propulsion Knee Lift R	4	8x
2:46	Instr /	½x8		Hold	4	
2:48	Rep / God	1½x8	B	Ladder Step L&R	2	6x
2:53	Rep / God	3½x8	B ¹	Ladder Step L&R, deeper, then wider	2	14x
3:06	(Quiet)	½x8		Hold	4	
3:08	Rep / God	6x8	C	Alternating Propulsion Knee Lift, Step B R&L. <i>Extended</i> RA, as many reps as possible	48	



ALT 17. CARDIO

HEARTBREAK JAKE 3:29mins

TRACK FOCUS

I want my participants to feel motivated in multiple ways during this short, yet challenging, cardio track.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	3x8	Set up for Lunge L (R leg B)		24	
0:11	Instr / (Slow, heavy beat)	4x8	A	Back-Stepping Lunge L. RA	4	8x
0:25	Instr /	4x8	A ¹	Back-Stepping Lunge L, increase ROM. RA	4	8x
0:40	Instr / (Slow, heavy beat)	4x8	A ²	Back-Stepping Lunge/Knee Lift L. RA ↓ Option: No Knee Lift, tap down front	4	8x
0:55	Instr /	4x8	A ³	Rear Leg Extension/Knee Lift L. RA ↓ Option: Back-Stepping Lunge, tap down	4	8x
1:10	Instr / (Slow, heavy beat)	4x8	A ⁴	Back-Stepping Lunge/Propulsion Knee Lift L. <i>Extended</i> RA	4	8x
1:25	Instr / (Bass)	2x8	Recover		16	
1:32	Instr / (Guitar whine)	4x8	A	 Back-Stepping Lunge R. RA	4	8x
1:47	Instr / (Slow, heavy beat)	4x8	A ¹	 Back-Stepping Lunge R, increase ROM	4	8x
2:02	Instr /	4x8	A ²	 Back-Stepping Lunge/Knee Lift R	4	8x
2:16	Instr / (Guitar whine)	4x8	A ³	 Rear Leg Extension/Knee Lift R	4	8x
2:31	Instr / (Slow, heavy beat)	4x8	A ⁴	 Back-Stepping Lunge/Propulsion Knee Lift R	4	8x
2:46	Instr / (Bass)	2x8	B	Ladder Step L&R	2	8x
2:53	Instr / (Bass)	3½x8	B ¹	 Ladder Step L&R, deeper, then wider	2	14x
3:06	Br / (Silence)	½x8	Hold		4	
3:08	Instr / (Bass)	6x8	C	Alternating Propulsion Knee Lift, Step B R&L. <i>Extended</i> RA, as many reps as possible	48	



17. CARDIO 3:30mins

TECHNIQUE & COACHING

BACK-STEPPING LUNGE

Layer 1

- Plant the right foot into the floor
- **Proud chest**
- Left leg steps back to Lunge, tap down
- Lunge, tap in
- Standing leg is soft, knee bent
- **Core is braced and chest up**
- With the knee bent, we are driving into the heel

Layer 2

- We progress, take the Lunge a little further back
- Lower, drop back knee towards floor
- At all times we keep the standing knee soft
- As we stand, drive into the front heel, then hinge forward at the hip to tap back; this activates the glute

BACK-STEPPING LUNGE/KNEE LIFT

Layer 1

- Lift the knee and we start to work balance
- Tap back, balance
- As we take the foot off the floor, it's important to **brace the core**

Layer 2

- Longer
- Important to keep the chest up, we are not dropping the head

REAR LEG EXTENSION/KNEE LIFT

Layer 1

- Let's stretch it, no tap back
- ⬇ Option: At any time, we can come back to the tap – you choose

Layer 2

- Lengthen arms
- Knee soft, out over middle toe, push the knee out, push the heel down
- Glutes warm!



PROPULSION KNEE LIFT

Layer 1

- Arms lengthen, jump
- Blades with hands
- Drive out of the standing foot and lift the knee

Layer 2

- Swing the arms to get momentum
- Drop back knee 90 degrees, front thigh parallel to floor

LADDER STEP

Layer 1

- Out, in, out, in, out, in
- We're going to flush out the legs

Layer 2

- Just a little lower, warm the quads
- Can we take it wider?

ALTERNATING PROPULSION KNEE LIFT

Layer 1

- Alternating Knee Lift
- Up, step back, alternate the legs
- As many reps as you can, as quickly as you can
- ⬇ Option: Slow it down

ESSENCE TIPS

This is an edgy song that may fit the demographic and culture of your fitness facility. Phenomenal leg training with a burst of cardio in the Propulsion Knee Lifts. The Ladder Steps add in agility and lateral training for movement contrast. This is another Cardio track where participants are encouraged either to remain on the tempo or go faster to amp up the cardiovascular system. Consider fully utilizing a variety of challenge cues to motivate everyone; how will you challenge your participants to go further than they thought they could? Perhaps it will be your challenging motivational cues and the driving tone of your voice, or perhaps your facial expressions of working hard and your physicality of 'going for it' will reflect an inspiring coach and physical role model.



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

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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.

