

LES MILLS TONE

09

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MUSIC

- 1A

Here With Me (2:41)

Marshmello feat. CHVRCHES

Courtesy of the Universal Music Group.
Written by: Mac, Mayberry, Cook, Doherty, Comstock
- 1B

Don't Call Me Up (2:58)

Mabel

Courtesy of the Universal Music Group.
Written by: Purcell, McVey, Mac
- 02

Post Malone (2:54)

Sam Feldt feat. RANI

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Written by: Hilversum, Kröper, Fetelle, Renders, Lyttle
- 03

Because We Can (3:27)

Fatboy Slim

Courtesy of the Universal Music Group.
Written by: Cook
- 04

Higher Love (3:47)

Kygo & Whitney Houston

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Written by: Jennings, Winwood
- 05

Piece Of Your Heart (2:33)

Meduza & Goodboys

Courtesy of the Universal Music Group.
Written by: Cross, Giani, Grimmett, Vitale, Manning, De Gregorio
- 06

UNSTATUS QUO (2:54)

DUCKWRTH

Courtesy of the Universal Music Group.
Written by: Voccia, Brown, Mims, Wesley, Lee
- 07

Freedom (2:42)

Pharrell Williams

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Written by: Williams
- 08

Tambulaya (3:46)

Over And Above

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Written by: Domingues
- 09

Come On Over (5:26)

DJ Shub feat. Northern Cree Singers

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Written by: Shub, Yellowbird
- 10

Tough Love (3:11)

Avicii feat. Agnes & Vargas & Lagola

Courtesy of the Universal Music Group.
Written by: Bergling, Alverus, Al Fakir, Pontare
- 11

OMG (2:34)

Hidden Gem

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Written by: Darko, Tembo
- 12

Good Times Roll (3:56)

GRiZ & Big Gigantic

© 2015 All Good Records.
Written by: Lalli, Kwiecinski
- 13

Apata Palace (4:14)

Valaire feat. Kahli Abdu & Pierre Kwenders

© 2016 Indica Records.
Written by: Abdu, Deziel, Drouin, Harbec, Hebert, Modabi, Phaneuf
- 14

To Life (3:02)

Ansolo feat. Too Many Zooz

Courtesy of the Universal Music Group.
Written by: Elgort, Muirhead, Parks, Pellegrino
- 15

Fuego (3:14)

DJ Snake, Sean Paul & Anitta feat. Tainy

Courtesy of the Universal Music Group.
Written by: Grigahcine, Sabath, Mas
- 16

Sister (3:24)

K.Fløy

Courtesy of the Universal Music Group.
Written by: Flaherty, Harris, Little
- 17

Invocation (2:14)

Common

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Written by: Lynn, Wilson



L-R: Diana Archer Mills, Khiran Huston, Erin Maw

TONE 09 is 'so fine'! LES MILLS TONE continues to provide for all fitness levels with Cardio, Strength and Core work that is energizing, innovative and intelligent. The shorter tracks, continued variety of exercises and phenomenal feel in music and moves are sure to please all and give you the freedom to design the type of class to suit your participants demographics. LES MILLS TONE 09 is about experimenting with different training concepts to ensure everyone gets the best results from their workout.

There are multiple key take aways from LES MILLS TONE 09 including the use of isometric holds, the benefits of steady-state training for baseline fitness and then cardio peaks to raise our baseline, and the continuation of moving between tracks in the cardio block to encourage cardiovascular benefits.

The workout kicks off with *Don't Call Me Up* and *Post Malone* to get everyone warm. *Because We Can* is a class favourite; everyone wants to can can! Track 9's *Come On Over* Cardio / Strength track with the Heel Lifted Squat with Chest Press is a highlight and Track 14's Core track has the amazing feels of Thoracic Twist with a Figure 8 and the return of the hot Halo/Woodchop.

A super fun interactive Core track is provided to enhance the smile factor amongst your class. Always keep in mind, you have the choice to coach plates and bands as options or choose to mix it up. For example, use bands for a few classes and then plates. The switch-up can be a way to keep your classes physically and mentally fresh for your participants. LES MILLS TONE 09 is intelligent in design with plenty of innovations for a cross-training effect for 'fit for life' longevity. Let's dive in.

CREDITS

- Choreography** – Diana Archer Mills
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Directors** – Kylie Gates and Les Mills Jnr.
- Technical Consultants** – Bryce Hastings and Andrew Newmarch
- Program Coach** – Kylie Gates
- Production Coordinator** – Hannah Moselen

PRESENTERS

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

Khiran Huston (New Zealand) is a LES MILLS TONE, LES MILLS SPRINT and LES MILLS THE TRIP Trainer/Presenter, an RPM Trainer, a BODYPUMP Presenter/Instructor, and a LES MILLS GRIT Coach/Presenter. She is based in Auckland.

Erin Maw (New Zealand) is a LES MILLS TONE, BODYCOMBAT, BODYJAM, LES MILLS BARRE, LES MILLS GRIT Trainer/Presenter, a CXWORX Presenter/Instructor, and a BODYPUMP Instructor. She is a Marketing Co-ordinator at Les Mills International in Auckland and is also a Les Mills Ambassador for BODYCOMBAT, BODYJAM and LES MILLS GRIT.



FORMATS

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!

45-MINUTE FORMATS

SINGLE PEAK FORMAT 45 MINUTES		DOUBLE PEAK FORMAT 45 MINUTES	
Warm-Up block	8-10 mins	Warm-Up 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 Warm-Up 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 Warm-Up 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.

30-MINUTE FORMAT

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.

KEY

Low Level	↓	Advanced Level	↑
Preview	👁️	Repeat	REPEAT
Alternate	Alt	Introduction	Intro
Pre-Chorus	PC	Verse	V
Quiet Chorus	QC	Left and Right	L&R
Minutes	Mins	Overhead	O/H
Build up (music)	B up	Chorus	C
Running Arms	RA	Reprise (part of the counts chorus repeated)	Rep
Refrain	Ref	Range of motion	ROM
Forward and back	F&B	Last few bars of music	Outro
Hands on hips	HOH	Instrumental	Instr

RELEASE FEEDBACK

Tell us what you think of this release.
Visit <http://www.lesmills.com/release-feedback>



01A. WARM-UP

TRACK FOCUS

I want my participants to feel warm, open and ready for the workout ahead.

	MUSIC			EXERCISE	CTS	REPS
0:00	V1 / _ Can I tell	2x8		Feet outside hip-width. Move arms and roll shoulders to mobilize upper body	16	
0:09	V1 / _ Every single	2x8		Circle arms B, one arm at a time	16	
0:19	V2 / _ When you	4x8	A	Slow Double Pulse Side Lunge L&R Hands on lead thigh	8	4x
0:38	PC / Day	4x8	A ¹	Slow Double Pulse Side Lunge L&R Hand on lead thigh, opposite arm reaches towards floor ⬆ Option: Extend both arms and rotate after 2 reps	8	4x
0:57	C / Day	4x8	A ²	Double Pulse Side Lunge L&R Extend both arms and rotate ⬇ Option: Hands on lead thigh Last 8 cts, step feet under hips	4 8	7x
1:17	V3 / _ I think	4x8	B	Slow Flight Lunge R&L (L leg steps B first)	16	2x
1:36	PC / Day	4x8	B ¹	Flight Lunge R&L (L leg steps B first) After 2 reps, add Bent Elbow Raise	8	4x
1:55	C / Day	4x8	B ²	Flight Lunge with Calf Raise R&L (L leg steps B first) Bent Elbow Raise ⬆ Option: Propulsion Flight Lunge after 2 reps	8	4x
2:14	Outro / _ Can I tell	4x8		Jog OTS into next track RA ⬇ Option: Tread through feet ⬆ Option: High Knee Run Arms O/H	32	



01A. HERE WITH ME 2:41mins

TECHNIQUE AND COACHING

SLOW DOUBLE PULSE SIDE LUNGE

Layer 1

- 2 Pulse Lunges to the right, slowly, then to the left
- **Press knees out over toes**
- **Chest is lifted**
- **Belly draws in, abs are braced**

Layer 2

- Add the arms, reach towards the floor and get deeper
- If it feels good, start to spiral the arms
- Feel the mobilization, opening through the body

DOUBLE PULSE SIDE LUNGE

Layer 1

- Speed it up, double time, pulse, pulse, pulse, pulse
- Stay low because the lower we go, the warmer we get
- **Keep a long straight spine and rotate from the center of your body**
- **Core is on**

SLOW FLIGHT LUNGE

Layer 1

- Right leg steps back, tap down, rise up and tap in
- Left leg back, rise up and now square hips to front
- **Front knee out over ankle**
- **Chest up, shoulders back**
- Aiming to engage our glutes, so big squeeze

FLIGHT LUNGE

Layer 1

- A little bit faster, back, up, down, and in
- Focus on warming the back of our body, our posterior chain

Layer 2

- Arms if you are ready
- The posterior chain are the muscles that go from our neck, down through the glutes and to the hamstrings

FLIGHT LUNGE WITH CALF RAISE

Layer 1

- For extra, lift the heel, back, lift, down, in
- Squeeze the glutes even more
- **Land softly**

Layer 2

- For more energy, add a jump

JOG

Layer 1

- We don't stop moving in LES MILLS TONE; we can pedal, jog or high knee run
- Bringing our arms over head will increase cardiovascular output

ESSENCE TIPS

Warm-Up 1A is all about mobilizing, warming and waking up the body for the workout ahead, utilizing upper body and lower body movements in Lunges and Flight Lunges. Clear, confident Layer 1 cueing and slow tempos promote effective and excellent range of motion for more muscle recruitment to prep the body for the workout. As the Flight Lunge progresses, there is opportunity to educate about the posterior chain - where it is and why it's important. A key point is to express that TONE is about continuous movement – whether it be marching, pedaling the legs, jogging, or knees up during the cardio work. Warm-Up 1A is all about a positive feel to your coaching delivery to ensure the class is engaged, feeling fine and that everyone is “there with you” from the start!



01B. WARM-UP

TRACK FOCUS

I want my participants to easily follow standing and floor options as they continue to warm and heat their bodies.

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / _ When I'm	1x8	Jog OTS		8	
0:05	V1 / _ 'Cause I'm	3x8	A	Slow Side Knee Lift L&R Reach O/H and Oblique Pull Down	8	3x
0:19	PC / You	4x8	A ¹	Standing Burpee Side Knee Lift L&R Reach O/H and Oblique Pull Down Squat Relaxed Guard position Stand Arms down	4 2 2	4x
0:38	C / Up	4x8	A ²	Slow Walking Burpee Squat Relaxed Guard position Walk B to Plank Hands under shoulders Walk in to Squat Relaxed Guard position Stand Arms down ⬆ Option: Slow Jumping Burpee ⬇ Option: Standing Burpee	 2 2 2 2 8	4x
0:58	V2 / Up	4x8	B	Side Knee Lift/Diagonal Rear Leg Extension L&R Reach and Oblique Pull Down/Bent Elbow Raise	8	4x
1:17	PC / You	4x8	B ¹	Slow Jumping Burpee/Diagonal Leg Extension L&R Squat Stacked palms F Plank Hands under shoulders Diagonal Leg Lift L&R Squat Stacked palms F Stand Arms down ⬇ Option: Side Knee Lift/ Diagonal Rear Leg Extension	1 1 4 1 1	4x
1:37	C / Up	4x8	B ²	Side Knee Lift/Diagonal Leap	8	4x
1:56	Refrain / Up	4x8	B ³	Slow Jumping Burpee/Diagonal Leg Extension/ Jump	8	4x
2:16	PC / You	4x8	C	Standing Mountain Climber 2x Knee Lift L&R. Arms O/H, hands clasped 2x Heels Up, Butt Kick L,R. Arms O/H, hands clasped ⬆ Option after 2 reps: 2x Jog, Knees Up L&R Arms O/H 2x Jog, Heels Up L&R Arms O/H	4 4 2 2	4x 3x
2:35	C / Up	½x8		Stay with Standing Mountain Climber or: Squat, hands to floor, step B to Plank	4	
2:37	C / Good	4x8	C ¹	Mountain Climber L&R ⬆ Option after 12 reps: Fast Mountain Climber	2 1	16x 8x



01B. DON'T CALL ME UP 2:58mins

TECHNIQUE AND COACHING

Keep jogging between Cardio tracks to keep heart rate up.

SLOW SIDE KNEE LIFT

Layer 1

- We are going to set up the Standing Burpee
- Right knee up, up, down, down, left knee lifts
- **Stabilize into the standing leg by bending the knee**
- **Squeeze the butt**

STANDING BURPEE

Layer 1

- Right knee, left knee, squat and rise
- **Drive the knees out in the Squat**
- **Bring ribs to hip in the Side Knee Lift**

SLOW WALKING BURPEE

Layer 1

- Squat down, hands down, walk back, walk in, squat and rise
- **Every time we walk back into the Plank make sure the belly is tight**
- Press hard through the heels of the hands to stabilize

SIDE KNEE LIFT/DIAGONAL REAR LEG EXTENSION

Layer 1

- Right knee, left knee, we add on, Diagonal Lift, right leg, left leg
- Hips start square to the front and then turn corner to corner
- Crunching through the obliques and then squeezing through the glutes
- Stay up, standing, or come to the floor and go faster
- **↑ Option: Slow Jumping Burpee**
- **↑ Option: Lift right knee, left knee and we can jump**
- Crunch, lift the heel, and then diagonal leap side to side
- Make sure both feet take off and both feet land
- **Land softly**
- **Brace abs to square back to the front**

SLOW JUMPING BURPEE

Layer 1

- Squat, Plank, right leg, left leg, Squat and stand
- **Brace abs and square hips to the floor**
- **↑ Option: You can make the Burpee harder by jumping out of the Squat**
- **Land softly out of the Jump**

Layer 2

- Lifting the energy and getting the body ready for the first Cardio track

STANDING MOUNTAIN CLIMBER

Layer 1

- 4 High Knee Lifts and then 4 Butt Kicks
- **↑ Option: You can stay slow or you can chase the beat**

MOUNTAIN CLIMBER

Layer 1

- Squat, back into Plank, then walk the legs, walk, walk, walk, walk
- Your hands are under your shoulders
- **Hips are in line with shoulders**
- **Core is braced tightly**
- **↑ Option: Go faster**

ESSENCE TIPS

Warm-Up 1B is about dialing up the muscular heat to feel energized and physically prepare for the Cardio tracks ahead. There are multiple moves that begin with standing choices and progress to floor alternatives, highlighting Tone's inclusiveness. For all moves, the choreography is progressive so you can role model all levels to best suit the needs of your class. Ensure in the Standing Burpee to coach the knee lifting to the elbow rather than the elbow lowering to the knee for safe side flexion. The Jumping Burpee with Diagonal Leg Extension is a great new feel to a familiar move and intensity can be increased by jumping out of the Squat on the 'up' phase. The Standing or Floor Mountain Climber returns and these can both be executed slowly or super quick to keep heat rising. All this to a smooth and steady feel-good beat.



02. CARDIO

TRACK FOCUS

I want my participants to feel motivated to move faster to increase their heart rate.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Jog OTS	8	
0:05	V1 / One more	6x8	A	Step Touch/Side Squat L&R Step Touch L <i>Arms wide</i> Calf Raise <i>Reach O/H Hands clasped</i> Side Squat R <i>Relaxed Guard position</i> Step together <i>Arms down</i> Repeat other side		3x
0:32	PC / All night long	4x8	A ¹	Step Touch/Calf Raise L&R <i>Arms wide then O/H</i> ⬆ Option: Lateral Leap/Straight Jump	8	4x
0:50	C / Home	4x8	A ²	Fast Lateral Leap/Straight Jump L&R ⬇ Option: Fast Step Touch/Calf Raise	4	8x
1:08	Br / Home	½x8		Hold	4	
1:10	V2 / See the	6x8	B	Jog/Pistol Squat L&R 4x Jog L&R <i>RA</i> Pistol Squat L (R leg lifted) <i>Hands stacked F</i> Repeat other side ⬇ Option: Tread/Tap heel down		3x
1:36	PC / All night long	4x8	B ¹	4x Jog/Pistol Squat L&R ⬇ Option: Tread/Tap heel down	8	4x
1:54	C / Home	4x8	B ²	4x High Knee Run/Pistol Squat L&R ⬇ Option: Tread/Tap heel down	8	4x
2:12	Br / Home	½x8		Hold, land in Squat position	4	
2:14	PC / All night long	4x8	C	Diagonal Rear Leg Extension/Squat L&R (R leg lifts first) <i>Bent Elbow Raise</i>	8	4x
2:32	Outro / Home	4x8	C ¹	Fast Diagonal Rear Leg Extension/Squat L&R <i>Bent Elbow Raise</i> ⬆ Option: Add Calf Raise ⬆ Option: Add propulsion	4	8x



02. POST MALONE 2:54mins

TECHNIQUE AND COACHING

STEP TOUCH/SIDE SQUAT

Layer 1

- Step to the right, lift, Side Squat, other side
- Step long and full range into the Squat
- **Knees pressing out over toes**
- Come up onto toes and reach
- **Chest is lifted**, core is on

STEP TOUCH/CALF RAISE

Layer 1

- Lose the Squat, across and up
- Step across and up
- Because we are warmer we can add on a jump
- ⬆ Option: Lateral Leap, Straight Jump

LATERAL LEAP/STRAIGHT JUMP

Layer 1

- Across and up, across and up
- Stretch arms long and tall
- **Land softly in each jump**

JOG/SINGLE-LEG PISTOL SQUAT

Layer 1

- 8, 7, 6, 5, 4, 3, 2, 1, hold the Squat
- Light and lifted in the jogs
- **Press the heel down and the standing knee out**
- Hinge forward from the hips
- Use your arms to balance
- ⬇ Option: You can tread and put the heel down

Layer 2

- 4, 3, 2, 1, drop, 4, 3, 2, 1, drop
- Feel your core and feel your glutes engaging to help stabilize on that single leg
- Can we keep our hips level?
- ⬆ Option: to lift the heart rate, lift the knees
- Use the hip flexors to help lift the knees up
- Feel that instant spike in heart rate

DIAGONAL REAR LEG EXTENSION/SQUAT

Layer 1

- Diagonal lift, Squat, lift, Squat
- Feel the squeeze in the posterior chain as you lift
- **Press knees wide, over toes, on the Squat**

Layer 2

- Faster
- ⬆ Option: Lift the heel; start challenging the stabilizers
- ⬆ Option: If you want to, you can leap

ESSENCE TIPS

Cardio 1 can be used as a real heart rate boost. Also, because of the nature of the moves, it can be used as another progressive warm-up. There are three blocks of work to train and elevate the heart rate and a multitude of ways to achieve this. In the Step Touch/Lateral Leap combos you can encourage your participants to take longer steps or quicker and higher jumps. The use of arms, with long levers and muscular energy, will also increase circulation and boost cardio output. In the Jog/High Knee Run/Pistol Squat combos, quick Running Arms and high knees will provide an instant spike in heart rate.

Motivating our class to move further, faster and higher comes in Layer 2, Manipulate Intensity. What cues can you use to ramp up the energy and movement quality of participants?



03. CARDIO

TRACK FOCUS

I want my participants to understand the concept of steady-state training.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Can Can	1x8		Jog OTS	8	
0:03	C / _ Oh oh	4x8	A	Double Side Knee Lift L&R <i>Hands O/H, Oblique Crunch</i> ⬆ Option: Hop each Knee Lift 👁 Next move on last 16 cts	8	4x
0:17	C / _ Oh oh	4x8	A ¹	Can-Can Burpee L&R <i>Side Knee Lift L Hands O/H Oblique Crunch</i> <i>Side Flick Kick L Hands O/H Oblique Crunch</i> Repeat R ⬆ Option: Increase height of kick	2 2 4	4x
			B	4-Part Circuit		
0:31	V1 / Can Can	2x8	1.	Lateral Leap/Straight Jump L&R <i>Arms wide then O/H</i> ⬇ Option: Step Touch/Calf Raise	8	2x
0:38	V1 / Can Can	2x8	2.	Run/Pistol Squat L&R <i>High Knee Run L&R</i> <i>Pistol Squat L (R leg lifted)</i> Repeat other side ⬇ Option: Tread/Tap heel down	2 2 4	2x
0:45	C / _ Oh, oh	2x8	3.	Side Lunge L&R <i>Extend and rotate</i> ⬇ Option: <i>Hand on thigh, opposite reaches to floor</i> ⬇ Option: <i>Both hands on lead thigh</i> <i>Slide R foot in on last 2 cts</i>	4	4x
0:51	C / _ Oh, oh	2x8	4.	Can-Can Burpee L&R	8	2x
0:58	C / _ Oh, oh	12x8	B	 4-Part Circuit	96	1½x
1:39	Instr / (Trumpets)	1½x8		Hold. Step feet wide for Standing Caterpillar	12	
1:45	Instr /	2x8	C	Standing Caterpillar <i>Squat Press down, palms together</i> <i>Stand Press up, palms together</i>	2 2	4x
1:52	Instr / _ Bumpy	4x8	C ¹	Double Pulse Standing Caterpillar <i>Double Pulse Squat Press down, palms together</i> <i>Stand Press up, palms together</i> ⬇ Option: Standing Caterpillar 👁 Next move on last 8 cts	2 2	8x
2:05	V2 / Can Can	4x8	C ²	Double Pulse Propulsion Caterpillar <i>Double Pulse Squat Press down, palms together</i> <i>Air Jack Press up, palms together</i> ⬇ Option: Double Pulse Standing Caterpillar	2 2	8x
2:19	B up / Can Can	5x8		Jog OTS	40	
2:36	C / _ Oh, oh	14x8	B	 4-Part Circuit	112	1⅓x



03. BECAUSE WE CAN 3:27mins

TECHNIQUE AND COACHING

DOUBLE SIDE KNEE LIFT

Layer 1

- Double Right Knee, Double Left Knee, Standing Burpee

CAN-CAN BURPEE

Layer 1

- 1 Knee, 1 Flick Kick, 1 knee, 1 Flick Kick
- **We use quads and core to flick the kick**
- When confident, you can take the kick higher



4-PART CIRCUIT

LATERAL LEAP/STRAIGHT JUMP

Layer 1

- First move: Lateral Leap, Straight Jump
- ⬇ Option: Lift heels and take out the Jump

RUN/PISTOL SQUAT

Layer 1

- Run Pistol Squat right leg
- 3, 2, 3, 2
- ⬇ Option: Tread and drop the heel
- Sink into the leg

Layer 2

- It should be feeling challenging but we should still be able to breathe. That is how we steady-state train

SIDE LUNGE

Layer 1

- Right leg steps out, Side Lunge
- 7, 6, 5, 4, 3, slide the right leg in
- Get low, **push the knees out over toes**
- ⬇ Option: Hands on thigh

Layer 2

- Steady-state training is amazing cardiovascular endurance
- It will also give you a stronger heart.
- Driving from the outside of the foot, increasing the work further

CAN-CAN BURPEE

Layer 1

- Knee and kick
- **Kick to a height that allows you to maintain control**
- See if you can maintain the same energy output to the very end

STANDING CATERPILLAR

Layer 1

- Feet wide, set up for Standing Caterpillar
- Knees out over toes, palms together
- Down and up, down and up
- **Chest up as you reach down**

Layer 2

- ⬆ Option: Double Pulse, Reach
- Increasing the speed to increase the heart rate
- ⬆ Option: You can add a Jump
- Opportunity to lift heart rate even higher

ESSENCE TIPS

Yes, we “can-can” work within a steady-state training zone to develop a phenomenal cardiovascular benefit! three minutes of steady-state training with a 4-part circuit. Steady-state training ideally keeps the heart rate at about the same level for the duration of the track. The fun new Can-Can Burpee is a super cardio kick and great for brain training. One knee lift, one flick and kick require quad and core activation. The leg can kick high and to the side, as long as muscular control is maintained.

Add in Lateral Leaps, Straight Jumps, Pistol Squats and Side Lunges for a 4-Part Circuit that builds on previous learning and finish off with a Standing Caterpillar. Steady-state training is about attempting to maintain the same energy output, heart rate zone and breathing rate level throughout the track. The goal is to have everyone feel like they CAN do it!



04. CARDIO

TRACK FOCUS

I want my participants to feel the strength of isometric holds.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Jog OTS		16	
0:09	V1 / about	8x8	A	Triple Side Leg Extension with Hold L&R 2x Side Leg Extension L <i>HOH</i> Extend L and hold <i>HOH</i> Squat <i>HOH</i> Repeat on R leg	4 3 1 8	4x
0:46	C / _ Bring me	4x8	A ¹	Triple Side Leg Extension with Hold L&R 2x Bent Elbow Raise, hands clasped, then open to High V	16	2x
1:04	Rep / Dah dah	8x8	A ²	Triple Side Leg Extension with Hold and Calf Raise L&R 2x Bent Elbow Raise, hands clasped, then open to a High V ⬆ Option: Add propulsion	16	4x
1:41	Instr / (Quiet)	½x8	Hold in Narrow Squat		4	
1:42	V2 / Turning	8x8	B	Triple Rear Leg Extension with Hold L&R <i>HOH</i>	16	4x
2:21	C / _ Bring me	4x8	B ¹	Triple Rear Leg Extension with Hold L&R 2x Bent Elbow Raise, hands clasped, then open to a High V	16	2x
2:39	Rep / Dah dah	8x8	B ²	Triple Rear Leg Extension with Hold and Calf Raise L&R 2x Bent Elbow Raise, hands clasped, then open to a High V ⬆ Option: Add propulsion	16	4x
3:16	Outro / Dah dah	6x8	C	Triple Pulse Squat/Calf Raise with Hold 2x Squat and Calf Raise <i>Relaxed Guard and open arms back and down</i> Squat and held Calf Raise <i>Arms press B and down</i> ⬆ Option: Add propulsion	4 4	6x



04. HIGHER LOVE 3:47mins

TECHNIQUE AND COACHING

TRIPLE SIDE LEG EXTENSION WITH HOLD

Layer 1

- Starting in Squat, 3 leg lifts with right leg
- Up, down, up, down, up and hold, Squat; other leg, up, down, up, down, up and hold
- It's all about the pause on that third rep
- **Make sure standing knee is pressing out over toes**
- **Hips are square to front**
- **Draw belly in and lift the chest**
- Feel the power in the lower body as all the muscles have to grip to hold the limb afloat

Layer 2

- Add the arms, up, down, up, down and open wide
- Feel the squeeze down the posterior chain
- ⬆ Option: To challenge the stabilizers, lift the heel as you try to hold the isometric contraction
- This builds functional, balance strength
- ⬆ Option: Add the jump
- Land softly

TRIPLE REAR LEG EXTENSION WITH HOLD

Layer 1

- Same pattern, to the rear, like the Flight Lunge
- Lift, lift and hold
- Feel the glute squeeze at the top
- **Reset posture, chest lifted, engage core**
- **Keep hips really square to front**

Layer 2

- Add the arms, up, up and open wide
- ⬆ Option: Lift the heel and hold
- ⬆ Option: Add the jump
- Focus on a soft landing by bending your knees

TRIPLE PULSE SQUAT/CALF RAISE WITH HOLD

Layer 1

- Squat, lift, lift and hold
- Squat, lift, lift and squeeze the whole of the back body

Layer 2

- ⬆ Option: Add the jump

ESSENCE TIPS

A new approach to cardio training with isometric holds as a focus. Isometric holds are static muscular tension at the top range of a movement that require control for effectiveness; and the Unilateral training is a smart way to train for muscular balance. Coaching the pause, the hold of deep muscular contractions of the glutes, as well as strong abs, fire up the muscles to ensure the isometric benefits are effective. Isometric exercises help in strengthening and conditioning the muscles. They improve movement control, help prevent injury and improve posture and spinal alignment. This feel-good tune will have everyone feeling uplifted, sharing the power of community and working out together.



05. CARDIO / STRENGTH

TRACK FOCUS

I want my participants to feel absolutely breathless.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Collect 2 small weight plates or band and place nearby		32	
0:15	V1 / Down	2x8	A	Standing Burpee Side Knee Lift L&R Hands clasped O/H Oblique Crunch Squat Relaxed Guard		2x
0:23	V2 / _ Show me	4x8	A ¹	Walking Burpee ↓ Option: Standing Burpee	8	4x
0:38	PC / _ What? Sorry	4x8	A ²	Jumping Burpee ↓ Option: Standing Burpee	8	4x
0:54	C / _ Da, da, da	10x8	A ³	Jumping Burpee off beat ↑ Option: Straight Jump up ↓ Option: Jumping or Walking Burpee on beat or slower	80	
1:33	V3 / _ Show me	4x8		Hold. Collect weight plates or band Weight plates stacked, hold at chest height, band doubled 👁️ Next move on last 8 cts	32	
1:48	C / _ Da, da, da	4x8	B	Side Squat/Calf Raise L&R Plate/band press O/H and then F 👁️ Next move on last 4 cts	8	4x
2:05	Outro / _ Da, da, da	6x8	B ¹	Squat Jack/Straight Jump Plate/band press O/H and then F ↑ Option: ahead of beat ↑ Option: Tuck Jump	4	12x



05. PIECE OF YOUR HEART 2:33mins

TECHNIQUE AND COACHING

STANDING BURPEE

Layer 1

- Plates on floor for the second half of the track
- Knee lift, right, left, 1 Squat
- **Chest stays lifted, core is locked**
- Leg coming directly out to the side and hips staying square to front

Layer 2

- When the hands are above the head the heart has to work harder so you are still getting maximum cardio benefits

WALKING BURPEE

Layer 1

- Squat, hands down, walk the feet back, walk the feet in, Squat and rise
- **Every time we are in the Plank we make sure the belly is tight**
- Press firmly through the heels of the hands to stabilize

JUMPING BURPEE

Layer 1

- Squat, hands down, Plank, Squat and rise
- **Brace abs and square hips to the floor**
- ⬆ Option: Speed up and do as many reps as you can
- ⬆ Option: Add a jump
- **Land softly out of the Jump**

Layer 2

- We want to get the heart rate up and feel the benefits of breathlessness

SIDE SQUAT/CALF RAISE

Layer 1

- Pick up both plates and stack them
- Side Squat and Calf Raise
- You choose the level that will equal breathlessness

Layer 2

- Stronger heart, healthy lungs, fitter

SQUAT JACK/STRAIGHT JUMP

Layer

- We can add a Squat Jack and a Jump
- Work to your max
- **Land softly out of the Jump**

Layer 2

- You can go fast, you can slow down and work on range, whatever gets you breathless

ESSENCE TIPS

Simple, short, effective and challenging Peak Cardio! Two and a half minutes to get you breathless, on or off the beat. We want our participants to aim to do as many reps as they can to achieve a heart rate spike and to feel the sheer satisfaction of working to breathlessness. Coach them to work to their own personal maximum, their own personal breathless level. An inclusive approach to Layer 3 coaching, being supportive while motivating, will encourage greater effort. Give a little piece of your heart to the class, share your love for cardio training and coach the benefits of having a strong, healthy heart for longevity and performance in life.



06. STRENGTH

TRACK FOCUS

I want my participants to focus on strong muscle activation of the posterior chain and shoulders.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Keep weight plates or band Stand feet under hips, <i>weight plate in each hand, band held in each hand with wrap to maintain tension</i> Participants can move on the beat as per choreography notes or off the beat as per the Masterclass		16	
0:08	V1 / _ Whatcha here for	8x8	A	Slow Deadlift/Clean & Press/Shoulder Press Combo Deadlift <i>Plates/band to knee level</i> Clean & Press up <i>Plates/band to O/H</i> Shoulder Press <i>Pull plates/band out, elbows to shoulder level and then O/H</i> Clean & Press down <i>Plates/band to hips</i>	4 4 4 4	4x
0:42	V2 / It must be	8x8	A ¹	Deadlift/Clean & Press/Shoulder Press Combo ↓ Option: Maintain slow tempo ↑ Option: Maintain slow tempo with heavy plates Use last 4 cts to tip F from the hips and set up next move	8	7½x
1:16	C / I don't know	4x8	B	Rear Deltoid Raise ↓ Option: Slow tempo ↑ Option: Slow tempo with heavy plates OR fast tempo with light plates/band	2	16x
1:33	C / I don't know	4x8	B ¹	7x Pulse Rear Deltoid Raise	16	2x
1:50	V3 / Say , say	2x8	A	Slow Deadlift/Clean & Press/Shoulder Press Combo ↑ Option: Maintain slow tempo with heavy plates OR fast tempo	16	
1:58		6x8	A ¹	Deadlift/Clean + Press/Shoulder Press Combo	8	6x
2:24	Rep / Good	6¼x8	B	Rear Deltoid Raise ↑ Option: Slow tempo with heavy plates OR fast tempo with light plates/band	2	25x



06. UNSTATUS QUO 2:54mins

TECHNIQUE AND COACHING

DEADLIFT/CLEAN & PRESS/SHOULDER PRESS COMBO

Layer 1

- Strength track with focus on posterior chain and shoulders
- We can move on or off the beat
- 1 Deadlift, 1 Clean & Press, 1 Shoulder Press, reverse and repeat
- Plates to the top of the knees in the Deadlift
- **Brace the core as the plates come over head**
- **Elbows stop at shoulder height in the Shoulder Press**
- We learn the combo slowly, then we add speed

Layer 2

- Faster, tip forward from the hips, Clean & Press, Shoulder Press and reverse
- This is posterior chain work so we want to feel it through the back of the body
- Squeeze the butt; squeeze the shoulder blades together
- ⬇ Option: If you need to slow it down it is OK

REAR DELTOID RAISE

Layer 1

- Tip forward from the hips, Rear Deltoid Raise, on or off the beat
- Do whatever pace equals maximum muscle contraction for you
- **Core is braced, spine is long**

7-PULSE REAR DELTOID RAISE

Layer 1

- 7 Pulses, 7, 6, 5, 4, 3, 2, 1
- Reset, come back up, stay in the work
- **Squeeze between the shoulder blades**
- ⬇ Option: Fast or slow, feel all the muscles in the back of the body

ESSENCE TIPS

What's up, what's up in this Cardio/Strength track? Mmmhmm... a whole lotta posterior chain work with a cool musical piece to keep motivation levels high! Moving on or off the beat is a featured coaching tip to add variety to training the back of the body. The straight-up weight training exercises of the Deadlift/Clean & Press/Shoulder Press Combo with the addition of the Rear Deltoid Raises are highlighted. Set up clear Body, Part and Direction cues (Layer 1). Start slow, then add speed as an option to bump up the heart rate and utilization of faster twitch muscle fibers. The Layer 2 coaching focus is about muscular intensity, feel and educating your members about the posterior chain. The Master class has solid benefits and Manipulate Intensity Layer 2 cues. How will you change up your script occasionally to ensure your members are as strong as they can possibly be in the back chain of their body?



07. STRENGTH

TRACK FOCUS

I want my participants to experiment with new ways to challenge their balance with resistance.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / La , la, la	2x8		Keep light weight plates or band Body weight in L leg <i>Weight plate in each hand, band handles in each hand, band under L foot</i>	16	
0:10	Instr / _ Huh	2x8	A	Tap Back and Side R Tap R foot B and in <i>Plates/band at hips</i> Tap R foot to R side and in <i>Plates/band at hips</i>	4 4	2x
0:20	V1 / _ Hold on	4x8	A ¹	Cobra Curl/Side Raise Combo R Tap R foot B, tip F from hips, stand, tap in <i>Plates/band extend B, then curl to shoulders</i> Tap R foot to R side and in <i>Side Raise</i>	4 4	4x
0:40	PC / _ Man's red	6x8	A ²	Cobra Curl/Side Raise Combo with Balance R Extend R leg B, tip F from hips, stand, tap in <i>Plates/band extend B, then curl to shoulders</i> Extend R foot to R side and in <i>Side Raise</i> ↓ Option: Tap R foot B and side	4 4	6x
1:11	V2 / _ Hold on	2x8	A	REPEAT Tap Back and Side L	8	2x
1:20	V2 / _ Your first name	2x8	A ¹	REPEAT Cobra Curl/Side Raise Combo L	8	2x
1:31	PC / _ When a baby	6x8	A ²	REPEAT Cobra Curl/Side Raise Combo with Balance L ↓ Option: Tap L foot B and side	8	6x
2:01	V3 / _ We are from	8x8	A ³	Alternating Cobra Curl/ Side Raise Combo with Balance R&L <i>Release band, wrap at wrist and 2x Side Fly</i> ↑ Option: Foot does not tap down on each side	16	4x



07. FREEDOM 2:42mins

TECHNIQUE AND COACHING

TAP BACK AND SIDE

Layer 1

- Set a strong base in the standing leg, tap back with the left
- Tap back, in, tap side, in
- **The plates stay in front of your body**
- **Keep your chest lifted but keep your shoulder blades down**

Layer 2

- Single-side training is good to help us strengthen our weaker side

COBRA CURL/SIDE RAISE COMBO

Layer 1

- Cobra Curl back and then Side Raise
- **Squeeze the shoulder blades together**, tip forward from the hips, and then shoulders in line with elbows
- **Back is long and straight**
- **Squeeze the glutes and brace the core**
- Working the posterior chain
- Now we have the arms and legs moving, let's add the balance



COBRA CURL/SIDE RAISE COMBO WITH BALANCE

Layer 1

- Lift the back leg, light Tap, lift the side leg, light Tap
- **Square the hips to the floor as you tip forward, then try keeping the hips level as leg lifts to the side**
- It is OK if you are wobbling, that is your body negotiating balance
- **↓ Option:** Choose what is right for you today, high or low, but keep practising balance

Layer 2

- Really use your core. This helps strengthen core muscles and improves our stability
- Now we alternate, changing from side to side
- **↑ Option:** One more challenge- we try to keep the foot lifted as we transition from back to side
- Feel every muscle in your body working to keep you stable



ESSENCE TIPS

This track is progressive balance training with added resistance of the plates, bands or opt for body weight. It is a perfect combination of integrating the upper body and lower body with challenging, balance exercises. Stability of the supporting leg and engaged abdominals set your participants up for success. Key stabilizers are challenged constantly during this track. While the toes can remain on the floor, encourage your peeps to be brave and lift the leg occasionally. Wobbling is a key indicator of developing balance as the muscles need to counteract to stay stable. And the feature benefit of TONE, which fits perfectly with the lyrics, is that you have the freedom to choose your workout the way its suits your body on any given day!



08. STRENGTH / CORE

TRACK FOCUS

I want to educate my participants how to feel stabilise from the floor up for strong movement quality.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / _ Tambulano	8x8	Step on band, cross handles and pick up small weight plate in each hand. Bring handles and plates to hips ↓ Option: No plates	64	
0:31	V1 / _ Tambula he	8x8	A Triple Tap R&L Tap R foot B, side, B and in Repeat to L	8 8	4x
1:01	V2 / _ Wakodiwa	16x8	B 4x Side Step/Triple Tap L&R Plates/handles at hips 4x Side Step L Triple Tap L Repeat to R	8 8 16	4x
2:03	V3 / _ Wakodiwa	6x8	Hold. Place weight plates on floor and wrap band around back. Handle in each hand and wrap wrists for tension. Step heels on plates	48	
2:26	V3 / _ Da bungula	6x8	C Heel Lifted Squat with Chest Press Squat down Press straight arms F Squat up, Open straight arms to side	4 4	6x
2:49	V4 / _ Tambula he	8x8	C ¹ Triple Pulse Heel Lifted Squat with Chest Press	8	8x
3:19	C / _ Tambulaya	6½x8	C ² Pulsing Heel Lifted Squat with Chest Press	2	26x



08. TAMBULAYA 3:46mins

TECHNIQUE AND COACHING

TRIPLE TAP

Layer 1

- Left foot, Tap back, side, back and in
- Right foot, back, side, back and in under hips
- **Brace core, keep hips level and square to front**
- Feel your glutes working to every Tap

4X STEP SIDE/TRIPLE TAP

Layer 1

- Walk to the right, 4, 3, 2, right leg taps back, side, back and in
- To the left, 4, 3, 2, 1, tap back, side, back and in
- Check posture, **core on, chest lifted**
- Squeeze shoulder blades back and together
- Keep the crab walks small and the knee bend steep

Layer 2

- This sequence is like medicine for our hip strength and stability

HEEL LIFTED SQUAT WITH CHEST PRESS

Layer 1

- With heels on plates we squat down, down, up, up
- Keep squeezing the shoulder blades into your spine, even as the pecs resist the pull forward

TRIPLE PULSE HEEL LIFTED SQUAT WITH CHEST PRESS

Layer 1

- Pulse, 3, 2, 1 and rise, 3, 2, 1 and up
- **Knees press out over toes, chest is up, abs braced**

Layer 2

- We feel the burn in our quads and glutes because we have a better angle to squat from

ESSENCE TIPS

This track introduces the innovations of plates at the hip in the Triple

Tap combos, plates under heels in the Heel Lifted Squats and the band around the back to train the anterior muscles of the chest. It is important to coach square hips and shoulders for excellent alignment in the hip work and tight abs, a lifted chest and a strong squeeze between shoulder blades for great posture throughout. The elevation of the heels in the Squat is all about a new, more effective angle to really feel a sensational burn in the glutes and quads. The pectoral muscle squeeze using the band then adds a new dimension of challenge.



09. CARDIO / STRENGTH

TRACK FOCUS

I want my participants to focus on core stability as they execute the strength training moves in this track.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro/	4x8	Set feet wide Keep two small weight plates, one in each hand, or band		32	
0:16	Instr / (Beat)	12x8	Pulse Squat R arm press up L press down 2x then L press up, R press down x2 Use last 4 cts to set up next move		8	11½x
1:04	C / Why don't you	20x8	7x Pulse Lunge L&R (R leg B first) Mid-range Bicep Pulse ⬆ Option: Increase the ROM of Lunges and Curls		32	5x
2:24	Instr / (Chant)	4x8	A	Held Squat with Low Diagonal Press L&R	4	8x
2:40	(Beat)	4x8	A¹	Held Squat with Fast Low Diagonal Press L&R ⬇ Option: Low Diagonal Press	2	16x
2:56	B up / Why don't you	8x8	A²	Held Squat with Fast High Diagonal Press L&R ⬇ Option: High Diagonal Press OR Low Diagonal Press or combination of each	2	32x
3:28	C / Why don't you	8x8	B	Squat Step with Single-Arm Snatch L&R Squat L Press L plate down F of hips Step Touch R foot to L L arm F to O/H Ⓡ ⬇ Option: Raise band O/H and down	2 2 4	8x
4:00	Rep / Why don't you	8x8	B¹	Slow Jumping Jack with Single-Arm Snatch L&R ⬇ Option: Squat Step with Single-Arm Snatch	8	8x
4:32	Instr / (Chant)	1x8	Hold. Stack plates. Bring feet under hips		8	
4:36	(Chant)	3x8	C	Narrow Squat Press O/H	4	6x
4:48	(Beat)	4x8	C¹	Narrow Squat/Calf Raise Press O/H	4	8x
5:04	Outro / (Instr)	4x8	C²	Narrow Squat/Straight Jump Press O/H	4	8x



09. COME ON OVER 5:26mins

TECHNIQUE AND COACHING

Five moves of Integrated Strength Training.

PULSE SQUAT

Layer 1

- Pulse Squat and add a Side Reach
- Staying in a Wide Squat for the Pulse and reaching over side to side
- Make sure **knees press out over toes** and this works through the muscles of our hips
- Tuck tailbone under slightly to work through glutes and hamstrings
- Really reach up, C-curve the spine and bite into obliques
- **Chest is up, core is braced, hips stay square to the front**
- Upper and lower body working together

7-PULSE LUNGE

Layer 1

- Right foot forward, left foot back, 7 Pulses, 7, 6, 5, 4, 3, 2, 1; change legs
- Take a long step back and small Pulse Lunge
- **Press front knee out over toes, square the hips**
- The plates are pulsing around height of belly button and elbows are in line under shoulders
- **Keep lifting your chest and bracing your abs really strongly**

Layer 2

- ⬆ Option: Increase the range
- Loading as we pulse in the bottom range, engaging the hips down
- Now engage the back muscles, keep bracing the core and start to increase the curl
- Move with control under speed
- This is how we get athletic, strong legs

HELD SQUAT

Layer 1

- Take feet wide, low cross, right and left, right and left
- **Turn the knees out, ground the heels**
- Rotate through the center of the chest
- Aiming for oblique engagement, torso reacting, Reactive Core Training
- ⬆ Option: If you want to create more tension, go faster. Quick contraction through side abs
- Make sure, if you go faster, to only extend elbows to half range to look after joints
- To bring in lats and shoulders, take plates up to 45 degrees, fast or slow

Layer 2

- We are purposely trying to get as much reaction out of our core as we can
- Choose what works for you. High or low, fast or slow, it's your workout so you can mix it up
- Feel all the contraction in the muscle; this is how we train strength

SQUAT STEP WITH SINGLE-ARM SNATCH

Layer 1

- Feet start wide, drop and snatch, drop and snatch
- Right arm down, right leg steps; left arm down, left leg steps
- The plate snatches to 45 degrees so you can see it in your eye line
- You want to use abs to drop under, to catch quickly and to lower the plate with control

Layer 2

- ⬆ Option: For extra energy, use abs to get explosive and jump under the plate
- This is upper and lower body conditioning so you are using your core to drop quickly into the Squat and also to snatch under the plate

NARROW SQUAT

Layer 1

- Narrow Squat and press
- Down and up, down and up and this narrow stance will get into the quads
- Knees tracking over toes/midfoot
- Hips go back, elbows forward of the face
- ⬆ Option: Lift heels
- Drop, then squeeze glutes and activate core to help you balance

Layer 2

- To increase intensity, drop quickly, push up and catch quickly
- ⬆ Option: Add a Jump
- Lifting the heart rate back up



09. COME ON OVER 5:26mins

ESSENCE TIPS

This track has 5 different Integrated Strength Training moves, all with intensity levels to enhance cardiovascular training and all utilizing resistance with either weight plates or band. The Pulse Squat targets the adductors and side flexors while the Pulse Lunge with Bicep Curl fires up the glutes, quads and biceps. Encourage full ROM in the Lunges and increase range as the Bicep Curls progress. In all pulses core control is key due to the speed of movement.

In the Held Squat combo ensure the shoulder blades remain down as the upper back and abdominals are engaged. The Diagonal Press, low or high, is Reactive Core Training. Coach to press knees out over toes and ground the heels to provide stability. If the faster pace is performed, ensure the range is only half way for safe execution.

In the Squat Step with Snatch the plate lifts at 45 degrees, staying in front of the shoulder and in your peripheral vision. In both the grounded or jumping options use abs to drop under and 'catch' the plates. Finish with the Narrow Squat/ Calf Raise/Straight Jump for a strength and cardio boost.

Each of these moves requires absolute core control for stability and safety. Educate participants about how this training, using resistance, enables the core to react strongly when the arms and legs move away from the body. The integrated work is excellent for functional and athletic performance.

Enjoy leading this track with its tribal musical feel.



10. CARDIO

TRACK FOCUS

I want my participants to feel successful in the execution of Circular Squats.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8	Set feet wide		16	
0:10	V1 / Weight is on	4x8	A	Circular Squat L&R HOH	16	2x
0:28	V1 / Weight is on	8x8	A ¹	Circular Squat with Toe Lift L&R HOH ⬆️ Option: <i>Arms O/H, hands clasped</i>	16	4x
1:04	Instr / (Violins)	2x8	A ²	Circular Squat with Side Leg Extension L&R HOH	16	
1:13	(Beat)	4x8	A ³	Circular Squat with Double Side Leg Extension L&R HOH	16	2x
1:31	Br / (Instr)	9x8	A ¹	Circular Squat with Toe Lift L&R HOH After 2½ reps <i>Arms O/H, hands clasped</i>	16	4½x
2:10	C / Tough love	8x8	A ³	Circular Squat with Double Side Leg Extension R&L HOH After 2reps <i>Arms O/H, hands clasped</i> 👁️ Next move on last 16 cts	16	4x
2:46	Outro / Instr	4x8	A ⁴	Circular Squat/Oblique Rotation with Double Side Leg Extension R&L <i>Arms O/H, hands clasped</i> ⬇️ Option: No Oblique Rotation	16	2x



10. TOUGH LOVE 3:11mins

TECHNIQUE AND COACHING

CIRCULAR SQUAT

Layer 1

- It's like you have a pencil in your belly button and you are tracing a circle on a piece of paper
- Circle hips and bring the weight into your right leg. Circle again and bring the weight into your left leg
- Lift your toes
- **Press knees out over toes**
- **Brace the core tightly**
- ⬆ Option: When confident in your posture, lift arms over head for more cardiovascular work
- If the knees are not out over toes, bring the toes in further

Layer 2

- You want to feel the balance of the strength through your hips and the stretch of having to press knees out



CIRCULAR SQUAT WITH SIDE LEG EXTENSION

Layer 1

- Circle and lift your leg; circle and lift the other leg
- 2 lifts, circle, lift, lift, circle, lift, lift
- **Keep hips stable**

Layer 2

- Keep pressing the standing knee out over toes
- You can lift the leg as high as you can keep the hips stable
- ⬆ Option: Circle the arms and add an Oblique Crunch
- Work to maintain neutral spine
- Circle, crunch, crunch, circle, abs brace, crunch, crunch



ESSENCE TIPS

Circular Squats are all about hip mobility and strength. It's about the balance of stretch in hips and control pressing the knees out. The overhead position of the arms is a very effective way to maintain a heart rate lift. The balance challenge is provided with the addition of the Single and Double Leg Lifts. To elevate the heart rate and mobilize the hips even more, lift the leg as high as you can while maintaining control and opt to add a Side Crunch for added oblique work. There are multiple choices for all levels to train mobility and strength. And consider the opportunity to connect with your class with the lyrics "There's no place I'd rather be than to train and get fit with LES MILLS TONE with you!"



11. CARDIO

TRACK FOCUS

I want to encourage my participants to build their cardiovascular endurance.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	3x8		Jog OTS Participants can move on or off the beat	24	
0:11	Instr /	1x8	A	Standing Mountain Climber L&R 2x Jog Knees Up L&R Arms O/H 2x Jog, Heels Up L&R Arms O/H Stay with Standing Mountain Climber or:	4 4	
0:15	V1 / _ Wonder	4x8	A ¹	Mountain Climber L&R	2	16x
0:30	C / _ Flow	6x8	B	Run Any run pattern or OTS, high or low	48	
0:53	V2 / As a man	12x8	C	Side Knee Lift/Diagonal Rear Leg Extension L&R Reach and Oblique Pull Down/Bent Elbow Raise Stay with Side Knee Lift/Diagonal Rear Leg Extension OR:	8	12x
			C ¹	Jumping Burpee/Diagonal Leg Extension L&R Squat <i>Stacked palms F</i> Plank <i>Hands under shoulders</i> Diagonal Leg Lift L&R Squat <i>Stacked palms F</i> Stand <i>Arms down</i> ⬆ Option: Side Knee Lift/Diagonal Leap ⬆ Option: Slow Jumping Burpee/Diagonal Leg Extension/Jump	1 1 4 1 1 8 8	
1:38	C / _ Flow	8x8	B	Run	64	
2:08	Outro / eh	6x8	D	Firefly L&R	8	6x
			D ¹	⬇ Option: Standing Firefly L&R Narrow Squat, <i>Relaxed Guard</i> Lift and press L heel F <i>Oblique Pull</i> Repeat on other side	2 2 4	



11. OMG 2:34mins

TECHNIQUE AND COACHING

STANDING MOUNTAIN CLIMBER

Layer 1

- 4 High Knees Runs, 4 Butt Kicks
- You can go on the beat or decide your own tempo
- Stay standing or come to floor

MOUNTAIN CLIMBER

Layer 1

- Trying to build the cardio, build the heart rate
- **Keep abs braced**
- Whenever we hear the chorus we get up and run

RUN

Layer 1

- You can move fast or slow, high or low – you choose
- Choose a level where you can build the cardio

Layer 2

- Can you increase speed?

SIDE KNEE LIFT/DIAGONAL REAR LEG EXTENSION

Layer 1

- Side Knee Lift (Standing Burpee) with a Leg Lift
- Start standing, then you can come to the floor

Layer 2

- So how many can you do, on this extended version?

JUMPING BURPEE/DIAGONAL REAR LEG EXTENSION

Layer 1

- Squat, jump back, right leg lift, left leg lift, Squat, stand
- Moving fast, on the floor or standing, building the cardio
- **When we jump back to Plank, we brace the core**
- We drive the heels of the hands hard into the floor

FIREFLY

Layer 1

- Come on down, Firefly
- **↑** Option: If you are standing, Squat, press foot forward, Squat, press

ESSENCE TIPS

This is a short cardio training track with a mix of running and functional exercises: Standing or Floor Mountain Climbers, Burpee “Love” and Standing or Floor Fireflies – all interspersed with running, jogging or marching. There is an opportunity to bump up the challenge with the new Burpee Leg Lift sequence and an awesome way to execute Fireflies in a standing position. Based on the size and layout of your room, you have the freedom on how to set up this track for the running. Our goal is to ensure our participants work within their own ability to develop cardiovascular endurance. Part of coaching with connection is engaging them with the intensity of the workout. Consider asking them questions as a motivation tool to push further than they think they can. Ask them “Can you increase speed, increase distance, increase power?” This will resonate with those who love a real challenge and when you coach it in a positive upbeat tone, you can reach those who connect with a positive motivation style!



12. CARDIO

TRACK FOCUS

I want my participants to feel absolutely breathless.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Jog OTS		16	
0:09	V1 / Well I ain't	10x8	A	Skater Combo 2x Skater L&R <i>Skater Arms</i> Slow Skater L&R <i>Skater Arms</i> ⬇ Option: Slide L&R ⬆ Option: Leap L&R		10x
0:58	Instr / (Horn)	8x8	B	Standing Hammer Throw Stand, feet under hips <i>Arms O/H</i> Fold F <i>Throw arms down</i> 4x Bounce L&R ⬆ Option: Jump <i>Arms O/H</i> ⬆ Option: Jump travel F, turn and run B		8x
1:36	V2 / _ Usually	12x8	A	 Skater Combo	8	12x
2:33	C / Go	4x8	B	 Standing Hammer Throw	8	4x
2:52	Br / 1 , 2, 3, 4	½x8		Hold	4	
2:55	Instr /	8x8	B¹	 Standing Hammer Throw F&B Jump travel F, turn 180° on bounce  Jump travel B, turn 180° on bounce	16	4x
3:33	Outro /	4x8		Collect plates for next track	32	



12. GOOD TIMES ROLL 3:56mins

TECHNIQUE AND COACHING

SKATER COMBO

Layer 1

- 4 fast Skaters, 2 slow
- 4, 3, 2, 1, slow, slow
- ⬇ Option: If you want to stay low impact, slide it
- Use the arms to swing, **chest is lifted**
- **Strong brace of the core to keep the hips square to the front**
- **Press the knees out over toes**
- **Land softly, with knees pressed out over toes**

Layer 2

- To level up, pick legs up, really jump side to side
- Or pull back, if you are breathless
- Ask the side glutes to drive you laterally
- Wake up the fast-twitch fibers

STANDING HAMMER THROW

Layer 1

- Stand, throw and catch, now bounce
- ⬆ Option: If you want more, you can jump, throw and catch, then bounce
- ⬆ Option: High energy and impact, jump forward, turn and run
- **Land softly with knees out over toes**

Layer 2

- Even if not jumping, you still recruit the fast twitch muscle fibers, especially when you catch quickly. So work the catch
- Even more when you jump
- Find a mark on the floor and beat it

ESSENCE TIPS

Let the good times roll with the second Cardio peak! The design of this track is about explosive, powerful training firing up the posterior chain and recruiting fast-twitch muscle fibers. You want your participants to reach a breathless state, whatever level they choose.

The Skater is about agility and power; ensure to coach the pushing off the side foot to drive the movement laterally. The Standing/Hammer Throw, with a bounce or run, is a super powerful and upbeat way to train. There is variety and fun in the direction and movement changes and options for participants to stay in place, jump, run and travel. Adding the forward jump introduces a squat and thrust action, which elevates the heart rate further. Challenge your participants to pick a spot on the floor and try to jump past it. The contrast of lateral vs. forward movement adds variety to work in different planes of motion for functional training. This is a big track, go for it and motivate BIG!





13. STRENGTH / CORE

TRACK FOCUS

I want my participants to understand what they should be feeling in rotational and posterior muscle training.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Collect mat Feet under hips Two light weight plates stacked or handle of band in each hand with wrist wrap for tension	16	
0:08	Intro / _ Yeah	2x8 A	Slow Deadlift Stacked weight plates or stretch band to knee level	8	2x
0:15	V1 / Enter	8x8 A ¹	Deadlift Stacked weight plates or stretch band to knee level	4	16x
0:47	Instr /	½x8	Hold. Step L to feet wide Double wrap band for more tension	4	
0:49	C / Pa	8x8 B	Halo with Side Lunge/Woodchop L&R Squat Circle plates/band L behind head Side Lunge L Extend arms to L knee Side Lunge R Extend arms to high R diagonal Side Lunge L Extend arms down to L knee ⏮️ to R	2 2 2 2 8	4x
1:20	Br / _ She see me	1x8	Hold. Plate in each hand, continue double wrap of band	8	
1:24	V2 / Remember	4x8 C	Side Knee Lift with Oblique Crunch L Arms O/H, then C-shape L	4	8x
1:40	V3 / _ Let's grin	4x8 C	⏮️ Side Knee Lift with Oblique Crunch R Arms O/H, then C-shape R	4	8x
1:56	Instr /	½x8	Hold. Stack plates	4	
1:58	C / Pa	8x8 B	⏮️ Halo with Side Lunge/Woodchop L&R	16	4x
2:29	Instr /	1x8	Hold. Feet stay wide. Stacked plates/band to chest	8	
2:33		14x8 D	4x Thoracic Twist/2x Figure 8 Combo 4x upper body rotations L&R Plates against chest/band chest height, arms extended 2x Figure 8 Circle Plates/band to chest height, arms extended ⬆️ Option: Extend arms on the Thoracic Twist	8 8	7x
3:28	Outro / Pa	11x8 D ¹	4x Thoracic Twist/Halo/Woodchop L&R 4x upper body rotations R&L Plates against chest/band chest height, arms extended Halo with Side Lunge/Woodchop R ⏮️ to other side ⬆️ Option: Extend arms on the Thoracic Twist	8 8 16	2¾x



13. APATA PALACE 4:14mins

TECHNIQUE AND COACHING

DEADLIFT

Layer 1

- Deadlift, 2/2, down, down, up, up, down, down, up, up
- Single time, down and up
- **Knees are soft**
- Plate stays close to the thighs
- **Tip forward from hips and brace core to protect lower back**
- **Shoulder blades are peeled back, engaging your posterior chain**

Layer 2

- The Deadlift is an amazing, complex move that activates the whole body

HALO WITH SIDE LUNGE/WOODCHOP

Layer 1

- Feet wide, Halo left to right circle, 1 Woodchop across
- Halo, 1 Woodchop across
- Feel the rhythm, circle, hold, cross and back
- **Keep feet wide and square hips to the front**
- **Push knees out over toes and lift the chest**
- Rotate through the center of the chest and then take the plate from knee up to 45 degrees

Layer 2

- Lift the chest to work strongly through the back muscles
- We are working rotational power so it's like we want to throw and catch the plate
- Purposely throw and catch, pull back, creating more tension through your abs

SIDE KNEE LIFT WITH OBLIQUE CRUNCH

- Feet under hips, Oblique Crunch
- Right knee lifts, crunch and lower, crunch and lower
- You want to catch through your side abs and the plates add more resistance

Layer 2

- You are purposely trying to grab into your obliques
- You'll know you're doing this move correctly when you feel that bite into your abs

THORACIC TWIST/FIGURE 8 COMBO

Layer 1

- Keep feet wide, elbows to the side, plates at chest
- 8 Twists, right, left, right, left, 4, 3, 2, Figure 8 right and left
- 8, 7, 6, 5, 4, 3, 2, 1, right and left, right and left
- **In the Twist, the elbows are wide and you rotate through the center of your chest**
- **In the Figure 8, body and plates move as one**
- ⬆ Option: To create more tension through the core, take the plates away from your chest

Layer 2

- With the plates further away, using longer levers, it creates more tension and works the core harder
- Feel the catch through the side abs and we are adding on the Halo
- 8, 7, 6, 5, back to the Halo, around, drop down, Woodchop and back
- 8, 7, 6, 5, take it around
- ⬇ Option: Bring the plates back in close to the chest if you need to
- This is the powerhouse of the body. If we want to train better, train stronger, move faster, we need a strong core.





13. APATA PALACE 4:14mins

ESSENCE TIPS

This is functional strength and core training with a feature move of the Figure 8. Take a moment to pause the music to set your participants up for success with a mat, weights and a band. Set up each of the moves clearly with Layer 1 and then dive into educator mode on manipulating intensity, where to feel the moves, how to execute them with core control and coach the benefits. The Deadlift will be familiar for most members but ensure the execution of the more complex moves is landing ok with them. This might mean you coach more Layer 1, Body Part and Direction and safety cues a few times.

The Halo with the Woodchop requires the knees pressing out over toes, the abs braced tightly and the rotation moving from the center of chest. Set up targets for the plates. Be sure the acceleration (up phase) and deceleration (down phase) are executed with strong control. The Oblique Crunch is side flexion; the purpose is grabbing into the oblique muscles by driving the knee to elbow.

The Twists and Figure 8 require the body and plates to move as one. The challenge is to extend the plates away from chest; the longer the arms are away from the body, the more tension and challenge on the obliques. The benefits are numerous: rotational power, athletic performance, stronger core, fitter, faster and personal satisfaction to work through new challenges!



14. CORE

TRACK FOCUS

I want my participants to execute a strong isometric hold in the Fireflies.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Plank position, on knees or toes, facing R	32	
0:15	Instr / (Beat)	12x8	A Firefly with Hold L&R Bring L knee to L shoulder <i>Hands under shoulders</i> Hold Crouch  R ↑ Option: Extend held leg to side and circle B		6x
1:01	Instr / (Tempo slows)	3x8	Hold. Roll to seated facing L. <i>Hands behind hips, fingers turn out</i>	24	
1:16	Instr / (Tempo speeds up)	11x8	B Seated Stick Insect with Hold R&L <i>Press into hands, lift hips, extend R leg F Hands under shoulders</i> Hold Hips B between arms, R foot to floor  On other leg		11x
2:12	Instr / (B up)	4x8	Hold. Roll to Plank, facing L  Next move	32	
2:27	Outro / (Beat)	8x8	C Plank with Diagonal Leg Lift L&R ↓ Option: Horse Stance, slow Diagonal Leg Lift ↑ Option: Plank from toes, Diagonal Leg Lift Hold Plank to finish	8	8x



14. TO LIFE 3:02mins

TECHNIQUE AND COACHING

FIREFLY WITH HOLD

Layer 1

- Firefly, from Plank position, shoulders above wrists, on knees or toes
- Knee comes to elbow, hold and then steps back
- Other side, knee to elbow, hold and reset
- ⬆ Option: To extend the hold, circle the leg out to the side
- **Keep the hips square to floor**

Layer 2

- Feel the extreme core grab and it sticks with you

ESSENCE TIPS

Let's bring the core to life with strong isometric holds in the Fireflies, Stick Insects and Planks. The extreme core work requires a super strong abdominal brace for the ultimate in core control. Hips square to floor and back long and straight in the Fireflies are key Layer 1 alignment cues. Flip over to the Stick Insect to train the glutes, core and shoulders. The option is to touch the glutes down on the floor for recovery. Always remember to coach and role-model levels based on what you see happening in your class. One more flip over and you finish with Planks with isometric holds and Leg Extensions to blast the core. Phew, this track is over in a flash and so effective for integrated Core Training!

SEATED STICK INSECT WITH HOLD

Layer 1

- Roll over, **fingers point away from the body**
- We use our posterior chain to lift the front leg out straight
- Lift, hold and release; other leg, hold and release
- **Squeeze the shoulder blades together to open the chest**
- ⬇ Option: Any time the shoulders fatigue, sit down, roll the wrists, roll the shoulders, recover and come back

Layer 2

- Squeeze the glutes, feel the isometric hold

PLANK WITH DIAGONAL LEG LIFT

Layer 1

- Roll over and back to Plank
- Leg lifts like the Burpee Combo
- Lift the front leg, now the back leg
- Lift and hold, and down; lift and hold, and down
- Our whole body flat as a plank
- Tuck the chin in for a long neck
- Keep lifted heel in line with hip



15. CORE

TRACK FOCUS

I want my participants to experience the fire and muscular intensity in the posterior chain.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / _ Don't make	4x8	Collect two small weight plates or band Set up Horse Stance Plate in L hand/handle under L hand, other handle around L foot, R foot presses band		32	
0:18	V1 / Touch	4x8	A	Horse Stance with Diagonal Leg Lift R Rear Deltoid Raise L	4	8x
0:36	V2 / Phone	6x8	A ¹	Horse Stance with Pulse Diagonal Leg Lift R Pulse Rear Deltoid Raise L Use last 4 cts to set up next move	2	22x
1:04	C / _ Don't make	4x8	A ²	Scorpion Tail Pulse R Use last 2 cts to straighten leg	2	15x
1:22	Br / _ Lo da da	4x8	A ³	Horse Stance with Side Leg Extension R ↓ Option: Tap toe to side	4	8x
1:40	V3 / Loca, loca	2x8		Hold. Change sides	16	
1:49	V3 / Loca, loca	2x8	A	 Horse Stance with Diagonal Leg Lift L Rear Deltoid Raise R	4	4x
1:59	PC / Oh, oh	4x8	A ¹	 Horse Stance with Pulse Diagonal Leg Lift L Pulse Rear Deltoid Raise R	2	16x
2:17	C / _ Don't make	4x8	A ²	 Scorpion Tail Pulse L Use last 2 cts to straighten leg	2	15x
2:35	Br / _ Lo da da	4x8	A ³	 Horse Stance with Side Leg Extension L ↓ Option: Tap toe to side	4	8x
2:53	QC / _ Don't make	2x8		Hold. Lower to prone, knees bent, heels together Palms down, stack under chin	16	
3:03	Outro / Fuego	2x8	B	Parachute Pulse Knees lift and lower, forehead rests on hands	2	8x



15. FUEGO 3:14mins

TECHNIQUE AND COACHING

HORSE STANCE WITH DIAGONAL LEG LIFT

Layer 1

- Plate in right hand, extend opposite leg, single time, lift and lower
- **Draw belly in and brace core**
- Evenly distribute the body weight between the supporting knee and the flat palm
- Stay up and pulse
- **Lengthen the spine and then lengthen the leg**
- **Leg stays in line with hips**
- This is the posterior chain so feel the fire through the back of the body

Layer 2

- Push hard through the heel of the hand to stabilize upper body
- Check the core is engaged, then pulse
- When we work in this top range we put more pressure through the back of the body
- The muscles adapt, respond and we get stronger

SCORPION TAIL PULSE

Layer 1

- Lose the plate, two flat palms to support the Scorpion Tail Pulse
- Keep the knee high with just a little movement in the top range
- **Brace your core strongly**

Layer 2

- We want to be super strong through the back of the body because that will help us with Squats, jumps – everything
- Squeeze glutes every time you lift your leg

HORSE STANCE WITH SIDE LEG EXTENSION

Layer 1

- Extend the leg, Side Leg Extensions, out and in, out and in
- You can tap your foot at the back or go for a full extension
- ⬇ Option: If you feel your hips twisting, just tap the foot down

PARACHUTE PULSE

Layer 1

- On belly, hands under chin, press heels together, lift belly and pulse
- **Squeeze butt** to lift thighs for Parachute
- Stronger glutes, stronger back

ESSENCE TIPS

Bring on the "Fuego", the fire, in the back chain of the body. The heat and muscular intensity accumulate with a whole lotta pulsing! Three key moves stimulate the posterior chain: Horse Stance with Diagonal Leg Lifts, the Scorpion Tail and the Parachute – all with Pulses! The use of plates or the resistance band also dials up the muscle challenge. Stability is key for safe, effective execution. Cross-connecting the muscles from one shoulder to the opposite glutes, and bracing the abs tightly, driving the hand to the floor and deep shoulder girdle stabilization will all help keep the body rock-solid during movement.



16. CORE

TRACK FOCUS

I want my participants to smile during challenging core work.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / _ Everything	5x8	Participants can work with or without a partner in this track Lie supine, knees bent, feet on floor facing L or partners face each other, toes touching <i>Hold small weight plate with arms extended</i>	40	
0:24	PC / _ I wanna be	4x8 A	Crunch <i>Plate lift with straight arms</i> ↓ Option: <i>Hold plate at chest</i>	4	8x
0:43	C / Mine	4x8 A ¹	Fast Crunch <i>Plate lift with straight arms</i> On beat or as fast as you can Partners try to out- pace each other	2	16x
1:02	V2 / If you ever	4x8	Hold. <i>Plate down</i> , set up Hover on knees facing R, partners face each other 👁️ Next move on last 16 cts	32	
1:21	PC / _ I wanna be	4x8 B	Hover <i>Arm Reach F L&R</i> Partners fist-pump each other ↑ Option: Hover on toes	8	4x
1:41	C / Mine	8x8 B ¹	Hover <i>Fast Arm Reach L&R</i> Partners try to out pace each other	4	16x
2:19	V3 / Lost and you're	2x8	Hold. Set up Plank on knees 👁️ Next move on last 8 cts	16	
2:29	V3 / Lost and afraid	2¾x8 C	Plank <i>Superman Reach L&R</i> Partners clap out, stretch hands ↑ Option: Plank on toes	8	3x
2:42	C / Mine	4x8 C ¹	Plank <i>Fast Superman Reach L&R</i> Partners try to out pace each other	4	8x
3:01	Instr /	1x8	Hold. Roll onto back, facing L Partners face each other and set up Cross Crawl	8	
3:06	Rep / Mine	3x8 D	Cross Crawl <i>R&L Fingertips to temples</i> ↓ Option: Tap toes to floor	2	12x



16. SISTER 3:24mins

TECHNIQUE AND COACHING

CRUNCH

Layer 1

- **Hold plate above shoulders, crunch up and down**
- Ribs go down towards hips
- Tuck chin in so back of neck is long
- Look through your thighs at your partner
- **↑** Option: Go faster. Partners race each other
- Keep lower back to floor and ribs sliding to hips



HOVER

Layer 1

- Elbows under shoulders, setting up Hover
- **Brace your abs, long spine**
- If you're working with a partner, opposite hands fist pump
- If you're on your own, reach forward
- **↑** Option: We can lift the knees up off the floor
- **Focus on really bracing the core, squeezing the glutes and drawing the hip bones into the body**

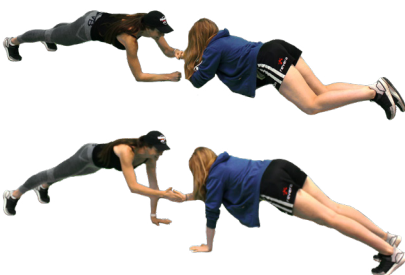
Layer 2

- **↓** Option: Drop down onto knees
- **↑** Option: Match the beat with the arm reaches
- As you reach out, there are only 3 points of stability so lots of heat for the core

PLANK

Layer 1

- Come on to knees to set up Plank
- Shift weight forward over hands
- If working with a partner, opposite hand claps, a little high five.
- If on your own, reach your arm out to Superman
- **↑** Option: Come up onto toes
- **↑** Option: Reach on the beat



CROSS CRAWL

Layer 1

- Onto backs, partner's feet touch for Bicycle Twists
- **↓** Option: You can tap feet down
- **Rotating through the center of your chest**



ESSENCE TIPS

This track utilizes the fundamental core exercises of Basic Crunches, Hovers, Planks and Cross Crawls with the option to teach using interactive partner work. The upbeat musical tone is coupled with the clever interactive challenge to 'out-plate' and 'out-pace' one other. The interactive fun is with foot taps, fist bumps and high fives. If participants choose not to partner up, you can share enjoyment with them with 'air' high fives and fist bumps. Consider teaching the Hovers and Planks face-on so you are fully connected with the class. Smiles all round for TONE brothers and sisters with challenging core training!



17. STRETCH

TRACK FOCUS

I want my participants to feel self-satisfaction after completing their TONE workout.

MUSIC		EXERCISE		CTS
0:00	Intro /	1½x8	Celebrate and congratulate	12
0:08	V1 / _ I strike	3x8	Childs Pose	24
0:25	Growing	1x8 A	Kneeling Hip Flexor L (R foot F) <i>Arms relaxed</i>	8
0:31	V2 / Ignore	2x8 A¹	Kneeling Hip Flexor Stretch L (R foot F) <i>L hand to floor, open R arm O/H</i>	16
0:42	Give a	2x8 B	Hamstring Stretch R <i>Hands F on floor</i> ↓ Option: <i>Hands on front thigh</i> Change sides on last 2 cts	16
0:54	V3 / Stage	1x8 A	 Kneeling Hip Flexor Stretch R (L foot F) <i>Arms relaxed</i>	8
1:00	My mind	1x8 A¹	 <i>Kneeling Hip Flexor Stretch</i> R (L foot F) <i>R hand to floor, open L arm O/H</i>	8
1:05	Hollering	2x8 B	 Hamstring Stretch L <i>Hands F on floor</i> ↓ Option: <i>Hands on front thigh</i>	16
1:17	V4 / Interrupt	1x8	Roll to stand	8
1:22	Here	1x8	Baby Back Bend	8
1:28	Fade / Here	2x8	Roll shoulders, shake out legs	16
1:40	Outro /	6x8	Celebrate	48



17. INVOCATION 2:14mins

TECHNIQUE AND COACHING

CHILDS POSE

Layer 1

- Drop hips back into Childs Pose
- Press the knees out and reach fingertips long
- Feel the shoulder blades separate
- Feel the stretch along the back of the body, all the way down to your hips

KNEELING HIP FLEXOR STRETCH

Layer 1

- Bring left leg forward, back knee down
- Press hip forward to stretch down through the quad and front of your hip
- Roll through the upper body
- Place right hand on the floor and spiral the chest open
- Other side, left hand down and spiral the other arm upwards to open the body

HAMSTRING STRETCH

Layer 1

- Center the body, pull back and stretch hamstrings
- Hands can be on floor or bring them up onto thigh
- Keep hips square to front as you push them back

BABY BACK BEND

Layer 1

- Slowly rolling up through spine and reaching all the way up
- Come into a Baby Back Bend, squeezing glutes
- Then mobilize and loosen up, just like we started, through the upper body; shake out your arms
- And through the lower body, rotate through the hips

ESSENCE TIPS

Yes! It's time to bring the TONE workout home with a 'chilled' musical feel. A short stretch and recovery will have your TONE people feeling satisfied and content in completing their awesome TONE workout!



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.

