

LES MILLS TONE 05

01. WARMUP

MUSIC

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FORMATS

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06. CARDIO

07. CARDIO / STRENGTH

08. STRENGTH

09. CARDIO / STRENGTH

10. STRENGTH

11. STRENGTH / CORE

12. CORE

13. CORE

14. CORE / STRETCH

B15. STRENGTH — BONUS

B16. CORE — BONUS

B17. CORE — BONUS

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MUSIC

- 01

Touch The Sky (4:02)

Kanye West

Courtesy of the Universal Music Group.
Written by: Mayfield, West
- 02

Complicated (3:33)

Mura Masa, Nao

Courtesy of the Universal Music Group.
Written by: Crossan, Moore, Joshua
- 03

LA Calling (3:41)

Crystal Fighters

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Written by: Pringle, Dickson, Vierich
- 04

Feel Good (4:08)

Gryffin, Illenium feat. Daya

Courtesy of the Universal Music Group.
Written by: Asnani, Gad, Tandon, Griffith, Miller
- 05

One Kiss (3:17)

Last Love

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Written by: Lipa Reyez, Wiles
- 06

Light (3:58)

San Holo

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Written by: van Dijck, Douwstra, Storm
- 07

Everybody Loves A Carnival (4:03)

Fatboy Slim

Courtesy of the Universal Music Group.
Written by: Starr
- 08

Back To Life (However Do You Want Me) (3:47)

Soul II Soul feat. Caron Wheeler

Courtesy of the Universal Music Group.
Written by: Hooper, Romeo, Wheeler, Law
- 09

Queen Of The Night (Film Version) (3:12)

Whitney Houston

© 1992 Arista Records LLC.
Written by: Reid, Simmons, Houston, Babyface
- 10

Firefly (3:29)

Mura Masa feat. Nao

Courtesy of the Universal Music Group.
Written by: Crossan, Joshua
- 11

Wasted Time (3:26)

Max Styler & TWERL

© 2018 Elysian Records.
Written by: Styler, Giia, Healey
- 12

Get Low (7:05)

Ruling Blue

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Written by: Francis, Grigahcine
- 13

Rude Boy (3:43)

Rihanna

Courtesy of the Universal Music Group.
Written by: Hermansen, Eriksen, Riddick, Fenty, Swire, Dean
- 14

Shelter (3:32)

SACHI feat. Nika

© 2016 Any Street Studios.
Written by: Price, Nott, Chrisp, Thomas
- B15

Survivor (4:14)

Destiny's Child

© 2001 Columbia Records, a division of Sony Music Entertainment.
Written by: B. Knowles, Dent, M. Knowles
- B16

On + Off (3:40)

Maggie Rogers

Courtesy of the Universal Music Group.
Written by: Rogers, Das
- B17

You're Dead (2:21)

Norma Tanega

© 1966 New Voice Records.
Written by: Kutzer, Tanega
- 11

Firefly (0:45)

Mura Masa feat. Nao

Courtesy of the Universal Music Group.
Written by: Crossan, Joshua



L-R: Infi Wu, Honey Wu, Mark Nu'u-Steele, Diana Archer Mills, Erin Maw, Basso Chen, Bas Hollander, Gigi Liang & Alfredick Jacob "AJ" Laluw.

LES MILLS TONE 5 is about experimenting with different training concepts to ensure everyone gets the best results from their workouts. The music is absolutely phenomenal with contrasts that incorporate lively, fun, freeing, energetic, smooth, sassy, strong and chilled feelings. Our job as instructors is layered with the roles of connector, motivator and educator. Role-modeling each of these components as a fitness leader helps you reach out to people of all fitness levels, demographics and personality styles in your class. The key concept of TONE 5 is to coach simply, allowing people to move effectively and safely.

Highlights include the athleticism and freedom of Track 4's Cardio *Feel Good* in the new Caterpillar Combo, the musical fun and physical challenge of Track 7's Cardio *Everybody Loves A Carnival* and the buzz of your glutes in a 7-minute Core Track 12 – ouch! You asked for this one so we delivered.

Also featured is a brand-new and on-trend way to use the Smartband in Track 11's Strength/ Core and check out the tracks you can use for Cardio/Strength to cater to the needs of your participants. The masterclass is full of options for all levels.

In this release, you will see Cardio/Strength tracks. What this means is that when mixing and matching your tracks, you can switch up which Block the tracks belong to. This gives your participants variety and choice.

It's important to watch the coaching of all levels from the Masterclass and ultimately, the choice of Cardio/Strength is your participants' choice. Have fun with this release!

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 – consisting of 2 tracks, the Cardio block – consisting of 3-4 tracks, and the Strength and Core blocks – consisting of 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 – consisting of 2 tracks, the Cardio block – consisting of 3 tracks, Strength block – consisting of 2 tracks and then your second Cardio block – consisting of 2 tracks. Finish it all off with Core/Stretch – consisting of 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 Directors** – Kylie Gates & Les Mills Jnr
- Technical Consultants** – Bryce Hastings and 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.

Erin Maw (New Zealand) is a LES MILLS TONE, BODYATTACK, BODYCOMBAT, BODYJAM, LES MILLS GRIT 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.

Alfredick Jacob “AJ” Laluw (Indonesia) is a LES MILLS TONE and SH’BAM Trainer/Presenter and a BODYCOMBAT, BODYJAM, BODYPUMP and CXWORX Instructor. He is from Jakarta.

SHADOWS

- Infi Wu (China)
- Honey Wu (China)
- Basso Chen (China)
- Gigi Liang (China)

BE LOUD AND HEARD

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Visit lesmills.com/BLAH



01. WARMUP

TRACK FOCUS

I want my participants to feel positive and uplifted as they progressively warm up their bodies.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / (Snare drum)	½x8		Stand feet under hips	4	
0:07	C / _ I gotta testify	4x8	A	Step Side and Jump L&R Natural swing B and reach O/H ↓ Option: Step Side and Calf Raise	4	8x
0:25	V1 / Thought	4x8	B	Side Lunge L&R Hands on lead thigh and down by sides	8	4x
0:43	V2 / _ Let’s take ‘em	4x8	B¹	Propulsion Side Lunge L&R Arms sweep across hip and reach O/H ↓ Option: No propulsion	8	4x
1:01	C / _ I gotta testify	4x8	A	 Step Side and Jump L&R Natural swing B and reach O/H	4	8x
1:19	Rep / Hi ...i...i...gh	4x8	C	Jack Cross (L, then R cross front). HOH ↓ Option: Side Step Squat L&R	4	8x
1:37	V3 / Back when	8x8	D	Back Tap/Rear Leg Extension L&R. HOH	16	4x
2:13	C / _ I gotta testify	4x8	A	 Step Side and Jump L&R Natural swing B and reach O/H	4	8x
2:32	V4 / Yes , who’s on	1x8		Transition to Plank Squat. Hands stacked Hands to floor Jump or step B	8	
2:36	Til I’m	3x8	E	Mountain Climber L&R ↓ Option: Slow Mountain Climber ↓ Standing Option: Step Knee Lift. Sweep across hip and reach O/H	2	12x
2:49	V5 / I’m mumm -ra	4x8	F	Prone Jack Use last 4cts to stand ↓ Standing Option: Step Knee Lift	2	14x
3:07	C / _ I gotta testify	8x8	A	 Step Side and Jump L&R Natural swing B and reach O/H	4	16x
3:43	Outro / _ Yeah	4x8	G	Jog OTS Move arms to stretch and warm shoulders Any other stretches you like	2	16x



01. TOUCH THE SKY 4:02mins

TECHNIQUE & COACHING

STEP SIDE AND JUMP

Layer 1

- Step, up, to the right
- Step, up, step, up
- Down and up
- We're gonna touch the sky with our hands
- Big reach up
- **Bend the knees as you land**

Layer 2

- Push off the floor

SIDE LUNGE

Layer 1

- To the right, together, to the left, together
- A long step out
- **Knees and toes turned outwards slightly**
- **Abs are braced and chest stays sky-high**

PROPULSION SIDE LUNGE

Layer 1

- Add arms and a little hop
- Side and reach, side and reach
- A little skip across
- ↓ Option: No propulsion

JACK CROSS

Layer 1

- Out and in, out and in
- **Bend knees**
- Chest up
- ↓ Option: If you want to go lighter, step wide and back in together



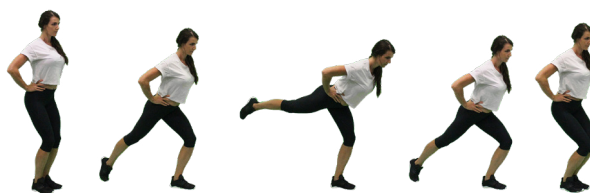
BACK TAP/REAR LEG EXTENSION

Layer 1

- Right leg back tap, lift up, tap down, step in
- Other leg, back, lift, tap and in
- Tip forward from the hip, keep chest up
- **Squeeze glutes to lift the leg**

Layer 2

- We warm the entire back of the body
- Try looking about 2 meters ahead on the floor as you tip forward



MOUNTAIN CLIMBER

Layer 1

- Take feet wide, squat, hands to floor, jump or step back
- Bring knee to chest, right, left
- **Brace abs and square hips to floor**
- **Drive hands to floor for shoulder stability**
- ↓ Option: If you don't want to run today, take it slowly

PRONE JACK

Layer 1

- Jack your feet, out, in, out, in
- **Keep bracing your abs**
- Hands under shoulders

JOG

Layer 1

- Little run, stretch out, chill out
- You can roll your shoulders
- Anything that you want to do
- Feels good to be warm

ESSENCE TIPS

Reach sky-high and feel amazing with this Warmup, musically and physically. It's sure to have everyone smiling, right from the get-go. Dynamic and propulsive movements are featured as an option for those who want to bump up the intensity.

Propulsions may not be for everyone, although some participants will welcome the advanced level and adjust to the intensity immediately. Approach all levels with a positive coaching attitude, use an engaging voice and physically role-model varied levels to ensure everyone feels successful and welcome. There is a lot of opportunity for connection and fun to set the tone for the workout.



02. WARMUP

TRACK FOCUS

I want my participants to feel the muscular energy in the Rear Leg Extensions and Propulsion Side Leg Extensions, helping them to prepare for the workout.

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / About you	4x8 A	Side Lunge L&R. <i>Hands on lead thigh</i>	8	4x
0:19	V2 / I should	4x8 A ¹	Propulsion Side Lunge L&R <i>Sweep across hip and reach O/H</i> ↓ Option: No propulsion	8	4x
0:39	PC / Really do	4x8 B	Back Tap/Rear Leg Extension L&R. <i>HOH</i>	8	4x
0:58	C / Complic ated	4x8 C	Side Leg Extension L&R. <i>Bent elbow raise</i> ↑ Option: Side Leg Extension with Calf Raise after 4reps	4	8x
1:17	Instr /	4x8 C ¹	Propulsion Side Leg Extension L&R. <i>Bent elbow raise</i> ↓ Option: Side Leg Extension	4	8x
1:36	V3 / Wrong thing	8x8 D	Alternating Side Tap L&R. <i>Hands on lead thigh</i> ↑ Option: <i>Sweeping outstretched arms after 4reps</i>	4	16x
2:15	PC / Really do	4x8 B	 Back Tap/Rear Leg Extension R&L. <i>HOH</i>	8	4x
2:34	C / Complic ated	4x8 C	 Side Leg Extension R&L. <i>Bent elbow raise</i> ↑ Option: Side Leg Extension with Calf Raise after 4reps	4	8x
2:53	Instr /	4x8 C ¹	 Propulsion Side Leg Extension R&L <i>Bent elbow raise</i>	4	8x
3:13	Rep / Complic ated	4x8 B	 Back Tap/Rear Leg Extension R&L. <i>HOH</i>	8	4x



02. COMPLICATED 3:33mins

TECHNIQUE & COACHING

SIDE LUNGE

Layer 1

- Step to the right and to the left
- Lateral Lunge, like in Warmup 1, but step wider

PROPULSION SIDE LUNGE

Layer 1

- Push out of the foot to get into the glutes and inner thighs
- Add arms, drop and reach

Layer 2

- Slow it down
- You want to absorb the move and then push across

BACK TAP/REAR LEG EXTENSION

Layer 1

- Right leg Back Tap
- 1, 2, 3, change; 1, 2, 3, change
- **Hips are square to the front**
- Long leg behind
- Roll shoulders back and down

Layer 2

- Take your leg longer and squeeze your butt
- Strong and sexy glutes
- How's your butt? Definitely warm!

SIDE LEG EXTENSION

Layer 1

- Step out to the left, side lift
- Up, down, up, down
- Rotate hips, lengthen back leg
- You can stay right here
- **↑** Option: To challenge your balance, lift your heel off the floor

Layer 2

- Squeeze your butt
- To challenge balance, zip up and lift your heel off the floor

PROPULSION SIDE LEG EXTENSION

Layer 1

- If you love cardio, we've got another level... jump!
- 16 Jumps
- Both feet take off, both feet land
- **Knees soft to absorb the landing**
- **↓** Option: This is quite an intense move so if you want to chill out down here, we've got you. You choose your options

Layer 2

- Brace your abs to help whip your hips back to the front

ALTERNATING SIDE TAP

Layer 1

- Right leg Side Tap, to the left
- Set number two
- Hands on thighs
- Push hips back
- Lift chest up
- We add rotation: Unfold the arms and turn the chest

Layer 2

- Reach your arm lower to the floor
- Bend knees
- Feel all that work through the core

ESSENCE TIPS

Warmup 2 is “not complicated” and features a wonderful, upbeat tune. The focus is to coach the moves simply and then to progress the levels to ensure everyone in your class dials up their heart rate and heats their muscles for the workout ahead.

Know the choreography well and watch out for the lead leg and direction change as you go into the first Side Leg Extension at 0:58, the second set of Back Tap/Rear Leg Extensions at 2:15 and the final Side Leg Extension at 2:34. The changes are quick, so pre-cueing is essential. Only give participants the cues they need at the start to understand how to do the move, and then add simple execution cues.

Get people hooked into the upbeat feel of the music, lift the energy and encourage those who wish to get in an early cardio kick with the Propulsion Side Leg Extensions. This all creates a sense of freedom.



03. CARDIO

TRACK FOCUS

I want my participants to feel successful by coaching with early precues, giving all levels/ options clearly, and bringing them into an organized chaos to create high interaction.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Ohhhh	4x8	Split the room. Two groups facing center. Teach first two moves, then combine. Repeat for second move, then combine. Repeat for third move		32	
0:14	V1 / _ Love this place	8x8	A	Burpee ⬆ Options: Burpee/Tuck Jump or Straight Jump ⬇ Standing Option: Squat/Lunge/Stand L&R	8	8x
0:42	C / _ Runnin'	6x8	B	Run/Jog/Powerwalk to center and B Call out 1x Burpee		
			A+B	1x Burpee where you are Run/Jog/Powerwalk to center and B		
1:03	V2 / _ Thought it's	8x8	C	Alternating Side Lunge L&R. <i>Hands on lead thigh</i> ⬆ Option: <i>Sweeping outstretched arms in front after 8reps</i>	4	16x
1:32	C / _ Runnin'	4x8	B	Run/Jog/Powerwalk	32	
1:46	_ Runnin'	8x8	C+B	2x Alternating Side Lunge L&R Run/Jog/Powerwalk	64	
2:14	Br / _ Thought it	4x8		Transition to floor. Plank	32	
2:28	PC / Everywhere	8x8	D	Mountain Climber ⬇ Option: Slow Mountain Climber ⬇ Standing Option: Step Knee Lift. <i>Sweep arms across hip and reach O/H</i>	64	
2:56	C / _ Runnin'	4x8	B	Run/Jog/Powerwalk	32	
3:10	Rep / _ Runnin'	8x8	A, C, D+B	Call out move and reps, then add Run/Jog/Powerwalk to center and B	64	



03. LA CALLING 3:41mins

TECHNIQUE & COACHING

BURPEE

Layer 1

- Squat, hands to floor, step back to Plank, step in and rise
- **Brace the core**
- ⬆ Option: If you want it faster, jump back to Plank and in
- ⬇ Option: 1 Squat, 1 Lunge

Layer 2

- ⬆ Option: If you want to, add a Jump
- Land softly, bend your knees
- Knees out

RUN/JOG/POWERWALK

Layer 1

- Run or walk to the middle, run or walk back
- If you want to walk it out, it feels so good

Layer 2

- Chorus is coming, get ready to run
- When we call it, any move

ALTERNATING SIDE LUNGE

Layer 1

- Side Lunge, side to side
- **Knees pressing out over toes**
- **Chest is lifted, core is on and spine is straight**
- ⬆ Option: Make it longer, reach towards the floor, other arm reaches up
- Rotate through the center of your chest

MOUNTAIN CLIMBER

Layer 1

- Join us in a Plank for Mountain Climbers
- ⬇ Option: Standing option is Step Knee Lift
- You can go half the speed or faster
- **Brace core**
- Hands under shoulders
- **Spine long and straight**

Layer 2

- Can we speed up together?
- Can we go a little bit faster?

ESSENCE TIPS

This track provides an interactive, upbeat feel for a surge in the cardiovascular system. The blocks of work feature high intensity interval training for an athletic challenge. It's "organized chaos" by design, training the brain and body to react quickly and efficiently and as a result, delivering real life functional benefits.

All options of intensity are provided in the 3 blocks of work, so the cardiovascular effect is high for all fitness levels. The Alternating Side Lunge will provide an active recovery for your participants and the bursts of running, jogging or powerwalking and the varied tempos in the Mountain Climbers will increase everyone's heart rate. It's a super fun track, so have fun!

Coach from a playful state with high fives and smiles all around. When fun is a focus of the track, contagious enthusiasm will permeate your group-fitness room.



04. CARDIO

TRACK FOCUS

I want my participants to “feel good” and explore the track’s essence in their own way through my inclusive coaching and connection.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	6x8	Set up pattern for the track: Two combinations that progress in intensity. Everyone can work at their own pace and intensity options	48	
0:21	V1 / Over breaking	8x8 A	Bear Crawl Combo Bear Crawl F&B 2x Stand. <i>Reach O/H. Squat. Swing arms down</i> ↓ Standing Option: Walk F&B. 2x Stand. <i>Reach. Squat. Swing arms down</i>	16 16	2x
0:49	PC / _ Take my	8x8 A ¹	Bear Crawl with Jump Combo Bear Crawl F&B 2x Jump with heels to butt. <i>Reach O/H. Squat Swing arms down</i> ↓ Standing Option: Jog F&B, 2x Stand. <i>Reach. Squat. Swing arms down</i> Encourage those who want to go faster to go ahead of the beat	16 16	2x
1:16	Instr /	4x8 A ²	Fast Bear Crawl with Jump Combo Encourage those who want to go faster still	32	
1:30	V2 / Over	16x8 B	Caterpillar Combo <i>Walk hands F to Plank</i> <i>Walk feet F to hands</i> <i>Walk or Jump feet B to Plank</i> <i>Walk hands B to feet</i> 2x Starburst (Air Jack) ↓ Standing Option: Side Skip L. <i>Touch floor.</i> Side Skip R. <i>Touch floor.</i> Side Leg Extension L&R. <i>Arms in a High ‘V’</i>	128	
2:26	Instr /	8x8 B ¹	Fast Caterpillar Combo Encourage everyone to go as fast as they can	64	
2:54	V3 / Rates off	8x8	Stop and recover. Remind everyone of both combos and explain they will be added together	64	
3:21	C / _ Good	8x8 A+B	Bear Crawl Combo + Caterpillar Combo Go at own pace, as many reps as you can	64	
3:49	Outro / (Instr)	4x8	Recover	32	

04. FEEL GOOD 4:08mins

TECHNIQUE & COACHING

BEAR CRAWL COMBO

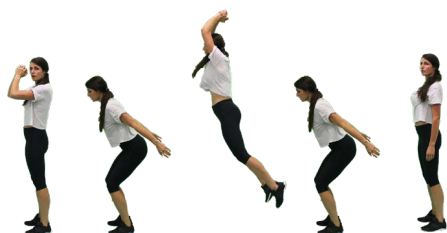
Layer 1

- Come to the floor, knees under hips
- Bear Crawl forward, move back
- Bend knees, stand up, big Reach, big Squat, big Reach, big Squat
- Keep knees close to the floor
- Stand up, **lift chest and brace abs**

BEAR CRAWL WITH JUMP COMBO

Layer 1

- Swap to Level 2; if you want to go faster, go for it!
- In the Reach, add a big Jump
- In the Jump, **brace your core strongly**



Layer 2

- **Land softly**

FAST BEAR CRAWL WITH JUMP COMBO

Layer 3

- 15 seconds on the clock, Level 3, go faster

CATERPILLAR COMBO

Layer 1

- Bend knees and bring hands to the floor
- Caterpillar forward by walking your hands out to Plank
- Feet walk in to meet hands, knees are bent
- Caterpillar back or jump back, and walk hands back in



- ⬆ Option: If it feels good, you can jump the Starbursts
- ⬇ Option: You can walk feet back if you don't want to jump

STARBURST

Layer 1

- Extend arms upwards
- Shift your weight onto one leg
- **Squeeze glutes** to pull other leg off the floor
- **Brace abs tightly and lift chest**



JUMPING STARBURST (AIR JACK)



FAST CATERPILLAR COMBO

Layer 3

- 30 seconds coming up, your own time, make your move
- This is your chance – let's go!
- Rest when you need to, this is your workout

ESSENCE TIPS

Feel Good is not only the name of the song, it is the basis of the track's essence and physicality. Your participants will love this track! With your clear demonstrations and coaching of options, they'll know what to expect and feel successful.

The Caterpillar/Starburst Combo is a winner for those who are looking for a fresh new move and challenge. The question is: How will you bring the feel of the music and the moves to ensure everyone in the room feels good?

The verse/chorus contrast provides ample opportunity to experiment with your vocal contrast. In capturing the attention of your participants, your voice can be a subtle, yet powerful way to connect with the experience of this Cardio track. Facial expressions, singing – this is what group fitness is all about. Share the joy, the sweat and sing as everyone's heart beats faster.



05. CARDIO

TRACK FOCUS

I want my participants to experience the enjoyment of the music and the simplicity of this interactive Cardio track.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Circle Run First round will be clockwise		32	
0:15	V1 / Take the night	4x8	A	Lunge L (R leg steps B)	32	
0:30	PC / Something in	4x8	A ¹	Sprinters Lunge L <i>Arms reach O/H</i> <i>Arms open to high 'V' and reach B</i> <i>Arms circle down</i> <i>Sprint position, RA</i> 👁 Repeater Tap on last 4cts	8 8 8 8	
0:45	C / One kiss	4x8	B	Repeater Tap L. RA ⬆ Option: Repeater Knee with Calf Raise <i>Extended RA after 4reps</i>	4	8x
1:00	Instr / (B up)	4x8	A ²	Pulse Sprinters Lunge L <i>Arms reach O/H</i> <i>Arms open to high 'V' and reach B</i> <i>Arms circle down</i> <i>Sprint position, hands on thigh or floor</i> ⬇ Option: Feet hip-width apart, Calf Raise	8 8 8 8	
1:16	(Beat)	8x8	C	Run clockwise ⬇ Options: Powerwalk or Jog	64	
1:46	V2 / _ I just want	4x8	A	🔄 Lunge R (L leg steps B) Set up facing anticlockwise	32	
2:01	PC / Something in	4x8	A ¹	🔄 Sprinters Lunge R	32	
2:16	C / One kiss	4x8	B	🔄 Repeater Tap R. RA	4	8x
2:31	Instr / (B up)	4x8	A ²	🔄 Pulse Sprinters Lunge R	32	
2:46	(Beat)	8x8	C	🔄 Run anticlockwise	64	



05. ONE KISS 3:17mins

TECHNIQUE & COACHING

LUNGE

Layer 1

- Take a big step back with your right leg and face clockwise
- **Drop back knee down, front knee out**

Layer 2

- Set everything 90 degrees
- Squeeze glutes, lift the chest

SPRINTERS LUNGE/PULSE SPRINTERS LUNGE

Layer 1

- Take a big breath in and lift arms over head
- Exhale and squeeze the back of your body, open the chest
- Tip forward from hips, your Sprinter's Lunge

Layer 2

- Pulse the Lunge, lift the arms and breathe
- Exhale, feel the opening of your chest
- As you tip forward, come to your true Sprinter position
- Hands on thigh or to the floor

REPEATER TAP

Layer 1

- Repeaters, in and out, in and out
- **↑** Option: If you want to take it up a notch, lift it up
- Lift your heel off the floor and step back to a big Lunge

Layer 2

- Keep pressing front knee out

RUN

Layer 1

- Clockwise, go
- Choose your speed
- You can powerwalk, you can jog, you can run

Layer 2

- Feel the freedom in your body as you move
- Land lightly

ESSENCE TIPS

Single leg loading in the Lunges fires up the glutes and the circle running/jogging/powerwalking is the perfect boost for the heart rate. Take a breather physically and consider lowering your vocal tone on the second Lunge, prepping for the Repeater Tap. This song is absolutely inspiring! Reflecting an attitude of sheer enjoyment will create a genuine sense of connection and empower everyone to be motivated to the end of the track.



06. CARDIO

TRACK FOCUS

I want my participants to feel motivated as I minimize my coaching cues through the simple moves.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / I just wanna	4x8		Set up feet under hips 👁️ Slow Squat on last 8cts	32	
0:13	Instr /	4x8	A	Slow Squat <i>Straight arms down and reach F to O/H</i> ⬇️ Option: Bend elbows as you reach up and down	8	4x
0:25	V1 / Even if	8x8	A ¹	Triple Pulse Squat <i>Straight arms down and reach F to O/H</i> ⬆️ Option: Calf Raise and reach up after 2reps	16	4x
0:51	Instr /	4x8	A	🔁 Slow Squat ⬆️ Option: Calf Raise and reach up	8	4x
1:04	B up / I just wanna	4x8	A ²	Squat Calf Raise <i>Straight arms down and reach F to O/H</i> ⬇️ Option: No Calf Raise	4	8x
1:17	Instr /	8x8	A ³	Squat Star Jump <i>Reach F to a high 'V'</i> ⬇️ Option: Squat Straight Jump ⬇️ Option: Squat Side Leg Extension L&R	4	16x
1:42	Instr / (Quiet)	2x8		Recover. Step feet wide	16	
1:48	(Quiet)	2x8	B	Slow Wide Squat <i>Straight arms wide to O/H, palms press together</i> ⬇️ Option: Bend elbows as you reach up and down	8	2x
1:55	V2 / Even if	8x8	B ¹	Triple Pulse Wide Squat <i>Straight arms wide to O/H, palms press together</i> ⬆️ Option: Calf Raise and reach up	16	4x
2:21	Ref / Even if	4x8	B	🔁 Slow Wide Squat ⬆️ Option: Calf Raise and reach up after 2reps	8	4x
2:33	B up / I just wanna	4x8	B ²	Wide Squat Calf Raise <i>Straight arms wide to O/H, palms press together</i> ⬇️ Option: No Calf Raise	4	8x
2:46	Instr /	8x8	B ³	Wide Squat Needlepoint Jump <i>Palms press together</i> ⬇️ Option: Squat, step into Needlepoint L&R. <i>Arms down, bend elbows and reach up, palms press together</i>	4	16x
3:12	Rep / I just wanna	4x8	A ³	🔁 Squat Star Jump. <i>Reach F to a high 'V'</i>	4	8x
3:24	Instr /	4x8	B ³	🔁 Wide Squat Needlepoint Jump <i>Palms press together</i>	4	8x
3:38	Outro / Even if	4x8		Recover	32	



06. LIGHT 3:58mins

TECHNIQUE & COACHING

SLOW SQUAT

Layer 1

- Squat and reach, squat and reach
- ↓ Option: If you want to rest your shoulders a little, you can bend the arms up and down
- If you want to work the shoulders, straighten the arms
- **Push knees out, butt down**

TRIPLE PULSE SQUAT

Layer 1

- Hold down, 3, 2, 1, reach up
- Keep chest up, get a pinch between the shoulder blades

SQUAT CALF RAISE/STAR JUMP

Layer 1

- Let's work the calves – when you reach up, lift the heels
- Single time, down and lift, down, lift your heels
- **Bend knees when you land**
- ↓ Option: You can plant your feet on the floor

Layer 2

- Even faster, down, up, down, up
- Let's lift the heart rate, jump, jump
- You can push the feet out or push straight up
- ↓ Option: Squat, Side Leg Extension

SLOW WIDE SQUAT

Layer 1

- Next set, take feet wider
- **Toes and knees out slightly**
- Bring hands together
- Use this to recover

TRIPLE PULSE WIDE SQUAT

Layer 1

- Triple 3, 2, 1
- Again push knees out, lift chest and a little pinch between shoulder blades
- Plant feet or lift heels

WIDE SQUAT CALF RAISE/NEEDLEPOINT JUMP

Layer 1

- Go faster, down, hands together
- ↓ Option: Squat, step into Needlepoint

Layer 2

- Push butt down, get the work in the legs
- Jump or not, no problem
- Can you tap your heels to the floor?
- ↓ Option: Step to the side
- Can you try a few Jumps?

ESSENCE TIPS

Keep your coaching clear and simple. The different Squat stances will target the glutes in varied ways, as well as offer opportunities to have an effective range of motion for muscular and cardiovascular strengthening. Set participants up with clear position and execution cues and then offer levels of intensity, role-modeling the many options.

The music is absolutely uplifting. Creating the space in your coaching allows people to enjoy the feel of the simple moves without thinking too much. This will motivate them to work harder. Remember the coaching concept of “less can be more” to enhance connection and allow your participants to really feel the music and the moves.



07. CARDIO / STRENGTH

TRACK FOCUS

I want my participants to enjoy the party feel of the music while achieving a peak cardio kick.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Drums)	4x8	Collect 1 or 2 light weight <i>plates or band</i> <i>Hold stacked weights or doubled band at chest</i> ↓ Option: No weight plates 👁️ Jack Cross on last 8cts		32	
0:15	Instr /	4x8 A	Jack Cross (L, then R cross feet) ↓ Option: Side Squat L&R		8	4x
0:30	(Percussion)	4x8 A ¹	Fast Jack Cross (L, then R cross feet) ↓ Option: Fast Side Squat		4	8x
0:45	C / Everybody	2x8 B	Fast Squat. <i>Press plate F</i> ↓ Option: No plate, <i>bent elbow raise</i>		2	8x
0:52	Everybody	6x8 B ¹	Squat Jump. <i>Press plate F</i> ↓ Options: No Jump ↓ Option: No plate, <i>bent elbow raise</i>		2	24x
1:15	Everybody	8x8 C	Fast Lateral and Vertical Leap L&R. <i>Press plate F</i> ↓ Options: <i>Hold plates at chest or down by sides</i> ↓ Option: Step Touch, <i>plate press or hold</i>		4	16x
1:45	Instr / (Slow drum)	9x8 D	Ladder Step L. <i>Plate at chest</i>		2	36x
2:19	(Quiet)	12x8 A–D	All In Combo Medium Intensity 2x Fast Jack Cross L&R 4x Fast Squat 2x Fast Lateral and Vertical Leap L&R 4x Ladder Step ↓ Option: <i>Plate at chest</i>		8 8 8 8	3x
3:04	(Synth)	11x8 A–D	All In Combo High Intensity 2x Fast Jack Cross L&R 4x Squat Jump 2x Fast Lateral and Vertical Leap L&R 4x Ladder Step		8 8 8 8	3x
3:45	Instr / (Quiet)	4x8 C	Last rep in the All In Combo, leave out the Ladder Step and finish with Fast Lateral and Vertical Leap L&R		4	8x



07. EVERYBODY LOVES A CARNIVAL 4:03mins

TECHNIQUE & COACHING

JACK CROSS

Layer 1

- Plates up, Jack Cross
- We go out, in, out, in
- ⬇ Option: If you're not jumping today, take it side to side in a Squat Step

Layer 2

- Listen to the drums, telling us to go fast
- We go down and up, down and up
- ⬇ Option: If you don't want to jump, you're always free to take it out



FAST SQUAT

Layer 1

- Second move: Squat, push the plate forward
- Down and up, down and up
- **Knees press out slightly**
- Plate in front of your chest

SQUAT JUMP

Layer 1

- If you're feeling good, how about we propel?
- Push the floor away
- **Land toe-ball-heel to absorb the impact on the knees**
- ⬇ Option: You can stay low if not jumping and still work out

FAST LATERAL AND VERTICAL LEAP

Layer 1

- Third move: Side Leap
- Right, left, right, left
- Heels under the hips and lift them
- Push the plate just a little bit to work the upper body
- ⬇ Option: Not jumping, keep it low, still getting a big cardio workout
- It feels good to jump



LADDER STEP

Layer 1

- Last move: fast feet out and in, out and in
- Lead with your right leg
- Work fast and work through your coordination
- **Brace your abs to keep your upper body still**

Layer 2

- Find your breath and actively recover

ALL IN COMBO

Layer 1

- We put all the moves together
- Jack Cross 4, 3, 2; Squat Push 4, 3, 2; Lateral Leap to the side right; left; fast feet

Layer 2

- Feeling a big cardio party coming
- Let's go – now jump, to the side – how fast?

ESSENCE TIPS

Everyone will enjoy this cardio 'party'! *Everybody Loves A Carnival* is filled with musical sass and a physical challenge. Quickly establish simple Layer 1 cues, with options, so participants can follow easily while moving fast. The Jack Cross, Squat Jump and the Fast Lateral and Vertical Leap are quick, so keep your coaching simple to ensure everyone feels included in the party.

The options of using body weight, plates or the band offer plenty of choices of intensity and they add variety from class to class. Your participants may want to shake it a little and no doubt there will be smiles across your group-fitness room.



08. STRENGTH

TRACK FOCUS

I want my participants to feel successful moving at their own pace with the strength exercises and give minimal verbal coaching so they can stay connected to the music.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro / Back to life	4x8	Keep weight plates, one in each hand Set up feet under hips Throughout the track, can stay on the beat, as per notes, or work off the beat, slower or faster as Mark does in the Masterclass.	32	
0:19	V1 / Show me how	8x8	Cobra Curl. Straight arms extend B, Bicep Curl up ⬆ Option: Straight arms extend B, straight arms F Raise, palms facing up Hold plates at shoulder height on last 4cts	8	8x
0:57	Rep / Back to life	12½x8	Shoulder Press/Fly Combo Weights by shoulders, push up Open arms out, in line with shoulders Return plates up to center Pull plates down to shoulders ⬆ Options: Alternating Knee Lift or Toe Tap and balance on one leg Bring plates down by sides on last 4 beats	16 4	6x
1:56	V2 / All I need	8½x8	Deadlift/Side Raise Combo Tip F from hips Side Raise Lower plates Stand	2 4 1 1	8x
2:36	Instr /	2x8	Hold. Lift plates O/H After 4reps, pause and reset for 4 beats	16	
2:46	Rep / Back to life	12x8	Bent Arm Lat Pulldown ⬆ Options: Alternating Knee Lift or Toe Tap and balance on one leg	8	12x



08. BACK TO LIFE (HOWEVER DO YOU WANT ME)

3:47mins

TECHNIQUE & COACHING

COBRA CURL

Layer 1

- Cobra, tip forward from hips, rise up with a Bicep Curl
- **Brace abs**
- Lift chest
- Look forward about two meters on the floor

Layer 2

- You can straighten your arms on the way up and bring the work into your shoulders and chest
- You can go faster, slower, any speed you want to
- Keep abs braced as you tip, squeeze glutes to rise

SHOULDER PRESS/FLY COMBO

Layer 1

- Weights by shoulders
- Push forward, open out, bring them back up to center and bring weights back down to shoulders
- **Keep the weights in front of you and keep elbows above your shoulders**
- Any time you want to, you can go faster, you can go slower



Layer 2

- You can challenge your balance by lifting one knee up or you can tap your toes on the floor
- Brace your abs and negotiate that balance
- Find your own rhythm



DEADLIFT/SIDE RAISE COMBO

Layer 1

- Plates by thighs, Deadlift
- Tip forward from the hips, side raise, lower and stand
- Tip, rise, lower and stand
- Push hips back
- Keep chest up
- Looking again two meters ahead on the floor

Layer 2

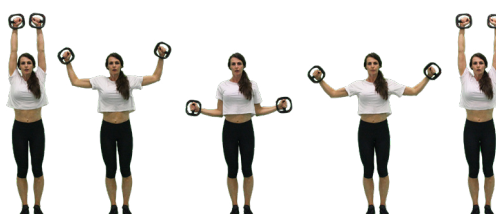
- Let's work the back of the body
- Squeezing your shoulders and back muscles as you go back
- Keep pulling your shoulders away from your ears
- Slow, fast, or somewhere in between



BENT ARM LAT PULLDOWN

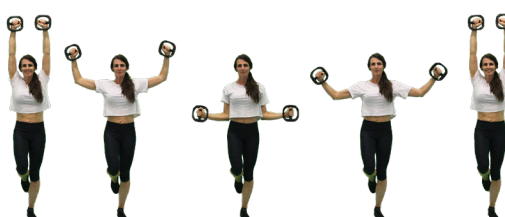
Layer 1

- One more exercise, take the plates up
- Pull elbows to lower ribs
- Pull down and push up
- Push forearms forward and squeeze shoulder blades together
- Once again, fast, slow, somewhere in between



Layer 2

- If you want to challenge your balance, lift one leg
- If your balance isn't too good today, tap your toes, or plant both feet down on the floor
- Feel your shoulders
- Feel your core muscles buzzing in the background





08. BACK TO LIFE (HOWEVER DO YOU WANT ME)

3:47mins

ESSENCE TIPS

Training and developing functional strength summarizes this integrated Strength track. The featured moves are the Cobra Curl, Shoulder Press/Fly Combo, Deadlift/Side Raise Combo and the Bent Arm Lat Pulldown. The moves are intelligently put together, combining lower body, core and upper body moves. Once you have simply set up Layer 1 cues, coach participants to go slower or faster. Add in the optional Alternating Knee Lift/Toe Tap and this Strength track is sure to please everyone in the room.



09. CARDIO / STRENGTH

TRACK FOCUS

I want my participants to understand that they can use this track for either concentrated strength or an additional strength and cardio boost.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Drums)	1x8	Keep weight plates, one in each hand Set feet wider than hips		8	
0:04	C / Stuff that	4x8	A	Squat with Bicep Curl	4	8x
0:23	V1 / _ Don't make	4x8	A ¹	4x Pulse Squat with 4x Pulse Bicep Curl	8	4x
0:41	C / Stuff that	6x8	A ²	Double Pulse Squat with Double Pulse Bicep Curl ⬆ Option: Add Calf Raise as you stand ⬆ Option: Add Jump	4	12x
1:08	V2 / _ You got a	1x8	Hold. Stack plates and lift O/H		8	
1:13	_ They say	3x8	B	Slow Back-Stepping Lunge with Tricep Extension L&R (L leg B first)	16	1½x
1:27	C / Stuff that	6x8	B ¹	4x Pulse Lunge with 4x Pulse Tricep Extension R&L (R leg B first)	16	3x
1:54	Instr / (Guitar)	6x8	B ²	Double Pulse Lunge with Double Pulse Tricep Extension R&L	8	6x
2:21	C / Stuff that	2x8	C	Squat with Shoulder Press	2	8x
2:31	Queen of	2x8	C ¹	Corner Squat with Shoulder Press L&R	4	4x
2:40	Rep / Queen of	2x8	C ²	Propulsion Corner Squat with Shoulder Press	4	4x
2:49	Queen of	5x8	C ³	Slow Explosive Corner Squat with Shoulder Press L&R	4	10x



09. QUEEN OF THE NIGHT 3:12mins

TECHNIQUE & COACHING

SQUAT WITH BICEP CURL

Layer 1

- Bicep Curl, squat
- Bring elbows slightly in front of you
- Push butt back and down
- **Shoulders back and down**
- **Knees and toes turned out slightly**

4x PULSE SQUAT WITH 4x PULSE BICEP CURL

Layer 1

- Quadruple it, 4 Pulses down
- 4, 3, 2 pop up quickly; 4, 3, 2 pop up quickly

DOUBLE PULSE SQUAT WITH DOUBLE PULSE BICEP CURL

Layer 1

- Cut it in half, take a Double Squat
- Double pulse and stand



- **↑** Option: Can you add the Calf Raise, bringing your calves into it?



Layer 2

- Who wants some cardio?
- Double squat and jump
- Bend your knees as you land
- **↓** Option: If not, lift your heels



SLOW BACK-STEPPING LUNGE WITH TRICEP EXTENSION

Layer 1

- Stack your weights for triceps
- Back lunge
- Back, tricep, up, change legs; back, lunge, rise, change legs
- Squeeze elbows in



4x PULSE LUNGE WITH 4x PULSE TRICEP EXTENSION

Layer 1

- 4 Pulses down, 4, 3, 2, and 1
- **Front knee out**

Layer 2

- We work our tricep muscles by squeezing our elbows in and isolating the back of the arm

DOUBLE PULSE LUNGE WITH DOUBLE PULSE TRICEP EXTENSION

Layer 1

- Double pulse
- Down, down, up
- Lift the chest and send the energy to the back of the body

Layer 2

- Feeling it through the posterior chain, the back of the arms and the glutes

SQUAT WITH SHOULDER PRESS

Layer 1

- Plates in front, drop and pop
- We go down, up, down, up
- 4 levels so you can get what you need
- **Toes out slightly, turn the knees out too**

Layer 2

- Level 2, step side, in, side, in
- 45 to 45
- Level 3, add a Jump
- Wide, together, wide, together
- There's a level 4 – try this one: 20 Jumps corner to corner
- **↓** Option: If you want to focus on strength, hang out here (Squat Press)



09. QUEEN OF THE NIGHT 3:12mins

ESSENCE TIPS

This combined Cardio/Strength track provides an opportunity to coach participants to achieve a cardiovascular burst as well as integrated strength. The plated Squat Jump with Bicep Curl and Propulsion Corner Squat will challenge all levels including the very fit TONE demographic. The Back-Stepping Lunge with the Tricep Extension adds a new dimension to integrated strength.

Ensure participants are choosing the weight that best suits them for maximum control as they execute this move. Giving your participants “the stuff that they want and the things that they need” is what LES MILLS TONE is all about! Consider playing with those lyrics to tie in to the fact that TONE is about choosing the intensity and workout that suits them best – every class, every time.



10. STRENGTH

TRACK FOCUS

I want my participants to enjoy the feel of the music, while they execute the strength moves.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Keep plates, one in each hand Set up Lunge position L (R leg B) with R arm extended F and L arm B	32	
0:17	V1 / _ Pain is	4x8	A L Slow Lunge with Plate Orbit	8	4x
0:34	PC / Back	4x8	A ¹ L Slow Lunge/Rear Leg Extension with Plate Orbit ↓ Option: Slow Lunge with Plate Orbit	8	4x
0:52	C / _ You'll be my	4x8	A ² L Lunge/Rear Leg Extension with Plate Orbit	4	8x
1:10	Ref / Yes	4x8	A ³ L Single Leg Squat/Rear Leg Lift with Plate Orbit ↓ Option: Lunge/Rear Leg Extension with Plate Orbit	4	8x
1:27	Yeeeeees	4x8	A ⁴ L Slow Single Leg Squat/Rear Leg Lifted with Plate Orbit	8	4x
1:44	V2 / _ Started out	4x8	A  R Slow Lunge with Plate Orbit	8	4x
2:02	PC / Back	4x8	A ¹  R Slow Lunge/Rear Leg Extension with Plate Orbit	8	4x
2:19	C / _ You'll be my	4x8	A ²  R Lunge/Rear Leg Extension with Plate Orbit	4	8x
2:37	Ref / Yes	4x8	A ³  R Single Leg Squat/Rear Leg Lifted with Plate Orbit	4	8x
2:54	Yeeeeees	4x8	A ⁴  R Slow Single Leg Squat/Rear Leg Lifted with Plate Orbit	8	4x
3:12	Instr /	4x8	B Step Side/Tap B with Plate Orbit L&R	8	4x
3:29	Outro / Yeeeeees	8x8	B ¹ Step Side/Rear Leg Lift with Plate Orbit L&R	8	8x



10. FIREFLY 4:14mins

TECHNIQUE & COACHING

SLOW LUNGE WITH PLATE ORBIT

Layer 1

- Right leg forward, left leg long, left arm in front, body weight forward
- Lunge down, down, up and up; down, down, up and up
- As you lower, your right arm swings forward
- **Press the front knee out**
- **Brace abs really tight**



SLOW LUNGE/REAR LEG EXTENSION WITH PLATE ORBIT

Layer 1

- Second challenge is to lower and then lift the back leg up
- Keep pelvis square for hip stability



LUNGE/SINGLE LEG SQUAT/REAR LEG EXTENSION/LIFTED WITH PLATE ORBIT

Layer 1

- Single time
- Down and up, down and up
- Relax the shoulders
- Go for a rotation through the center of the chest, that's going to bring the obliques into it
- **Keep pressing front knee out slightly**

Layer 2

- Let your arms float across
- Now the balance challenge: Keep the back leg lifted
- Pulse on the front leg
- ⬇ Option: If you're losing balance, tap the back foot down
- Stay low, go slowly
- Shift body weight forward to hook into the glutes
- This move is unique in that the arm is trying to twist the hips and we really have to brace our abs to work against it
- Go for a squeeze between the shoulder blades; feel the postural muscles

STEP SIDE/TAP/REAR LEG LIFT WITH PLATE ORBIT

Layer 1

- Step to the right
- Step and swing, step and swing
- Step across, keeping the knees bent
- Let the arms naturally float across

Layer 2

- Lift the back leg
- Squeeze the glutes of the lifted leg
- We're working the standing leg glute but also the glute of the lifted leg
- Very often when we exercise, we don't activate our glutes properly
- Feel that beautiful activation and try to bring it into the tracks for the rest of the class



ESSENCE TIPS

Let's say YES to this Strength track with the innovation of the Lunge/Rear Leg Extension with Plate Orbit. It has its focus on the glutes and obliques, with a balance challenge as an option.

Keep Layer 1 cues simple and easy to follow. Coach using the educator role, delivering Layer 2 cues around core stabilization to ensure the moves are executed safely and effectively. However, be mindful not to over-coach this track, as we want participants to tune into their bodies to understand how it feels and how they can develop their own mastery around it. When we do this, there is a level of added connection to the moves and the bonus is for them to connect to the cruisy feel of the music.



11. STRENGTH / CORE

TRACK FOCUS

I want my participants to feel motivated, whichever option they choose.

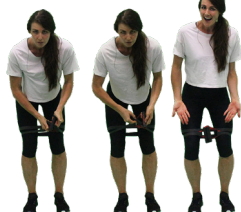
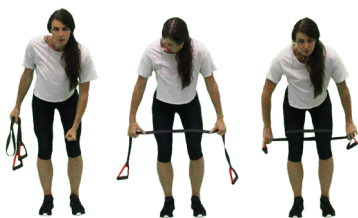
MUSIC		EXERCISE		CTS	REPS
		Keep weight plates and collect band. Wrap band above knees from front to B and bring handles to front again. Handle A goes through handle B, then handle B goes through handle A to lock band in place			
0:00	Intro / _ Oh I	2x8	Keep tension on band by pressing knees out slightly Stack weight plates at chest height, facing F ↓ Option: No plates ↓ Option: Double band at chest height	16	
0:11	V1 / _ I remember	4x8 A	Slow Squat with Rotation L&R. Plates at chest	16	2x
0:34	Instr / (B up)	2x8 A ¹	Squat with Rotation L&R. Plates at chest	8	2x
0:46	C / _ Sorry	4x8 A ²	Squat/Knee Lift with Rotation L&R. Plates at chest	4	8x
1:09	Rep / _ Oh I	6x8 A ³	Double Pulse Squat with Rotation L&R. Plates at chest	8	6x
1:44	C / _ Sorry	4x8 A ⁴	Double Pulse Squat/Knee Lift with Rotation L&R. Plates at chest	8	4x
2:08	QC / _ Sorry	4x8 A ⁵	Double Pulse Squat with Slow Rotation and O/H Plate Press L&R. Plates O/H on Squat, extend F on Rotation, pull B to chest	16	2x
2:31	Instr /	8x8 A ⁶	Double Pulse Squat with Rotation and O/H Plate Press L&R. Plates O/H on Squat, extend F on Rotation, pull B to chest ↑ Option: Add Knee Lift ↓ Option: Hold plates at chest	8	8x



11. WASTED TIME 3:26mins

TECHNIQUE & COACHING

BAND SETUP



SLOW SQUAT WITH ROTATION

Layer 1

- Plates to chest and pull hands apart until you feel your shoulder blades squeezing together
- Squat, rise and twist from the middle of chest
- Squat, knees pressing out slightly, and twist to the other side
- **Sitting back, chest is lifted and core is braced**
- **Hips are back and down, knees are pressing out slightly**

Layer 2

- We're going to speed it up
- Squat, twist, squat, twist

SQUAT/KNEE LIFT WITH ROTATION

Layer 1

- We speed up and add a Knee Lift
- Squat, knee, squat, knee, squat and keep twisting
- Knee presses out slightly
- You're going to feel this in your core and deep into your glutes



DOUBLE PULSE SQUAT WITH ROTATION

Layer 1

- Slow down and double pulse
- Squat, squat, twist; squat, squat, twist

Layer 2

- See if you can sit a little deeper to really get the muscles working
- To use the obliques more, keep hips to the front and brace abs tightly

DOUBLE PULSE SQUAT/KNEE LIFT WITH ROTATION

Layer 1

- Squat, squat, knee, squat, squat, knee
- If not using the band, drive hips forward, squeezing glutes as you do that

DOUBLE PULSE SQUAT WITH ROTATION AND OVER HEAD PLATE PRESS

Layer 1

- Option in the Pulse: You can bring the plates over head
- Now twist and center
- Squat, squat, twist and set
- Shoulders are away from ears
- **Brace core tightly**

Layer 2

- Same thing but faster
- Squat, squat, side; squat, squat, side
- If you can, lift the knee
- Get a little deeper
- ⬇ Option: If your shoulders are fatiguing, keep plate at chest rather than over head





11. WASTED TIME 3:26mins

ESSENCE TIPS

Crystal-clear setup of the innovative use of the band is a must-do. This will provide clarity and understanding on how to maintain the position of the band for your participants. The resistance created by constantly pressing knees out against the band is an incredible option to amp up muscle recruitment of the body's powerhouse, the glutes. Three other choices (body weight, band and plate options) are provided for you to offer, based on the demographics of your class.

Notice how Diana and Bas keep the setup simple as they progress through the choreography, as well as coach from an educator role on how to get the most out of the exercise. The tone of their voices is ideal to keep participants' attention and motivate them, no matter which option they choose. How will you use your voice to keep people in the game?



12. CORE

TRACK FOCUS

I want my participants to focus on muscular strength in the execution of the moves.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Collect mat Set up Horse Stance, facing R side Extend L (front) leg B, toes on floor	32	
0:19	Rep / Get low	8x8	A Semicircle Tap L Tap out and in, creating a semi circle with foot	4	16x
0:57	Instr / (Synth)	8x8	B Scorpion Pulse/Semicircle Tap Combo L 8x Scorpion Pulse L 2x Semicircle Tap L	8 8	4x
1:35	(Synth)	12x8	C Rear Leg Rotation L Full circle, any direction Other direction	4 4	8x 16x
2:32	(Synth)	8x8	B ¹ Scorpion Pulse/Rear Leg Rotation Combo L 8x Scorpion Pulse L 2x Full Circle Rotation L	8 8	4x
3:10	Ref / Low , low	4x8	D Side Leg Extension L	4	8x
3:29	QC /	4¾x8	Push B to Childs Pose Recover Reset Horse Stance Extend R leg B	22 8 8	
3:51	B up / Get low	8x8	A  Semicircle Tap R	4	16x
4:29	Instr / (Synth)	8x8	B  Scorpion Pulse/Semicircle Tap Combo R	16	4x
5:08	(Synth)	12x8	C  Rear Leg Rotation R One direction Other direction	4 4	8x 16x
6:05	(Synth)	8x8	B ¹  Scorpion Pulse/Rear Leg Rotation Combo R	16	4x
6:43	Ref / Low , low	4x8	D  Side Leg Extension R	4	8x



12. GET LOW 7:05mins

TECHNIQUE & COACHING

SEMICIRCLE TAP

Layer 1

- Bring hands under shoulders, knees under hips, **abs braced tightly and back is flat**
- Front leg taps the floor, out and in
- Half a circle, like a rainbow

Layer 2

- Get ready to work the butt for the next 7 minutes
- Abs are braced tightly to keep hips strong and stable
- Pointed toes
- Square shoulders by pushing away from floor
- Keep squeezing the muscles of the working leg

SCORPION PULSE/SEMICIRCLE TAP COMBO

Layer 1

- Scorpion Pulse, 8 fast
- 8, 7, 6, 5, 4, 3, now tap
- Out, in, out, in
- Toes to ceiling, toes to the floor
- **Squeeze glutes**

Layer 2

- Small pulses for isolation of the glutes
- When we isolate, we tone
- Squeeze glutes tighter for a strong butt that is going to support you in everyday life
- Fight to keep that hip stable

REAR LEG ROTATION

Layer 1

- Same leg, circle the leg any direction you want
- Nice and slow
- Energy all the way out to the toes for big muscle activation
- Switch direction

Layer 2

- Take it slowly
- ↓ Option: Any time you need to take a break, feel free to, then come back and join us
- This movement recruits all the major muscles in the glutes
- Slow, because when we move slowly we gain control
- Control equals technique and technique equals results – that's what we are here for
- Connect your mind to the muscle, to your glutes

SIDE LEG EXTENSION

Layer 1

- Race not over – Side Leg Extension, we open the leg
- Out and in, out and in
- Almost at the halfway point

ESSENCE TIPS

Fast, furious, then slow and luxurious, this is a glute burner of a Core track. Saying your setup cues slowly and clearly will capture the attention of your participants. Strong and steady are the Pulses. Encourage participants to maintain hip stability by squeezing their glutes and bracing their core tightly throughout the track, knowing that they can take a break anytime when they feel their hips are becoming unstable.

The electronic whiz of the music aligns perfectly with the Pulses and the dip in the music could be just the place to alter your vocal tone. A grimace on your face and your participants' faces will have everyone connected to the fire and intensity in the glutes. Remember to listen and feel the music; let it immerse you from the inside out and then allow your natural emotive response with your voice and attitude to be revealed.



13. CORE

TRACK FOCUS

I want my participants to understand how to properly execute the new movement pattern of these core exercises.

This track contains explicit content. There is an alternative track available. Use Track 16 Core – Bonus.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up on back facing R, knees bent, feet on floor 1 or 2 plates stacked, extended above chest ↓ Option: No plates		16	
0:11	C / _ Come along	4x8	A	Double Pulse Crunch/Hip Bridge Press plates up/extend O/H	8	4x
0:33	V1 / _ Tonight	4x8	B	Rotation. Rotate plates F, center, B, center	8	4x
0:55	PC / Want	2x8	B ¹	Rotation with Crunch Rotate plates F, then center Crunch. Press plates up Rotate plates B, then center Crunch. Press plates up	2 2 2 2	2x
1:06	C / _ Come along	4x8	A	 Double Pulse Crunch/Hip Bridge Press plates up/extend O/H	8	4x
1:28	V2 / _ Tonight	4x8	B ¹	 Rotation with Crunch	8	4x
1:50	PC / Want	2x8	B ²	Rotation/Leg Extension with Crunch Rotate plates in one direction and extend the opposite leg. Return foot to floor as you crunch ↓ Option: Rotation with Crunch	8	2x
2:01	C / _ Come along	4x8	A	 Double Pulse Crunch/Hip Bridge Press plates up/extend O/H ↓ Option: Plates on chest	8	4x
2:23	Br / _ I like the	2x8	C	Hip Bridge. Plates held on hips	16	
2:34	_ I like it	4x8	C ¹	Hip Bridge Pulse Lower hips on last 4cts	2 4	14x
2:56	C / _ Come along	8x8	A ¹	Triple Pulse Crunch/Hip Bridge. Press plates up/extend O/H	8	8x



13. RUDE BOY 3:43mins

TECHNIQUE & COACHING

DOUBLE PULSE CRUNCH/HIP BRIDGE

Layer 1

- Crunch up two times then over head extension and hip bridge
- Crunch, crunch, extension, hip bridge
- Plates go straight up and then lift hips as high as you can
- Tuck chin in; **ribs slide to hips**

Layer 2

- Lift hips high
- ↓ Option: If shoulders are fatiguing, bring plates to chest
- One more level, triple crunch, 1, 2, 3, up and over
- Climb the ladder, up, up, up
- Can you make the third one slightly higher?

ROTATION WITH CRUNCH/LEG EXTENSION

Layer 1

- Drop plates to the side, middle, other side and back to the middle
- Anchor hips to the floor
- Pull shoulder to opposite knee
- Now, one side, one up, side, up
- Control plates up and down

Layer 2

- If you want to use the obliques more, see if you can get the plates a little closer to the floor
- Without losing control, if you want to get even more from this, extend your leg
- Extend the opposite leg, out and up, out and crunch up

HIP BRIDGE

Layer 1

- Bring plates to hips and lift them high
- Squeeze shoulder blades together
- Pulse, down, up, down, up

ESSENCE TIPS

The song says it all. Take it, own it and love every part of the new execution of the core exercises. The use of the plates in the Double Pulse Crunch, Hip Bridge and Rotation with Crunch is likely to require you to repeat Body Part and Direction Layer 1 cues multiple times to ensure everyone can easily follow and understand. Keep your cues simple and clear, aiming to balance instructions with silence and space. This will give you an opportunity to pause and look out to see if your cues are landing, which is also a connection point with your class, especially in a track where you are lying on the floor. This multi-dimensional Core track is sure to be a pleaser, physically and musically.



14. CORE / STRETCH

TRACK FOCUS

I want my class participants to experience the dynamite feel of simple oblique work.

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / Want	4x8	Set up Side Hover to L <i>L elbow under shoulder, L knee on floor or scissor legs, R arm extended up</i>		32	
0:17	PC / Don't leave	4x8	A	Side Hover with Leg Lift L Top leg lifts and taps down ⬆ Option: No tap down ⬇ Option: Bottom hip on floor	4	8x
0:33	C / Oooh let me be	4x8	B	Side Hover with Slow Crunch L <i>Top arm extends O/H and elbow to knee</i>	8	4x
0:50	Rep / Let me	4½x8	B¹	Side Hover with Crunch L <i>Top arm extends O/H and elbow to knee</i> Lower down on last 4cts	4	8x
1:08	V2 / Feels	4x8	Change sides		32	
1:25	PC / Don't leave	4x8	A	 Side Hover with Leg Lift R	4	8x
1:41	C / Oooh let me be	4x8	B	 Side Hover with Slow Crunch R <i>Top arm extends O/H and elbow to knee</i>	8	4x
1:57	Let me	4½x8	B¹	 Side Hover with Crunch R <i>Top arm extends O/H and elbow to knee</i>	4	8x
2:16	Rep / One who	4x8	Childs Pose , facing R side <i>Stretch front arm. Stretch B arm</i>		32	
2:32	Br / Don't leave	2x8	C	Kneeling Hip Flexor Stretch R	16	
2:40	Want	2x8	D	Kneeling Hamstring Stretch L	16	
2:49	C / Oooh let me be	2x8	C	 Kneeling Hip Flexor Stretch L	16	
2:57	Oooh let me be	2x8	D	 Kneeling Hamstring Stretch R	16	
3:05	Rep / Let me be	7x8	Slowly stand and celebrate the workout		56	



14. SHELTER 3:32mins

TECHNIQUE & COACHING

SIDE HOVER WITH LEG LIFT

Layer 1

- Come to a Side Hover
- **Elbow directly under shoulder**
- On knee or toes, one foot in front of the other
- Arm is high
- Lift and lower top leg, up, down, up, down
- Roll hip forward, **glutes tight**
- Shoulders stacked

SIDE HOVER WITH CRUNCH

Layer 1

- Try a Side Crunch. Elbow and knee together
- In, in, back, back
- Elbow meets the knee
- Keep bottom hip away from the floor

Layer 2

- The only parts that are moving on our body are the arm and leg; everything else is still
- Work under side of the body more by lifting the bottom hip higher
- Work top side of the body more by squeezing more

CHILDS POSE

Layer 1

- The work is over; come to Childs Pose
- Stretch one arm forward, hips back, knees wide
- Stretch down the side and back of your body
- Stretch the other arm away

KNEELING HIP FLEXOR STRETCH

Layer 1

- Take a big step forward, then press hips forward to stretch quads and hip flexor
- Bring foot between hands

KNEELING HAMSTRING STRETCH

Layer 1

- Hips back, stretch it out

ESSENCE TIPS

With the focus on oblique training and simplicity in the choreography, your participants will reap the benefits of your coaching in how to get more out of the Side Hover. Listen to Diana as she expands on Layer 2 cues. This places you in an educator role.

As the stretches set in, the release will feel good for everyone. When the outro hits in the music, celebrate community and success in completing a well-rounded inspirational workout. This could even be an opportunity for you to ‘work the room’ and have personal touch points with as many members as possible, creating enhanced connection.



B15. STRENGTH – BONUS

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:00	Instr /	4x8	Set up heels together, toes turned out for Plié Squat. Plate in each hand, facing inwards, chest height Band Option: Band doubled at chest height	32	
0:13	(Strings)	4x8	A Slow Plié Squat. Hold plates at chest height	16	2x
0:25	V1 / Outta my	8x8	A ¹ Plié Squat ↑ Option: Lift heels at bottom of Squat	8	8x
0:48	C / Survivor	8x8	A ² Fast Plié Squat ↑ Option: Rise to Relevé at top	4	16x
1:12	V2 / Breathe	2x8	Hold. Set up facing L diagonal, R leg B. Plates/Band at chest height	16	
1:18	Last	6x8	B Arabesque Tap L (R leg taps B). Plates/Band at chest height ↑ Option: Bend standing knee more	2	24x
1:36	C / Survivor	8x8	B ¹ Arabesque Tap L. Arms extend down, plates face down. Band in front of hips	2	32x
2:00	Br / Wishing you	2x8	Change sides, face R diagonal, L leg B. Plates/Band chest height	16	
2:06	Better	6x8	B  Arabesque Tap R (L leg taps B). Plates/Band at chest height	2	24x
2:24	C / Survivor	8x8	B ¹  Arabesque Tap R. Arms extend down	2	32x
2:48	Ref / Oh	2x8	Hold. Reset for Plié Squat. Plates stacked at chest height. Band doubles at chest height	16	
2:54	Oh	6x8	A ¹  Plié Squat. Plates/Band at chest height ↑ Option: Lift heels at bottom of Squat	8	6x
3:12	C / Survivor	4x8	A ²  Fast Plié Squat	4	8x
3:23	Rep / Survivor	4x8	A ³ Fast Plié Squat. Shoulder Press	4	8x
3:35	Outro / Survivor	8x8	A ⁴ Triple Pulse Plié Squat. Shoulder Press	8	8x



B15. SURVIVOR 4:14mins

TECHNIQUE & COACHING

SLOW PLIÉ SQUAT

Layer 1

- Plates to chest, heels together and toes turned out slightly
- **Lightly tuck tail bone under**
- Super slow Plié Squat
- Down, down, rise and rise

FAST PLIÉ SQUAT

Layer 1

- Speed it up, 2/2
- Down, down, up, up
- Lift chest
- **Tuck tail bone under**
- **Brace core**
- Stop knees at 90 degrees
- **↑ Option:** If you want to, you can lift your heels at the bottom
- Speed it up again, single time, down, up, down, up
- **Keep pressing knees out and engage glutes**

Layer 2

- If you want the extra challenge, add the Heel Lift at the top
- We use Plié Squats to tone and shape everything from your booty to your toes

ARABESQUE TAP

Layer 1

- New move to work the back of the body
- Turn to the corner, plates to chest, back leg long
- Tap back toes
- Front knee out and sink into standing leg
- Feel the glutes firing
- Lift chest
- Take back toes long
- Open the front of the body, take plates wide
- Squeeze shoulder blades together

Layer 2

- Press front knee out and extend through back leg
- Feel amazing glute activation
- If you want more, sink lower, extend back toes
- Squeeze your glutes to control the Tap
- If you want to work a little harder, squeeze lats back and down. That's going to engage your postural muscles

TRIPLE PULSE PLIÉ TAP

Layer 1

- Triple pulse bottom half
- 3, 2, 1 rise

Layer 2

- We pulse to isolate
- We isolate to tone and shape

ESSENCE TIPS

Traditional Ballet moves with Plié Squats, an Arabesque Tap and the added benefit of resistance training is a unique selling point to this Bonus track. The Arabesque Tap is the perfect opportunity to fire up the glutes as well as to strengthen the supporting leg. Educate your participants on how to enhance the Tap by encouraging length and extension in the back leg. Maintaining stabilization through the shoulder girdle, the abs and a tight glute squeeze will provide the ultimate control.

Consider playing with the lyrics of "Survivor" to motivate participants, by encouraging them not to give up and that they will survive this challenging Strength track. Saying it with a big smile and conviction in your attitude is inspirational and will create connection with your participants.



B16. CORE – BONUS

TRACK FOCUS

I want my participants to execute the core moves smoothly and with control.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Set up on back, facing L, legs to vertical, <i>arms by sides, palms up</i>	32	
0:15	V1 / Feeling	4x8	A	Scissor Leg Cross ↓ Option: Knees bent	8	4x
0:29	You _ ou _ ou	4x8	A ¹	Scissor Leg Cross 45° Lower legs to 45°	8	4x
0:44	C / Take me to	12x8	B	Diamond Crunch <i>Hands reach between knees to toes</i> Legs to 45°, <i>arms O/H</i> ↓ Option: Keep head down as knees come in	8 8	6x
1:28	V2 / Take me to	6x8	A ¹	 Scissor Leg Cross 45° ↑ Option: Legs below 45°	8	6x
1:51	C / Take me to	16x8	B	 Diamond Crunch	16	8x
2:50	Rep / Take me to	12½x8	C	C-Crunch Crunch up fast. <i>Reach arms wide to toes</i> Hold Return slowly, legs to 45°. <i>Arms O/H</i> ↓ Option: Knees bent and touch toes to floor	1 3 4	12½x



B16. ON + OFF 3:40mins

TECHNIQUE & COACHING

SCISSOR LEG CROSS

Layer 1

- Lie side-on
- Shoulders down, palms face up
- Lift legs to vertical and **press lower back towards ground**
- Start by crossing the legs
- Cross, open, cross, open
- Look at feet and try to make the shape of a diamond in the air

SCISSOR LEG CROSS 45 DEGREES

Layer 1

- Lower legs down to where you feel a challenge in the core
- Keep pressing lower back down

Layer 2

- ↓ Options: You can reduce the range by bending knees or keep your legs high
- You can challenge by taking your legs lower
- Really starting to feel it in the lower core
- Keep pressing lower back down

DIAMOND CRUNCH

Layer 1

- Reach through, touching fingertipss to toes
- Extend legs and arms long
- Reaching through, gently tucking the chin in and extending out
- ↓ Option: Keep the head down on the floor and bring the knees in

Layer 2

- Breathing in through the nose and out through the mouth – Pilates breathing
- Big long exhale through the mouth
- Try to lift your shoulders higher
- Really going for a Crunch right down to the hips
- It's not just about moving in and out
- Feel your muscles, feel your core, feel your whole body

C-CRUNCH

Layer 1

- C-Crunch
- Fast catch in, hold and release
- In... and release
- ↓ Option: If you need less intensity, tap toes down
- Crunch, tucking chin in, ribs to hips

Layer 2

- Go for the breath: In through the nose, out through the mouth
- Lots of energy going through the core

ESSENCE TIPS

The smooth, silky feel of the music reflects the execution perfectly in the Scissor Leg Cross and Diamond Crunch. Moving with control requires focus. Space your cues and slightly lengthen your coaching voice to match the slower rhythm of the moves. By connecting to the controlled body movements, fluid breath and enjoyment of moving at a slower pace, we allow participants to tune into the mind/body feel of core training. The challenge will sneak up on you and your class in this one!



B17. CORE – BONUS

TRACK FOCUS

I want my participants to feel successful with my clear coaching and role-modeling of all levels.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro / (Instr)	2x8	Explain that this track is a 2-minute Firefly challenge. Demonstrate the move slowly from knees. Participants work at their own pace	16	
0:09	V1 / Singing	A	During the track, progress the move through the following moves: Firefly L&R, (on knees or toes) Propulsion Firefly L&R Propulsion Firefly with Leg Extension. Jump knee to elbow and return with straight-leg circular sweep		



B17. YOU'RE DEAD 2:21mins

TECHNIQUE & COACHING

FIREFLY

Layer 1

- Start on all fours, on knees
- Take hips back, then bring one knee forward to elbow
- Alternating right and left
- As you push knee to elbow, engage the core, engage the obliques

Layer 2

- Next progression, go to toes
- Bring knee to elbow
- Keep elbows soft
- Shoulders do not go forward of hands
- Keep hips as low as possible
- Remember you can go as fast or as slow as you want to
- ⬇ Option: Anytime you need to shake it out, feel free to
- ⬇ Option: Stay on knees
- Challenge is to stay up on hands as long as you can

PROPULSION FIREFLY

Layer 1

- Next progression, you add a Jump, then push back
- Small Hop, soft elbows to catch

Layer 2

- Feel the core catch as you land
- Strong brace of the core to protect the lower back
- ⬇ Option: Don't forget the option of staying on knees

PROPULSION FIREFLY WITH LEG EXTENSION

Layer 1

- Slowly we're going to work in the extended Firefly
- Knee comes forward, extend leg and circle back
- Knee in, extend, circle back
- Control the landing, circle the leg back

Layer 2

- Push the leg out
- Squeeze the glutes to square the hips to the floor
- ⬇ Option: Same move but on knees
- Remember the challenge: Stay on your hands as long as possible
- Next time you do this track, remember how far you get before taking a break
- Next time you do it, go further

ESSENCE TIPS

This super short, intensely challenging Firefly track has a flip side of being accessible to all fitness levels. This track requires you to be a savvy coach and to role-model all levels physically, coming in and out of levels to ensure your class feels successful. Demonstrate the moves slowly from the knees and encourage participants to work at their own pace.

Be mindful of how you use your voice, allowing it to ride the wave of the musical feel. Have a little fun with the 'country sass' feel. Staying a little light in your attitude, while acknowledging the physical challenge, will keep everyone motivated and connected. You may even want to jump up and get your 'hoedown' on!



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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.

