

LES MILLS TONE 06

01. WARMUP

Workout for Water:

02. WARMUP

03. CARDIO

04. CARDIO

05. CARDIO

06. CARDIO / STRENGTH

07. CARDIO / STRENGTH

08. STRENGTH

09. STRENGTH

10. STRENGTH / CORE

11. STRENGTH / CORE

12. CORE

13. CORE

14. CORE

15. STRETCH

MUSIC

FORMATS

Les Mills instructor resources are unique, valuable resources provided to you as a Les Mills certified instructor to enable you to learn each new release and teach it in Les Mills licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



MUSIC

- 01

Taki Taki (3:37)

DJ Snake feat. Selena Gomez, Ozuna & Cardi B

Courtesy of the Universal Music Group.
Written by: Ozuna, Saavedra, Almanzar, Brignol, Gomez, Grigahcine, Rivera, Thorpe
- 02

Heads Up (3:31)

JAIN

© 2015 Spookland.
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Galice
- 03

Little Of Your Love (BloodPop Remix) (3:24)

HAIM

Courtesy of the Universal Music Group.
Written by: A. Haim, D. Haim, E. Haim, Rechtshaid
- 04

AUDIO (2:42)

Tie & Bow

© 2019 Les Mills Music Licensing Ltd.
Written by: Mckenzie, Furler, Pentz
- 05

Get It Get It (5:35)

Dillon Francis

© 2018 IDGAFOS.
Written by: Rushent, Francis
- 06

Body (2:43)

Loud Luxury feat. brando

© 2018 Hussle Recordings, a division of TMRW Music Pty Ltd.
Written by: Lopes, McClain, Depace, Fedyk, Henriques
- 07

Surfin' (3:59)

Kid Cudi feat. Pharrell

Courtesy of the Universal Music Group.
Written by: Williams, Mescudi
- 08

Ghost Voices (4:27)

Get Gone

© 2019 Les Mills Music Licensing Ltd.
Written by: Robinson
- 09

Look At That Butt (4:03)

Dillon Francis feat. Jarnina De Marco

© 2018 IDGAFOS.
Written by: Rushent, Francis, De Marco
- 10

Sensational (Zonderling Remix) (3:35)

Sam Feldt

© 2018 SpinninRecords.com.
Written by: Renders, Hartman
- 11

It Takes Two (5:00)

Rob Base & DJ EZ Rock

© 1988 RCA Records, a division of Sony Music Entertainment.
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Ginyard

- 12

Electric Pow Wow Drum (3:39)

Relay Dunes

© 2019 Les Mills Music Licensing Ltd.
Written by: Robe, Campeau, General, Thomas
- 13

Chun Li (3:12)

Nicki Minaj

Courtesy of the Universal Music Group.
Written by: Reid, Maraj
- 14

Beggin' For Thread (Gryffin & Hotel Garuda Remix) (4:03)

Banks

Courtesy of the Universal Music Group.
Written by: Anderson, Banks
- 15

My Love Is Your Love (4:22)

Whitney Houston

© 1998 RCA/JIVE Label Group, a unit of Sony Music Entertainment. Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Duplessis, Jean
- ALT 01

1, 2, 3 (3:37)

Liberty Woes

© 2019 Les Mills Music Licensing Ltd.
Written by: Leone, Castillo, Desrouleaux, Guerrero, Masis, Montaner, Reyes, Zignago



L–R: Presenters Bas Hollander & Diana Archer Mills.

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
- Special thanks to:** Marlon Woods

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.

Bas Hollander (Japan) is a LES MILLS TONE, LES MILLS GRIT, LES MILLS SPRINT, LES MILLS THE TRIP and BORN TO MOVE Trainer/Presenter. He is the Training Manager for Les Mills Japan. He is awesome.

BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH



01. WARMUP

TRACK FOCUS

I want my participants to feel energized to embark on a journey of total body conditioning and options for all.

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Move arms and torso to warm upper body		32	
0:15	C / Bailame	4x8	Lift and circle knees around hips to warm lower body		32	
0:25	Ref / Rumba	4x8	March/Bounce/Jog. RA		32	
0:35	C / Bailame	1x8	Leg Swing F&B L		16	
0:40	C / Si suera	1x8	Leg Swing F&B R		16	
0:45	V1 / _ Taki taki	4x8	A	Slow Side Squat L&R. <i>Hands on thighs</i>	16	2x
0:55	V1 / Booty	4x8	A ¹	Side Squat L&R. <i>Hands on thighs</i>	8	4x
1:05	V1 / Booty	4x8	A ²	Propulsion Side Squat L&R. <i>Arms swing B and reach O/H</i> ↓ Option: No Propulsion	8	4x
1:15	C / Bailame	4x8	B	Slow Side Squat & Leg Curl L&R. <i>Elbows bent, loose fists up (or Relaxed Guard position)</i>	16	2x
1:24	Ref / Rumba	4x8	B ¹	Side Squat & Leg Curl L&R. <i>Elbows bent, loose fists up (or Relaxed Guard position)</i> ↑ Option: Jump Leg Curl	8	4x
1:35	V2 / Say	8x8	C	Slow Back-Stepping Lunge R&L (L leg steps B first). <i>HOH</i>	32	2x
1:55	V2 / _ You hoes	4x8	C ¹	Back-Stepping Lunge R&L (L leg steps B first). <i>HOH</i>	16	2x
2:05	V2 / Booty	8x8	C ²	Slow Back-Stepping Flight Lunge R&L (L leg steps B and lifts to rear first). <i>HOH</i>	32	2x
2:25	Ref / Rumba	4x8	C ³	Back-Stepping Flight Lunge R&L (L leg steps B and lifts to rear first). <i>HOH</i>	16	2x
2:35	V3 / _ Careful	8x8	D	Knee Lift L&R (L knee lifts high, then R). After 24 beats, 8cts to transition to Plank to show option ↑ Option: Slow Mountain Climber L&R	4 8	6x 4x
2:55	V3 / Party	4x8	D ¹	Mountain Climber L&R ↓ Option: Fast Knee Lift L&R	4	8x
3:05	C / Bailame	4x8	E	Slow Prone Jack Cross ↓ Option: Slow Tap Side L&R. <i>Hands on thighs or RA</i>	8	4x
3:15	Ref / Rumba	4x8	E ¹	Prone Jack Cross ↓ Option: Tap Side L&R. <i>RA</i>	4	8x
3:25	Outro / Instr	4x8	Stand and Jog/Bounce/March OTS <i>Stretch and shake arms out</i>		32	



ALT 01. WARMUP

01. 1, 2, 3 3:37mins

TRACK FOCUS

I want my participants to feel energized to embark on a journey of total body conditioning and options for all.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / _ Sofia	4x8	Move arms and torso to warm upper body	32	
0:15	V1 / Oh baby	4x8	Lift and circle knees around hips to warm lower body	32	
0:25	Instr /	4x8	March/Bounce/Jog. RA	32	
0:35	PC / Turn it on	2x8	Leg Swing F&B L	16	
0:40	Turn it on	2x8	Leg Swing F&B R	16	
0:45	C / Un, dos, tres	4x8 A	Slow Side Squat L&R. <i>Hands on thighs</i>	16	2x
0:55	Hola	4x8 A ¹	Side Squat L&R. <i>Hands on thighs</i>	8	4x
1:05	PC / Turn it on	4x8 A ²	Propulsion Side Squat L&R. <i>Arms swing B and reach O/H</i> ↓ Option: No Propulsion	8	4x
1:15	C / Un, dos, tres	4x8 B	Slow Side Squat & Leg Curl L&R. <i>Elbows bent, loose fists up (or Relaxed Guard position)</i>	16	2x
1:24	Instr /	4x8 B ¹	Side Squat & Leg Curl L&R. <i>Elbows bent, loose fists up (or Relaxed Guard position)</i> ↑ Option: Jump Leg Curl	8	4x
1:35	V2 / Baby	8x8 C	Slow Back-Stepping Lunge R&L (L leg steps B first). <i>HOH</i>	32	2x
1:55	PC / Turn it on	4x8 C ¹	Back-Stepping Lunge R&L (L leg steps B first). <i>HOH</i>	16	2x
2:05	C / Un, dos, tres	8x8 C ²	Slow Back-Stepping Flight Lunge R&L (L leg steps B and lifts to rear first). <i>HOH</i>	32	2x
2:25	Ref / La, la, la	4x8 C ³	Back-Stepping Flight Lunge R&L (L leg steps B and lifts to rear first). <i>HOH</i>	16	2x
2:35	V3 / Quiero	8x8 D	Knee Lift L&R (L knee lifts high, then R). After 24 beats, 8cts to transition to Plank to show option ↑ Option: Slow Mountain Climber L&R	4 8	6x 4x
2:55	PC / Turn it on	4x8 D ¹	Mountain Climber L&R ↓ Option: Fast Knee Lift L&R	4	8x
3:05	C / Un, dos, tres	4x8 E	Slow Prone Jack Cross ↓ Option: Slow Tap Side L&R. <i>Hands on thighs or RA</i>	8	4x
3:15	Rep / Un, dos, tres	4x8 E ¹	Prone Jack Cross ↓ Option: Tap Side L&R. <i>RA</i>	4	8x
3:25	Outro / Un, dos, tres	4x8	Stand and Jog/Bounce/March OTS <i>Stretch and shake arms out</i>	32	



01. TAKI TAKI 3:37mins

TECHNIQUE & COACHING

SLOW SIDE SQUAT

Layer 1

- Squat to the side. Out and in
- Other side. Out and in
- **Chest is lifted**
- **Knees pressing out over toes**
- **Core is on**

Layer 2

- Little bit faster

SIDE SQUAT

Layer 1

- Down, up, down, up
- Start to ease into your range
- Drop your hips back and down

Layer 2

- ⬆ Option: Add the arms

PROPULSION SIDE LUNGE

Layer 1

- If it feels good you can add a little hop
- Plyometric style warmup

SIDE SQUAT & LEG CURL

Layer 1

- Squat and curl, squat and curl
- Drop into a deep squat and curl your leg up

Layer 2

- A little faster, squat and curl, squat and curl
- ⬆ Option: Jump Leg Curl

BACK-STEPPING LUNGE

Layer 1

- Step back, drop, rise up, step in
- Step, drop, up, step in
- Drop knee close to the ground so the front thigh gets parallel
- **Keep the front knee pushing out**

Layer 2

- Speed up a little
- Back, lunge, and in
- Other side back, lunge, and in
- Keep pressing your front knee out
- Keep bracing your core and that will help you balance

BACK-STEPPING FLIGHT LUNGE

Layer 1

- Step back, lift, lower and step in
- Step, lift, lower and step in
- **Keep chest lift and abs braced**
- **Really squeeze your glutes**
- **Hips are square**

Layer 2

- That glute powerhouse will help you lift your leg
- Again, a little faster
- Back, lift and in, back, lift and in
- Keep pressing your standing knee out for stability

KNEE LIFT

Layer 1

- If you are standing today, try some high knee lifts
- **Keeping your chest up, keeping your abs braced**
- Pull your knees all the way up

MOUNTAIN CLIMBER

Layer 1

- If you want floor work, come down for Mountain Climber
- In, in
- Your hands are under your shoulders
- **Chest is lifted, abs are braced**

Layer 2

- A little bit faster
- In, in, in, in
- So we are warming up the core

PRONE JACK CROSS

Layer 1

- Out, jump in, out, in

Layer 2

- Whether you are standing or doing floor work, speed it up
- Out, in, out, in
- Keep hips still

TAP SIDE

Layer 1

- If you are standing, lunge and lunge
- **Keep that core bracing**



01. TAKI TAKI 3:37mins

ESSENCE TIPS

Here starts a progressive, plyometric style warm up to kick off TONE 1. Coach the class right from the get-go that all fitness levels will be catered to, coached and demonstrated. Each move is set up slow and then the building of intensity and speed. Your role is to clearly coach and demonstrate all levels, yet being savvy while you physically are in a more advanced option. Make sure to look at your class and check that participants choosing the lower option are still executing the moves properly. This track is all about creating muscular heat. Warm Up 1 creates a fun, funky energy musically. Considering tapping into the feel of that with a fun, positive voice and attitude.



02. WARMUP

This is our Workout for Water track, so hype it up and have some fun. It’s a chance for our tribe to change the world for thousands of children in Ethiopia. Join us here: <https://www.workoutforwater.org/>

TRACK FOCUS

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Continue Jogging/Bouncing/Marching	24	
0:11	C / Heads up	8x8 A	Back-Stepping Flight Lunge R&L (L leg steps B and lifts to rear first). <i>HOH</i>	16	4x
0:40	V1 / Heads up	4x8 A ¹	 Back-Stepping Flight Lunge R&L. <i>Fists at hips, reach F, pull to hips, lift bent elbows</i>	16	2x
0:54	V2 / Time	4x8 B	Slow Squat & Leg Curl L&R. <i>HOH</i>	8	4x
1:09	C / Heads up	4x8 B ¹	Side Squat & Leg Curl L&R. <i>HOH</i> ↑ Option: Jump Squat & Leg Curl ↑ Option: Jump Squat & Jump Curl	4	8x
1:23	C / Heads up	4x8 B ²	 Side Squat & Leg Curl L&R. <i>Hold hands above head</i>	4	8x
1:38	V3 / Heads up	4x8 A	 Back-Stepping Flight Lunge R&L. <i>HOH</i>	16	2x
1:52	V4 / Time for	4x8 A ¹	 Back-Stepping Flight Lunge R&L. <i>Fists on hips, reach F, pull to hips, lift bent elbows</i>	16	2x
2:07	C / Heads up	4x8 B ¹	 Side Squat & Leg Curl L&R. <i>HOH</i> ↑ Option: Jump Squat & Leg Curl ↑ Option: Jump Squat & Jump Curl	4	8x
2:21	C / Heads up	4x8 B ²	 Side Squat & Leg Curl L&R. <i>Hold hands above head</i>	4	8x
2:36	Br / Let’s see	4x8 A	 Back-Stepping Flight Lunge R&L. <i>HOH</i>	16	2x
2:51	QC / Heads up	4x8 A ¹	 Back-Stepping Flight Lunge R&L. <i>Fist at hips, reach F, pull to hips, lift bent elbows</i>	16	2x
3:05	C / Heads up	4x8 B ¹	 Side Squat & Leg Curl L&R. <i>HOH</i>	4	8x
3:20	Outro /	2½x8 B ²	 Side Squat & Leg Curl L&R. <i>Hold hands above head</i>	4	6x



Workout for Water

02. HEADS UP 3:31mins

TECHNIQUE & COACHING

BACK-STEPPING FLIGHT LUNGE

Layer 1

- Step, lift, lower and step in
- Step, lift, lower and step in
- **Start by lifting your chest and bracing your abs really strong**
- Hips are square to the floor\

Layer 2

- Really squeeze your gluts when you pull that heel up
- The powerhouse is working
- Add the arms
- Reach when you lift
- The moment we reach our core needs to brace harder
- We should feel our core engaging even more
- From the front to the back
- Strength conditioning, think about which muscles we are using, powerhouse every time we lift
- When we add the arms, reach and curl up, we bring in the rest of the posterior chain
- Back of the neck all the way down to the hamstrings
- That posterior chain gives you great posture and athletic ability
- Stabilize everything, knee is bent and is pressing out
- This forces the stabilisers to engage, protecting these vulnerable joints

Layer 3

- Feel the back of your body working

SIDE SQUAT & LEG CURL

Layer 1

- Squat and curl, squat and curl
- **Press knees out**, then curl up

Layer 2

- Same thing, faster
- Squat, curl, squat, curl
- You can step into your Squat
- ⬆ Option: You can jump into your Squat
- ⬆ Option: You can even move your standing foot into the middle
- Land lightly with your knees out
- Lets bring our arms above our head
- Any time we lift our arms above our head we are working our cardio vascular system harder, getting fitter, faster
- We are warming up the back of the leg every time we pull our heel up

Layer 3

- Bring arms over head and get that cardio blast
- Try keep the depth in your Squat and really work it
- Core is on from the base up
- Kick that cardio up before the next track

ESSENCE TIPS

Warm Up 2 provides strength conditioning and core work to continue heating the muscles and lifting the heart rate for the work out ahead. The Feature move is the Flight Lunge with a focus on squeezing the glutes and core activation. The higher impact of the build on the Squat Curl feels uplifting, with the cardio system working harder to get fitter, faster. Coaching benefits right from the start enhances motivation. The training is focused on the power house – the entire back of the body working and deep core stabilizers, in addition to great posture and athletic ability. Ride the wave of contrast physically and musically by creating space between your cues to allow your participants to absorb them. How will you use your voice to bring this track to life and increase motivation for all fitness levels? Watch how Bas uses a clear instructor voice in the set up, then builds his vocal tone subtly while coaching gradual intensity. He keeps a motivational voice that matches the music without overcoming the cool feel of the music.



03. CARDIO

TRACK FOCUS

I want my participants to focus on a deep range of motion for maximum cardiovascular and strength results.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Continue Jogging/Bouncing/Marching		
0:09	V1 / _ You were	6x8 A	Step Side/Calf Raise/Squat Step Touch L. <i>Arms wide</i> Calf Raise. <i>Reach O/H</i> Side Squat R. <i>Hands on thighs</i> Other side	2 2 4 8	3x
0:35	C / Give me	4x8 A ¹	Slide/Vertical Jump/Squat Propel L. <i>Arms wide</i> Vertical Jump. <i>Reach O/H</i> Jump Squat. <i>Hands on thighs</i> Other side ↓ Option: No Propulsion or Jump, bigger ROM	2 2 4 8	2x
0:52	Instr /	4x8 A ²	Lateral Leap & Vertical Jump L&R. <i>Arms wide, then reach O/H</i>	4	8x
1:09	V2 / _ Don't it	10x8 B	Slow Squat Step L&R. <i>Single punch down, then up, circling L, then R (Modified Snatch)</i>	8	10x
1:52	Instr /	4x8 B ¹	Squat Step L&R. <i>Single punch down, then up, circling L, then R (Modified Snatch)</i> ↑ Option: Jump Squat	4	8x
2:09	Ref / Oh	8x8 C	Slow Squat/Rear Leg Extension L&R (R leg lifts and extends B on high diagonal, then L leg). <i>Double Bent Arm Raise</i>	8	8x
2:44	Instr /	8x8 C ¹	Squat/Rear Leg Extension L&R. <i>Double Bent Arm Raise</i> ↑ Option: Lift standing heel or Jump	4	16x



03. LITTLE OF YOUR LOVE (BLOODPOP REMIX) 3:24mins

TECHNIQUE & COACHING

We learn three sequences slowly, then perform them fast for interval training.

STEP SIDE/CALF RAISE/SQUAT

Layer 1

- Step side, lift and squat
- Slide, lift, squat
- In the Squat drop your hips back and down
- **Chest lifted, abs braced**

Layer 2

- The Squat is one of the best movements we can do
- It's a fundamental movement, we do it every day
- If you want to take up more space you are going to work even harder
- Slide, reach higher and squat lower
- **↑** Option: You can leap side, jump and drop the Squat
- Training starts, leave out the Squat

LATERAL LEAP & VERTICAL JUMP

Layer 1

- Lat, Vert, Lat, Vert, Lat, Vert
- Chase the beat
- **↓** Option: You don't have to be jumping, just take up space

Layer 2

- Hearts pumping!

SLOW SQUAT STEP

Layer 1

- Lateral Squat
- Squat, Snatch, Squat, Snatch
- Same thing in the Squat, hips back and down
- Your arm reaches down, lift it up with a straight arm
- Keep your arm in front of your body at all times

Layer 2

- The Squat is such a fundamentally good exercise for us because it trains our lower body strength like nothing else
- As well as our core and posterior chain
- As athletes we should be doing this every day

SQUAT STEP

Layer 1

- Double time
- Squat, Squat, Squat, Squat
- **↑** Option: You can jump if you want

Layer 2

- If you want to get more out of this move, power up from the bottom
- Try to come up onto the balls of your feet

SLOW SQUAT/REAR LEG EXTENSION

Layer 1

- Squat and lateral raise, Squat and raise
- We up the intensity by adding our Squat pattern to a real powerhouse workout
- Feel your glute engage
- **Press the supporting knee out and keep it in line with the toes** as we laterally raise the other leg

SQUAT/REAR LEG EXTENSION

Layer 1

- Faster
- Squat, lift, Squat, lift
- **↑** Option: Jump if you want to
- Stay grounded if you want to
- Or come up onto the balls of your feet if it feels good

Layer 2

- The focus is to keep squatting deep
- Can you jump?
- Interval-style training gets you fitter, faster

ESSENCE TIPS

A significant challenge with simplicity in the choreography and coaching. Three sequences are performed slowly, then quicken for the ultimate challenge in interval training. Whether it be low impact choices or high and lifted impact choices, there is something for everyone in this cardio track. The Squat and Snatch is athletic and lively and the Squat Lift/Jump is powerful and freeing. The Range of Motion in the Squat and arm lines play an important factor, ensuring a maximum cardiovascular benefits for all levels. Notice the contrast between Diana and Bas, where they are role-modeling different options but are both powerful and inspirational in their movement quality. Practice this in front of the mirror and with your LES MILLS TONE teammates to ensure you are nailing a strong, "larger than life" execution of the moves. This is what is required of you to be an inspirational, physical role model. Coaching the benefits of Interval Training and getting "Fitter, Faster" can be a positive motivator for all motivational styles.



04. CARDIO

TRACK FOCUS

I want my participants to travel further in the lateral movements for an effective lift of their heart rates.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Stand, feet under hips		16	
0:08	V1 / Ride	4x8	A	Skater L&R. <i>Skater Swing</i>	4	8x
0:24	C / Bomb bomb	4x8	A ¹	Propulsion Skater L&R. <i>Skater Swing</i> ↓ Option: No Propulsion, bigger ROM	4	8x
0:40	V2 / Ride	2x8	A ²	Skater Combo Skater L&R. <i>Skater Swing</i> Double Skater L ⏮️ R	4 4 8	
0:48	Instr /	8x8	A ³	Speed Skater Combo Skater L&R. <i>Skater Swing</i> Double Skater L ⏮️ R ↑ Option: Bigger ROM	2 2 4	8x
1:19	V3 / Heart	6x8	A	⏮️ Skater L&R. <i>Skater Swing</i>	4	12x
1:43	C / Bomb bomb	4x8	A ¹	⏮️ Propulsion Skater L&R. <i>Skater Swing</i>	4	8x
1:59	V4 / Heart	2x8	A ²	⏮️ Skater Combo L&R	16	
2:07	Instr /	8x8	A ³	⏮️ Speed Skater Combo L&R	8	8x



04. AUDIO 2:42mins

TECHNIQUE & COACHING

A track featuring lateral movements.

SKATER

Layer 1

- Skater, side to side
- Step, bring your arms forward and back
- Push off out of your outside foot
- **Core is on, chest is lifted**
- If you want to, take up more space and slide further

Layer 2

- ↑ Option: Take a little Jump
- We are learning to move our hips in different directions
- It is so important to move our bodies laterally because in everyday life we tend to only move forward and back
- This creates more holistic hip strength and mobility
- Second round, use this as an active recovery
- In our second set we are going to focus on more athletic ability
- In sports it is important that we can change directions really fast
- This track is training exactly that... hip strength
- Make it bigger, drive from the outside of the foot
- See if you can create a little bit more length
- This is mobility for life and athletics

SKATER COMBO

Layer 1

- 1, 2, 1, 2, 3; 1, 2... double time now
- In the Reach, add a big jump
- In the Jump, **brace your core strongly**

Layer 2

- When you Reach you have to be strong here
- Land soft

SPEED SKATER COMBO

Layer 1

- 1, 2, 1, 2, 3; 1, 2, 1, 2, 3
- You can stay low and just shuffle, working on your agility and mobility
- Or, if you want to, try to go further
- **Keep your core braced**
- **Knees pressing out**
- **Landings soft**

Layer 2

- Feet on the floor or jump into your leap
- Push it, whatever you are doing

ESSENCE TIPS

This is a super-short, inspirational track with Lateral Training focused movements. Much of your daily movement is performed in a linear plane, meaning that you are going forward or backward. While going forward fast is essential for athletic performance and functional movement, so is the ability to change directions efficiently and safely. Lateral training helps you develop this skill. The benefits are injury prevention, muscular balance, mobility and efficiency and speed in sports and athletic-focused group exercise classes. Tap into the music and consider the impact you can create using your voice One way is to use a positive, driving tone as the tempo rises and lateral movement progresses. It will be a sure hit to kick up the physical intensity for everyone, as well as the feel and connection to this musical piece and to you!



05. CARDIO

TRACK FOCUS

I want my participants to feel breathless by the end of this track.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8	Continue Jogging/Bouncing/Marching. Explain this is Cardio Peak and they will be performing rounds of exercise as fast as they can to get breathless	32	
0:12	Instr /	12x8	👁️ Option A and get class moving. As they perform Option A, 👁️ Option B Explain they can choose either the standing option or the floor option	96	
		A	Fighting Knee/Ball Slam 2x Fighting Knee L&R. <i>Pull hands across knee to hip</i> Stand. <i>Reach O/H and Slam "Ball" down</i>	8	8
		B	Burpee/Ball Slam Squat, jump B to Plank Jump in to Squat, stand Stand. <i>Reach O/H and Slam "Ball" down</i>	4	4
0:47	Instr / (Beat)	8x8	A or B Round 1 – 20 seconds to do as many reps as they can	64	
1:11	(Trumpets)	4x8	Recover	32	
1:23	(Trumpets)	12x8	👁️ Round 2 Options and get class moving		
		C	Starburst/Calf Raise Starburst L Leg Lift. <i>High "V"</i> Calf Raise. <i>Reach O/H</i> Starburst R Leg Lift. <i>High "V"</i> Calf Raise. <i>Reach O/H</i> ⬆️ Option: Air Jack/Calf Raise ⬆️ Option: Air Jack/Tuck Jump. <i>Double Punch F</i>	4	4
1:58	Instr / (Beat)	8x8	C Round 2 – 20 seconds to do as many reps as they can	64	
2:22	(Quieter)	4x8	Recover	32	
2:34	(Quieter)	12x8	👁️ Round 3 Options and get class moving	160	
		A	Fighting Knee/Ball Slam		
		B ¹	Burpee/War Hammer Squat, Jump B to Plank Jump in to Squat, stand Jump, Heels up at B. <i>Reach O/H and Slam "Hammer" down</i>	4	4
3:33	(Beat)	8x8	A or B ¹ Round 3 – 20 seconds to do as many reps as they can	64	
3:57	(Trumpets)	4x8	Recover	32	
4:09	Instr /	12x8	👁️ Round 4 Options and get class moving	96	
		C	Starburst/Calf Raise ⬆️ Option: Air Jack/Calf Raise ⬆️ Option: Air Jack/Tuck Jump		
4:44	(Trumpets)	8x8	C Round 4 – 20 seconds to do as many reps as they can	64	
5:08	Outro /	8x8	Recover Collect plates and/or band	64	



05. GET IT GET IT 5:35mins

TECHNIQUE & COACHING

Cardio Peak, four rounds with 20 seconds on the clock and you want to get breathless.

FIGHTING KNEE/BALL SLAM

Layer 1

- Standing option is 4 knees, big knees and then reach up and big Ball Slam
- Start there, or join in for floor work

BURPEE/BALL SLAM

Layer 1

- Squat, Plank, Squat, big reach, Ball Slam
- Squat, Plank, Squat, big reach
- In the Squat, hips back and down, chest up
- **Brace your core in the Plank**
- 20 seconds coming, your pace as hard as you can go

Layer 2

- If you are jumping, make sure that you land softly
- Wherever you are, work as hard as you can
- Brace your core in the Plank and it is more important the more we fatigue
- Land in a Squat
- ⬆ Option: One Burpee and one War Hammer
- Squeeze the back of your body if you are jumping
- Especially your glutes and land soft

STARBURST/CALF RAISE

Layer 1

- Next sequence, Starburst and a lift
- Other leg and lift
- The leg lifts laterally, keeping your hips square
- Final set, we are back here for active recovery
- Lift, lift higher, lift, lift higher

Layer 2

- ⬆ Option: If you want to one up, Double Starburst, with a lift
- You can always come back to single leg Starburst whenever you need to
- ⬆ Option: If you want to go full on, you've got Double Starburst and a Tuck Jump
- It can be Single Leg Starburst with a Tuck Jump
- We've got 20 seconds, get breathless!
- Keep your postural muscles really engaged, core on

ESSENCE TIPS

4 cardiovascular blocks for an incredibly challenging cardiovascular peak and a boost of metabolism. Each round is set up with clarity and a gradual progression with a 20 seconds blast of a full out intensity. Coach the Fighting Knee, Ball Slam, Starburst/Calf Raise and War Hammer with power and athleticism that will drive participants to achieve maximal HIIT benefits. Pre-cue the 20-second blast of intensity and ensure everyone is working at their maximum whether they are low/high impact or a slower/faster speed. There is plenty of active recovery to catch a breath in-between before you go hard again! Your coaching style and attitude is a key defining factor in coaching people to go further than they thought they could. Motivating, driving and laying down personal challenges is our role as a coach in the Layer 3 Coaching Model. Celebrate together at the completion of this track! Personal satisfaction and camaraderie are key factors for class retention and connection building.



06. CARDIO / STRENGTH

TRACK FOCUS

I want my participants to experience control and stability while executing the Circular Squat and Knee Lift and the Calf Raise Bounce sequence.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set feet wide in Squat position <i>Weight plate in each hand, in front of shoulders, palms face F</i>	16	
0:08	V1 / _ Babe	8x8 A	Circular Squat L&R	16	4x
0:39	PC / Body	4x8 A ¹	Circular Squat/Single Knee Lift L&R	16	2x
0:55	C / Body	8x8 A ²	Circular Squat/Double Knee Lift L&R	16	4x
1:26	Br / (Instr)	1x8	Stand feet under hips. <i>Plates down at sides</i> Next move on last 4cts	8	
1:30	V2 / _ Babe	2x8 B	Calf Raise Bounce. <i>Plates down by sides</i> ⬆ Option: Small Straight Jump	1	16x
1:38	V2 / Yeah	16x8 B ¹	Calf Raise Bounce Combo <i>Alternating Bicep Curl R&L</i> <i>Double Side Raise</i> <i>Double O/H Press</i> ⬆ Option: Small Straight Jump	2 2 2	2 2/3x 8x 8x 8x



06. BODY 2:43mins

TECHNIQUE & COACHING

CIRCULAR SQUAT

Layer 1

- We start with a Circular Squat so feet really wide, sit deep
- Circle the body around and back
- **Core is braced and it is like you are wearing a corset**
- The only things that are moving are your hips and knees
- **Squeeze glutes, chest is lifted and postural muscles on**

Layer 2

- This creates more incredible mobility and strength through our lower body, especially our hips

CIRCULAR SQUAT/KNEE LIFT

Layer 1

- Circle and add one Knee
- Circle and a Knee
- **Keep the knees pressing out**
- When you Knee Lift, put it back down in the same place

Layer 2

- Two Knees
- Circle and Knee, Knee, Circle, Knee, Knee
- Feel the twist in your body as the Obliques hook into the workout
- You should feel it in the side of your core, keep it braced

CALF RAISE BOUNCE

Layer 1

- Let's just bounce, just on the balls of your feet
- If you want to, you can lift off
- **Bracing your core from the base up**

CALF RAISE BOUNCE COMBO

Layer 1

- Single arm Bicep Curls
- 8 more
- Side Raise for 8, 7, 6, 5...
- We are going overhead now
- Press for 8... 4 more
- Back to Bicep Curls, single arms, 16, 15,
- Land softly
- Side Raise time, let's go 8
- Ensure the plates and your elbows are staying below the shoulders and core is on
- Overhead, up, down
- Bring plates down to about eye level

Layer 2

- Squeeze your postural muscles

ESSENCE TIPS

Super short effective track with the benefits of wonderful mobility and strength, especially in our hips in the focus of the Circular Squat. The addition of the resistance with the plates while moving adds the benefit of elevating the heart rate, making it a perfect combination of strength and cardio. The circle and the knee works the obliques in the Knee Lifts, adding in a core strength component. Reinforce the need to keep the knees pressing out in the Squat for stability and to keep the abdominal tight. Also, include Layer 2 coaching stability cues of bracing the abdominals tightly to support the lower back, especially reinforcing the need to everyone about moving with control for strong effective movement quality. The Bounce/Calf Raise combination with the Bicep Curls, Side Raises and Overhead Presses are super fun and paired with the uplifting song, they are sure to bring smiles to your class.



07. CARDIO / STRENGTH

TRACK FOCUS

I want my participants to see and hear me expertly role-model and coach all options for them to build strength.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8	Face L diagonal with feet wide in Squat position Weight plate in each hand, in front of shoulders, palms face B	32	
0:15	Instr / Ah ah	6x8 A	Corner Triple Pulse Squat L&R. <i>Plates at shoulders, palms face B</i>	16	3x
0:37	(Chant) Hmm yeah	10x8 A ¹	Corner Triple Pulse Squat L&R. <i>Bicep Curl with Triple Rear Arm Extension</i> ↓ Option: Squat deeper	16	5x
1:14	V1 / _ Tonight	2x8 B	Side Knee Lift L&R. <i>Plates at shoulders, palms face F</i> Stay here for Standing Option Plates down for Floor Option	4	4x
1:21	V1 / _ Feelin'	8x8 C	Corner Frog Squat L&R Crouch, knees under hips, <i>Hands under shoulders</i> Jump feet F to deep diagonal Squat, L foot outside L hand. <i>Hands under shoulders</i> Jump B to Crouch. <i>Hands under shoulders</i> ⏮️ R ↑ Option: Faster timing ↓ Option: Side Knee Lift	2 2 4 8	4x
1:51	C / Wave	2x8 B ¹	Side Knee Lift/Calf Raise Side Knee Lift L&R. <i>Plates at shoulders</i> Calf Raise. <i>Double O/H Press</i> Stay here for Standing Option ↑ Option: Straight Jump. <i>Double O/H Press</i> Plates down for Floor Option	4 4	
1:58	V2 / _ The industry	14x8 C ¹	Corner Frog Squat with Stand L&R Crouch Jump F to Frog Squat L Stand Frog Squat down Jump B to Crouch ↑ Option: Stand and Jump ↑ Option: Explosive Frog Squat Jump Up	2 2 2 2 2	
2:50	(Chant) _ Ay ay	2x8	Recover. Pick up weight plates	16	
2:57	(Chant) _ Ay ay	6x8 A ¹	⏮️ Corner Triple Pulse Squat L&R. <i>Bicep Curl with Triple Rear Arm Extension</i>	16	3x
3:19	C / Wave	10x8 A ²	Corner Double Pulse Squat L&R. <i>Bicep Curl with Double Rear Arm Extension</i> ↑ Option: Jump to switch sides	8	10x



07. SURFIN' 3:59mins

TECHNIQUE & COACHING

CORNER TRIPLE PULSE SQUAT

Layer 1

- Triple Squat, 3, 2, 1, step in, step back
- 3, 2, 1 step, step, 3, 2, 1, step, step
- Forward and back
- **Hips down, chest up, abs braced hard**
- We add arms going back and down
- 3, 2, 1, up and down
- So arms straighten, knuckles face back

Layer 2

- Actively pull the shoulders back every time you Squat
- This is helping our posture by training the whole back side of the body
- It adds the posterior chain work
- ⬆ Option: If you want to intensify, drop a little deeper
- ⬆ Option: Cut it in half, 1, 2, change sides, 1, 2, change sides
- You can step the change or jump to change sides
- Try point your toes if you are jumping
- Full lower body engagement

CORNER FROG SQUAT

Layer 1

- If you want floor work we are going to set hands under shoulders, knees under hips
- Jump forward into deep Squat, butt to knee height
- Deep Squat, jump back, deep Squat, jump back
- So we are jumping to the outside of our hand
- **Keeping chest lifted and abs braced**
- You can do this at your own time

CORNER TRIPLE PULSE SQUAT WITH STAND

Layer 1

- Floor work is like this
- Jump in, stand up, down, jump back, jump in, stand up, down, jump back
- **When we stand up our chest is lifted our core is braced**

Layer 2

- Floor work has jumping too, make sure to land soft
- Land soft by bending your knees
- Now try to react fast, jump in, up, jump in up, up fast

SIDE KNEE LIFT

Layer 1

- If you are standing today, 1, 2, 1, 2, knee and elbow together
- Crunch the side of your body

SIDE KNEE LIFT/CALF RAISE

Layer 1

- If you are standing, add a Press
- Right knee, left knee, rise and Press

Layer 2

- ⬆ Option: If you are standing maybe you can add a small Jump

ESSENCE TIPS

2 key moves are featured in this track that can have a distinct focus on cardio, strength, or a blend of both. The Corner Frog Squat with plate dials up the muscular intensity and opportunity to lift the heart rate. Add in the Side Knee Lift and the target and focus shifts to the obliques, the rotational muscles of the core. Take time to clearly set the deep Squat, jump back and jump in adding in standing and or standing jumps. The addition of the Shoulder Press and optional Jump in the Side Knee Lift sequence adds a burst of cardio intensely for the standing option. The benefits include the posterior pull back using the plates which fire up the shoulder girdle stabilizers and the thoracic spine prime muscle movers. The multi-directional change of the Surfer challenges coordination and trains the body to move in varied planes of movement for functional training and athletic performance. The music has a catchy beat and feel that blends well with the moves. (Choreo tip, set up for Squat and move right as the "on the Aaaah kick in" and you'll hit the 3 reps :))



08. STRENGTH

TRACK FOCUS

I want my participants drop into an internal feel as they challenge themselves through each block of work.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8	Explain there will be 90 seconds to work one of two sequence options as hard as they want <i>Pick up and stack two weight plates.</i> Demonstrate the first two options – one standing, one going to the floor	32	
0:18	Instr / (Beat)	4x8 A	O/H Tricep Extension/Squat with Rotation Stand, feet wide. <i>O/H Tricep Extension, plates lower to chest height</i> Squat down and hold. <i>Plates press down, lift to chest height with arms straight</i> Hold Squat. <i>Rotate plates L, then R</i> Stay here for Standing Option	32	
0:34	(Beat)	4x8 B	O/H Tricep Extension/Burpee with Pushup Stand, feet wide, <i>O/H Tricep Extension, lower plates to floor</i> Jump B to Plank. <i>Hands under shoulders</i> Pushup. <i>Hands under shoulders</i> Jump F. <i>Pick up plates</i> Stand. <i>Plates lift to O/H</i>	32	
0:50	Ref / _ Can't you say	20x8 A or B	90 seconds to do as many reps of either A or B	160	
2:26	Ref / _ Can't you say	2x8	Set up next move Set L leg B to Lunge Both weight plates in L hand	16	
2:34	Ref / _ Can't you say	22x8	7 Pulse Lunge R&L (L leg B first) <i>Weight plates in L hand, then R hand</i> Hold plates together, chest height last rep	32	5½x
4:02	Outro	6x8	Back-Stepping Flight Lunge R&L (L leg steps B first) Step B L. <i>Curl plates down</i> Rear Leg Lift L. <i>Forward Raise, chest height</i> Tap down. <i>Lower plates</i> Step F. <i>Curl plates up</i>  L	2 2 2 2 8	3x



08. GHOST VOICES 4:27mins

TECHNIQUE & COACHING

OVERHEAD TRICEP EXTENSION/SQUAT WITH ROTATION

Layer 1

- Standing option, one Tricep Extension, Squat, stay in the Squat, twist right, twist left
- Tricep Extension, plates press down, stay in the Squat, twist right, twist left
- In the Squat keep pressing your knees out
- In the twist keep your hips square and rotate from the centre of your chest

Layer 2

- We are just going to train now for 45 seconds
- Your workout, your timing
- Whenever you feel like switching it up, switch it up

OVERHEAD TRICEP EXTENSION/BURPEE WITH PUSHUP

Layer 1

- Stay standing or come down for ground work
- One Tricep Extension, plates to the floor, jump back Burpee, one Pushup, jump back up
- One Tricep Extension, plates down with chest up, Pushup on your knees or toes, chest to elbow height
- In the Tricep Extension keep your chest up, shoulders down
- Isolate the back of the arms

7-PULSE LUNGE

Layer 1

- Take your plates in your right hand
- Right leg back to Lunge
- Pulse down for 7, 6, 5, 4
- **Press your front knee out**
- Drop your back knee down to 90 degrees
- Step in and switch, 7, 6, 5
- **Brace the core, lift the chest**

Layer 2

- Draw your hip bones in and together
- Go internal, just count 7
- Squeezing the back of your body and breathing
- Powerhouse is on
- Squeeze your glutes really tight
- This is what we are most interested in working, the glutes, the powerhouse for your whole body

BACK-STEPPING FLIGHT LUNGE

Layer 1

- Flight Lunge
- Lunge back, lift and in
- You can take your own timing in this move or stay on the beat
- Square your hips to the floor
- Breathe and work that posterior chain
- ⬇ Option: You can drop the plates if you feel unstable
- Or, look to the floor a metre in front of you

Layer 2

- We are working our stabilisers, supporting those venerable joints
- Becoming stronger athletes

ESSENCE TIPS

90-second blocks of work with goal of working the combo however your participants choose and as hard as they can. Each block provides options for intelligent functional training. The standing Tricep Extension with the plates down and rotation is controlled and precise. The Tricep Extension with a Burpee/Push Up adds dynamic movement and a lift in the heart rate. Simplicity of the Lunge block absolutely fires up the glutes and quadriceps, whether using the plates or body weight. The Back-Stepping Flight Lunge with deep work in the core stabilizers which includes the postural muscles of the back and glutes. To guide your participants to an internal focus, create plenty of space and silence in your coaching cues. Keep it simple with clear, non-cluttered Layer 1 cues and reinforce stability, control, muscular feel and benefits in Layer 2. Quiet confidence in your coaching delivery, creating more space and silence layered between a smooth primarily instrumental musical piece enhances individuals dialing into their personal training zone.



09. STRENGTH

TRACK FOCUS

I want my participants to feel the muscular fire in their entire posterior chain through controlled and isolated movements.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	Keep weight plates and collect band for optional added resistance Wrap band above knees from front to back and bring handles to front again Handle A goes through handle B, then handle B goes through handle A to lock band in place			
0:21	C / _ Cion mami	4x8	Feet outside hip width, knees slightly bent. Keep tension on band by pressing knees out slightly <i>Weight plate in each hand, in front of shoulders, palms face F</i>	32	
0:34	C / _ Cion mami	4x8 A	4x Rear Leg Extension L&R. <i>Plates at shoulder height</i>	32	
0:45	Ref / Con mi bombon	4x8 A ¹	Double Rear Leg Extension L&R	16	2x
0:58	Instr /	4x8 A ²	Alternating Rear Leg Extension with Squat L&R	8	4x
1:09	Instr /	4x8 A ³	 Alternating Rear Leg Extension with Squat L&R. <i>Diagonal Rear Arm Extension, elbows bent</i> ↓ Option: No armline	8	4x
1:21	V1 / _ Cuando ando	8x8 A	 4x Rear Leg Extension L&R	32	2x
1:45	C / _ Cion mami	8x8 A ¹	 Double Rear Leg Extension L&R	16	4x
2:09	Instr /	8x8 A ³	 Alternating Rear Leg Extension with Squat L&R. <i>Diagonal Rear Arm Extension, elbows bent</i> ↓ Option: No armline	8	8x
2:33	V2 / _ Cuando ando	8x8 B	Triple Pulse Deadlift. <i>Plates to knee level</i>	8	8x
2:57	C / _ Cion mami	4x8 B ¹	Single Deadlift. <i>Plates to knee level</i>	4	8x
3:09	Ref / Con mi bombon	4x8 C	Slow Alternating Single Leg Squat R&L (L leg lifts first, then R). <i>90° Arms</i> Shift body weight onto R leg, L leg extends B. <i>Both plates down</i> Single Leg Squat. <i>L arm down, R arm 90° to side</i>  to L	4 4 8	2x
3:21	Instr /	8x8 C ¹	Alternating Single Leg Squat R&L. <i>90° Arms</i> ↑ Option: Extend side arm B	8	8x
3:45	Outro /	4x8 B	 Triple Pulse Deadlift	8	4x



09. LOOK AT THAT BUTT 4:03mins

TECHNIQUE & COACHING

4x REAR LEG EXTENSION

Layer 1

- Sit in a semi-Squat and press the knees out against the band
- Maintain that tension the entire time
- Leg Lift 4, 3, 2, 1 and switch
- **Keep pressing your knee out, it is integral for knee safety**

Layer 2

- Reset your hips to the front
- Press the knee out
- The leg goes back on a diagonal because then you are working the side glut and Glut Max
- Just keep pressing the knee out and core on

DOUBLE REAR LEG EXTENSION

Layer 1

- Cut it in half
- 2, 1, switch, 2, 1, and switch

Layer 2

- Feel that down the backs of your legs and your glutes

ALTERNATING REAR LEG EXTENSION

Layer 1

- Single with a full Squat
- Lift and Squat, lift and Squat
- Straighten the leg and feel that glut really engage
- Armline, lift, open, lift, open
- Wide, because it works the posterior chain even more

Layer 2

- Add arms whenever you want and squeeze the shoulder blades together
- Full posterior chain activation
- Core stays on and breathe into the pain

TRIPLE PULSE DEADLIFT

Layer 1

- Triple Deadlift , 3, 2, 1, stand, 3, 2, 1, stand
- **Keep pressing knees out**
- **Keep chest lifted and abs braced so your back is long and straight**
- Sit your hips back

SINGLE DEADLIFT

Layer 1

- Single Deadlift, down, up, down, up
- Use the glutes to stand

ALTERNATING SINGLE LEG SQUAT

Layer 1

- Single Leg Squat
- Move slowly into the single Squat position, switch to the other side
- It's a little like the Flight Lunge but with extra balance challenge

Layer 2

- Faster, lift, lift
- Squeeze that glut as hard as you can
- Squeeze all the muscles in the back to work the posterior chain again
- Keep hips and shoulders square to the floor
- Knees pressing out

ESSENCE TIPS

This track is all about strengthening and toning the entire back chain of the body. Create the time for clear, effective band set-up, it's worth the 30 seconds to ensure everyone is set-up for success. Add in the plates for additional load and enjoy the posterior chain blast! The moves are phenomenal. Add a leg lift to the Back-Stepping Flight Lunge for an additional balance challenge and the Deadlift to zone into the hamstring muscles.

Put on your educator cap and focus on coaching Layer 2 cues of effective and safe movement patterns. The use of frequent postural cues of a lifted chest for a long spine, abs braced hard for lower back support, maintaining tension on the band and knees pressing out to maintain the glutes firing are key cues for stabilization and control of movement. Benefit-based coaching includes the use of full posterior chain activation, balance and unique to training for a cross-training effect with multiple exercises. With a musically driving beat and challenging moves, coach with authority to have your class focused and challenged.



10. STRENGTH / CORE

TRACK FOCUS

I want my participants to maintain strong stability and control the new move Stick Insect.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Collect mats, keep weight plates Set feet under hips <i>Weight plate in each hand, in front of hips</i>	32	
0:15	Instr / (Snare drum)	12x8 A	Squat Step with Single Arm Snatch L&R Squat L. <i>Press L plate down F of hips</i> Step Touch, R foot to L. <i>L arm F to O/H</i> Squat R. <i>Press R plate down F of hips as L arm lowers behind hips</i> Step Touch L foot to R. <i>R arm F to O/H as L arm lowers behind hips</i>  <i>Slow Jumping Jack</i>	2 2 2 2	12x
1:01	C / I...I...love	4x8 A ¹	Slow Jumping Jack with Single Arm Snatch L&R ↓ Option: Squat Step with Single Arm Snatch	8	4x
1:16	Instr / (Beat)	8x8 A ²	Slow Jumping Jack with Double Arm Snatch. <i>Both plates lift O/H and then down in front of hips</i> ↓ Option: Squat Step with Single or Double Arm Snatch	4	16x
1:46	V1 / S..s..s.. weet	4x8	Put plates down Sit, facing L side, knees bent, hands behind hips. Hands turn out, resting on fingertips	32	
2:02	QC / Love sensation	4x8 B	Slow Stick Insect R&L (front leg first)	16	2x
2:17	C / Love sensation	4x8 B ¹	Explosive Stick Insect R&L Lift R leg to hip height Hold hips high, body horizontal Slowly lower  L ↑ Option: Lift onto ball of supporting foot	1 3 4 8	2x
2:32	Instr / (Beat)	8x8 B ²	Fast Stick Insect ↑ Option: Swing hips B between arms as leg lowers	4	16x
3:03	Outro /	8x8	Sit and circle wrists in both directions. Roll and release shoulders	64	



10. SENSATIONAL (ZONDERLING REMIX) 3:35mins

TECHNIQUE & COACHING

SQUAT STEP WITH SINGLE ARM SNATCH

Layer 1

- We start with a move we've seen before but this time it is weighted
- Lateral Squat Step with a Snatch
- Squat, Snatch, Squat, Snatch
- Hips go back and down
- The arm is straight as we lift the plate up and keep it in front of your body at all times
- You can always see it out of your peripheral vision
- When we Squat, hips go back and down, chest stays lifted

SLOW JUMPING JACK WITH SINGLE ARM SNATCH

Layer 1

- If you want a little bit more, start jumping into the Squat
- ⬆ Option: You can even do this with two plates at the same time
- Try if you want to
- If you are using two plates, the plates are dragging you forward **so work to keep your chest lifted** when the plates are down

Layer 2

- The key in the Snatch is being explosive from the bottom up
- Try to make the plates feel weightless

STICK INSECT

Layer 1

- Put plates aside and lie side on mat side on so you can see
- New move, Stick Insect
- Hands behind hips, turn fingers out
- Squeeze between shoulder blades so you can lift your chest
- Squeeze your glut to press your hip out, and come back in
- Lift your hip high and down
- One leg and then the other
- Keep lifting the chest

Layer 2

- Now lift fast, hold, and slowly down
- Other side, lift and hold, slowly down
- This is really challenging for your shoulders so any time you need come down, circle wrists and have a rest, come back when you can get your hips really high again
- Faster, up and down, up and down
- You can also swing your hips back to take the work out of your shoulders and help you explode higher into the movement through the glut drive
- You want your body to come full horizontal
- Point the toe, squeeze the glutes

ESSENCE TIPS

The Lateral Squat and Snatch is pulled in from Track 3 Cardio, and with an altered focus of additional resistance for strength gains. Remember, that the plates always have the target of in front of the face, just forward of the shoulders. This ensures that our members who have limited flexibility in the shoulders, keep their shoulders safe in extended position. The trick for the Snatch is to be explosive in the bottom of the Squat, to try to make the plates feel weightless. The Stick Insect is an innovation for LES MILLS TONE. This is so good for the body! It works in different movement patterns that the whole body is used. Benefits include the integration of shoulders and hips for strength and mobility. Layer 2 coaching of super strong glutes and abdominal tightening for core stability ensures everyone is moving safely with control. This track is about developing the strength and mobility class after class to achieve more reps each time. This is the true measure of success for participants progressing each class, so the good vibrations are felt consistently!



11. STRENGTH / CORE

TRACK FOCUS

I want my participants to enjoy the music and the simplicity of the back to back exercises.

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro / _	3½x8	Set up in Pushup position Explain that this is a 5 minute track Ascending Core challenge and participants can work at their own pace and option	28	
0:13	Instr / (Beat)	8½x8	Demonstrate the two moves, Pushup and Triple Pulse Hip Bridge, one rep each Then explain next set is two reps each, then three and so on	68	
0:50	V1 / Stupid		Pushup/Triple Pulse Hip Bridge 1x Pushup. Toes or knees 1x Triple Pulse Hip Bridge  2x each exercise, 3x, 4x, etc. Encourage participants to stop whenever they need to and take lower options as the number of reps increases. Knees can come down for the Pushups and work slower or faster when necessary		



11. IT TAKES TWO 5:00mins

TECHNIQUE & COACHING

PUSHUP

Layer 1

- Pushup position, hands are slightly outside of shoulders
- Can start from knees if you need to, but try one on toes
- **Squeeze your legs, glutes and core hard**
- Press elbows out wide and stop shoulders at elbow height, then rise
- One Pushup!
- Ascending Ladder, we've done one of each, now two Pushups
- ↓ Option: If you're not ready for a full Pushup from your toes you could try starting on toes, coming down halfway, lowering knees and then pushing back up
- That's going to help you build the number of Pushups you can do

Layer 2

- Keep your core bracing as you Pushup
- When you are doing a Pushup you can bring your back and your core into the workout by getting your shoulder blades to wrap around as you descend and then pushing out of the back to come back up
- Whenever you need to take a break, have a stretch do what you need to do
- Or, if you have set a goal, push it now
- You can break your reps up, do 4, take a break and continue with the rest

TRIPLE PULSE HIP BRIDGE

Layer 1

- Roll onto our backs and we Triple Pulse Hip Bridge
- We squeeze the gluts as hard as we can and lift the hips up
- Two sets of Triple Pulse Hip Bridges
- 1, 2, 3, that's one rep, 1, 2, 3 that's your second rep

Layer 2

- In the Hip Bridge, brace your abs first so your lower back is towards the ground, then squeeze your gluts to lift your hips up
- Your chest is close to your chin and heels close to your butt
- The hip bridge is perfect for the posterior chain again
- Engaging all the muscles at the back of your body by lifting your hips off the ground
- Squeeze your shoulder blades together for more activation
- Incredible functional strength training

ESSENCE TIPS

Featured is an ascending ladder training track for muscular endurance with a phenomenal piece of music. It takes two basic exercises to nail this track. Coach clear set up of how the Ascending ladder track designed. Also, cue super simple, clear set up in Layer 1 coaching for Push Ups and Hip Bridges and you're good to go! Take the cue from Bas about counting the bridge with your fingers to know how many reps are completed and use Diana's tip about dropping to the knees then rising in the Push Up build strength. The rest of the track is all about coaching with connection to ensure your participants are executing the moves with control, as well as motivation to finish this track to the very end no matter how fast or slow they are going.

Have fun with the lyrics of *It Takes Two*... Two Moves to make your body feel right and dynamite!



12. CORE

TRACK FOCUS

I want my participants to feel challenged in the isolation and integration of deep and superficial abdominal muscles.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Drum)	6x8		Set up in Pushup position on toes	48	
0:21	Chant / Yahaa	8x8	A	Firefly F&B Knee F to same elbow, press hips B towards heels ⬆️ Option: Jump knee to elbow ⬆️ Option: Knees down	8	8x
0:50	Slow Chant / (Drum)	1x8		Set up Side Hover position, bottom knee down	8	
0:54	(Chant) / Wah	8x8	B	Side Crunch Top elbow towards knee ⬆️ Option: Both legs extended	4	16x
1:23	Instr /	2x8		Set up on back	16	
1:30	Instr /	10x8	C	4 Pulse C-Crunch/4x Cross Crawl <i>Fingers at temples</i>	16	5x
2:06	Chant / Yahaa	8x8	C ¹	4 Pulse C-Crunch/4x Cross Crawl <i>Reach both arms to outside heel, reach single arm to inside opposite heel</i>	16	4x
2:35	Slow Chant / (Drum)	1x8		Set up Side Hover on other side	8	
2:38	(Chant) / Wah	8x8	B	 Side Crunch Use last 8cts to set up for Firefly	4	14x
3:07	(Chant) / Wah	8x8	A	 Firefly F&B	8	8x



12. ELECTRIC POW WOW DRUM 3:39mins

TECHNIQUE & COACHING

FIREFLY

Layer 1

- Hands under shoulders, set up for Firefly
- Same knee to same elbow, same knee, same elbow
- Sit back into your movements
- You can do it from our toes
- ⬇ Option: You can do this move from your knees
- ⬆ Option: Or you can even jump into your movement

Layer 2

- In, sit back, in, sit back
- 3D core work
- Remember your choices, start from your knees, work from your toes or jump
- Try to freeze it at the top of the movement
- Just land soft if you jump

SIDE CRUNCH

Layer 1

- Roll to Side Hover
- Elbow under shoulder, lift hips off the ground
- Side Crunch
- Bring knee and elbow together
- Keep bottom hip lifted off the ground
- ⬆ Option: You can even do this from your feet

Layer 2

- Other side
- To work the move a little bit more see if you can pull the bottom hip a little bit higher
- To work the top a little bit more bring the knee and elbow closer together
- Because it is working the side of your body, it's great functional training

4-PULSE C-CRUNCH/4X CROSS CRAWL

Layer 1

- Roll onto back
- 4x pulse C-Crunch 4, 3, 2, Cross Crawl 4, 3, 2
- C-Crunch 4, 3, 2, 1 Cross Crawl
- In your C-Crunch chin to your chest
- Bring ribs to hips in the Cross Crawl, shoulder to opposite knee

Layer 2

- ⬆ Option: If you want a little bit more, reach your hands
- Inside of the heel in the Cross Crawl
- Outside of the heel in the C-Crunch
- Isolated core work, it's working

ESSENCE TIPS

3D core work is in effect to feel the burn and benefits of this core track. Isolation exercises kick it off with the integration move of the Firefly to finish it off. This one keeps rolling along with intensity. Ensure to role-model and coach all levels for everyone to stay in the game. Big heat will be found in the Pulse C-Crunch and Cross Crawl and in the underside of the body in the Side Hover. Layer 2 Manipulate Intensity cues will drive participants to work harder if they are looking for the challenge. Side Hover on the knee of outer edge of the foot with the hips remaining lifted. Knees, toes or a Jump in the Firefly.



13. CORE

TRACK FOCUS

I want my participants to move with control with a strong abdominal engagement to keep the lower back safe.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	2x8	Set up on back, knees bent and over hips. <i>Arms wide</i>	16	
0:10	V1 / _ Looks like	10x8	Reverse Bicycle B&F. <i>Arms wide</i> ⬆ Option: Bicycle faster ⬇ Option: Circle Knees higher	8	10x
0:59	Br / _ Oh I get it	2x8	Hold. Press knees together, legs extended to 45° or bent	16	
1:09	V2 / _ I went and	8x8	Leg Cross B&F leg. <i>Lift shoulders, arms extended F</i> ⬇ Option: Lift legs higher	2	32x
1:49	Br / _ They need	2¼x8	Lift legs vertical, shoulders on floor	20	
2:00	C / Been	10½x8	Leg Drop F&B. <i>Arms by sides</i>	8	10½x
2:52	Instr /	2x8 A	Hip Bridge	16	
3:02	Outro /	2x8 A¹	Hip Bridge Pulse	2	8x



13. CHUN LI 3:12mins

TECHNIQUE & COACHING

REVERSE BICYCLE

Layer 1

- Head down, lower back towards floor and arms out wide
- Reverse Bicycle
- Circle one foot in and switch
- Circle and circle
- Feel your core engage and keep pressing your lower back down towards the floor
- If lower back is lifting, take legs a little higher or reduce the range
- ⬆ Option: If you want to work harder, extend the range of movement and take legs lower

Layer 2

- ⬆ Option: If you want to, go faster, circle and circle
- Chin tucked and feel the lower abs working

LEG CROSS

Layer 1

- Knees together, extend arms out, we're going to cross our feet
- Cross, cross, cross, cross
- Knees together

Layer 2

- ⬆ Option: If you want, extend legs out
- ⬆ Option: Shoulders off the floor if you can
- Same as the Reverse Bicycle, if you want less take the legs higher, if you want more, take them lower
- Keep lower back towards the floor, brace the core, brace hard

LEG DROP

Layer 1

- Lift both legs high, we've got Leg Drops
- Drop and lift, drop and lift
- **Let your core catch the weight of the leg**
- Only come so low as you lower back can keep pressing into the floor

Layer 2

- Explosive movement
- Use your breath, out and in
- Draw up from the base of your core
- This is pelvic floor training
- Lower the range if you need to or just make the movement less explosive

HIP BRIDGE

Layer 1

- Lift hips high
- Stay here and pulse to the end
- Up, down, up, down

ESSENCE TIPS

Lower abdominal focus in effect. The Reverse Bicycle is about a set up that is slow and controlled with a smooth, sleek quality of movement. Leg Drops require more power in the drop phase and once again a strong abdominal tightening. Always reminding participants to vary their options to keep the back safe. In the Reverse Bicycle and cross feet, keeping the leg slightly higher minimizes the low back from lifting. In the Leg Drop,s keeping the range higher or movement less explosive. Several reminders of abs braced down will benefit your participants in each of the moves. Vocally consider riding the wave of the music without overpowering it to create impact and match the musical feel.



14. CORE

TRACK FOCUS

I want my participants to understand how to properly execute Camel Pose.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Plank Position on knees or toes	32	
0:16	V1 / _ So I got	8x8 A	Slow Yoga Sequence Crocodile, on knees or toes Up Dog Down Dog Roll F to Plank	16 16 16 16	
0:47	Bup / _ Why?	4x8 A ¹	Yoga Sequence	32	
1:03	C / _ Stooped down	4x8 B	Mountain Climber F&B ↓ Option: Slow legs	2	16x
1:19	C / _ Strapped down	4x8 C	Prone Jack ↓ Option: Tap foot out and in F, B	2	16x
1:34	V2 / _ I got some	4x8 D	Camel. HOH	32	
1:50	V3 / _ I know my	4x8 D ¹	Camel Single arm reach O/H Swap to F arm ↑ Option: Opposite arm reaches to heel	16 16	
2:06	Instr /	4x8 D ²	Camel. Double arm reach to heels	32	
2:21	C / _ Strapped down	12x8 A ¹	 Yoga Sequence	32	3x
3:09	C / _ Stooped down	4x8 B	 Mountain Climber F&B	2	16x
3:24	C / _ Strapped down	4x8 C	 Prone Jack	2	16
3:40	Outro /	4x8 A ¹	 Yoga Sequence Hold Down Dog to finish	32	



14. BEGGIN' FOR THREAD (GRYFFIN & HOTEL GARUDA REMIX) 4:03mins

TECHNIQUE & COACHING

SLOW YOGA SEQUENCE

Layer 1

- Come to a Plank
- Wrists under shoulders, legs are straight or on your knees
- A slow Yoga sequence
- **Brace the core**
- From Plank, lower down Crocodile, **squeeze the shoulder blades**, lie down on the floor
- Press through the palms, **squeeze shoulder blades, squeeze glutes** and lift to Up Dog
- Tuck toes, lift the hips high, and come back to Down Dog
- Rolling forward, come back to Plank

Layer 2

- Same sequence, a little faster
- Down to Croc, Up Dog, Down Dog and Plank
- Roll through it

MOUNTAIN CLIMBER

Layer 1

- Mountain Climbers, in, in, in, in
- **↓** Option: Slow your Mountain Climber down

Layer 2

- Let's go again, 1, 2, 1, 2
- Last set for core training so pull those knees close to your chest
- Slow down if you have to

PRONE JACK

Layer 1

- Jump your feet out and in
- **Keep your chest lifted, keep your abs braced**
- **↓** Option: Side Tap
- Try to keep your hips still

Layer 2

- Hips as still as possible
- Tap if you want to

CAMEL

Layer 1

- Come onto knees, Camel
- Sit up, support your lower back with your hands
- Really squeeze your glutes
- Hips come forward, chest lifts, tuck your chin, breathe in

Layer 2

- **↑** Option: If you are flexible, reach up
- You can even reach towards your heel
- Switch sides
- **↑** Option: If you want even more, reach towards both heels
- Keep glutes squeezed tight
- Long deep breaths

ESSENCE TIPS

This track has phenomenal contrast with a smooth, fluid yoga sequence and an athletic component of Mountain Climbers. For those who are unfamiliar with Yoga, always be sure to be very clear on Layer 1 Set-Up of Body Part and Direction. Never assume your participants know how to do a move. The sequence progress is a little faster and it's a wonderful way to develop flexibility and take a moment to slow down before the Mountain Climbers hit. Camel is a new move to LES MILLS TONE. Set up Layer 1 clearly, ensuring the glutes are squeezed for stability. Camel is a wonderful opening for the front of the body and strengthening for the back of the body. Quiet confidence in your participants can be achieved by aligning your voice to allow your participants to feel more internal in the Yoga Sequence and direct, guiding and motivating in the Mountain Climber and Camel.



15. 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 /	2x8	Childs Pose , facing R side	16	
0:12	V1 / _ If tomorrow is	2x8 A	Kneeling Hip Flexor Stretch L. <i>R hand on thigh</i>	16	
0:24	V1 / _ And the lord	2½x8 B	Kneeling Hip Flexor Stretch R. <i>Hands on thigh or floor</i>	20	
0:38	V2 / _ If I wake up	2x8 A	 Kneeling Hip Flexor Stretch R	16	
0:50	V2 / _ And I feel	3x8 B	 Kneeling Hip Flexor Stretch L	24	
1:07	C / Your love	4½x8 C	Swan Pose R ↓ Option: 90/90 Stretch	36	
1:33	Ref / _ Clap your hands	5½x8 C	 Swan Pose L	44	
2:06	V3 / _ As the years	1x8	Down Dog. Walk feet to hands	8	
2:12	V3 / _ We stay	3½x8	Forward Fold	28	
2:32	C / Your love	1x8 D	Roll up to Extended Mountain Pose	8	
2:38	C / _ And it would take	1x8 D¹	Baby Back Bend Congratulate your class!	8	



15. MY LOVE IS YOUR LOVE 4:22mins

TECHNIQUE & COACHING

BABY BACK BEND

CHILDS POSE

Layer 1

- Bring your knees down and wide
- Sit your hips back to Childs Pose

KNEELING HIP FLEXOR STRETCH

Layer 1

- Step back leg between hands and lunge through
- Feel the stretch through the front of your back hip
- Other side, drop the hips down

ESSENCE TIPS

Express joy and an absolute feel-good attitude with celebrating the completion of a well-rounded work out together!

KNEELING HAMSTRING STRETCH

Layer 1

- Hips come back, lift the toes
- Feel the stretch in your hamstring and calf
- Hips back, stretching it out creates long, lean muscles

SWAN

Layer 1

- 90/90 or Swan
- Bring your knee forward
- ⬇ Option: 90/90 roll your hip down
- Swan, extend your leg and stretch the gluts even more
- Other side
- We need this stretch after this workout

DOWN DOG

Layer 1

- Come to Down Dog
- Walk feet to hands

FORWARD FOLD

Layer 1

- Let your chest rest down over your thighs
- **Draw your belly button into your spine**
- Let your head hang
- Start to straighten your legs and feel the beautiful stretch up the backs of them

EXTENDED MOUNTAIN

Layer 1

- **Bend knees**
- Rolling up through spine to Extended Mountain



WE ARE THE LES MILLS TRIBE

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

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

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

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

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

OUR DECLARATION OF INTENT

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

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

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

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

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

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

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

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

