

LES MILLS TONE

11

MUSIC

FORMATS

01. WARM-UP

02. WARM-UP

03. CARDIO

04. CARDIO

05. CARDIO

06. CARDIO

07. STRENGTH / CARDIO

08. STRENGTH / CARDIO

09. STRENGTH

10. STRENGTH / CORE

11. CORE

12. CORE

13. GLUTE BLAST / STRETCH OUT

BONUS

14. CARDIO

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MUSIC

01	We Can Hide Out (3:07) Banded Together © 2020 Les Mills Music Licensing Ltd. Written by: Gourley	12	All My Friends (3:25) Madeon © 2019 Hugo Leclerq under exclusive license to Columbia Records, a Division of Sony Music Entertainment. Written by: Leclerq
02	Welcome to The Black Parade (3:30) Novelty Dream © 2020 Les Mills Music Licensing Ltd. Written by: G. Way, M. Way, Toro, Iero, Bryar	13	Etran (5:17) Disclosure, Etran Finatawa Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Khamidoune
03	Loco Contigo (Cedric Gervais Remix) (4:39) DJ Snake, J. Balvin, Tyga Courtesy of the Universal Music Group. Written by: Grigahcine, Stevenson, Quiles, Osorio, Nieves	BONUS 14	Island Life (6:32) Atomic Drum Assembly © 2018 Island Life Recordings. Written by: Serrell
04	Somebody's Watching Me (2:57) Chico Rose & 71 Digits © 2020 SpinninRecords.com. Written by: Gordy		
05	Thunder (6:52) Netsky feat. Emeli Sandé © 2016 Sony Music Entertainment UK Limited. Written by: Coffer, Daenen, Sandé		
06	Calling On Me (Karim Naas Remix) (3:08) Sean Paul feat. Tove Lo Courtesy of the Universal Music Group Written by: Henriques, Philip, Raymond, Rastogi, Charles		
07	Get Out My Head (Radio Edit) (5:08) Redlight Courtesy of the Universal Music Group. Written by: Pescod, Westbeeck, Coffer		
08	About You (3:17) Papa Zeus © 2019 Papa Zeus under exclusive license to SpinninRecords.com. Written by: Jackson, Linnear, Delgado, Peniston, Perrin		
09	two nights part ii (3:31) Lykke Li & Skrillex © 2019 LL Recordings, under exclusive license to RCA Records, a division of Sony Music Entertainment. Written by: Juber, Zachrisson, Bhasker, Griffin, Coffer, Ho, Daniel, Moore		
10	Get Up (2:46) Yellow Claw feat. KIDDO Courtesy of the Universal Music Group. Written by: Bertilsson, Nilsson, Hajigeorgiou, Rondhuis, Taihuttu, van der Bruggen		
11	Move (2:46) Baker Boy Courtesy of the Universal Music Group. Written by: Woods, Iheakanwa, Baker, Tafa		



LES MILLS TONE 11



L-R Khemani Chatly, Mark Nu'u Steele, Kaylah-Blayr Fitzsimons Nu'u

Tone 11 is so much fun at whichever level you're taking, it should hopefully lighten your current socially distanced mind! This round, it is all about what you know and love/hate LES MILLS TONE for – an intense cardio blast followed by a posterior chain (especially the glutes) blowout and some wicked core work. The music is extremely upbeat this time, you can't help but move to it, which is great until you hit the second half of *Thunder*. I apologize for that in advance.

Almost as much as I apologize for the Clamshell glute move in the "Cooldown"... which is pretty misleading.

Have a blast getting fitter and stronger with this one!

CREDITS

Choreography – Diana Archer Mills

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Production Coordinator – Amber Pountney

PRESENTERS

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.

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.

Khemani Chatly (New Zealand) is a LES MILLS TONE presenter and a LES MILLS TONE and RPM instructor. She is based in Auckland.



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

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



01. WARM-UP

TRACK FOCUS

Focus on mobilizing through the whole body – use the arm swings and range to warm and stretch the body.

MUSIC			EXERCISE		CTS	REPS
0:06	V1 / We can hide	2x8	Light Upper Body Stretch Out		16	
0:14	Never slow	2x8	Hip Circles L&R		16	
0:22	_We can stand	4x8	4x Leg Swings L then R		32	
0:37	PC / Follow me to	4x8	A	Alt Back Stepping Lunge L then R. HOH	16	2x
0:53	C / (Instr)	2x8	A ¹	4x Pulse Lunge L then R. HOH	16	1x
1:00		2x8	A ²	4x Pulse Lunge L then R. Swing down then up	16	1x
1:08	_We can hold	6x8	A ³	4x Pulse Lunge with Jump Change L then R. Swing down then up	16	3x
1:31	PC / Follow me to	2x8	B	4x Wide Squat Pulse Hands to thighs	8	2x
1:39	Follow me to	2x8	B ¹	4x Wide Squat Pulse O/H then A-Frame	8	2x
1:46	C / (Instr)	4x8	B ²	4x Wide Squat Pulse with Low Heel Tap L then R. O/H then A-Frame	16	2x
2:02	Follow me to	4x8	B ³	4x Wide Squat Pulse with Jack In & Out O/H then A-Frame	16	4x
2:17	V / _No thanks	4x8	C	2x Diagonal Knee Lifts Slow L then R. Bent clasp O/H	16	2x
2:32	C / Follow me to	8x8	C ¹	4x Diagonal Knee Lifts L then R. Bent clasp O/H	16	4x



01. WE CAN HIDE OUT 3:07mins

TECHNIQUE AND COACHING

LUNGE

Layer 1

- **Press front knee out over toes**
- Back knee drops to 90
- **Hips square to the front**
- Land lightly on the jump
- **Chest is lifted**
- **Abs are braced**

↓ Option: No jump

Layer 2

- Set up good technique from the start to reduce risk of injury

SQUAT

Layer 1

- **Press knees out over toes**
- **Chest is lifted**
- Shoulders are back and down
- Sit back and down, **hips stop above knee height**

↓ Option: Step in, no jump

Layer 2

- Set the class up for success by repeating key technique cues

DIAGONAL KNEE LIFTS

Layer 1

- Rib to hip
- **Shoulders and hips square to the front**

↓ Option: No hop



02. WARM-UP

TRACK FOCUS

Set the concept early so that everyone knows there are 4 parts to learn, and it’s a circuit to the end. Then they can relax into the workout and challenge their cardio.

	MUSIC			EXERCISE	CTS	REPS
0:03	Intro / When I was	1x8		Jog OTS Prepare to move	8	
0:06	My father	3x8	A	Side Step & Heel Raise L then R. Arms to sides then O/H	8	3x
0:15	He said son	4x8	B	Slow 180 Rotating Squat Step L then R. Natural	16	2x
0:27	He said will	4x8	C	Run L, R OTS RA	2	16x
0:38	Because one	4x8	D	Low Skater L then R. Skater Arms	4	8x
0:51	PC / When I was	52x8	A, B, C, & D	Combo 2x Side Step & Heel Raise L then R 2x Rotating Squat Step L then R 8x Run OTS L then R 4x Low Skater L then R ↓↑Option: Low or High	16 16 16 16	6½x
3:26	Outro / (Silence)	1x8		Run OTS	8	



02. WELCOME TO THE BLACK PARADE 3:30mins

TECHNIQUE AND COACHING

SIDE STEP & HEEL RAISE

Layer 1

- **Stay square to the front**
- Add the option to jump and jump
- Encourage reaching wide and high on either option

↓ Option: No jump

Layer 2

- Adding the double jump maximizes cardio, aim for a bigger range

180 ROTATING SQUAT STEP

Layer 1

- **Lift the heel to pivot**
- **Feet wide with knees out**
- **Chest is lifted**

↓ Option: Don't jump, and don't pivot the full 180 degrees

Layer 2

- Lifting the heel is key to avoid twisting through the knee

RUN OTS

Layer 1

- Bounce, Jog or High Knees

↓ Option: Walking

Layer 2

- We don't stop moving in LES MILLS TONE, and this is an ideal spot to set the options up so the class doesn't have to stop moving

SKATER

Layer 1

- Use the arms to swing, **chest is lifted**
- **Strong brace of the core to keep the hips square to the front**
- **Land softly, with knees pressed out over toes**

↓ Option: Slide across the floor, don't propel

Layer 2

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



03. CARDIO

TRACK FOCUS

Set up your class with the idea that they are going to increase their athleticism and agility – get them as light on their feet as they can be.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8		Run OTS	32	
0:15	Beat / (Heavier)	5x8	A	Squat Tap with Discus Throw L then R	4	10x
0:31	Ref / _Ooooh	4x8	A ¹	Squat Tap with Discus Throw Deeper, L then R	4	8x
0:48	V1 / Tú me tienes loco	12x8	A ²	Squat Lift with Discus Throw Deeper, L then R 👁️ Next move on the last 16cts	4	24x
1:35	C / Oooo oooo	4x8	B	Agility Combo L then R. Natural	16	2x
1:50	Tú me tienes loco	4x8	B ¹	Agility Combo with Jump Heel Tap L then R. Natural & Bent clasp O/H	16	2x
2:05	Oooo oooo	6x8	B ²	Skater Combo with Jump Heel Tap L then R. Natural & Bent clasp O/H	16	3x
2:29	Br / (Boom)	1x8		Shake out	8	
2:32	Ref / Oooo oooo	4x8	A	🔄 Squat Tap with Discus Throw L then R	4	8x
2:48	V2 / Tú me tienes loco	4x8	A ¹	🔄 Squat Tap with Discus Throw Deeper L then R	4	8x
3:04	Tú me tienes loco	8x8	A ²	🔄 Squat Lift with Discus Throw Deeper L then R	8	8x
3:35	C / Oooo oooo	4x8	B ¹	🔄 Agility Combo L then R. Natural	16	2x
3:50	Oooo oooo	4x8	B ²	🔄 Agility Combo with Jump Heel Tap L then R. Natural	16	2x
4:05	Oooo oooo	4x8	B ³	🔄 Skater Combo with Jump Heel Tap L then R. Natural	16	2x
4:21	Instr	4x8		Run OTS	32	



03. LOCO CONTIGO (CEDRIC GERVAIS REMIX) 4:39mins

TECHNIQUE AND COACHING

SQUAT TAP WITH DISCUS THROW

Layer 1

- **Press knees out over toes, on the Squat**
- Throw the arm and feel the squeeze down the side of your body and glute, use this to stop the movement

Layer 2

- We want this movement to feel athletic rather than controlled and effortless
- Throwing the arm forces the body to engage and catch the movement

AGILITY COMBO

Layer 1

- Simple set up and count the pattern out

↓ Option: No Jump Heel Tap

Layer 2

- Use visual cues to show people where they're going
- Repeat the cues, this is a complex pattern

SKATER COMBO

Layer 1

- A preview, then soft landing cue, staying square and pushing out of the glute again
- Use the arms to swing, **chest is lifted**
- **Strong brace of the core to keep the hips square to the front**
- **Land softly, with knees pressed out over toes**

↓ Option: Stay with the Agility Combo

Layer 2

- Maximize output and get the work in the glute



04. CARDIO

TRACK FOCUS

Focus on explosive movement – get participants working their fast twitch muscle fibers through explosive cues.

MUSIC			EXERCISE		CTS	REPS
0:01	Intro / _I always feel	8x8	A	Rotating Double Squat Combo L then R	16	4x
0:32	PC / _! feel like	2x8	A ¹	Rotating Squat Combo L then R	8	2x
0:40	_! feel like	2x8	A ²	Propulsive Rotating Squat Combo L then R	8	2x
0:47	C / _I always feel	8x8	B	Lateral Squat Step or Jump L then R	8	4x
1:18	Br / (Silence)	1x4		Set out to Squat Position <i>Hands Clasped O/H</i>	4	
1:20	Ref / _Who's watching	4x8	C	4x Squat Pulse <i>Hands Clasped O/H & A-Frame</i>	8	4x
1:35	V2 / _I always feel	4x8	C ¹	4x Squat Pulse with Low Heel Tap L then R. <i>O/H then A-Frame</i>	16	2x
1:51	_I always feel	4x8	C ²	4x Squat Pulse with Jack In & Out <i>O/H then A-Frame</i>	8	4x
2:06	Rep / _I ways feel	4x8	C ³	2x Squat Pulse with Jack In & Out <i>O/H then A-Frame</i>	4	8x
2:22	C / _I ways feel	4x8	D	Run & Low Ball Slam Combo	8	4x
2:37	_I ways feel	4x8	D ¹	Traveling Run & Ball Slam Combo F then B	16	2x
2:52	Outro	1x8		Run OTS	8	



04. SOMEBODY'S WATCHING ME 2:57mins

TECHNIQUE AND COACHING

ROTATING SQUAT

Layer 1

- **Pivot and heel lift**
- Add the option to jump
- **Knees out over toes on the landing**

↓ Option: Don't jump, just pivot

Layer 2

- We want to prevent any twisting through the knee or buckling when landing by reiterating technique cues

LATERAL SQUAT STEP OR JUMP

Layer 1

- Reach high by coming up onto the balls of your feet
- Squeeze all of the muscles you can

↓ Option: No Jump

Layer 2

- Maximize the explosive work here to challenge your fitness

SQUAT PULSE

Layer 1

- Focus on depth
- **TONE Posture**
- Make sure **knees press out over toes** to increase work through the muscles of our hips
- **Chest is up, core is braced**

↓ Option: No Jack

Layer 2

- Use this move to pre-fatigue the muscles and maximize efficiency in the workout

RUN & BALL SLAM COMBO

Layer 1

- Run through the options
- Then the big squeeze and powerful throw and catch movement
- You want to use abs to catch quickly on the Slam

↓ Option: No Jump

Layer 2

- We want this move to really challenge the class in every option – the throw and catch recruits core, posterior chain and legs



05. CARDIO

TRACK FOCUS

This track is long and very challenging – encourage participants to max out, take a lighter option, and return when they can. This is how we increase cardio fitness, fast.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8		Run OTS	32	
0:22	V1 / There’s a storm	8x8	A	Slow Flight Lunge, L then R	16	4x
0:44	PC / Hey , did you	8x8	A ¹	Quick Single Flight Lunge Low, L then R	8	8x
1:07	C / Hey , did you	8x8	A ²	Propulsive Flight Lunge L then R	8	8x
1:29	V2 / There’s a love	8x8	B	Slow Standing Single Star Burpee, L then R	32	2x
1:51	PC / Hey , did you	8x8	B ¹	Quick Standing Single Star Burpee L then R	16	4x
2:14	C / (Instr)	16x8	B ²	Star Burpee ↓ Option: Standing Single Star Burpee	8	16x
2:58	C / (Instr)	4x8	C	Mountain Climber ↓ Option: Run OTS	2	16x
3:21	Intro	5x8		Recover, prepare to do it all again	40	
3:46	V2 / There’s a storm	8x8	A	Slow Flight Lunge, L then R	16	4x
4:08	PC / Hey , did you	8x8	A ¹	Quick Single Flight Lunge Low, L then R	8	8x
4:30	C / Hey , did you	8x8	A ²	Propulsive Flight Lunge L then R	8	8x
4:53	V2 / There’s a love	8x8	B	Slow Standing Single Star Burpee L then R	32	2x
5:15	PC / Hey , did you	8x8	B ¹	Quick Standing Single Star Burpee L then R	16	4x
5:37	C / (Instr)	16x8	B ²	Star Burpee ↓ Option: Standing Single Star Burpee	8	16x
6:22	Instr / (Instr)	4x8	C	Mountain Climber ↓ Option: Run OTS	2	16x
6:44	Outro / (Silence)	1x8		Run OTS	8	



05. THUNDER 6:52mins

TECHNIQUE AND COACHING

FLIGHT LUNGE

Layer 1

- **TONE posture cues**
- 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

↓ Option: No Jump

Layer 2

- We want the class to get maximum benefit from this track
- The posterior chain are the muscles that go from our neck, down through the glutes and to the hamstrings

STAR BURPEE

Layer 1

- Maintaining **hips and shoulders square to the front**
- **Abs are braced** in the Burpee and use the whole count of the music to prep for the Jump

↓ Option: No Jump, no Floor Burpee, but encourage participants to reach high and pull rib to hip to get the most from the workout

Layer 2

- Focus on safety
- There's time to hop once if that helps prep the jump

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**

Layer 2

- Focus on good technique as fatigue will be setting in
- We want to keep the right muscles working



06. CARDIO

TRACK FOCUS

Prep your participants to expect their legs to blowout here and rise to the challenge with them! This is new and a fun challenge – be in the pain with them and earn that incredible leg strength.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Calling calling	4x8		Set up the standing and/or kneeling variations <i>Weight plates stacked to the top of the chest</i>	32	
0:17	V1 / _True love	8x8	A	Slow Surrender Squat , L then R. <i>Weights stacked to the top of the chest</i> ↓ Option: Standing Variation	32	2x
0:52	Ref / I don't need	2x8	A ¹	Surrender Squat L then R. <i>Weights stacked to the top of the chest</i> ↓ Option: Standing Variation	16	1x
1:01	PC / Calling calling	4x8	A ²	Surrender Squat & 4x Squat Pulse Combo L then R <i>Weights stacked to the top of the chest</i> ↓ Option: Standing Variation	32	1x
1:18	C / (Instr)	4x8	A ³	Surrender Squat & 4x Squat Pulse Combo L then R <i>Weights stacked to the top of the chest. Press & Hold weight O/H</i> ↓ Option: Standing Variation	32	1x
1:36	V2 / _Inna life	1x8		Transition to standing, <i>1 weight plate in each hand</i>	8	
1:40	No heart	3x8	B	Squat with Rear Leg Extension L then R. Into Bicep Curl	8	3x
1:52	Life is a gift	4x8	B	Squat with Rear Leg Extension L then R. Into Front Raise	8	4x
2:11	PC / Calling calling	4x8	A ²	 Surrender Squat & 4x Squat Pulse Combo L then R. <i>Weights stacked to the top of the chest</i> ↓ Option: Standing Variation	32	1x
2:28	C / (Instr)	8x8	A ³	 Surrender Squat & 4x Squat Pulse Combo L then R. <i>Weights stacked to the top of the chest Press & Hold weight O/H</i> ↓ Option: Standing Variation	32	2x



06. CALLING ON ME (KARIM NAAS REMIX) 3:08mins

TECHNIQUE AND COACHING

SURRENDER SQUAT

Layer 1

- **Abs are braced**
- **TONE posture**
- Stay aware of knee alignment as you move

↓ Option: Stay standing – narrow to wide Squats. If participants can go to the floor, challenge them to try one in the 2nd set

Layer 2

- We want the class to stay safe - control of their movements will help them to feel strong and athletically powerful

SQUAT WITH REAR LEG EXTENSION

Layer 1

- Squeeze the shoulders
- **Abs are braced**

↓ Option: Minimize range in the plate curl, or don't squat as low. It's fine to touch down rather than lift the leg off

Layer 2

- The work stays in the posterior chain here
- Keeping the abs braced will increase stability



07. STRENGTH / CARDIO

TRACK FOCUS

This is FAST. Make sure participants keep the elbows soft and knees out to keep the movements safe. Keep transitions controlled to the floor.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Piano)	4x8	A	Slow Single Arm Row L. Leg Rear Extension L, with toes grounded	8	
0:14	V1 / Oh, you just	4x8	A ¹	Quick Single Arm Row L. Leg Rear Extension L, with toes grounded	16	
0:28	Oh, you just	4x8	A ²	Quick Single Arm Row L. Leg Rear Extension L	16	
0:41	Instr	4x8	A ³	Quick Single Arm Row L. Leg Rear Extension L, with Heel Raise	16	
0:55	Instr	8x8	B	Quick Tempo Pushup on knees ↑ Option: Pushup Slow or Pushup on toes	2	32x
1:23	Ref	2x8		Transition to standing	16	
1:30	_You ruin my	2x8	A	⏮️ Slow Single Arm Row L. Leg Rear Extension L with toes grounded	4	
1:37	Rep / _You ruin my	4x8	A ²	⏮️ Quick Single Arm Row L. Leg Rear Extension L	16	
1:51	_Get out my	4x8	A ³	⏮️ Quick Single Arm Row L. Leg Rear Extension L, with Heel Raise	16	
2:05	C / Oh, you just	8x8	B	⏮️ Quick Tempo Pushup on knees ↑ Option: Pushup Slow or Pushup on toes	2	32x
2:33	Instr / Piano	2x8		Transition to standing		
2:41		2x8	A	⏮️ Slow Single Arm Row R. Leg Rear Extension R with toes grounded	4	4x
2:47	V1 / Oh, you just	4x8	A ¹	⏮️ Quick Single Arm Row R. Leg Rear Extension R, with toes grounded	2	16x
3:02	Oh, you just	4x8	A ²	⏮️ Quick Single Arm Row R. Leg Rear Extension R	2	16x
3:15	Instr	4x8	A ³	⏮️ Quick Single Arm Row R. Leg Rear Extension R, with Heel Raise	2	16x
3:29	Instr	8x8	B	⏮️ Quick Tempo Pushup on knees ↑ Option: Pushup Slow or Pushup on toes	2	32x
3:57	Ref / _You ruin my	2x8		Transition to standing	16	
4:04	_You ruin my	2x8	A	⏮️ Slow Single Arm Row R. Leg Rear Extension R, with toes grounded	4	4x
4:11	Rep / _You ruin my	4x8	A ²	⏮️ Quick Single Arm Row R. Leg Rear Extension R	2	16x
4:25	_Get out my	4x8	A ³	⏮️ Quick Single Arm Row R. Leg Rear Extension R, with Heel Raise	2	16x
4:39	C / Oh, you just	8x8	B	⏮️ Quick Tempo Pushup on knees ↑ Option: Pushup Slow or Pushup on toes	2	32x



07. GET OUT MY HEAD (RADIO EDIT) 5:08mins

TECHNIQUE AND COACHING

SINGLE ARM ROW

Layer 1

- Wrap the shoulder blade around the back
- **Keep the knee pressed out**
- Elbow soft

Layer 2

- Activating the posterior chain, squeezing the mid-back on the Row

SINGLE ARM ROW WITH REAR LEG EXTENSION

Layer 1

- Keep the range short, don't fully extend the arm
- Bounce off of the floor softly

↓ Option: Stay grounded or half time

PUSHUP

Layer 1

- **Abs are braced**
- **Chest stops at elbow height**
- **Keep the neck and spine long**

↓ Option: Knees or take a break then come back to it

Layer 2

- There a lot of reps, make sure we are keeping up good technique. Using the options will help maintain this



08. STRENGTH / CARDIO

TRACK FOCUS

Keep the focus on alignment and core brace, talk to the benefits of these movements on joint stability and accessory muscle training.

MUSIC		EXERCISE		CTS	REPS
0:01	V1 / Meeting mister	4x8	Set up Plié Squat position. <i>Weights stacked to the top of the chest</i>	32	
0:16	If you only	4x8 A	4x Plié Squat Combo L then R. <i>Weights stacked to the top of the chest</i>	32	1x
0:31	C / _Finally	8x8 A ¹	4x Plié Squat Combo L then R. <i>Press Weights O/H & down to the top of the chest</i>	32	2x
1:02	V2 / See , so many	2x8 B	Set up 45 Diagonal position L. R leg extended back, toes lightly touching the floor. <i>1 weight in each hand at shoulder level</i>	16	
1:10	But now you	2x8 C	Lift & Lower Extended Leg R. <i>1 Weight in each hand at shoulder level</i> ↓ Option: Tap toes to the floor	2	8x
1:17	PC / If you only	2x8 C ¹	Lift & Lower Extended Leg R. <i>Press & Hold Weights O/H</i> ↓ Option: Tap toes to the floor / A-Frame Arms	2	8x
1:25	C / If you only	4x8 C ²	Lift & Lower Extended Leg R, sit deeper. <i>Press & Hold Weights O/H</i> ↓ Option: Tap toes to the floor / A-Frame Arms	2	16x
1:40	V3 / See , so many	2x8 B	 Set up 45 Diagonal position R. L leg extended back, toes lightly touching the floor. <i>1 weight in each hand at shoulder level</i>	16	
1:48	PC / But now you	2x8 C	 Lift & Lower Extended Leg L. <i>1 Weight in each hand at shoulder level</i> ↓ Option: Tap toes to the floor	2	8x
1:56	_Finally	2x8 C ¹	 Lift & Lower Extended Leg L. <i>Press & Hold Weights O/H</i> ↓ Option: Tap toes to the floor / A-Frame Arms	2	8x
2:03	C / If you only	4x8 C ²	 Lift & Lower Extended Leg L, sit deeper. <i>Press & Hold Weights O/H</i> ↓ Option: Tap toes to the floor / A-Frame Arms	2	16x
2:19	Ref / Describe it	4x8 A	 4x Plié Squat Combo L then R. <i>Weights stacked to the top of the chest</i>	32	1x
2:34	C / If you only	10x8 A ¹	 4x Plié Squat Combo L then R. <i>Press Weights O/H & down to the top of the chest</i>	32	2½x



08. ABOUT YOU 3:17mins

TECHNIQUE AND COACHING

PLIÉ SQUAT

Layer 1

- **Abs are braced**
- Squeeze the glutes
- Knees stop just above 90 degrees

↓ Option: Keep the heels down, reduce the range or perform a regular Squat if a Plié isn't comfortable

Layer 2

- We want to maintain balance here keeping the work throughout the lower limb

LIFT & LOWER EXTENDED LEG

Layer 1

- **Hips and shoulders square to the front**

↓ Option: Toes down, keep the arms back and squeeze the shoulder blades

Layer 2

- Maintaining a strong posture keeps the work in the abs and glutes



09. STRENGTH

TRACK FOCUS

Use the breath and eye gaze to help with balance here – it also slows you down and works with the vibe of the song.

MUSIC		EXERCISE			CTS	REPS
0:00	Intro	4x8	A	Set up Aeroplane position L	32	
0:16	V1 / _Two nights	4x8	B	Aeroplane L ↓ Option: Toes lightly touch the floor	16	
0:32	_Somebody else	4x8	B ¹	Aeroplane with Leg Pulse L ↓ Option: Toes lightly tap the floor	2	16x
0:48	PC / I left all the	4x8	C	Slow Open Star L	8	4x
1:04	C / You’ve been	4x8	C ¹	Quick Open Star L. 1 extra Open to finish	4	8x
1:20	V2 / _Two nights	2x8	A	 Set up Aeroplane position R	16	
1:28	_Two nights	2x8	B	 Aeroplane R	16	
1:36	_Somebody else	4x8	B ²	 Aeroplane with Leg Pulse R	2	16x
1:52	PC / I left all the	4x8	C	 Slow Open Star R	8	4x
2:08	C / You’ve been	4x8	C ¹	 Quick Open Star R. 1 extra Open to finish	4	8x
2:24	Ref / _Your call has	2x8		Reset to center	16	
2:28	PC / _Two nights	4x8	C	Weighted Roll Down then Up Sequence Slow	8	4x
2:48	PC / I left all the	4x8	C ¹	Weighted Roll Down then Up Sequence Faster	4	8x
3:04	C / You’ve been	4x8	C ²	Weighted Roll Down then Up Sequence Faster with Heel Raise	4	8x
3:20	Outro / _Two nights	2x8	C ³	Weighted Roll Down then Up Sequence Super Slow	16	



09. TWO NIGHTS PART II 3:31mins

TECHNIQUE AND COACHING

AEROPLANE

Layer 1

- Squeeze the shoulder blades together
- Knee soft to help balance
- Set the eye gaze

↓ Option: Keep the toes down, try to encourage everyone to lift off as a balance challenge is the point of the track

OPEN STAR

Layer 1

- Roll the hips and shoulders from the side to the front
- **Pressing out through the knee**

↓ Option: Foot down as you turn

Layer 2

- To make the movement integrated maintain good knee alignment – you can really focus on the knee press out in this track as it is hard to maintain as you rotate

WEIGHTED ROLL DOWN

Layer 1

- Keep a neutral spine
- **Abs are braced**

↓ Option: Lessen the range

Layer 2

- Really squeeze the core to keep everything in line and to protect the back and neck



10. STRENGTH / CORE

TRACK FOCUS

Focus on core control and talk to the class on how to use the core take the brunt of the effort.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8	Prepare to move, weights to chest		16	
0:09	V1 / Fight when you're failing	4x8	A	4x Weighted Washboard L then R	16	2x
0:29	PC / What you gonna	4x8	A ¹	2x Weighted Washboard L then R	8	4x
0:48	C / (Instr)	4x8	A ²	Single Weighted Washboard L then R	4	8x
1:08	V2 / Know when you're hurting	4x8	B	Move to Squat position, holding weight O/H 4x Weighted Lazy Arm Standing Side Crunch L then R	16	2x
1:27	PC / What you gonna	4x8	B ¹	2x Weighted Lazy Arm Standing Side Crunch L then R	8	4x
1:46	C / (Instr)	4x8	B ²	Single Weighted Lazy Arm Standing Side Crunch L then R	4	8x
2:06	Ref / Turning to my	4x8	C	2x Weighted Lizard L then R with Heel Raise 1 weight plate in each hand	8	4x
2:25	C / (Instr)	2x8	C ¹	Single Weighted Lizard L then R	4	4x
2:35		2x8	C ²	Single Weighted Lizard L then R	4	4x



10. GET UP 2:46mins

TECHNIQUE AND COACHING

WEIGHTED WASHBOARD

Layer 1

- **Twist from the center of the chest**
- Keep the Squat position and shoulder blades squeezing together

↓ Option: Lessen the range

Layer 2

- Lock down the body position to maximize the work in the core – the less movement elsewhere, the more the core works

LAZY ARM STANDING SIDE CRUNCH

Layer 1

- **Shoulders back and down**
- Hold your Squat position

↓ Option: Lessen the range

Layer 2

- Lock down the body position to maximize the work in the core – the less movement elsewhere, the more the core works

WEIGHTED LIZARD

Layer 1

- Bringing the rib to the hip
- Keeping the elbows soft and squeeze the obliques
- Try a little hold at the top

↓ Option: Lessen the range. Keep the heel down

Layer 2

- Target the obliques with the squeeze and increase the work with the hold
- Keep the elbows soft to avoid over-extending



11. CORE

TRACK FOCUS

Encourage everyone to keep their own pace, and give temporal cues so they know how soon they can stop.

	<i>MUSIC</i>			<i>EXERCISE</i>	<i>CTS</i>	<i>REPS</i>
0:00	Intro / (Instr)	2x8		Set up for Pushups	16	
0:09	C / I just want to move	4x8	A	Slow Combo		
				2x Slow Pushup	8	
				2x Slow Floor Jack	8	
				Slow Rotating Plank, L then R	16	
0:28	V / Heard it all before	20x8	A ¹	Combo		
				2x Quick Pushup on Knees or Toes	4	
				2x Quick Floor Jack or Air Jack	4	
				Quick Rotating Plank L then R	8	14x
				↓↑Option: Freedom to choose your own pace. On the beat, off the beat, race the beat		



11. MOVE 2:46mins

TECHNIQUE AND COACHING

PUSHUP

Layer 1

- **Abs are braced**
- **Chest lowers to elbow height**
- Show the range and options

↓ Option: On the knees or knees under hips

Layer 2

- We've done a lot of Pushups already, focus on good technique rather than speed

FLOOR JACK OR AIR JACK

Layer 1

- Keeping the **abs braced** throughout the track
- **Knees out over toes**
- **Landing with soft knees**

↓ Option: Floor Jack

Layer 2

- Keeping good alignment as you go through the movements is key here
- Participants are working on their own beat so keep them accountable to their own technique

ROTATING PLANK

Layer 1

- **Maintain a strong core brace**
- **Rotate the body as one unit**

↓ Option: One knee on the floor

Layer 2

- Extend fingertips towards the ceiling
- Set your hand down wider to prepare for Pushups



12. CORE

TRACK FOCUS

This track is the full core burn – coach the basics and enjoy the misery.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / All my friends	4x8	Set up for core work. <i>Arms A-Frame by sides</i>		32	
0:18	V1 / What's going on	8x8	A	Reverse Cycle L then R	4	16x
0:55	C / All my friends	8x8	B	Push Press	8	8x
1:31	PC / Cause all my friends	4x8	C	Slow Death Drop , L then R	16	2x
1:49	C / All my friends	4x8	C ¹	Quick Death Drop L then R	8	4x
2:07	Instr	4x8	A	 Reverse Cycle L then R	4	8x
2:25	PC / Cause all my friends	4x8	B	 Push Press	8	4x
2:43	Br / My my my	1x4	Legs up, <i>arms A-Frame by sides</i>		4	
2:45	C / All my friends	8x8	C ¹	 Quick Death Drop L then R	8	8x



12. ALL MY FRIENDS 3:25mins

TECHNIQUE AND COACHING

REVERSE CYCLE

Layer 1

- Hips are still
- **Lower back towards the floor**
- Cycle the legs like you're riding a bicycle backwards

↓ Option: Lessen the range

Layer 2

- Isolate the core by keeping the hips still

PUSH PRESS

Layer 1

- Press your hands firmly into your thighs and feel the core engage

↓ Option: Feet to floor instead of extended

Layer 2

- The harder you Press into the floor the more core engagement you will get

DEATH DROP

Layer 1

- Let the leg fall and force your core to catch it
- **Lower back towards the floor**

↓ Option: Lessen the range

Layer 2

- The momentum is what drives intensity here



13. GLUTE BLAST / STRETCH OUT

TRACK FOCUS

Listen to the song more than you usually would to get where the transitions are, and if you miss one, just make up for it on the other side so the glute work is basically even.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8	Set up for Pulse Hip Bridge		16	
0:08	V1 / Chant	8x8	A	Pulse Hip Bridge	2	32x
0:39	Chant	2x8	Transition to lie on R side. Set up side position		16	
0:47	V2 / (Heavier beat)	8x8	B	Side Clam L	2	32x
1:18		2x8	Transition to lie on L side. Set up side position		16	
1:26		9x8	B	 Side Clam R	2	36x
2:02		1x8	Transition to 90/90 position L		8	
2:06	Instr / Cymbals	6x8	C	90/90 or Swan Pose L	48	
2:29	Chant	4x8	D	Lying Quad Stretch R	32	
2:45	V / Quieter	5x8	E	Downward Facing Dog	40	
3:05	Quieter	1x8	Plank		8	
3:09		1x8	Crocodile		8	
3:12		3x8	Upward Facing Dog		24	
3:24	Instr / Cymbals	4x8	Childs Pose		32	
3:40	V	4x8	C	 90/90 or Swan Pose	32	
3:56	Instr	4x8	D	 Lying Quad Stretch L	32	
4:12	Instr / Quieter	4x8	E	 Downward Facing Dog	32	
4:27	Instr / Quieter	1x8	Walk feet in toward hands		8	
4:31	Instr / Quieter	5x8	Forward Fold , knees soft		40	
4:51	Instr / Drums	4x8	Extended Mountain Pose		32	
5:07	Instr / Fade out	1x8	<i>Release arms down</i>		8	



13. ETRAN 5:17mins

TECHNIQUE AND COACHING

PULSE HIP BRIDGE

Layer 1

- **Push through the heels and push the knees out**
- **Hips square**
- **Abs braced**
- Arms press into the floor with palms facing up
- **Squeeze the shoulder blades together**
- Squeeze the glutes super tight on the Pulse

SIDE CLAM

Layer 1

- **Elbow under shoulder**
- **Knees in front of the body**
- **Hips stacked to the front**
- **Brace the core and whole body**
- Open and close the top leg through the hip and knee
- Keep the feet together
- **Squeeze the shoulder blades together**

↓ Option: Hips stay down

Layer 2

- This move is so effective if it is set up right, so make sure participants are in perfect position for ultimate hip and glute work

YOGA STRETCH SEQUENCE

Layer 1

- Give options, encourage participants to feel the stretch wherever they are
- We want participants at all levels of flexibility to feel successful
- Give participants target zones to feel the stretch in and have them own that position

↓ Option: Whatever the class needs to do to feel the stretch safely

Layer 2

- Encourage participants to pull their bodies into the center line to create better alignment and activation



BONUS

14. CARDIO

TRACK FOCUS

This track is TOUGH. Encourage rests, shake outs and options throughout.

MUSIC			EXERCISE	
0:00	Intro / _Ahh	32x8	A	Standing Option: Weighted Rear Leg Lift with Bicep Curl or Front Raise , L then R
			A ¹	Floor Option: Bear Crawl & Air Jack Sequence ↓↑Option: On or off the beat
1:35	Ref / Eh eh	32x8	B	Standing Option: Back Tap with Alt Bent Over Row , L then R
			B ¹	Floor Option: Crocodile Walk on knees, or toes ↓↑Option: On or off the beat
3:08	Break / (Silence)	1x8		Break
3:11	Instr / _Ahh	32x8	C	Standing Option: Weighted Squat Press
			C ¹	Floor Option: Caterpillar Combo ↓↑Option: On or off the beat
4:43	Ref / Eh eh	32x8	D	Standing Option: Surfer Burpee L then R, <i>with A-Frame</i>
			D ¹	Floor Option: Commando Crawl ↓↑Option: On or off the beat



BONUS

14. ISLAND LIFE 6:32mins

TECHNIQUE AND COACHING

BEAR CRAWL & AIR JACK SEQUENCE

Layer 1

- **Abs are braced**
- Hips in line with shoulders
- Keep the movements controlled
- Be aware of your surroundings

↓ Option: Standing Leg Lift

CROCODILE WALK

Layer 1

- Explain the options
- **Abs braced**
- Walking plank **with slightly bent elbows**
- Hips in line with shoulders
- Encourage a few reps of the full option

↓ Option: Back Tap with Bent Over Row

Layer 2

- Form is key, if the class are losing form in the advanced option encourage the lower options
- We want to build a solid strength base

CATERPILLAR

Layer 1

- Knees bent
- Chest to thighs
- **Abs are braced**

↓ Option: Weighted Squat Press

Layer 2

- Reiterate cues that will keep the participants safe, meaning they can go harder and chase the beat with good technique

COMMANDO CRAWL

Layer 1

- Hips low
- **Abs are braced**

↓ Option: Surfer Squat

Layer 2

- Reiterate cues that will keep the participants safe, this move is fun and we want the class to be able to enjoy is safely



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

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

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

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OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors, and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music, and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music, and movements, with the aim of broadening cultural awareness.

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

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

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

