

LES MILLS TONE 10

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MUSIC

- 01

Make It Look Easy (2.08)

Danger Twins

© 2017 Milkglass LLC / Andrew Bissell Productions / Peer Southern Productions US.

Written by: Bissell, Stroup
- 02

Alors On Danse (3.25)

Stromae

Courtesy of the Universal Music Group.

Written by: van Haver
- 03

Don't Wanna Dance (Novodor Remix) (2.54)

Boston Bun

Courtesy of the Universal Music Group.

Written by: Baker, Noyer, Emenike
- 04

Magalenha (3.27)

Simon Fava & Gregor Salto feat. Sergio Mendes

© 2017 SPRS / SpinninRecords.com

Written by: Brown
- 05

Faith (3.06)

Galantis & Dolly Parton feat. Mr. Probz

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Written by: Parton, Hiatt, Karlsson, Jonback, Stehr, Fleur, Postma, Rodriguez, Corne De Fluiter, Aukstikalnis
- 06

Bashment Ting (3.10)

Rob & Jack & Sanjin

© 2018 Revealed Music B.V.

Written by: Kljucanin, Milo, Stiernspetz
- 07

Majesty (4.26)

Apashe & Wasiu

© 2018 Kannibalen Records

Written by: De Buck, Salami
- 08

Blinding Lights (4.34)

The Weeknd

Courtesy of the Universal Music Group.

Written by: Quenneville, Balshe, Holter, Sandberg, Tesfaye
- 09

This Groove (Codeko Remix) (3.11)

Oliver Heldens & LENNO

© 2019 HELDEEP RECORDS / Spinnin' Records.

Written by: Linjama, Heldens, Clarke, Earnest
- 10

Bump It (2.09)

NVDES & REMMI

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Written by: Smith, van Vleet, Vigno
- 11

Stronger (5.11)

Kanye West

Courtesy of the Universal Music Group.

Written by: West, Bangalter, Birdsong, Homem

- 12

Never Change (2.50)

Don Diablo

© 2019 HEXAGON.

Written by: Hornsby
- 13

Aprieta (3.06)

Spiral Of Love

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Written by: Unknown
- 14

Higher (2.42)

MYRNE feat. Lost Boy

© 2019 ULTRA Records, LLC.

Written by: Bailey, Deskin, Lim
- 15

Gasolina (3.13)

Daddy Yankee

Courtesy of the Universal Music Group.

Written by: Daddy Yankee, Ayala
- 16

Juice (3.14)

Lizzo

© 2019 Atlantic Recording Corporation.

Written by: Frederic, Thomas, Jefferson
- 17

20:25 (3.51)

Flux Pavillion & What So Not

© 2019 Circus Records.

Written by: Steele, Emerson, Mohager
- ALT 10

Ah, You Do It Right (2.09)

Quantic

© Black Lotus 2020.

Written by: Kalampoki
- ALT 11

Work It Hard (5.11)

Samarth

© Black Lotus 2020.

Written by: Newport, Langeveld, van de Geer



L-R: Khiran Huston, Mark Nu'u-Steele, Desmond Helu, Vili Fifita, Kaylah-Blayr Fitzsimons-Nu'u, Diana Archer Mills

We're thrilled to kick-off 2020 with TONE 10, a milestone release! TONE 10 features simple, easy-to-learn choreography, combined with hot music and intelligence in the design of cardio, strength and core training!

So, here's some of the release's highlights...

TONE posture: Posture is paramount for safe and effective movement quality. There is a big focus on setting up TONE posture, weaving it in and reinforcing it throughout the workout and coaching participants to move with excellent technique for safety and results.

VARIED TRAINING METHODS offered: There's many training styles used, featuring classic training methods and the hottest trends in group fitness. In the Cardio section, there's tracks that offer progressive heart rate lift, steady state training and HIIT. Strength includes as well as traditional strength exercises and unique balance and functional training to work multiple planes of movement. Also included is Core training in standing and lying down positions to focus on all aspects of the core, deep and superficial muscles, rotational muscles, the posture muscles of the back chain of the body and the muscles that surround the hips.

SPEED of movement: Faster – Here we go! TONE 10 features an opportunity to move faster in our Cardio tracks than in some of our previous releases. This highlight of TONE 10 creates options for your participants, enabling you to cater to those looking for the extra cardio burst.

Alors on Dance Track 2 – Interval Warm-up – Showcase all options: This Warm-up is paced so well to showcase all the different options TONE has to offer. It's such a phenomenal opportunity for you to set the scene and educate participants that the class will be using a mixture of options and based on their specific needs.

Magalenha Track 4 – Cardio – Contrast of moves: This track has amazing contrast in moves with the grounded slow Lateral Lunge with Side Crunch and dynamic Palm Presses. This is a cool opportunity to demonstrate the variety TONE offers.

Faith Track 5 – Cardio/Running – Inspirational: This running/jogging/marching track is set to super inspirational music and gives your participants a wonderful cardio burst. If your room does not accommodate this track, you have the choice not to use it or be creative with the space that you have in your studio.

Majesty Track 7 – Cardio on training to 'Breathless' – Role model Technique and Coaching: This is a peak, full-out breathless Cardio track that will appeal to the most hard core athletes while still offering choices for those with moderate fitness levels. Ensure all fitness levels are catered to in your physical role-modeling and coaching of this track. It is the ultimate in showing the benefits of peaking cardio fitness to get fitter, faster.

Aprieta Track 13 – Strength/Core – Contrast: The Planks/Plank Jacks added to the new Plank/Air Jack/Jumping Firefly Combo dial into muscular power. The Figure 8s are seamless with the added strong Twist to make it a combo of fluidity and precision. These are all fantastic exercises for integrated core training.

Enjoy!



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** – Lucy Judson

PRESENTERS

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

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

Desmond Helu (New Zealand) is a LES MILLS TONE, BODYPUMP, BORN TO MOVE™, LES MILLS BARRE, LES MILLS THE TRIP™ and SH’BAM™ Instructor and a LES MILLS GRIT™ Coach/Presenter. He is based in Auckland where he is also a personal trainer.

Kaylah-Blayr Fitzsimons-Nu’u (New Zealand) is a LES MILLS TONE, BORN TO MOVE, BODYSTEP and a LES MILLS THE TRIP Instructor and a LES MILLS GRIT Coach. She is based in Auckland.

Vili Fifita (New Zealand) is a LES MILLS TONE, BODYCOMBAT, BODYPUMP, LES MILLS CEREMONY™, LES MILLS CONQUER™, LES MILLS SPRINT™ and LES MILLS THE TRIP Instructor and a LES MILLS GRIT Trainer/Presenter. He also works in the engineering industry 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 Instructor/Presenter, and a LES MILLS GRIT Coach/Presenter. She is based in Auckland and has been a Les Mills Instructor for seven years.

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
Alt	Alternate	Intro	Introduction
PC	Pre-Chorus	V	Verse
QC	Quiet Chorus	L&R	Left and Right
Mins	Minutes	O/H	Over head
B up	Build up (music)	C	Chorus
RA	Running Arms	Rep	Reprise (part of the counts chorus repeated)
Ref	Refrain	ROM	Range of motion
F&B	Forward and back	Outro	Last few bars of music
HOH	Hands on hips	Instr	Instrumental
Br	Bridge (non-chorus)		

RELEASE FEEDBACK

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01. WARM-UP

TRACK FOCUS

I want my participants to understand why TONE posture is important to maintain throughout the class.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	2x8	Feet outside hip-width. <i>Upper body stretch</i>		16	
0:13	Instr / (Whistle)	4x8	Hip Rotation L&R		8	4x
0:28	V1 / Own it	4x8	A	Slow Back-Stepping Lunge R&L (L leg steps B first). <i>HOH</i>	16	2x
0:44	C / Easy	4x8	A ¹	Back-Stepping Lunge R&L (L leg steps B first). <i>Lift Arms O/H hands clasped then down</i>	8	4x
0:59	V2 / Can't resist	4x8	B	Slow Squat. <i>Hands clasped F to O/H then down and B wide</i>	8	4x
1:15	C / Easy	4x8	B ¹	Squat with Heel Raise. <i>Hands clasped F to O/H then down and B wide</i> ↓ Option: No Heel Raise	4	8x
1:31	Br /	½x8	Step legs wide		4	
1:33	Rep / Good	2x8	C	Double Pulse Lateral Lunge L&R. <i>Hands to thigh</i>	8	2x
1:40	Rep / Good	2x8	C ¹	Double Pulse Lateral Lunge L&R. <i>Single Arm Reach towards floor</i> ↓ Option: <i>Hands to thigh</i>	8	2x
1:47	Br /	¼x8	C ²	Lateral Lunge L. <i>Reach and Twist</i>	2	
1:49	C / Easy	4x8	C ²	Lateral Lunge R&L. <i>Reach and Twist</i> ↓ Option: <i>Single Arm Reach towards floor</i>	4	8x
2:05	Outro /	½x8	Jog OTS, ready for next track. RA		2	



01. MAKE IT LOOK EASY 2:08mins

TECHNIQUE AND COACHING

SLOW BACK-STEPPING LUNGE

Layer 1

- Right leg leads, step back, lunge, rise up, change legs
- **Back knee goes straight towards floor and front knee drives out over toes**
- **Belly draws in and hips square to front**

BACK-STEPPING LUNGE

Layer 1

- Double time and hands come up
- Lunge, reset; Lunge, reset
- We set up TONE posture and that helps us from the floor all the way to the top

SLOW SQUAT

Layer 1

- Feet wider to Squat
- Down, down and up, up; down, down, up, up
- **TONE posture**
- **Knees out in line with toes**
- **Chest lifted**

SQUAT WITH HEEL RAISE

Layer 1

- Double time, Squat and rise
- We drive up onto the toes to warm the calves and ankles and get us ready for the Cardio block ahead

DOUBLE PULSE LATERAL LUNGE

Layer 1

- Heel-toe wider for Lateral Lunge, right side
- 2, 1 and switch, 2, 1 and switch
- **Knees stay out in line with toes**
- **Chest stays up**, even with the reach

LATERAL LUNGE

Layer 1

- Single Lunge, 1, 2; 1, 2
- Mobilizing the spine with the Reach and Twist

JOG

Layer 1

- Light jog

ESSENCE TIPS

Super simple, short and sweet Warm-up! The Warm-up is designed to warm the muscles and enhance mobility to prepare for the TONE class. Proper posture is a cornerstone of safety and optimal performance for all participants no matter what their fitness level. Coach and set a strong foundation of feet firmly planted on the floor, a lifted chest, the shoulders away from the ears and a strong ab brace from the start. Then, reinforce TONE posture throughout the class to encourage stronger, safer movement quality. Create a welcoming environment with your smiles and a positive coaching voice so everyone is feeling good!



02. WARM-UP

TRACK FOCUS

I want my participants to feel confident and successful with simple coaching to easily follow all levels as they continue to warm their bodies.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Jog OTS RA	2	8x
0:08	Instr /	2x8	A	Standing Burpee Side Knee Lift L&R. Reach O/H and Oblique Pull Down Squat. Arms O/H, hands clasped Stand. Arms down and B	4 2 2	2x
0:16	V1 / _ Qui dit	4x8	A	Standing Burpee	8	4x
0:32	_ Qui dit	4x8	A ¹	Slow Walking Burpee Squat. Stack palms F, then to floor Walk B to Plank L&R. Hands under shoulders Walk in to Squat L&R. Hands under shoulders Stand. Stack palms F, then wide and B ↓ Option: Standing Burpee	4 4 4 4	2x
0:48	C / Danse	4x8	A ²	Jumping Burpee Squat. Stack palms F Jump B to Plank. Hands under shoulders Jump in to Squat. Hands under shoulders Stand. Arms wide and B ↓ Option: Standing Burpee	2 2 2 2	4x
1:04	Rep / Danse	4x8	A ³	Off-The-Beat Burpee with Jump ↓ Option: Jumping Burpee ↓ Option: Standing Burpee	8 8	4x 4x
1:20	V2 / _ Et la	4x8	B	Slow Standing Mountain Climber 2x Knee Lift L&R. Slow RA 2x Leg Curl L&R. Slow RA	8 8	2x
1:36	S'arrete	2x8	B ¹	Standing Mountain Climber 2x High Knee Jog L&R. RA 2x Heel To Butt L&R. RA	4 4	2x
1:44	Ref / Chante	1x8		Transition to the floor	8	
1:47	_ Lala	3x8	B ²	Slow Mountain Climber L&R. Hands under shoulders ↓ Option: Standing Mountain Climber	4	6x
2:00	Rep / Chante	4x8	B ³	Mountain Climber L&R. Hands under shoulders ↓ Option: Standing Mountain Climber ↑ Option: Off-the-beat Mountain Climber Transition to stand on last 4cts	2	16x
2:16	C / Danse	4x8	C	Standing Surfer L&R Double Pulse Corner Squat L&R. Arms down and B wide, then cross chest	8	4x
2:32	Rep / Danse	8x8	C ¹	Surfer Burpee L&R Deep Corner Squat L. Hands to floor under shoulders Jump B to Plank. Hands under shoulders Jump in to Deep Corner Squat R. Hands under shoulders Rise to Corner Squat R. Guard position Repeat to other side ↓ Option: Standing Surfer ↑ Option: Off-the-beat Surfer Burpee	2 2 2 2 8	4x
3:04	Outro / Encore	5x8		Jog OTS. RA ↓ Options: Bounce or Tread	40	



02. ALORS ON DANSE 3:25mins

TECHNIQUE AND COACHING

STANDING BURPEE

Layer 1

- Set up the Standing Burpee
- Lift right knee, left knee, squat and rise; knee, knee, squat and rise
- The workout is self-regulating; when we go to the floor you can remain standing
- **Drive the knees out over toes in the Squat**

SLOW WALKING BURPEE

Layer 1

- The floor option: squat, hands down, walk back, back, in, in, squat and rise
- **Chest up as you squat**
- **Every time we walk back into the Plank we brace abs tightly**

JUMPING BURPEE

Layer 1

- A little faster
- Squat, jump back, jump in, and stand; squat, jump back, jump in and stand
- **↑** Option: Race the beat to get warmer quicker

SLOW STANDING MOUNTAIN CLIMBER

Layer 1

- 4 Knee Lifts 4, 3, 2, Hamstring Curl 4, 3, 2, 1
- Heels to butt
- We warm the hip flexors and the hamstrings

STANDING MOUNTAIN CLIMBER

Layer 1

- Same thing but faster: 4 runs, 4, 3, 2, flick heels back

MOUNTAIN CLIMBER

Layer 1

- If you want floor work, come down for Mountain Climber
- Knees come in to chest, right leg, left leg
- Your **hands are under your shoulders**, push them into the floor
- **Hips are in line with shoulders**
- **Core is braced tightly**
- **↑** Option: Want to pick it up, go faster, on the beat; or to get warmer quicker again, race the beat

STANDING SURFER

Layer 1

- Double Squat right and turn; Double Squat left and turn
- **Knees out over toes**
- Squeeze the back of the body
- **Lift chest**
- Can stay upright if you want to

SURFER BURPEE

Layer 1

- Squat, jump back, right leg through and stand
- Squat, jump back, swing left leg through and stand
- **↑** Option: You can race the beat and get your heart rate up to hit the first Cardio section

JOG

- We don't stop moving in TONE. Through the workout you can march, bounce or run. Your workout, your way. We coach TONE posture of bracing abs, lifting chest and keeping shoulders down

ESSENCE TIPS

This track is a perfect opportunity to highlight that TONE is a self-regulated workout. Your clear, confident Layer 1 cueing guides participants to start off slowly with each of the 3 feature moves of the Standing/Walking/Jumping Burpee, Standing/Floor Mountain Climber and Standing Surfer/Surfer Burpee. This track is a chance to showcase all the options, including faster tempos and off-the-beat intensity. It's all about prepping the body for the workout and setting the scene around community feel and working together to be fitter and healthier.



03. CARDIO

TRACK FOCUS

I want my participants to move fast in the agility work and use strong legs in the power work.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2½x8		Jog OTS. RA	20	
0:10	V1 / Man	6x8	A	Run/Jack Combo 8x Sprint L&R OTS. RA 4x Jumping Jack. Arms O/H, wrists cross and Pull Down	8 8	3x
0:33	C / Dance	8x8	A	Run/Jack Combo – increase intensity ↓ Option: 8x Tread L&R. RA 2x Side Squat L&R. Arms O/H, wrists cross and Pull Down	16	4x
1:04	V2 / Dance	8x8	B	Skater/3-Step Combo 2x Skater L&R. Skater Arms Agility Side 3-Step L&R. Natural Arms 👁️ Next combo on last 16cts	4 4	8x
1:35	C / Dance	8x8	B¹	Skater/Lateral Plyo Jump Combo 2x Skater L&R. Skater Arms Lateral Plyo Jump L&R. Slow Skater Arms ↓ Option: Skater/3-Step Combo	4 4	8x
2:05	Rep / Dance	12x8	C	Run/Squat Combo 8x Sprint L&R OTS. RA Squat/Calf Raise. Arms down and then clasped hands O/H ↓ Option: 8x Tread/Calf Raise and Squat ↑ Option: 8x High Knees/Hammer Throw ↑ Option: 8x High Knees/Hammer Throw travel F&B	4 4	12x



03. DON'T WANNA DANCE 2:54mins

TECHNIQUE AND COACHING

RUN/JACK COMBO

Layer 1

- 16 High Knees, 4 Jacks, 4, 3, 2, 1
- Now we know the combo, crank it up
- **Chest lifted, core is on**
- ⬇ Option: Tread the feet and Side Squat right and left
- **Feet wide and knees out over toes in the Jack or Squat**
- Brace the abs as you pump the arms in the Tread or Run and it will enable the feet to move faster

SKATER/3-STEP COMBO

Layer 1

- Skater, right, left for 4; 4, 3...
- Triple Step right, left, 1, 2, 3, 1, 2, 3
- **Drive landing knee out over toes**
- **Keep chest lifted**

Layer 2

- Focus is on agility to move across the floor lightly
- Use arms to help you travel across the floor

SKATER/LATERAL PLYO JUMP COMBO

Layer 1

- Next level is a power level: single Plyo Jump
- This is the power phase as you push on the outside of your foot to create explosive power
- **Land softly in each jump**

Layer 2

- Building strong, powerful glutes as you push out of each foot

RUN/SQUAT COMBO

Layer 1

- High Knee Run 8, 7, 6, 5, 4, 3, one Squat, Heel Lift
- **Squat, knees go out over toes**
- ⬇ Option: Tread and Calf Raise

Layer 2

- ⬆ Option: Run and Hammer Throw
- ⬆ Option: Jump forward and turn on the Run
- **Both feet take off and both feet landing**
- Wind up and take a big leap forward
- Land softly from the leap
- Now we are working all the muscles of the posterior chain so we build explosive power

ESSENCE TIPS

Agility and explosive training is full-on to quickly elevate the heart rate! The moves are super easy to follow; paired with the upbeat fun song, they are perfectly aligned with the quick tempo. No matter what level your participants choose, they will be inspired to move quicker to boost their cardiovascular strength and think fast on their feet. High, fast knees and treads will get everyone revved right from the 'get-go'. The fast Skaters are all about being light on the feet. To add the power component, pushing strongly off the supporting foot and leg is the key to explosive quad and glute activation. Using all the muscles of the legs, the levers of the arms and tight core to travel forward in the Squat is the key to achieve more forward distance. So many opportunities to train cardio, agility and power for all fitness levels!



04. CARDIO

TRACK FOCUS

I want my participants to work as fast as they can in the Palm Press Combo to achieve breathlessness.

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / Vem	2x8		Take feet wide		
0:08	V1 / Hoie	2x8	A	Slow Lateral Lunge L&R. <i>Hands to thigh</i>	8	2x
0:15	V2 / Vem	4x8	A ¹	Lateral Lunge L&R. <i>Fingertips to temples, Oblique Bend</i>	4	8x
0:30	C / Te te te	8x8	B	Palm Press Combo Held Squat. <i>8x Palm Press L&R F</i> Turn to Lunge L (facing L). <i>8x Palm Press L&R to L</i> Turn to Held Squat. <i>8x Palm Press L&R F</i> Turn to Lunge R (facing R). <i>8x Palm Press L&R to R</i> ⬆ Option: <i>Jabs</i>	8 8 8 8	2x
1:01	V3 / Vem	4x8	A	Slow Lateral Lunge L&R. <i>Fingertips to temples, Oblique Bend</i> ⬇ Option: <i>Hands to thigh</i>	8	4x
1:16	V4 / Vem	4x8	A ¹	Lateral Lunge L&R. <i>Fingertips to temples, Oblique Bend</i>	4	8x
1:31	C / Te te te	8x8	B	Palm Press Combo	32	2x
2:02	Instr / (Quiet)	6x8	A	Slow Lateral Lunge L&R. <i>Fingertips to temples, Oblique Bend</i>	8	6x
2:25	V5 / Vem	8x8	A ¹	Lateral Lunge L&R. <i>Fingertips to temples, Oblique Bend</i>	4	16x
2:55	C / Te te te	8x8	B	Palm Press Combo	32	2x



04. MAGALENHA 3:27mins

TECHNIQUE AND COACHING

SLOW LATERAL LUNGE

Layer 1

- Bring feet really wide for a Slow Lateral Lunge
- **Knees press out over toes**
- ↓ Option: Hands to lead thigh

LATERAL LUNGE

Layer 1

- Speed up and bring fingertips to temples, aiming elbow towards knee
- **Remember that TONE posture**

Layer 2

- Squeeze shoulder blades back and down
- Feel the spine curving to work the obliques



PALM PRESS COMBO

Layer 1

- 16x Palm Presses forward in Squat position, turn left – 16x Palm Press in Lunge position, turn center – 16x Palm Press in Squat position, turn right – 16x Palm Press in Lunge position
- **Roll the shoulders and brace the core**
- At the side, feel the Lunge
- At the front, hold the Squat

Layer 2

- Release the energy, press forward
- Use your breath, try to get an exhale in every Press to power your moves
- Feel your core working
- Squeeze the muscles that stabilize the hips
- Feel the freedom in the arm

ESSENCE TIPS

3 sets of Interval Training for phenomenal cardiovascular conditioning. The contrast of the Slow Lateral Lunge with Side Crunch and the speedy freedom of the Palm Presses is an ideal way to get the heart rate up, recover and repeat. The key to moving quickly in the Palm Press Combo is to roll the shoulders for ease of movement. Staying low in the Squat will enhance a grounded feel and squeezing the shoulder blades downward will dial up muscular work in the obliques in the Side Crunch. Musically it feels like a party and this track will be over in a flash as your participants may just get lost in the feel of the music.



05. CARDIO

TRACK FOCUS

I want my participants to feel a sense of community while striving for maximum cardio output.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Set up Lunge position. <i>HOH</i>	8	
0:04	V1 / _ When the	8x8	A	Pulse Lunge Sequence R		
				16x Pulse Lunge R (L leg B). <i>HOH</i>	32	
				4x Pulse Lunge R (L leg B). <i>Slowly raise arms O/H</i>	8	
				4x Pulse Lunge R (L leg B). <i>Slowly pull bent elbows down</i>	8	
				4x Pulse Lunge R (L leg B). <i>Circle arms B</i>	8	
				Sprinters Lunge. <i>Hands on thigh or floor</i>	8	
0:36	PC / Faith	4x8	B	Light Run F&B or OTS. <i>RA</i> ↓ Option: March OTS ↑ Option: High Knee Run	32	
0:53	PC / Faith	4x8	B ¹	Bigger Run F&B or OTS	32	
1:09	C / Faith	4x8	B ²	Sprint F&B or OTS ↓ Options: Jog F&B or OTS	32	
1:25	V2 / Don't know	8x8	A	 Pulse Lunge Sequence L	64	
1:58	PC / Faith	4x8	B	 Light Run F&B or OTS. <i>RA</i>	32	
2:14	C / Faith	4x8	B ²	 Sprint F&B or OTS	32	
2:30	V3 / Let me	4x8		Jog OTS – Recover	32	
2:46	Rep / Faith	4x8	B ²	Sprint / Or Run OTS or F&B / Or Bounce OTS – What ever you need	32	



05. FAITH 3:06mins

TECHNIQUE AND COACHING

PULSE LUNGE SEQUENCE

Layer 1

- Right leg back and set up full-range Lunge
- Pulse and breathe
- **Front knee presses out over toes**
- Take arms over head, reach high and lengthen torso
- Pull arms down and squeeze upper back
- Circle arms down to floor or thigh into Sprinters Lunge

LIGHT RUN

Layer 1

- Light run and you choose whether you march, jog or high knee run
- You can be on the spot or run (instructor to indicate direction dependent on studio)
- You choose your option but we bring the energy together

Layer 2

- Start to build; when the beat drops we give it all our energy
- We want to take our heart rate up
- We want to exert the energy because we deserve to be fit and healthy

SPRINT

Layer 1

- Maximum energy now
- Pump the knees and the arms to get the heart rate up

Layer 2

- Max energy was our pact, whether you are marching, bouncing, or jogging
- Bring it down – one more 20-second burst to bring the fire

ESSENCE TIPS

Our goal in this Cardio track is to coach, lead, guide and motivate our class to have maximum energy output in whatever level they choose. The physical contrast of lunging creates an opportunity to slow down, breathe, focus and connect to strong muscular work in the legs. Whether you run, on the spot or across the room, or you bounce, jog or march in place, as the instructor physically GO FOR IT. You are an inspirational role model and your class will be motivated by your movement quality. Consider creating a sense of urgency and increasing your vocal volume for that extra motivational boost. A 20-second countdown may also give your participants just what they need to push themselves a little further to the end. You and the camaraderie of your class can radiate energy and togetherness! Teach from a space of respect and care where your class always has faith in you that 'you have their backs'.



06. CARDIO

TRACK FOCUS

I want my participants to focus on strong muscle activation in standing and floor work.

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / _ What ya	4x8	Collect 2 small weight plates or band. Explain there will be standing options using equipment and floor options without equipment. Participants can choose either		32	
0:15	PC / _ Stand up	4x8	A	Standing Bear Crawl Side Knee Lift L&R. Oblique Crunch elbow to knee, plate in each hand/band wrapped around wrists to create tension	4	8x
0:30	C / (Instr)	4x8	A ¹	Bear Crawl F&B	8	4x
0:45	Br / (Quiet)	1x8	Transition to stand, with plates or band		8	
0:49	V2 / _ What ya	4x8	B	Standing Mountain Climber 2x High Knee Jog R&L. Plates or band held at waist 2x Jog Heels Up R&L. Plates or band held at waist	4 4	4x
1:04	PC / _ Stand up	4x8	B ¹	Mountain Climber L&R. Hands under shoulders	4	8x
1:19	C / (Instr)	4x8	B ²	Mountain Climber L&R Fast or off-the-beat. Hands under shoulders	32	
1:34	Br / (Quiet)	1x8	Transition to stand, with plates or band		8	
1:38	V3 / _ What ya	4x8	C	Standing Surfer L&R Double Pulse Corner Squat L&R. Arms down and B wide, then Bicep Curl	8	4x
1:53	PC / _ Stand up	4x8	C ¹	Surfer Burpee L&R Deep Corner Squat L. Hands to floor under shoulders Jump B to Plank. Hands under shoulders Jump in to Deep Corner Squat R. Hands under shoulders Rise to Corner Squat R. Guard position Repeat to other side	2 2 2 2 8	2x
2:08	C / (Instr)	4x8	C ²	Off-The-Beat Surfer Burpee L&R	32	
2:23	Rep / (Instr)	4x8	A ¹	 Bear Crawl F&B ↓ Option: Standing Bear Crawl	8	4x
2:38	Rep / (Instr)	4x8	B ¹	 Mountain Climber L&R. Hands under shoulders ↓ Option: Standing Mountain Climber ↑ Option: Fast or off-the-beat	4	8x
2:53	Outro / (Instr)	4x8	C ¹	 Surfer Burpee L&R ↓ Option: Standing Surfer L&R	16	2x



06. BASHMENT TING 3:10mins

TECHNIQUE AND COACHING

STANDING BEAR CRAWL

Layer 1

- If you know Bear Crawl, you can go straight to the floor; otherwise, Standing Bear Crawl
- Knee Lift, right, left, bend your knees to load your legs
- Bring lower rib to hip



BEAR CRAWL

Layer 1

- Crawl forward, then back
- Hands under shoulders
- Keep knees low to the floor and under hips
- **Braced abs**
- Make sure the belly is tight

STANDING MOUNTAIN CLIMBER

Layer 1

- 4 High Knee Runs, 4 Hamstring Curls
- If you know Mountain Climber, you can go there now

Layer 2

- It's great training to get from the floor up to standing



MOUNTAIN CLIMBER

Layer 1

- Knee comes towards chest
- **Brace abs and keep hips low and level**
- **Fire up chest and shoulders by driving palms into the floor**
- ⬆ Option: Go on tempo or race the beat

Layer 2

- Feel that training effect as we jump up to feet one more time

STANDING SURFER

Layer 1

- Double Squat right, turn, left, turn
- Squeeze the back muscles together
- If you know Surfer Burpee, you can hit the floor

SURFER BURPEE

Layer 1

- Squat, jump back, right leg through, pop the chest
- Left leg through, pop chest up
- **Strong ab brace in the Plank**
- Staying low and loaded
- ⬆ Option: Race the beat

ESSENCE TIPS

Super short Floor Circuit cardio, 3 floor-based exercises with standing options. The innovation of the Standing Bear Crawl with weights creates a challenge and gives accessibility for all participants. Standing Mountain Climbers and Surfer Burpees also have a weight option to dial up the intensity. Stability is key for standing and floor work. Coaching physical stability of hands pushing into floor, shoulders back, down and upper back strongly activated as well as super strong abs ensures safe execution and the ability to train harder as the body is stable. Any of the floor work can be done on or off the beat. Racing the beat is a blast; remind participants that the design of TONE is variety and training in multiple ways; so they can 'go for it' any way they want to. Our goal is to pack our classes and get more people moving!



07. CARDIO

TRACK FOCUS

I want my participants to go beyond breathless. This means we are forced to take a rest when technique falters.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Option to collect extra-large weight plate and place on floor. This can be picked up and used for added resistance at any stage of the track. Two small weight plates in L hand, set up Single Leg Squat R (L leg B), upper body tilted F and R arm out to side Choice to work on the beat as per the choreography notes or off the beat as per the filmed Masterclass	32	
0:23	V1 / _ Use your	8x8	A Single Leg Squat with Weighted Row L&R Held Single Leg Squat R (L leg B). 4x Row L Held Single Leg Squat L (R leg B). 4x Row R	8 8	4x
1:12	C / (Instr)	8x8	B Jumping Jack with Clean & Press Jump legs out to Squat. Press plates O/H Jump feet in. Press plates down ↓ Option: Side Squat L. Plates stacked at chest Side Squat R. Plates stacked at chest ↓ Option: Propulsion Side Squat L&R. Plates at chest	1 1 2 2	32x 16x
2:00	V2 / _ Requiem	6x8	C Wide Squat with High Pull Wide Squat. Lower plates holding top grip Calf Raise. High Pull plates to chest ↓ Option: Wide Squat Upright Row	1 1 4	24x 12x
2:36	V3 / _ Stay cool	8x8	A Single Leg Squat with Weighted Row R&L	64	
3:24	C / (Instr)	4x8	B Jumping Jack with Clean & Press	32	
3:48	V4 / _ Requiem	6x8	C Wide Squat with High Pull	48	

07. MAJESTY 4:26mins

TECHNIQUE AND COACHING

SINGLE LEG SQUAT WITH WEIGHTED ROW

Layer 1

- Right leg back, Single Leg Squat
- Row back 4, 3, 2; switch, 4, 3, 2, 1
- **Squeezing the shoulder blade up and around**
- **Nose over your toes**
- **Brace your core and check that TONE posture**
- **Knee stays over toes**
- **Hips square and stable**

Layer 2

- This is posterior chain work so we want to feel it through the back of the body
- Posterior chain is working; glutes are working
- Keep the front knee out to stabilize as we integrate the upper and lower body
- Bring plates all the way to hip for full range and that's how we get into the shoulders
- Keep up the speed, so brace tightly to maintain stability even when we go fast



JUMPING JACK WITH CLEAN & PRESS

Layer 1

- Wide Jack Squat with Clean & Press
- Keep weight plate close to body in Clean Press
- Weight plate stays in front of the body
- Jumping Jack – **knees press out over toes, butt drops back and down to knee height, heels are grounded**
- **↓ Option: Side Squat – hold plates at chest**
- **Shoulders back and down**
- With the low-impact option we can go beyond breathless by picking up the pace or picking up the extra plate
- **Keep chest lifted**
- **Brace the core**

Layer 2

- If you feel your form starting to fail, stop, shake out, reset and join in again
- Take it home – the focus is on breathlessness

WIDE SQUAT WITH HIGH PULL

Layer 1

- If you haven't needed to take a break yet, you want to get there in this set
- **Squeeze between the shoulder blades, posterior chain is working hard**
- **Hip thrust, glute squeeze**
- Pull the plate up to the lower chest to work into the shoulders

Layer 2

- Even if you are forced to slow down you are working super hard



ESSENCE TIPS

Brand-new feel, FULL-ON! Three simple moves to achieve maximum cardio output. Beyond breathless means forced to take a rest when technique falters or participants are at full-out fatigue. Single Leg Squats with Weighted Rows, Jumping Jacks with a Clean & Press and the Wide Squat with High Pull can be executed with light, moderate or heavy weights. The challenge of this track is full-on and physically demanding. For role-model technique, physically train this track to your maximum, developing your fit factor. Remember: your participants will be inspired by your athleticism. And when you 'go for it!', naturally your motivating voice will be dialed up for an extra dose of driving people to work to their maximum. As showcased in the Masterclass, brief recovery is part of the workout factor. Your job continues to be teaching to who is front of you, so enhance coaching with connection and convince all fitness levels they can be successful in this gritty track.



08. STRENGTH / CARDIO

TRACK FOCUS

I want to educate my participants on how to feel stable and controlled, from the floor up, for strong movement quality.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Keep 2 small weight plates or collect band	32	
0:11	Instr / (Beat)	2x8	Set up plate in each hand facing F / band double, L leg B	16	
0:16	Instr /	12x8	A Slow Knee Lift/Tap Back L with Plate Curl Knee Lift L. Bicep Curl up Tap B L. Bicep Curl down and B ↓ Option: Slow Tap F&B L. Bicep Curl up and down	4 4	12x
0:50	PC / _ Sin City's	4x8	A ¹ Knee Lift/Tap Back L with Plate Curl ↓ Option: Tap F&B L. Bicep Curl up & down	4	8x
1:01	PC / Oooh	4x8	A ² Knee Lift/Tap Back L with Plate Press Knee Lift L. Press plates/band F at shoulder height, palms down Tap B L. Bicep Curl down and B ↓ Option: Tap F&B L. Press F, Bicep Curl down	2 2	8x
1:13	C / Oooh	4x8	A ³ Propulsion Knee Lift/Tap Back L with Plate Press Propulsion Knee Lift L. Press plates/band F at shoulder height, palms down Tap B L. Bicep Curl down and B ↓ Option: Tap F&B L. Press F, Bicep Curl down ↓ Option: Knee Lift with Calf Raise. Press F, Bicep Curl down	2 2	8x
1:24	Instr / (Pause)	2½x8	Stop. Recover, set up on other side	20	
1:31	Instr /	12x8	A Slow Knee Lift/Tap Back R with Plate Curl	8	12x
2:05	PC / _ Sin City's	4x8	A ¹ Knee Lift/Tap Back R with Plate Curl	4	8x
2:16	C / Oooh	4x8	A ² Knee Lift/Tap Back R with Plate Press	4	8x
2:27	C / Oooh	4x8	A ³ Propulsion Knee Lift/Tap Back R with Plate Press	4	8x
2:39	Instr /	4x8	B Slow Squat/Diagonal Rear Leg Extension L&R Squat. Plates/band at chest facing in Diagonal Rear Leg Extension L (R leg lifts). Plates/band at chest Repeat on other side	4 4 8	2x
2:50	V1 / Time	8x8	B ¹ Squat/Diagonal Rear Leg Extension L&R. Plates/band at chest	8	8x
3:12	C / Oooh	4x8	B ² Squat/Diagonal Rear Leg Extension L&R. Plates/band Press F	8	4x
3:23	C / Oooh	4x8	B ³ Squat/Diagonal Rear Leg Extension with Calf Raise L&R. Plates/band Press F ↓ Option: No Calf Raise	8	4x
3:35	Rep / By to let	16x8	B ⁴ Squat/Propulsion Diagonal Rear Leg Extension L&R. Press plates/band F ↓ Option: No propulsion ↑ Option: Squat/Split Jump L&R. Press plate/band F	8	16x
4:20	Outro / Oooh	4x8	B Slow Squat/Diagonal Rear Leg Extension L&R. Press plates/band F	16	2x



08. BLINDING LIGHTS 4:34mins

TECHNIQUE AND COACHING

SLOW KNEE LIFT/TAP BACK

Layer 1

- Set TONE posture and roll shoulder blades back and down, plates at sides
- Slide right leg back, **soften front knee**
- Slow Knee Lift, 1, 2, back and tap, 1, 2, back and tap
- Curl the plates up to shoulders then down to hips
- **Front knee tracks forward and out as you tip forward**
- Hinge from hips as you tip forward, **keeping chest lifted**
- **Hips and shoulders stay square to front**

Layer 2

- Revisit front knee out over middle toe to stabilize the lower body
- Keep chest up by squeezing shoulder blades back and down
- This track is about control as we drive with the legs and integrate the upper body

KNEE LIFT/TAP BACK

Layer 1

- This is where balance gets challenging
- Add the Plate Press – plates go forward but no higher than shoulder line
- **Brace the core**
- Maintain activation through the posterior chain

Layer 2

- We have the arms and legs moving so it's OK to wobble a bit
- As you lift the knee, focus on stabilizing through core, back and butt
- Come up on the ball of your foot or stay grounded

PROPULSION KNEE LIFT/TAP BACK

Layer 1

- Can jump a little
- **↓** Option: Heel Lift

Layer 2

- Smooth and controlled movements
- Feel every muscle in your body working to keep you stable

SLOW SQUAT/DIAGONAL REAR LEG EXTENSION

Layer 1

- Squat, left leg lifts; squat, right leg lifts
- **Knees press out over toes on the Squat**
- **When we lift the leg, turn chest and hip in the same direction**

SQUAT/DIAGONAL REAR LEG EXTENSION

- Leg lifts to 45°
- **Keep posture upright**
- Add Plate Press; like headlights, beam the plates out
- **↑** Option: Add Heel Lift to intensify work for calves

SQUAT/PROPULSION DIAGONAL LEG EXTENSION

- Add a little jump
- Land with soft knees from the jump
- Feel the strength in your upper back as you drive the plates out
- **↑** Option: Focus on lower body – jump and split the legs
- Squeeze the glutes and feel the strength there

ESSENCE TIPS

Another TONE track infused with integrated and functional training for life. Reset TONE posture, right from the 'get-go'. Establishing and reinforcing excellent posture will allow participants to move stronger and safer and reap even more muscular benefits from the strength and balance work. The freedom to train in a grounded position or low impact moves is one of the appeals of this Strength/Cardio track with a dose of balance challenge. Coach knee alignment, strong ab brace and a push through the floor upwards to activate the quads and hamstrings. There is an opportunity to also coach the activation of the shoulder and back muscles. When you practice, really dial into the muscular feel. What Layer 2 cues will you use to Manipulate the Intensity for participants who love to understand more about the kinesthetic feel of muscle activation?



09. STRENGTH

TRACK FOCUS

I want my participants focused on the benefits of balance as I clearly coach this throughout the track.

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / Time	2x8	Set up light weight plate in each hand or band wrapped around each wrist Face L side, weight in L leg, R leg B. Arms down L	16	
0:08	V1 / Feeling	6x8 A	Slow Open Star L Balance on L leg, lift R on rear diagonal. Open bent R arm to high diagonal Tap R foot down. Lower straight R arm ↓ Option: No rear leg lift	8 8	3x
0:31	Instr /	4x8 A ¹	Open Star L	4	8x
0:47	C / Time	4x8 A ²	Triple Pulse Open Star L Balance on L leg, Triple Pulse lift R on rear diagonal. Open bent R arm to high diagonal Tap R foot down. Lower straight R arm ↓ Option: No rear leg lift	6 2	4x
1:02	V2 / Time	2x8	Change sides	16	
1:10	V2 / Feeling	6x8 A	Slow Open Star R	16	3x
1:33	C (B up) / Time	4x8 A ¹	Open Star R	4	8x
1:49	C / Time	4x8 A ²	Triple Pulse Open Star R	8	4x
2:04	Instr	4x8 A ³	Open Star with Calf Raise R Change sides on last 4cts	4	7½x
2:19	Ref / Time	4x8 A ³	Open Star with Calf Raise L Change sides on last 4cts	4	7½x
2:35	C / Time	4x8 A ³	Open Star with Calf Raise R	4	4x
		4x8 A ²	Triple Pulse Open Star R	8	2x
2:50	Outro / (Instr)	4x8 A ³	Open Star with Calf Raise L	4	4x
		4x8 A ²	Triple Pulse Open Star L	8	2x



09. THIS GROOVE 3:11mins

TECHNIQUE AND COACHING

SLOW OPEN STAR

Layer 1

- Balanced on right leg, left leg back
- Open front left arm 4, 3, 2, 1 and close slowly
- Front toes out on the 45°, **knee soft and aligned over toes**
- Back foot pointed, **engaging the glutes**
- Squeezing shoulder blades together at the top

Layer 2

- Feel beautiful movement as we open up
- Front leg loaded, back foot pointed
- Beautiful brace of whole body to control the movement

OPEN STAR

Layer 1

- Faster, lift, lower, lift, lower
- **Keep knee in line with middle toe to keep knee safe**
- **Keep glutes engaged**

Layer 2

- Steady your gaze to a point on the floor, helping to keep balanced

TRIPLE PULSE OPEN STAR

Layer 1

- Triple pulse and stay up
- 3, 2, 1 and reset down; 3, 2, 1 and reset down
- Open hips to front and then close them again
- Squeeze the posterior chain, the back of the body

OPEN STAR WITH CALF RAISE

Layer 1

- Lift, reset, lift, reset
- ↓ Option: Tap back foot down
- When you find your balance, come back up

Layer 2

- Heel stays down for the Triple Pulse

ESSENCE TIPS

An uplifting musical feel coupled with a strong, smooth and focused balance track. The first phase of the Open Star peels your body open in an expansive way to open the anterior chain of the body. Then the second phase engages the posterior chain muscular work benefiting the strength and tone of the calves, hamstrings, glutes, obliques and lower and upper back muscles. The Triple Pulse gives you the extra burn in the glutes. The Calf Raise sneaks up on you with a terrific balance challenge. Have fun with the lyrics of “Every time”. What types of motivational and benefits-based cues can you create to show what TONE delivers every time participants attend a class?



10. STRENGTH

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use *Ah, You Do It Right* with the same choreography.

TRACK FOCUS

I want my participants to feel successful using the band through my clear Layer 1 Set-up cues.

MUSIC		EXERCISE		CTS	REPS
		Collect second set of small plates and band 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 in place			
0:00	Intro / You don't	4x8	Keep tension on band by pressing knees out in all moves Plate in each hand. Second set on floor ↓ Option: No band	48	
0:16	C / _ Cut through	18x8 A	Deadlift/4x Side Step Combo L&R 4x Pulse Deadlift. Plates to tops of knees Stand. Clean plates to shoulder height, elbows bent at 90° 4x Side Step L. Plates face F Repeat to other side After 3 reps, add a small Reverse Pec Dec on 4x Side Step	7 1 8 16	4½x
1:25	Instr /	2x8	Set up next move by stepping heels onto second set of plates 👁 Next move on last 4cts	16	
1:33	C / _ Cut through	4x8 B	Squat with Pec Dec Mid-Stance Squat. Pec Dec plates in Stand. Pec Dec plates out ↓ Option: Put plates down, second band around back and Pec Dec with arms almost straight	2 2	8x
1:48	C / Bump it	5x8 B¹	Pulse Squat with Pulse Pec Dec	2	20x



ALT

10. STRENGTH

AH, YOU DO IT RIGHT 2:09mins

Please use this song in place of *Bump It* when teaching Track 10.

MUSIC			EXERCISE	CTS	REPS
			Collect second set of small plates and band 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 in place		
0:00	Intro /	4x8	Keep tension on band by pressing knees out in all moves Plate in each hand. Second set on floor ↓ Option: No band	48	
0:16	C / Your love	18x8	Deadlift/4x Side Step Combo L&R 4x Pulse Deadlift. Plates to tops of knees Stand. Clean plates to shoulder height, elbows bent at 90° 4x Side Step L. Plates face F Repeat to other side After 3 reps, add a small Reverse Pec Dec on 4x Side Step	7 1 8 16	4½x
1:25	C / Your love	2x8	Set up next move by stepping heels onto second set of plates 👁️ Next move on last 4cts	16	
1:33	Instr /	4x8	A Squat with Pec Dec Mid-Stance Squat. Pec Dec plates in Stand. Pec Dec plates out ↓ Option: Put plates down, second band around back and Pec Dec with arms almost straight	2 2	8x
1:48	C / Ah , you do it _	5x8	A¹ Pulse Squat with Pulse Pec Dec	2	20x



10. BUMP IT 2:09mins

TECHNIQUE AND COACHING

DEADLIFT/4X STEP SIDE COMBO

Layer 1

- **Actively press knees out over toes and brace core, good TONE posture**
- 4x Pulse Deadlift, 4, 3, 2 more, clean plates up and walk to the right, crab walk
- Tip forward pulse, 4, 3, 2, lift up, walk left
- Make the crab walk small
- Tip forward from the hips in the Deadlift and squeeze all the back muscles of the body
- Plates stay at shoulder height in the crab walk
- **Maintain tension on the band by keeping knees pressing out over toes**

Layer 2

- Feel the work through the outer glute
- For more muscle activation, squeeze the shoulder blades together as you crab walk

SQUAT WITH PEC DEC

Layer 1

- Step heels onto the second set of plates
- Squat, close and open the plates
- **Turn the knees out, ground the heels on the plates**
- **Keep lots of tension on the band**

Layer 2

- Engage the back muscles and the chest muscles

PULSE SQUAT WITH PEC DEC

Layer 1

- Stay down and pulse, pulse
- Loading as we pulse in the bottom range, keeping the hips down

ESSENCE TIPS

Time to BUMP UP toning and strengthening! Set everyone up for success; pause the music to ensure clarity in band set-up. Push play and coach each of the moves clearly with specific Layer 1, then dive into educator mode by Manipulating Intensity with how and where to feel the muscles working. The crab walks are small and concentrated with lots of tension on the band by maintaining the knees pressing out over toes. Drawing the shoulders back in the Pulses ensures the back is in toning and strengthening mode. The angle produced by having the heels on the plates in the Squats bumps up the training challenge to quads and calves. This is a sassy, funky tune and beat! Having a playful attitude keeps the fun factor rolling along, even while the burn is in the muscles.



11. STRENGTH

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use *Work It Hard* with the same choreography.

TRACK FOCUS

I want my participants to feel strong and focused as they execute the moves.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Feet outside hip-width, <i>small plate in each hand or handle in each hand and band under feet</i>	8	
0:04	C / N -now	6x8	A	Cobra with Rear Deltoid Raise and Rear Arm Extension Held Cobra. 4x Rear Deltoid Raise Held Cobra. 4x Rear Arm Extension Set up Lunge R on last 4cts. <i>Band under R thigh</i>	8 8 8	3x
0:32	V1 / Lost	4x8	B	Lunge R (L leg B). <i>Plates at sides/band extended at sides</i>	4	8x
0:51	V2 / Greatness	4x8	B ¹	Lunge R (L leg B). <i>Side Raise</i>	4	8x
1:09	C / N -now	4x8	B ²	Pulse Lunge R (L leg B). <i>Small Arm Circles B</i>	2	16x
1:28	Rep / Work it	2x8	B ³	Pulse Lunge R (L leg B). <i>Small Arm Circles F</i>	2	8x
1:37	V3 / _ I don't	1x8		Change legs	8	
1:41	V3 / _ If	3x8	B	Lunge L (R leg B). <i>Plates at sides/band extended at sides</i>	4	6x
1:55	V4 / Right	4x8	B ¹	Lunge L (R leg B). <i>Side Raise</i>	4	8x
2:14	C / N -now	4x8	B ²	Pulse Lunge L (R leg B). <i>Small Arm Circles B</i>	2	16x
2:32	Rep / Work it	2x8	B ³	Pulse Lunge L (R leg B). <i>Small Arm Circles F</i>	2	8x
2:41	Rep / _ You know	2x8		Step feet outside hip-width, tip F to Cobra	16	
2:50	C / Work it	16x8	A	Cobra with Rear Deltoid Raise and Rear Arm Extension	16	8x
4:04	Br / Told you	2x8		Choice to stand for Flight Lunge or transition to floor if standing, <i>plate in each hand or band doubled</i>	16	
4:14	Br / _ Never	4x8	C	Flight Lunge R (L leg taps B). <i>Straight arm extend F</i> ⬆ Option: Keep leg lifted at rear ⬆ Option: Low Needlepoint L. <i>Hands on floor, shoulder-width apart</i> ⬆ Option: High Needlepoint L with jump	4	8x
4:32	Rep / Work it	4x8	C	Flight Lunge L (R leg taps B). <i>Straight arm extend F</i> ⬆ Option: Keep leg lifted at rear ⬆ Option: Low Needlepoint R. <i>Hands on floor, shoulder-width apart</i> ⬆ Option: High Needlepoint R with jump	4	8x
4:51	Outro / Work it	4x8	C ¹	Alt Flight Lunge R&L. <i>Straight arm extend F</i> ⬆ Option: Keep leg lifted at rear ⬆ Option: Alt Low Needlepoint L&R. <i>Hands on floor, shoulder-width apart</i> ⬆ Option: Alt High Needlepoint L&R with jump	8	4x



ALT

11. STRENGTH

WORK IT HARD 5:11mins

Please use this song in place of *Stronger* when teaching Track 11.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Feet outside hip-width, <i>small plate in each hand or handle in each hand and band under feet</i>	8	
0:04	Instr /	6x8	A Cobra with Rear Deltoid Raise and Rear Arm Extension Held Cobra. 4x Rear Deltoid Raise Held Cobra. 4x Rear Arm Extension Set up Lunge L on last 4cts. <i>Band under R thigh</i>	8 8	3x
0:32	V1 / (Instr)	4x8	B ¹ Lunge R (L leg). <i>Plates at sides/band extended at sides</i>	4	8x
0:51	(Instr)	4x8	B ² Lunge R (L leg B). <i>Side Raise</i>	4	8x
1:09	B up / (Instr)	4x8	B ³ Pulse Lunge R (L leg B). <i>Small Arm Circles B</i>	2	16x
1:28	C / (Instr)	2x8	B ⁴ Pulse Lunge R (L leg B). <i>Small Arm Circles F</i>	2	8x
1:37	V2 / (Instr)	1x8	Change legs	8	
1:41	(Instr)	3x8	B ¹ Lunge L (R leg B). <i>Plates at sides/band extended at sides</i>	4	6x
1:55	(Instr)	4x8	B ² Lunge L (R leg B). <i>Side Raise</i>	4	8x
2:14	B up / (Instr)	4x8	B ³ Pulse Lunge L (R leg B). <i>Small Arms Circles B</i>	2	16x
2:32	C / (Instr)	2x8	B ⁴ Pulse Lunge L (R leg B). <i>Small Arm Circles F</i>	2	8x
2:41	(Instr)	2x8	Step feet outside hip-width, tip F to Cobra	16	
2:50	(Instr)	16x8	REPEAT A Cobra with Rear Deltoid Raise and Rear Arm Extension	16	8x
4:04	Br / (Instr)	2x8	Choice to stand for Flight Lunge or transition to floor if standing, <i>plate in each hand or band doubled</i>	16	
4:14	(Instr)	4x8	C Flight Lunge R (L leg taps B). <i>Straight arm extend F</i> ⬆ Option: Keep leg lifted at rear ⬆ Option: Low Needlepoint L. <i>Hands on floor, shoulder-width apart</i> ⬆ Option: High Needlepoint L with jump	4	8x
4:32	C / (Instr)	4x8	C Flight Lunge L (R leg taps B). <i>Straight arm extend F</i> ⬆ Option: Keep leg lifted at rear ⬆ Option: Low Needlepoint R. <i>Hands on floor, shoulder-width apart</i> ⬆ Option: High Needlepoint R with jump	4	8x
4:51	(Instr)	4x8	C ¹ Alt Flight Lunge R&L. <i>Straight arm extend F</i> ⬆ Option: Keep leg lifted at rear ⬆ Option: Alt Low Needlepoint L&R. <i>Hands on floor, shoulder-width apart</i> ⬆ Option: Alt High Needlepoint L&R with jump	8	4x



11. STRONGER 5:11mins

TECHNIQUE AND COACHING

COBRA WITH REAR DELTOID RAISE AND REAR ARM EXTENSION

Layer 1

- 4 Wide Rows, 4, 3, 2, rotate palms forward and pulse to the back 4, 3, 2, 1
- **Strong abdominal brace**
- Elbows wide and high in the Rear Deltoid Raise
- Arms straight in the Rear Extension
- Squeeze the back muscles in both moves

Layer 2

- Look a metre ahead, down towards the floor
- This keeps the spine long, from tail bone through to the neck
- ↓ Option: You can stand up, shake out arms and legs and then come back in
- Working all the postural muscles down the back of the body

LUNGE

Layer 1

- Right leg back to Lunge, down, rise up, Lunge down, rise up
- **Back heel off the floor; press the front knee out over toes**
- **Chest lifted and hips square to front**
- Upright body lowers straight down and up
- Add a Side Lateral Raise, soft elbow
- ↓ Option: Bend elbows to 90° to reduce intensity

Layer 2

- Change legs, again, **front knee out over toes**
- Lift body tall
- Weights finish just under shoulders

PULSE LUNGE

Layer 1

- Pulse Lunge with small circles back
- Working the small muscles around the shoulder joint
- **Keep pressing the front knee out over toes**
- **TONE posture, brace, shoulders down from ears**
- Rotate the other way

Layer 2

- Weights just in front of body and below shoulder level

FLIGHT LUNGE

Layer 1

- Come to the floor for Needlepoint or stay standing for Flight Lunge
- Flight Lunge steps back, in; plates lift and lower, lift and lower
- **Front knee aligned with toes**
- ↓ Option: Tap the floor at the back
- **Keep shoulders down and open chest as you pull back**
- **Create a strong abdominal brace** and a big reach forward

NEEDLEPOINT

Layer 1

- If you are in the Needlepoint, crouch and point, crouch and point
- You can ground the standing foot or add a little jump
- Push palms into the floor to fire up shoulders and chest to keep you stabilized

ALTERNATING FLIGHT LUNGE

Layer 1

- Whichever exercise you choose, alternate: right leg, switch; left leg, switch
- **Keep strong ab brace**
- Working the back of the body, glutes, back muscles, back of the shoulder

ESSENCE TIPS

This track is all about getting and feeling stronger. The Cobra with both Rear Deltoid Raise and Extension are intelligent ways to work the smaller muscles of the shoulder and larger muscles of the back. Clear, concise Layer 1 Set-up cues, with a focus on stability, followed by Layer 2 cues that Manipulate Intensity will have everyone dialed into the strong feel. The addition of the small circles and pulses in the Side Raises will grab everyone's attention with a new challenge. Finishing it off with the Needlepoint or Lunges is an integrated way to challenge balance with an elevation of the heart rate. This is a group fitness favorite of a tune, getting stronger individually and collectively! Consider playing with the lyrics of "stronger", "work" and "I need you right now" as a way of connecting Layer 2 and Layer 3 cues into your coaching delivery.



12. STRENGTH

TRACK FOCUS

I want my participants to feel the muscles firing in this isometric training.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up with small weight plate in each hand or band doubled ↓ Option: No plates, no band	16	
0:08	Instr /	6x8	A Pistol Squat Sequence L&R Step L Pistol Squat. Press plates/band F&B Step R Pistol Squat. Press plates/band F&B Step L and Hold Pistol Squat. Press and hold F Repeat to the other side ↑ Option: Lift heel in Pistol Squat	4 4 8 16	1½x
0:31	C (B up) / _ That's just the	12x8	A¹ Propulsive Pistol Squat Sequence R&L. Press F&B ↓ Option: No propulsion	32	3x
1:16	QC / _ That's just the	4x8	B Slow Squat/Calf Raise. Plates/band Pull Down and Press O/H ↓ Option: Squat, stand with no Calf Raise	8	4x
1:32	C / _ That's just the	8x8	B¹ Squat/Calf Raise Sequence 2x Squat/Calf Raise. Plates/band Pull Down & Press O/H Squat/Calf Raise & Hold. Hold O/H Press ↓ Option: No Calf Raise 👁 Next sequence on last 16cts	8 8	4x
2:02	Outro /	12x8	B² Squat/Jump Sequence 2x Squat/Jump. Plates/band Pull Down and Press O/H Squat/Calf Raise and Hold. Hold O/H Press ↓ Option: No Jump ↑ Option: Add Tuck Jump instead of Hold	8 8	6x



12. NEVER CHANGE 2:50mins

TECHNIQUE AND COACHING

PISTOL SQUAT

Layer 1

- Slow step to the side, Pistol Squat, other side, Pistol Squat and then a really slow step and hold, isometrically contract back
- Side... side... and hold
- **Press supporting knee out over toes**
- Your heel can touch down or stay lifted off the floor
- **Shoulders pull back and down** as plates lift forward
- Keeping hips square to the front and level as much as possible

PROPULSIVE PISTOL SQUAT

Layer 1

- If you want to level up, try a leap to each side and then hold the isometric contraction
- **Squeeze glutes, squeeze the core**
- **Land really softly with knee pressing out over toes**

Layer 2

- If you want to leap, try to go further
- If you want to stay low, just work the depth of the Pistol Squat
- Feel every muscle fiber contracting to hold the balance
- The isometric contraction work is going to make us stronger

SLOW SQUAT/CALF RAISE

Layer 1

- Squat down, lift heels and rise, plates over head
- Use the slow to get set
- **Knees out over toes**
- **Can just see the plates out of your peripheral vision at the top**

SQUAT/CALF RAISE

Layer 1

- Two Squats down and up, and then one isometric hold at the top
- On the hold, shoulders back and down

Layer 2

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

SQUAT/JUMP SEQUENCE

Layer 1

- You can take two small jumps, then no jump on the hold
- **↓** Option: Lift up onto the balls of your feet and then hold that contraction
- **Keep chest lifted on the Squats**
- Keep the shoulders down on the hold
- If jumping, **land with control**

Layer 2

- **↑** Option: Add a Tuck Jump

ESSENCE TIPS

Get strong, really fast with this Strength track. Isometric contraction training enhances the muscular feel and toning of muscle fibers of the quads and glutes. The Pistol Squat has so many options: the heel can touch down on the floor or stay up and do a full-out leap to enhance the intensity. A key alignment safety cue in set-up and follow-up mode (Layer 2) is to keep the knee pressing out in line with the middle of the foot. To achieve the benefits of the isometric training, emphasize the 'hold' in both the Pistol Squat and the Squat in the top range of the movement. Gotta love the simplicity matched with awesome physical intensity of the Squat/Calf Raise/Jump Sequence. That's the way TONE is... easy to follow and awesome!



13. CORE

TRACK FOCUS

I want my participants to understand how to safely execute the Figure 8/Twist Combo.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Collect mat, keep weight plates and band Set up Plank facing F on knees or toes		16	
0:09	Instr / Hey	2x8	A	Plank Walk Out and In L&R. Hands under shoulders	4	4x
0:19	Instr /	2x8	A ¹	Plank Slow Jack. Hands under shoulders ↓ Option: Plank Walk Out & In	4	4x
0:28	B up / Hey	4x8	B	Low Firefly L&R. Hands under shoulders ↑ Option: High Firefly from toes	8	4x
0:46	Instr / (Tempo increases)	4x8	A ² +B ¹	Plank Jack/Firefly Combo 4x Plank Jack Firefly L&R ↓ Option: 4x Plank Walk/Firefly from knees L&R	8 8	2x
1:02	C / (Instr)	4x8	A ² +B ²	Plank Jack/Jumping Firefly Combo 4x Plank Jack Jumping Firefly L&R ↓ Option: 4x Plank Walk/Firefly L&R	8 8	2x
1:17	C / (Instr)	4x8	A ³ +B ²	Plank Air Jack/Jumping Firefly Combo 4x Plank Air Jack Jumping Firefly L&R ↓ Option: 4x Plank Walk or Jack/Firefly L&R	8 8	2x
1:32	Instr / (Quiet)	3x8	Stand, pick up weight plate or band Set feet wide 👁️ Next move on last 4cts		24	
1:44	Instr / (Quiet)	5x8	C	Side Lunge L&R. Figure 8, arms extended	4	10x
2:03	Instr /	4x8	D	Held Squat with Twist L&R. Plates/band at chest	2	16x
2:18	C / (Instr)	8x8	C+D	Figure 8/Twist Combo 2x Side Lunge L&R. Figure 8 4x Held Squat with Twist L&R. Plates/band at chest ↑ Option: Extend arms and take plates/band away from chest on Twist	8 8	4x
2:49	Outro / (Instr)	4x8	D	 Held Squat with Twist L&R. Plates/band at chest ↑ Option: Extend arms and take plates/band away from chest on Twist	2	16x

13. APRIETA 3:06mins

TECHNIQUE AND COACHING

PLANK WALK OUT AND IN

Layer 1

- **Hands under shoulders**, from knees or toes
- Right leg taps, out and in; left, out and in
- Shift body weight forward and make sure **hips are square to the floor**
- **Brace core**

PLANK SLOW JACK

Layer 1

- Slow Jack, out and in
- A little jump but keep hips still
- **Strong ab brace**

LOW FIREFLY

Layer 1

- Knee to elbow, pull back; other knee to elbow, pull back
- **↓** Option: Can start from knees
- **↑** Option: When you are ready come up onto toes
- Drive knee to elbow
- As you pull back, knees stop under hips

PLANK JACK/FIREFLY COMBO

Layer 1

- Combination: 4 Jacks, 4, 3, 2; then 2 Fireflies right knee and left knee
- **↓** Option: From knees works the same muscles
- **↑** Option: Jump into the Firefly, jump and catch
- 4 Plank Jacks and then explode into the Fireflies
- **↑** Option: Air Jacks, 4, 3, 2, 1, explode and catch, explode and catch



- Maintain the abdominal brace!

SIDE LUNGE/FIGURE 8

Layer 1

- Take feet wide, turn toes out slightly and bend the knees
- Side Lunge with Figure 8 arms from right to left, right to left
- **Maintain a good TONE posture – chest lifted, core braced**
- **Keep knees out in line with toes**
- Lifting plates from hips to chest
- It's a fluid movement – think infinity
- Move as one with the plate

HELD SQUAT WITH TWIST

Layer 1

- Rotational Twists
- Drive plates in towards chest and push chest up, elbows are side

FIGURE 8/TWIST COMBO

Layer 1

- 2 Figure 8's, 8 Twists
- Lock the lower body down in the Twists to feel the rotational power
- **↑** Option: Take the plates further away from the body on the Twists
- This is Reactive Core Training, forcing the core to react to the lengthened lever
- As we twist we integrate the back and the front of the body

ESSENCE TIPS

Precise and strong floor training kicks off this Core track with the Planks/Plank Jacks. From here intensity rises with the Plank/Air Jack/Jumping Firefly Combo, an explosion of muscular power. The Figure 8's are fluid and seamless, moving as one with the plate. The rotational Twist really dials into oblique training. And then bam, put it all together for a hot combo. 'Locking' the body down promotes stability and the ability to move from the waist and center of the chest for safe and strong rotation of the trunk. Reactive Core Training is enhanced when the plates are extended. As this is an integrated Core track, the heart rate will also rise, delivering your participants even more physical benefits.



14. CORE

TRACK FOCUS

I want my participants to execute each Pec Fly with control and muscular focus.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Plank facing F, on knees or toes	16	
0:12	V1 / Scary	8x8	A Slow Pushup & Rotating Plank Combo L&R Pushup. <i>Hands under shoulders</i> Rotate to Side Plank L. <i>L arm extends</i> Repeat to other side ↓ Option: Pushup and Side Plank on knees	4 4 8	4x
0:54	C / _ Moon	4x8	A ¹ Pushup ↓ Options: From knees or knees under hips	2	16x
1:16	V2 / Skin	2x8	Collect 2 small weight plates or band doubled and transition to Hip Bridge	16	
1:26	V2 / Time	6x8	B Hip Bridge Lift with Chest Fly. <i>Plate Pec Fly/band across hips</i>	8	6x
1:59	C / _ Moon	8x8	B ¹ Pulse Hip Bridge Lift with Chest Fly. <i>Pulse Plate Pec Fly/band across hips</i> ↓ Option: <i>Plates on hips/band on floor</i>	2	32x



14. HIGHER 2:42mins

TECHNIQUE AND COACHING

SLOW PUSHUP & ROTATING PLANK COMBO

Layer 1

- Hands just outside shoulder-width, on knees or toes
- **Brace core**
- Lower down, push up and turn right to Side Plank
- Down, rise, Side Plank other side
- **Lower chest only to elbow height**
- **Keep hips high in the Side Plank**
- TONE posture still in full effect
- Roll shoulder blades back and down

Layer 2

- Glutes are working, posterior chain is working, core is working
- Body turning as one unit in the rotation

PUSHUP

Layer 1

- Down, up, down, up
- Engage every muscle in your body
- ↓ Options: You can drop to knees or bring knees in under hips

HIP BRIDGE LIFT WITH CHEST FLY

- Grab plates and roll onto back
- Arms fly out as you lift to Hip Bridge, sweep back up as you lower hips
- Bring elbows wide and to the floor as hips lift, then back up above chest as you lower almost to the floor
- **Glutes squeeze to lift the hips high**
- **Press knees out to keep them over toes**

PULSE HIP BRIDGE LIFT WITH CHEST FLY

Layer 1

- Hold the plates in the bottom range, pulse
- Squeeze, squeeze, squeeze glutes and upper back
- Hips go up, down as plates go down, up
- Keep touching elbows to the floor to work that much harder
- ↓ Option: Bring plates onto hips and just keep working the Hip Bridge

ESSENCE TIPS

This is integrated upper body and total core (superficial, deep, rotational and posterior chain) training. The Slow Pushup with Rotating Plank and straight into pushups challenges the entire upper body. Coach and role-model a variety of levels to continue to create trust and rapport with all fitness levels in your class. Create a love/love relationship with your members about Pushup training, one of the easiest ways to train upper body and functional strength. The Chest Flys with Hip Bridge sequence will be a new feel for your participants. Physically execute this new move to get a clear understanding of the feel of this exercise. Experience the scapular retraction and the firing of upper back muscles in combination with the strong glute and abdominal contraction as the hips lift. What Layer 2 cues, to express muscular feel and intensity, can you bring to your class?

We want our participants to Feel it ALL!



15. CORE

TRACK FOCUS

I want my participants to experience the fire in all parts of the glutes.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up lying on back, facing L side	32	
0:20	C / Mamita	6x8	A 4x Pulse Single-Leg Hip Bridge Lift L&R. Arms by sides, palms up	16	3x
0:50	V1 / Turbina	2x8	Transition to hands and knees facing F	16	
1:00	V2 / _ Asesina	10x8	B+C 8x Pulse Leg Extension/8x Pulse Scorpion Lift Combo L. Hands under shoulders	32	2½x
1:50	Br / (Engine)	½x8	Change legs	4	
1:52	V3 / _ Tenemo	12x8	REPEAT 8x Pulse Leg Extension/8x Pulse Scorpion Lift Combo R. Hands under shoulders	32	3x
2:52	Outro / _ Oh	4x8	C' 16x Fast Pulse Scorpion Lift L	16	
			16x Fast Pulse Scorpion Lift R	16	



15. GASOLINA 3:13mins

TECHNIQUE AND COACHING

4X PULSE SINGLE-LEG HIP BRIDGE LIFT

Layer 1

- Start with hips square to front and back pressed into floor
- Single-Leg Hip Bridge, front leg lifts, four Pulses 4, 3, 2, switch legs
- **Drive hard through the supporting leg and press the knee out slightly**
- Glutes are active
- Also pressing through the upper back
- Stabilizing the upper body to isolate the lower body

8X PULSE LEG EXTENSION/8X PULSE SCORPION LIFT COMBO

Layer 1

- Roll over, Horse Stance, hands under shoulders, knees under hips
- Right leg extends back on the 45° and pulse lift for 8, 7, 6, 5
- Tuck toes of supporting foot under, Scorpion
- Pulse heel towards the ceiling to create lots of muscular tension here
- Drive heels of hands firmly into the floor
- Extend again and this one is about length of the leg, not height
- Push Scorpion to the top and feel the constant, continuous tension
- **Make sure hips are still and square to front** so we maximize work into the side glute as we press out to the 45°

Layer 2

- Switch legs
- Reset if you need to, but keep going if you can
- Scorpion is a little pulse, foot just above head, to maximize tension in the glute
- Lots of tension and lots of burn equals results
- Doesn't need to be high, just controlled; controlled from glute max
- As we come out to the 45 we work the side glute

FAST PULSE SCORPION LIFT

Layer 1

- Press firmly through heel of hand to stabilize

ESSENCE TIPS

Smoking-hot gluteal track with an extra sting in the tail with the continuous tension of the pulses! Straight-up glute work and postural length training. For each of the moves, stabilizing the upper body to work into the lower body sets a strong foundation for excellent execution. As the choreography is simple, there is plenty of space to look up and ask questions like, "are you feeling it in the side glutes and entirety of glutes?". Ask, "Can you find more extension through the legs to create postural length?" Getting participants thinking about their movement quality is one way for them to Manipulate their Intensity and reap more benefits.



16. CORE

TRACK FOCUS

I want my participants to clearly understand the quick Crunch & Extend Combo.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up lying on back facing L, knees over hips 👁️ First move on last 4cts	32	
0:16	V1 / Mirror	4x8	A Crunch & Extend Combo Crunch up & down, knees bent. <i>Fingertips to temples</i> Crunch up and down, legs extended. <i>Reach for toes</i> ⬇️ Option: Keep legs bent		8x
0:32	PC / Roll	4x8	B Slow Cross Crawl F&B. <i>Fingertips to temples</i> ⬇️ Option: Keep legs bent, touch toes on floor	4	8x
0:48	C / _ It ain't	8x8	A+B 4x Crunch & Extend Combo 4x Slow Cross Crawl F&B. <i>Fingertips to temples</i>	16 16	2x
1:20	V2 / No , I'm	4x8	C Slow Tap Down F&B. <i>Arms by sides, palms up</i>	4	8x
1:36	PC / Roll	4x8	C' Extend and Tap Down F&B. <i>Arms by sides, palms up</i>	2	16x
1:52	C / _ It ain't	8x8	A+B 4x Crunch & Extend Combo 4x Slow Cross Crawl F&B	32	2x
2:24	Br / _ Somebody	4x8	C Slow Tap Down F&B. <i>Arms by sides, palms up</i> ⬆️ Option: Extend and Tap Down	4	8x
2:40	C / _ It ain't	8x8	A+B 4x Crunch & Extend Combo 4x Slow Cross Crawl F&B. <i>Fingertips to temples</i>	32	2x



16. JUICE 3:14mins

TECHNIQUE AND COACHING

CRUNCH & EXTEND COMBO

Layer 1

- Lie on back, knees over hips, fingertips to temples
- **Draw belly in and move lower back towards floor**
- Crunch and reach, crunch and reach
- Drive hips towards ribs
- Keep a steady breathing rhythm

SLOW CROSS CRAWL

Layer 1

- Cross Crawl front to back
- Drive shoulder towards opposite knee
- Keep elbows wide
- Toes can tap the floor or extend to 45°

CRUNCH & EXTEND COMBO/SLOW CROSS CRAWL

Layer 1

- Combine both the moves
- Crunch and extend for 4, 3, now 2 more
- Cross Crawl to the front, 8, 7...
- **↓ Option:** If lower back is lifting or you are losing control, tap down on the Cross Crawl

Layer 2

- Burn starting to come through the mid-section
- More challenge by keeping shoulder blades off the floor
- Next time, try get your tail bone off the floor as well

SLOW TAP DOWN

Layer 1

- Arms by sides, palms up
- **Draw belly button towards spine to keep lower core engaged**

EXTEND AND TAP DOWN

Layer 1

- Tap down with bent knees or extend legs and double-time tap down
- Tap, tap, tap, tap
- Anchor lower back and target lower core muscles
- **↓ Option:** Bend knees and tap slowly

ESSENCE TIPS

This is a quick and upbeat Core abdominal track. Using options for the fast-paced combos and abdominal sequences is a smart way to train the brain and the body. Remember to coach and role-model all levels. Also ensure to cue to anchor the body down into the floor and draw strength in the lower, deeper abs for stability and safe execution with the quick pace. Enjoy teaching with a positive and upbeat coaching attitude to connect with your TONE participants.



17. STRETCH

TRACK FOCUS

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

MUSIC			EXERCISE		CTS
0:00	Intro /	2x8	Transition to Childs Pose, facing R		16
0:10	Instr /	2x8	Childs Pose		16
0:19	V1 / _ It takes	4x8	A	Down Dog with Active Alt Calf Stretch. Hands shoulder-width apart	32
0:38	V1 / Wanted	2x8	Roll F to Plank and lower to floor Hands under shoulders		16
0:48	Instr /	2x8	Lift chest to Cobra or Up Dog		16
0:57	Instr / (Beat)	4x8	B	3-Legged Dog Sequence R Press B to Down Dog. Hands shoulder-width apart Lift R leg Bend R leg and open hip, square shoulders	8 4 20
1:16	C / Sin	8x8	C	Swan Pose and Quad Stretch R ↓ Option: 90/90 Hurdle Sit ↓ Option: No Quad Stretch, Extended Swan ↑ Option: Extended Swan plus Quad Stretch	64
1:55	Rep / Be alone	4x8	B	3-Legged Dog Sequence L	32
2:14	V2 / _ It takes	8x8	C	Swan Pose and Quad Stretch L	64
2:52	Instr / Be alone	4x8	A ¹	Down Dog Walk feet to hands slowly	32
3:12	Instr / Be alone	4x8	Forward Fold. Hands to floor/to elbows/wrap thighs		32
3:31	Rep / Be alone	2x8	Roll up to Extended Mountain pose. Palms Press O/H		16
3:41	Outro / Be alone	2x8	Chest Stretch. Hands clasped behind		16



17. 20:25 3:51mins

TECHNIQUE AND COACHING

DOWN DOG/COBRA STRETCH

Layer 1

- Tuck toes under, press through hands and lift hips back and up to Down Dog
- Keep knees bent
- Press heels down towards floor or walk them
- Roll through spine to Plank, knees down
- Abs braced
- Lower all the way to floor
- Lift chest to Cobra
- Glutes squeezed
- ⬆ Option: Lift all the way to Up Dog
- Feel the stretch as you open the front of your chest

3-LEGGED DOG SEQUENCE

Layer 1

- Move through Down Dog and back leg lifts as high as you can while keeping hips square to floor
- Bend lifted knee and open through core and front of hip
- **Square shoulders to front**

Layer 2

- Feel the opening through the hip and the abdominals

SWAN POSE AND QUAD STRETCH

Layer 1

- Lifted back leg comes through to Swan or 90/90 Hurdle Pose
- In the 90/90, pull foot to butt to get the quad stretch
- If back leg is straight, draw front heel to groin, square hips to front and pull rear foot towards butt to feel the stretch in the quad
- ⬆ Option: Extend upper body forward

Layer 2

- Front leg through to Swan or 90/90 Pose
- Feel the opening in all the areas we targeted in the workout

FORWARD FOLD

Layer 1

- From Down Dog, walk feet slowly to hands, knees bent or straight
- Bend knees to fold and rest chest to thighs
- ⬆ Option: Wrap arms around legs and start to straighten
- **Allow head to hang forward**
- Feel the stretch all through the back body
- You can just hang or roll side to side

EXTENDED MOUNTAIN POSE

- Big breath in, arms circle wide to rise to Extended Mountain
- **Squeeze glutes** and arch backwards
- Lower arms behind, clasp hands, push knuckles down to stretch chest and front of the body

ESSENCE TIPS

Always feels good to complete a phenomenal workout! Coach Layer 1 Body Part and Direction well to take thinking out of the equation for your participants. The options and levels continue all the way through this Stretch; everyone's flexibility is different. Enjoy and share your awesome smile with them as you coach the class to success!



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.

