

LES MILLS TONE **13**

MUSIC

FORMATS

01. WARM-UP

02. WARM-UP

03. CARDIO

04. CARDIO

05. CARDIO/ STRENGTH / CORE

06. CARDIO

07. CARDIO

08. STRENGTH

09. STRENGTH

10. CARDIO/ STRENGTH / CORE

11. STRENGTH / CORE

12. CORE

13. CORE

14. CORE / STRETCH

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MUSIC

- 01

Looking For Me (3:35)

Paul Woolford, Diplo & Kareen Lomax

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Written by: Woolford, Kareen, Meckseper, Pentz
- 02

Follow (3:23)

Kito, ZHU & Jeremih

Courtesy of the Universal Music Group.

Written by: Teplin, Felton, Horn, Lebbing, Wilson, Zhu
- 03

Beggin' (3:35)

Madcon

© 2007 Cosmos - a division of Cosmos Music.

Written by: Gaudio, Farina
- 04

Nobody (3:08)

NOAM DEE

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Written by: Fairley
- 05

Head & Heart (2:46)

Joel Corry & MNEK

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Written by: Corry, Applebaum, Thompson, Emenike, Kaylan, Courtidis, Dare, Harvey
- 06

OPEN UP (1:17)

Fas Fash

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Written by: McCarthy
- 07

Fiesta! (2:15)

Mashd N Kutcher

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Written by: Low, Morris, Ough
- 08

Fiesta! (2:17)

Mashd N Kutcher

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Written by: Low, Morris, Ough
- 08

This Is Real (3:19)

Jax Jones feat. Ella Henderson

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Written by: Lam, Henderson, Cottone, Emenike
- 09

How Could I Ever (4:05)

KUU, Alex Metric & Riton feat. Shungudzo

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Written by: Kotz, Drury, Thiam, Kuyimba, Smithson

- 10

Fire (2:40)

Ytram, Elderbrook & Martin Garrix

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Written by: Garritsen, Kotz, A. Parkhomenko, Y. Parkhomenko
- 11

Fire (1:38)

Ytram, Elderbrook & Martin Garrix

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Written by: Garritsen, Kotz, A. Parkhomenko, Y. Parkhomenko
- 11

Pretty Shining People (Jack Wins Remix) (3:30)

George Ezra

© 2019 Sony Music Entertainment UK Limited.

Written by: Barnett
- 12

Pretty Shining People (Jack Wins Remix) (1:05)

George Ezra

© 2019 Sony Music Entertainment UK Limited.

Written by: Barnett
- 12

Brisa (2:30)

IZA

© 2019 Warner Music Brasil Ltda.

Written by: Bispo, Guimaraes, Santos, Iza
- 13

Sundown (3:25)

Zara Larsson feat. WizKid

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Written by: Shaouy, Malik, Hindlin, Garcia, Balogun, Larsson, Eriksen, Hermansen
- 14

Come See About Me (5:10)

The Supremes

Courtesy of the Universal Music Group.

Written by: B. Holland, E. Holland, Dozier
- ALT 05

Pink Clouds And Fairy Dust (2:46)

Aiyo feat. G Curtis

Courtesy of Epidemic Sound.

Written by: Unknown



LES MILLS TONE 13



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

Hi team!

We have absolutely loved putting this release together. We have the amazing privilege to be in New Zealand, so we have been lucky enough to gather for concept sessions and run-throughs. This has made for a collaborative feeling in the class and plenty of ideas coming together to form the workout.

Focuses this time include a lot of lateral work in the Cardio block, with some exciting new explosive moves for you to surprise (and hopefully delight) your participants with. We have a lot of balance work in the Strength block, and then a lot of integrated core throughout.

A new type of track has emerged - Cardio, Strength & Core in one...give it a try and let us know what you think!

CREDITS

Choreography Team – Diana Archer Mills, Erin Maw, Khiran Huston and Kaylah-Blayr Fitzsimons-Nu'u

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Mark Nu'u Steele

Technical Consultants – Robert Lee and Andrew Newmarch

Production Coordinator – Amber Pountney

PRESENTERS

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

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

Bas Hollander (The Netherlands) is a LES MILLS TONE, LES MILLS SPRINT, LES MILLS GRIT, LES MILLS THE TRIP Trainer/Presenter/Ambassador and a BORN TO MOVE Trainer/Presenter. He is also LMI's Education Director, 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.

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

Vili Fifita (New Zealand) is a LES MILLS TONE, BODYCOMBAT, BODYPUMP, LES MILLS CEREMONY, LES MILLS CONQUER and a LES MILLS SPRINT Instructor and a LES MILLS GRIT Trainer/Presenter. He lives 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)	AMRAP	As Many Reps As Possible

RELEASE FEEDBACK

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



01. WARM-UP

TRACK FOCUS – Connection & Options

TONE is an inclusive workout and this track offers a tonne of options to cater to a wide range of fitness levels. Connect with your participants and set the scene for an incredible workout ahead.

	MUSIC			EXERCISE	CTS	REPS
0:05	Intro / Ah yeah	4x8		Feet hip-width. Upper body stretches	32	
0:21	V / _ Ah yeah	8x8	A	Slow Back-Stepping Lunge L&R. <i>HOH</i> 👁️ Next move on last 8cts	16	4x
0:53	V / _ Ah yeah	4x8	A ¹	Slow Back-Stepping Lunge & Single Arm Reach L&R. <i>One arm reaches towards floor</i> 👁️ Next move on last 8cts	16	2x
1:09	C / _ Ah yeah	4x8	A ²	Slow Back-Stepping Lunge with Double Arm Reach L&R. <i>One arm reaches to floor, the other arm reaches to ceiling</i>	16	2x
1:25	V / _ Can you	4x8	B	Slow Squat <i>hands clasped to Squat. A-Frame to stand</i>	8	4x
1:41	V / I heard	4x8	B ¹	Squat <i>hands clasped to Squat. A-Frame to stand</i>	4	8x
1:57	C / yeah	8x8	B ²	Triple Stepping Squat L then R. <i>Both hands reach towards floor, arms reach above to stand</i> ⬆️ OPTION: Calf Raise 👁️ Next move on last 8cts	16	4x
2:29	B / Try to	4x8	C	Standing Burpee <i>side knee Lift L&R. Hands O/H and oblique pulldown. Squat. Hands clasped O/H. Stand. Hands clasped O/H</i> ⬆️ OPTION: Slow Walking Burpee	8	4x
2:43	C / Something you	4x8	C ¹	Burpee <i>Squat. Jump back to Plank position. Jump to Squat. Stand. A-Frame</i>	8	4x
3:03	Outro / Instrumental	8x8	C ²	Burpee & Jog Combo <i>1x Burpee. Jog OTS</i> ⬇️ OPTION: Bounce or tread	16	4x



01. LOOKING FOR ME 3:35ins

TECHNIQUE AND COACHING

BACK-STEPPING LUNGE

Layer 1

- Cue: 'Step back, Lunge, rise, change legs'
- **Front knee pushes out**
- **Long step back, heel off the floor**
- **Brace abs to keep hips square**

Layer 2

- Squeeze glutes to keep the hips square

BACK-STEPPING LUNGE WITH ARM REACH

Layer 1

- Cue: 'Back, reach, change legs'
- Set up good **TONE Posture** to ensure safe and effective movement from the start of the class
- **Chest lifted, long spine, strong abdominal brace**

Layer 2

- The Arm Reach is a two way stretch that opens up the muscles from the ribs through to the hips, important for core activation and spine mobility

SQUAT

Layer 1

- Cue: 'Squat down, rise up'
- **Feet wide**
- **Knees press out over toes**
- **Chest lifted**
- **Butt stops above knee level**

TRIPLE SQUAT

Layer 1

- Cue: '3, 2, 1, together. 3, 2, 1 together'
- **Chest lifted**
- **Core braced**
- Small lateral steps

Layer 2

- Every step is a little wider and deeper to engage the muscles that move our bodies laterally

↑ OPTION: Heel lift - activate the calves and engage the ankle stabilizers for the cardio

STANDING BURPEE

Layer 1

- Cue: 'Knee, knee, squat, stand'
- **TONE Posture**

Layer 2

- This is a good time to inform your members of their Burpee options. They can choose to stay standing the entire time or integrate the Modified Walking Burpee as an intermediate step to executing the floor burpee

↑ OPTION: Modified Walking Burpee - squat, hands down, walk back-back, walk in-in, squat, stand

BURPEE

Layer 1

- Cue: 'Squat, jump feet back to Plank, jump back to Squat, stand up'
- **Feet outside hip-width**
- **Butt down and back just above knee line**
- **Use the Squat to transition**
- **Chest up**
- **Abs braced as feet jump back**
- Hands under shoulders
- **Back long, strong and straight**



02. WARM-UP

TRACK FOCUS – *Agility & Power*

I want my participants moving with agility and power. Focus on igniting the muscle groups in the legs that support quick and explosive movement patterns.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Jog OTS	32	
0:17	V / Let's	10x8	A	Speed Step F, Jog B, RA	16	6x
1:03	C / Follow	4x8	B	Explosive Squat <i>hands clasped O/H. Squat. Arms Slam down</i> ↓ OPTION: Heel Raise or Jump with heels to butt	4	8x
1:19	V / If the	8x8	A	Speed Step F, Jog B, RA	16	4x
1:49	PC / If you	2x8	B	Explosive Squat	4	4x
1:57	C / Stay with	8x8	B'	Broad Jump F&B. Squat. Jump F. Jump 180° turn. Jump back. <i>Natural arm swing</i> ↓ OPTION: Stay with the squat	8	8x
2:21	V / Somewhere	8x8	A	Speed Step F, Jog B, RA	16	4x
2:51	C / Follow	8x8	B	Explosive Squat Or	4	16x
		8x8	B'	Broad Jump F&B	8	8x



02. FOLLOW 3:23mins

TECHNIQUE AND COACHING

SPEED STEP

Layer 1

- Small, soft steps
- Transfer the body weight from the right foot to the left foot. This conditions the hips for athletic lateral movement
- **Landing on the ball of foot**
- **Knees soft**
- **Hips square to front**
- **TONE Posture**
-

Layer 2

- For effective movement in the lateral plane, get your participants to squeeze their side-glutes. This provides stability to the hip joint, allowing you to drive side to side safely and with more power

↑ OPTION: Move off the beat to increase the cardiovascular output

EXPLOSIVE SQUAT

Layer 1

- **Bend knees, land softly**
- **Core braced**
- Coach options to help participants feel successful

Layer 2

- Squeeze the glutes to stand. This engages the muscles at the back of the hips for enhanced athletic drive

↑↓ OPTION: Heels grounded, heels lifted or Vertical Squat Jump

BROAD JUMP

Layer 1

- **Bend knees, land softly**
- Bend knees in the knees and drive through the toes to propel the body forward
- Engage the glutes - they are the powerhouse of explosive jumping movements
- Get low to jump high
- Use the arms to create momentum and swing the body forward

↓ OPTION: Stick with the Explosive Squats



03. CARDIO

TRACK FOCUS – Coordination

I want my participants to train their body AND their mind! In this track, we alternate between unilateral movement patterns to increase coordination. Use internal/feeling cues to improve participants mind-muscle awareness.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	6x8		Jog OTS	48	
0:22	Instr /	14x8	A	Sprinters alternating Step-Knee L&R. <i>Swinging arms</i>	8	14x
1:14	C / Beggin'	8x8	B	Standing Mountain Climber 2x High Knee, 2x Butt Kicks. <i>RA</i>	8	8x
				Or Mountain Climber <i>hands under shoulders</i>	2	32x
				OPTION: Own speed		
1:44	V2 / An empty	18x8	C	Switch Step		
				Lateral Jump L to R. <i>RA</i>	8	18x
				↓ OPTION: Step instead of jump		
2:50	Instr / low	11x8	B	Standing Mountain Climber	8	11x
				Or		
				Mountain Climber	2	44x
				Or		
				Switch Climber alternating knee to elbow L&R	4	22x



03. BEGGIN' 3:35mins

TECHNIQUE AND COACHING

SPRINTERS

LAYER 1

- Cue: 'Lift the knee, switch, life the knee, switch'
- **Chest lifted**
- **Abs braced**
- **Slight hinge at the hip**

LAYER 2

- Motivate your participants to create a “hang time” effect in the jump. Accelerate by driving through the foot using a heel-ball motion. Swing the arms to create more lift

↑ **OPTION: Jump – Land softly, bend the knees, abs braced**

STANDING MOUNTAIN CLIMBER

LAYER 1

- Cue: 'Knee lift 4, 3, 2, 1. Butt kick 4, 3, 2, 1'
- Knees to hip height to engage the hip flexors and lower abdomen
- Heels to butt to engage the hamstrings
- **Chest lifted**
- **TONE Posture**

LAYER 2

- Coach the benefits of staying with the Standing Mountain Climber. It's a fantastic opportunity for participants to train their cardiovascular fitness. Encourage a big range of movement e.g. knee to hip-height, heel to butt, to keep the heart rate sky high

MOUNTAIN CLIMBER

LAYER 1

- **Hands under shoulders**
- **Long spine, eye gaze forward to fingertips**
- **Abs braced**
- **Hips square to floor**

LAYER 2

- What's the difference between the standing and floor options? The floor option develops core strength whilst keeping the heart rate in the cardio zone

SWITCH STEP

LAYER 1

- Take a lateral side jump from Runner's Stance. Alternate left to right
- **Hips square to front**
- **Chest lifted**
- **Abs braced**
- Slight lean forward

LAYER 2

- A new move for TONE. Use visualization to set up the move – imagine jumping over a box on the floor
- Ensure the body is in position to move explosively. Set the feet, then drive out of the side-glute pushing the floor away

↓ **OPTION: Step instead of jump**

SWITCH CLIMBER

LAYER 1

- Lift feet from floor. Bring one knee towards chest. Alternate left to right
- **Hands under shoulders** – hands drive hard into the floor for support
- **Eye gaze forward to fingertips**
- **Strong core brace**
- **Long and straight back**

LAYER 2

- Focus on safety. Create a strong base by driving the hands hard into the floor. Squeeze through the upper back and brace the core tightly. This will provide stability in the upper body as the feet lift from the floor



04. CARDIO

TRACK FOCUS – Lateral Training

We have designed a fun Circuit Challenge to improve our cardiovascular fitness in the lateral plane. This track moves quickly! Don't get too hung up on timing in the first 45 seconds. Just make sure you set up each move clearly.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Jog. OTS	16	
0:06	/ (Heavy Beat)	1x8	A	Lateral Squat L then R. 2x Squats L, 2x Squats R. <i>Bicep curls</i>	8	1x
0:10	/ (Heavy Beat)	1x8	A'	Lateral Tuck Jump L then R. 2x Tuck Jumps L, 2x Tuck Jumps R. <i>Bicep Curls</i>	8	1x
0:16	/ (Heavy Beat)	1x8	B	Standing Surfer L then R. Double Pulse Squat L, Double Pulse Squat R. <i>A-Frame in squat, hands clasp to stand</i>	8	1x
0:20	/ (Heavy Beat)	2x8	B'	Surfer Burpee L then R		
				Corner Squat L. <i>Hands clasped</i>	2	
				Jump B to Plank, <i>Hands under shoulders</i>	2	
				Corner Squat R, <i>Hands clasped</i>	2	
				Stand. <i>Hands to side</i>	2	2x
0:26	/ (Heavy Beat)	2x8	C	Skater L then R. <i>Natural</i>	2	8x
0:40	/ (Heavy Beat)	2x8	D	Lateral Shuffle L then R		
				4x Lateral Step L, Squat. <i>Single arm reach in Squat</i>		
				4x Lateral Step R. <i>Single arm reach in Squat</i>	8	2x
0:44	/ Ooohhh	4x8		Recovery	32	
				Pre-cue the Lateral Circuit Combo		
1:00	/ (Vibrating Beat)	12x8	A-D	Lateral Circuit Challenge		
				2x Lateral Squat OR Lateral Tuck L then R	8	
				2x Standing Surfer Burpee OR Surfer Burpee	8	
				4x Skater L then R	8	
				1x Lateral Shuffle L-R	8	3x
1:43	/ Ooohhhh	8x8		Recovery		
				The Surfer Burpee Tuck Jump	32	
2:13	/ (Heavy Breathing)	8x8	A-D	Lateral Circuit Challenge		
				↑ OPTION: Surfer Burpee with Tuck Jump		2x
2:42	Outro / (Beat Drops Out)	8x8		Lateral Shuffle L then R	8	8x



04. NOBODY 3:08mins

TECHNIQUE AND COACHING

LATERAL SQUAT

Layer 1

- Feet wide
- Knees press out over toes
- Chest up
- TONE Posture

LATERAL TUCK JUMP

Layer 1

- TONE Posture
- Soft Knees to land

Layer 2

- This track is FAST so safe coaching is required here. Firstly, make sure participants are landing softly in the Lateral Tuck Jump
- Participants may find the coordination tricky so focus on explosive power rather than speed or distance

↓ OPTION: Stay grounded with the Lateral Squat, go for depth and toning

STANDING SURFER

Layer 1

- Cue: 'Double squat, turn. Double squat, turn'
- Knees out over toes
- Chest lifted
- Squeeze through the back

SURFER BURPEE

Layer 1

- Cue: 'Squat, jump feet back to Plank, jump back to Squat, stand up'
- Feet outside hip-width
- Butt down and back just above knee line
- Use the Squat to transition
- Chest up
- Abs braced as feet jump back
- Hands under shoulders
- Back long, strong and straight

↑ OPTION: Surfer Burpee with Tuck Jump. Bend knees on landing to soften the impact

SKATER

Layer 1

- Landing knee pressed out over toes
- Chest lifts
- Core braced
- Hinge from hips

Layer 2

- Create explosive power. Drive through the outside foot and push the floor away
- Swing the arms. Go for speed and distance

LATERAL SHUFFLE

Layer 1

- Cue: '4, 3, 2, squat. 4, 3, 2, squat'
- Hips square to front
- Chest lifted

Layer 2

- Increase the intensity of the workout by maintaining the squat position in the Lateral Shuffle. Stay low and loaded



05. CARDIO / STRENGTH / CORE (HEAD & HEART)

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Pink Clouds And Fairy Dust* with the same choreography.

TRACK FOCUS – *Rotational Power*

I want my participants to enjoy the integration of cardio and strength training. The Fast Diagonal Punches will keep heart rates high, whilst strengthening the core and upper body.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8		Feet hip-width apart	16	
0:07	V1 / Oh my	4x8	A	Lateral Lunge L then R. <i>Single arm reach towards floor</i> ⬆️ OPTION: <i>Extend arms</i>	4	8x
0:23	PC / Tells me	4x8	B	Diagonal Punch single punch L then R. <i>Arm extends across the body, punching to the diagonal corner</i>	4	8x
0:39	C / But my	8x8	C	Diagonal Punch 4x punches L then R. <i>Arm extends across the body, punching to the diagonal corner</i> ⬆️ OPTION: Lift leg off floor as you punch	16	4x
1:11	V2 / Tells me	1x8		Recovery Pick up weight plates	8	
1:15	V2 / _tried	4x8	A ¹	Lateral Lunge with Weight Plates L then R ⬆️ OPTION: <i>Extend arms</i> ⬇️ OPTION: No weight plates	4	6x
1:25	C / But my	4x8	B ¹	Diagonal Punch with Weight Plates single punch L then R ⬇️ OPTION: No weight plates	4	8x
1:41	C / But my	4x8	C ¹	Diagonal Punch with Weight Plates 4x punches L then R ⬇️ OPTION: No weight plates ⬆️ OPTION: Lift leg off floor as you punch	16	2x
1:57	B / My head	4x8		Transition Set up wide squat for Fast Diagonal Punch	32	
2:13	C / 'Cause my	8x8	B ²	Fast Diagonal Punch with Weight Plates single punch L then R ⬇️ OPTION: No weight plates	2	32x



05. CARDIO / STRENGTH / CORE (PINK CLOUDS AND FAIRY DUST)

Please use this song in place of *Head & Heart* when teaching Track 04.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8	Feet hip-width apart		16	
0:07	V1 / Oooh	4x8	A	Lateral Lunge L then R. <i>Single arm reach towards floor.</i> ⬆️ OPTION: <i>Extend arms</i>	4	8x
0:23	C / I can't control	4x8	B	Diagonal Punch single punch L then R. <i>Arm extends across the body, punching to the diagonal corner</i>	4	8x
0:39	C / I can't control	8x8	C	Diagonal Punch 4x punches L then R. <i>Arm extends across the body, punching to the diagonal corner</i> ⬆️ OPTION: Lift leg off floor as you punch	16	4x
1:11	C / I can't control	1x8	Recovery Pick up weight plates		8	
1:15	C / control myself	4x8	A ¹	Lateral Lunge with Weight Plates L then R ⬆️ OPTION: <i>Extend arms</i> ⬇️ OPTION: No weight plates	4	6x
1:25	C / beat	4x8	B ¹	Diagonal Punch with Weight Plates single punch L then R ⬇️ OPTION: No weight plates	4	8x
1:41	PC / I, I can't	4x8	C ¹	Diagonal Punch with Weight Plates 4x punches L then R ⬇️ OPTION: No weight plates ⬆️ OPTION: Lift leg off floor as you punch	16	2x
1:57	C / control myself	4x8	Transition Set up wide squat for Fast Diagonal Punch		32	
2:13	PC / I, I can't	8x8	B ²	Fast Diagonal Punch with Weight Plates single punch L then R ⬇️ OPTION: No weight plates	2	32x



05. HEAD & HEART 2:46mins

TECHNIQUE AND COACHING

LATERAL LUNGE

Layer 1

- **Feet wider than hips**
- **Knees turned out over toes**
- **Chest lifted**

↑ OPTION: Add the arm reach and mobilize through the thoracic spine

Layer 2

- Create flexibility and mobility in the ball and socket joint
- Feel the elongation of the inner thigh muscles as you move side to side

DIAGONAL PUNCH

Layer 1

- Punch across the body
- **Feet wide**
- **Knees soft**
- **Abs braced**

↑ OPTION: Use weight plates to intensify the cardio and strength training

Layer 2

- Create rotational power by rotating from the center of the chest. This is an integrated movement, think about using the pecs and anterior shoulders with the arm extension, and the upper back and posterior shoulders with the retraction
- Punch that beat! Stay with the beat for an epic cardio challenge
- Punching is integrated training. We are training cardio, strength and core



06. CARDIO

TRACK FOCUS – *Cardio Energizer*

I want my participants primed and ready for the cardio peak. See how many rounds of work your participants can complete in just over a minute!!

MUSIC		EXERCISE		REPS
0:00	Intro	Quick setup 👁️ High Knee Run & Pushup		
0:08	Instrumental	20x8	A	
		Energizer Combo		
		High Knee Run <i>RA</i>		10x
		Chest Pushup from knees or toes, <i>Hands under shoulders</i>		10x
		⬇️ OPTION: From standing 10x Weighted Bent Over Row		
		<i>Weight in each hand</i>		



06. OPEN UP 1:17mins

TECHNIQUE AND COACHING

HIGH KNEE RUN

Layer 1

- **TONE Posture**
- **Chest up**
- **Hips square to front**

Layer 2

- A bigger range of movement will keep the heart rate high - lift the energy by lifting your knees
- Use the arms to encourage speed in the feet – pump the arms to pump the legs

↓ OPTION: Tread or bounce

CHEST PUSHUP

Layer 1

- **Abs braced**
- **Chest stops in line with elbow-height**
- **Keep the neck and spine long, eye gaze in line with fingertips**

↓ OPTION: The track will be over before you know it, so challenge participants to start the Chest Pushup on their toes before taking the option on their knees

WEIGHTED BENT-OVER ROW

Layer 1

- **Hinge at the hips**
- **Chest lifted**
- **Core braced**
- Elbows soft
- Think about wrapping the shoulder blades around the spine

Layer 2

- The standing and floor options train different muscle groups. Make a point to differentiate the benefits of both movement patterns

↓↑ OPTION: Members may wish to alternate between standing and floor options to reap the benefits of both exercises



07. CARDIO

TRACK FOCUS – Cardio Peak

I want my participants to push past their personal best and set a new standard for their cardio fitness. 30sec Off The Beat training is a great opportunity to take your fitness to the next level. Use motivational cues to keep participants moving.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro	4x8	Feet under hips. Set up for Lateral Squat	32	
0:15		4x8 A	Lateral Squat with O/H Press L then R. Step legs out to squat- <i>Press plate O/H</i> . Step legs in to stand - <i>Plate to thighs</i>	8	4x
0:21		2x8 A ¹	Slow Jump Jack with O/H Press jump legs out to squat. <i>Press plate O/H</i> . Jump legs in to stand - <i>Plate lowers to thighs</i>	2	4x
0:27		8x8 A or A ¹	Lateral Squat or Jump Jack with O/H Press off the beat ↓OPTION: Slow Jump Jack	2	32x
0:55		2x8	Recovery. Set up Standing Burpee with Hammer Throw	16	
1:00		8x8 B	Standing Burpee with Hammer Throw side Knee Lift L then R. <i>Hands O/H and oblique pull down</i> . Calf Raise. <i>Hands clasped O/H</i> . Squat/Crunch. <i>Hands swing down</i>	8	8x
1:35		4x8 B ¹	Burpee with Hammer Throw Squat. <i>Hands clasped</i> Plank. <i>Hands under shoulders</i> Jump. <i>Hands O/H</i> Squat/Crunch. <i>Hands swing to floor</i>	2 2 2 2	4x
1:47		4x8 B or B ¹	Burpee with Hammer Throw off the beat		
2:15		8x8 A	Lateral Squat with O/H Press L then R	8	8x
2:43		8x8 A or A ¹	Lateral Squat or Jump Jack with O/H Press off the beat	2	32x
3:09		3x8	Recovery Plate down		
3:18		12x8 B	Standing Burpee with Hammer Throw	8	12x
4:03		8x8 B or B ¹	Burpee with Hammer Throw off the beat		AMRAP



07. FIESTA! 4:32mins

TECHNIQUE AND COACHING

LATERAL SQUAT WITH O/H PRESS

Layer 1

- Cue: 'Squat, together. Squat, together'
- **Feet wide**
- **Knees press out over toes**
- **Chest lifted**
- **Butt back and down to just above knee-height**
- Arms extend long – **weight plates forward of face**

JUMP JACK WITH O/H PRESS

Layer 1

- Cue: 'Out, in. Out, in'
- **Feet wide**
- **Knees press out over toes**
- **Chest lifted**
- Arms extend long – **weight plates forward of face**

Layer 2

- How many reps can you do before the time is up?
- Feel the breathlessness? Embrace it!
- Remind participants to brace their core and reset TONE Posture throughout the track to ensure safe movement

↓ OPTION: Return to Squat with O/H Press or drop the weight plate

STANDING BURPEE WITH HAMMER THROW

Layer 1

- Cue: 'Knee, knee, reach, crunch'
- **TONE Posture**
- **Soft knees to land if jumping**

Layer 2

- The heel lift activates extension through the posterior chain for explosive energy in the jump
- Provide clear options - even standing options can take you to breathlessness

↑ OPTION: Calf Raise or Jump - heels to butt

BURPEE WITH HAMMER THROW

Layer 1

- Cue: 'Squat, jump feet back to Plank, jump back to Squat, stand up'
- **Feet outside hip-width**
- **Butt down and back just above knee line**
- **Use the Squat to transition**
- **Chest up**
- **Abs braced as feet jump back**
- Hands under shoulders
- **Back long, strong and straight**
- **Soft knees to land**

Layer 2

- Push past your personal best. Set a new standard
- Making you fitter and faster for life
- Crunch the abs tightly to activate the muscles on the front of the body
- Squeeze the core to catch your movement
- Use visualization to create a strong abdominal crunch - slam your hammer into the ground

↓ OPTION: No jump



08. STRENGTH

TRACK FOCUS – *Rotational Strength & Balance*

I want my participants to strengthen the muscles that assist the body with balance and stability. Encourage participants to embrace the wobbles and explore their range of movement. Encourage participants to embrace the wobbles and explore their range of movement.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8		Set TONE Posture. Shift body weight to L Leg	16	
0:08	V / Got vertigo	8x8	A	4/4 Knee Lift Tap Back slow L. Balance on L leg, lift R knee to hip-height & tap R foot to floor. <i>Opposite arm, opposite leg. Weight in each hand</i>	16	3½x
0:35	C / This is real	8x8	A¹	2/2 Knee Lift Tap Back L. Balance on L leg, lift R knee to hip-height & tap R foot to floor. <i>Opposite arm, opposite leg. Weight in each hand</i>	8	8x
1:07	V / The energy	9x8	A	 4/4 Knee Lift Tap Back slow R	8	4½x
1:42	C / This is real	8x8	A¹	 2/2 Knee Lift Tap Back R	4	8x
2:14	B / Never gonna	16x8	A²	2/2 Knee Lift Tap Back with Squat Combo lift L knee. <i>Opposite arm, opposite leg. Tap L foot. Opposite arm, opposite leg. Lift L knee. Opposite arm, opposite leg. Wide squat. A-Frame</i>	32	4x
			A²	 2/2 Knee Lift Tap Back with Squat Combo R		



08. THIS IS REAL 3:19mins

TECHNIQUE AND COACHING

KNEE LIFT TAP BACK

Layer 1

- **Chest lifted**
- **Abs braced**
- Shoulders away from ears
- Standing leg directly under hip, **soft knee to balance**

↑↓ OPTION: No weight plates. Keep the foot lifted, don't tap down

Layer 2

- Embrace the wobbles. It's a sign of your body engaging the stabilizing muscles needed to navigate balance
- Steady your balance by fixing your eye gaze to a spot in front of your body
- Adding weight plates will knock the body off balance. Squeeze the muscles in the posterior chain to increase the body's stability
- Get the feel for the timing – use the tempo changes to challenge your balance

KNEE LIFT TAP BACK WITH SQUAT COMBO

Layer 1

- **Chest lifted**
- **Abs braced**
- Shoulders away from ears
- Standing leg directly under hip, **soft knee to balance**
- **Feet wide, knees press out over toes to squat**

↓ OPTION: No weight plates

Layer 2

- The body will be fatigued after a challenging cardio section. Use your breath to refuel your muscles with much need oxygen.
- This combo is deceptively coordinated. Remember to alternate your arm lines as you alternate legs
- Option to not tap down! Future proof stability and core strength



09. STRENGTH

TRACK FOCUS – *Intergrated Strength*

I want my participants to enhance postural integrity by strengthening the posterior chain.

MUSIC			EXERCISE		CTS	REPS
0.00	Intro	2x8		Set TONE Posture. Shift body weight to L leg. Lift R knee	16	
0.08	V / Instrumental	10x8	A	Wide Row balance. 4x slow Wide Row then alternate balance leg. Alt L then R	32	2½x
0.46	C / Instrumental	8x8	A¹	Pulse Wide Row balance. 4x Pulse Wide Row then alternate balance leg. Alt L then R	16	4x
1.17	V/ Instrumental	2x8		Reset TONE Posture. Reset balance on L leg. Lift R knee. Set up Tricep Extension - <i>Weight plate O/H</i>	16	
1.25	V / How can I	8x8	B	Tricep Extension balance. 4x Slow O/H Tricep Extension then alternate balance leg. Alt L then R	32	2x
1.56	C / _ How can I	8x8	B¹	Pulse Tricep Extension balance. 4x Pulse O/H Tricep Extension then alternate balance leg. Alt L then R	16	4x
2.27	B / Instrumental	2x8		Reset TONE Posture. Feet under hips	16	
2.34	B / Instrumental	6x8	C	Weighted Open Deadlift slow. 2/2 Deadlift. <i>Weight plates meet for Deadlift. Wide Side Raise to stand</i>	4	6x
2.57	C / _ How can I	8x8	C¹	Weighted Open Deadlift ↑OPTION: Heel Lift	4	16x
3.27	Outro /	8x8	D	Cobra Pulse balance. 4x Slow Cobra Pulse extension then alternate balance leg. <i>Arms extend to the back.</i> Alt L then R	16	4x



09. HOW COULD I EVER

4:05mins

TECHNIQUE AND COACHING

WIDE ROW

Layer 1

- **TONE Posture**
- Shoulders away from ears
- **Hips Square**
- **Standing leg directly under hip, soft knee to balance**
- **Arms wide**
- **Squeezing between shoulder blades**

↑ OPTION: Tap the foot to floor if needed

TRICEP EXTENSION

Layer 1

- **TONE Posture**
- Shoulders away from ears
- Elbows tucked in
- Weight plate lowers to the base of the neck

↑ OPTION: Lift the knee higher to challenge stability and balance

Layer 2

- Squeeze the glutes to help stabilize
- Balance and stability becomes harder as we age. Training balance today will strengthen the body to help us maintain effective movement as we age. TONE is training for longevity

WEIGHTED OPEN DEADLIFT

Layer 1

- Tip forward and rise
- Weight plates meet for Deadlift. Wide side raise to stand
- **Feet hip-width**
- **Soften knees**
- **Abs braced**
- **Weights stay in front of body and below shoulders**

Layer 2

- Engage the core and posterior chain to protect the spine and neck
- This is integrated strength training. Your participants should be able to feel their posterior chain engage; from the hamstrings, to the core, to the back and the shoulders



10. CARDIO / STRENGTH / CORE

TRACK FOCUS – Integrated Strength & Cardio

I want my participants to experience the fire in their legs and their lungs! This track packs some serious heat. Allow participants to shake out their legs if required.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8	Set up for Lunge. Set TONE Posture		16	
0:08	V / I can see	4x8	A	Back Stepping Lunge L-R. HOH	8	4x
0:22	V / Jump before	4x8	A ¹	Back Stepping Lunge L-R. O/H to A-Frame	8	4x
0:38	C / Instrumental	8x8	A ²	Plyometric Lunge L-R. RA	4	16x
1:08	V / I can see	4x8	Pick up weight plates – <i>weight plate in each hand</i>		32	
1:24	V / Jump before	4x8	B	2/2 Lunge L. A-Frame	8	4x
1:38	V / Instrumental	4x8	B ¹	Single Lunge L. A-Frame	4	8x
1:54	C / I can see	4x8	B ²	Single Lunge with L Tilt <i>L arm reaches to floor</i>	4	8x
2:08	C / Jump before	4x8	B ³	Single Lunge with L Tilt <i>R weight plate held at shoulder-height</i>	4	8x
2:24	C / Da da da da	4x8	B ⁴	Single Lunge with L Tilt & Shoulder Press <i>R, L arm reaches to floor, R arm Shoulder Press</i>	4	8x
2:40	Break	4x8	Shake out. Change sides		32	
2:56	V / I can see	4x8	B	 2/2 Lunge R	8	4x
3:12	V / Instrumental	4x8	B ¹	 Single Lunge R	4	8x
3:26	C / I can see	4x8	B ²	 Single Lunge with R Tilt <i>R arm reaches to floor</i>	4	8x
3:42	C / Jump before	4x8	B ³	 Single Lunge with R Tilt <i>L weight plate held at shoulder-height</i>	4	8x
3:58	C / Da da da da	4x8	B ⁴	 Single Lunge with R Tilt & Shoulder Press <i>R arm reaches to floor, L arm shoulder press</i>	4	8x



10. FIRE 4:18mins

TECHNIQUE AND COACHING

Back Stepping Lunge

Layer 1

- Cue: 'Lunge, change legs. Lunge, changes legs'
- **Front knee pushes out**
- **Long step back, heel off the floor**
- **Chest lifted**

Layer 2

- We are going to fire up the lungs and fire up the legs!
- Success and strength can be found in the low level options too!

PLYOMETRIC LUNGE

Layer 1

- **Front knee pushes out**
- **Chest lifted**
- **Land softly**

↓ OPTION: Stay grounded in the Lunge

Layer 2

- Turn the fire in the legs turns into an inferno
- Stay low in the Lunge and challenge the legs to work past fatigue

SINGLE LUNGE WITH TILT & SHOULDER PRESS

Layer 1

- **Front knee pushes out**
- **Long step back, heel off the floor**
- **Chest lifted**
- Shoulders away from ears

↓ OPTION: No weight plates

Layer 2

- We use a push-pull lunge to create depth. Activate the hip flexors to push the back leg forward, stretching through the hip and lifting the chest
- Feel the stretch down one side of the body and a strong crunch down the other
- This track is tough. Encourage participants to embrace the burn. They can always stop to shake out their legs and re-join the workout as needed



11. STRENGTH / CORE

TRACK FOCUS – *Standing Core*

I want my participants to understand that a good base of support will allow them to move effectively. Once participants are set up, encourage them to explore their range of movement to ignite their core.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8		Feet wide. Set up Washboard	16	
0:08	V / Me and Sam	4x8	A	Washboard L & R slow <i>weight plates just below chest-height</i>	4	8x
0:22	V/ Can't bring	10½x8	A ¹	Washboard double-time ↓↑ OPTION: <i>Arms / weight plates extend to mid-range or full extension</i>	2	42x
1:02	C / Instrumental	4x8	A ²	Washboard with Squat Hold	1	16x
1:20	V / Took it in	4½x8	B	Halo L-R 👁️ Halo Woodchop Combo on last 4cts	16	2½x
1:36	V / Are we	8x8	B ¹	Halo Woodchop Combo L then R	16	4x
2:12	C / Instrumental	4x8	B ²	Halo Woodchop Combo with Leg Extension L then R	16	2x
2:28	B / Don't we	2x8		Set the legs under hips. Reset TONE Posture	16	
2:35	B / Don't we	2x8	C	Side Bend slow L then R. <i>Weight plate O/H</i>	16	1x
2:42	C / Hey pretty	4x8	C ¹	Side Bend quick L then R	8	4x
2:58	C / Instrumental	8x8	C ²	Side Bend Triple Squat Combo L then R	16	4x
3:30	Br /	½x8		Reset TONE Posture. Feet wider than hips	4	
3:38	B / Don't we	4x8	D	Flight Lunge L then R. <i>Weight plate to waist-height</i>	16	2x
4:02	C / Instrumental	12x8	D ¹	Flight Lunge & Weight Plate Extension L then R. <i>Lift weight plate to shoulder-height. Extend weight plate to 45° L then R</i>	16	6x



11. PRETTY SHINING PEOPLE (JACK WINS REMIX) 4:35mins

TECHNIQUE AND COACHING

WASHBOARD

Layer 1

- **Rotate from the center of the chest**
- No hip rotation
- **Core braced**
- **Feet wide, squat position**

↓ OPTION: No weight plates

↑ OPTION: Extend weight plates further from the body

Layer 2

- This is an isolated core movement. It is important to reduce rotation through the hips. Increase stability by creating a solid base of support. Feet should be outside hip-width. Bring the center of gravity closer to the floor by sinking deep into a Squat
- The longer the lever the tougher the work. Take the weight plate further away from the body to increase the intensity in the core

HALO

Layer 1

- **Core braced**
- **TONE Posture**
- Shoulders away from ears
- **Feet wide**

Layer 2

- The weight plate should naturally orbit around the body
- The movement is created by the core, not by the shoulders

HALO WOODCHOP COMBO

Layer 1

- **Core braced**
- **TONE Posture**
- Shoulders away from ears
- Feet wide

↑ OPTION: Add Leg Extension. Squeeze the side glute to lift the foot to 45 degrees

Layer 2

- Allow the body weight to naturally transfer from one leg to the other. Some participants will only move the upper body. Coach participants to “follow the weight plate”. This will ensure that they can stabilize on one foot as they add the Leg Extension

SIDE BEND

Layer 1

- **Core braced**
- **TONE Posture**
- **Weight plate O/H and in front of forehead**
- Let the side obliques do the work. Engage the core tightly to control the Side Bend and to lift the body back to center

↓ OPTION: Weight plate to collarbone to reduce the intensity in the core

Layer 2

- Allow the body to fall, then engage the obliques to catch the Side Bend

SIDE BEND TRIPLE SQUAT COMBO

Layer 1

- **Core braced**
- **TONE Posture**
- **Weight plate O/H and in front of forehead**
- **Feet wide**
- **Knees press out over toes**

Layer 2

- The bigger the range of movement, the harder the challenge. Coach participants to take wide Squats. This will create a bigger base of support for more control and range in the Side Bend

FLIGHT LUNGE & WEIGHT PLATE EXTENSION

Layer 1

- **Hips square**
- **Chest lifted**
- **Core braced**
- **Knee in line with toes**
- Squeeze the back body
- **Weight plate stops below shoulder-height**

↓ OPTION: No weight plates



12. CORE

TRACK FOCUS – *Glute Blast*

I want my participants to have fun with this glute blaster track. Good positioning in the Horse Stance / Bridge will allow participants to isolate the work into their glutes for an effective booty workout.

MUSIC			EXERCISE		CTS	REPS
0:01	V/ Sente a	4x8	A	Scorpion slow L. Horse Stance <i>hands under shoulders</i>	4	8x
0:13	C / Eu 'to na brisa	4x8	A ¹	Scorpion fast L	2	16x
0:25	C / Yeah yeah	4x8	B	Leg Extension Pulse L	2	16x
0:37	C / Instrumental	4x8	B ¹	Leg Extension Side Pulse L	2	16x
0:49	V / Entao para	4x8	A	 Scorpion slow R	4	8x
1:01	C / Eu 'to na brisa	4x8	A ¹	 Scorpion fast R	2	16x
1:13	C / Yeah yeah	4x8	B	 Leg Extension Pulse R	2	16x
1:25	C / Instrumental	4x8	B ¹	 Leg Extension Side Pulse R	2	16x
1:37	C / Eu 'to na brisa	4x8		Transition to Bridge. Lay on back, hips lifted, <i>hands to side of body</i>	32	
1:49	C / Yeah yeah	8x8	C	8x Single Leg Bridge L then R. 8x Single Leg Bridge pulses	32	2x
2:13	/ Outro	4x8	C ¹	Bridge pulse	2	16x



12. BRISA 2:30mins

TECHNIQUE AND COACHING

SCORPION

Layer 1

- **Horse Stance, hands under shoulders, knees under hips**
- **Hips square to the floor**
- **Core braced**
- Heel lifts towards the ceiling

Layer 2

- All of the leg exercises in this track activate the smaller muscles surrounding the hip joint. Keep the leg elevated to hip-height to isolate the work in the glutes

LEG EXTENSION PULSE

Layer 1

- Horse stance
- **Core braced**
- Leg extends at the knee, pulsing up and down

Layer 2

- A large range of movement will run this risk of placing tension in the lower back. Think small movements. A smaller range of movement will create serious burn in the booty

LEG EXTENSION SIDE PULSE

Layer 1

- Horse stance
- **Core braced**
- Leg extends at the knee, pulsing out and in at a 45 degree angle

Layer 2

- Participants will be forgiven for thinking that this track is all about the glutes. Remember, the abdominals are vital for stabilizing the hips and assisting the leg pulses

SINGLE LEG BRIDGE

Layer 1

- Lay on back
- Walk heels towards butt
- Lift hips towards ceiling, **squeeze glutes**
- **Strong core brace**

↓ OPTION: Both feet on floor

Layer 2

- Squeeze the shoulder blades and brace the core to stabilize the bridge position. Once the body is stable, participants will have the stability needed to isolate the work to the glutes and hamstrings

BRIDGE

Layer 1

- Lay on back
- Walk heels towards butt
- Lift hips towards ceiling, **squeeze glutes**
- **Strong core brace**
- Drive through the heels and squeeze the glutes as you lift the hips



13. CORE

TRACK FOCUS – *Floor Core*

I want my participants to stay with the workout for the entire three and a half minutes!!! This track is a well-rounded, non-stop core challenge. Encourage participants to self-regulate the intensity by taking options as needed.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Get on the	2x8		Set up C-Crunch	16	
0:08	V / Don't check	8x8	A	C-Crunch <i>hands to temple</i>	4	16x
0:46	C / Don't wanna	4x8	A'	Pulse C-Crunch <i>hands to temple, feet off floor</i> ↓ OPTION: Feet on floor	2	16x
1:04	PV / Get on the	10x8	B	Cross Crawl <i>hands to temple</i> ↑ OPTION: Leg extension	4	20x
1:50	C / So can't we	2x8		Transition to Hover	6	
1:58	C / Sundown	2x8	C	Hover with Side Tap L then R ↓ ↑ OPTION: Knees or toes	4	4x
2:08	C/ Don't wanna	4x8	C'	Hover with Jack	2	16x
2:28	Outro / Get on the	12x8	D	Rocking Hover F then B ↓ ↑ OPTION: Knees or toes	8	12x



13. SUNDOWN 3:25mins

TECHNIQUE AND COACHING

C-CRUNCH

Layer 1

- Lift the chest towards ceiling
- Release the feet from the floor, knees stop in line with hips
- Reduce the range between the ribs and hips
- **Slide ribs to hips**

↓ OPTION: Feet to floor. Toes down, heels lifted

CROSS CRAWL

Layer 1

- Cross Crawl front to back
- Release shoulder blades from the floor, **chest to opposite thigh**
- **Lower back presses towards the floor**
- Toe tap or leg extension to the 45 degrees
- Hands to temples, elbows wide

HOVER WITH SIDE TAP

Layer 1

- Slow tap left to right
- **Elbows under shoulders**
- **Core braced**
- **Hips square to floor**

↑ OPTION: Hover on knees

Layer 2

- Drive the forearms hard into the floor and squeeze the leg muscles. This will stabilize the body, keeping the strain away from the spine and reducing the intensity in the core

ROCKING HOVER

Layer 1

- Shift the body weight forward and back slowly
- **Elbows under shoulders**
- **Core braced**
- **Hips square to front**

Layer 2

- Drive the forearms hard into the floor and squeeze the leg muscles. This will stabilize the body, keeping the strain away from the spine and reducing the intensity in the core

↓ OPTION: Hover on knees



14. CORE / STRETCH

TRACK FOCUS – Stretch

Time to give some love to the muscles that have been working hard during the class. There is lots of time to connect with your participants in this track. Create a team culture by congratulating each other for completing an epic workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Hover		16	
0:08	V / I've been	12x8	A	Hover ↓↑ OPTION: Knees or toes	96	
0:52	V / I've given up	4x8	B	Childs Pose	32	
1:08	C / No matter	7x8	C	Cat Cow horse stance. Hands under shoulders	56	
1:34	C / Instrumental	2x8	D	Down Dog	16	
1:42	V / Sometimes	4½x8	D¹	Down Dog Walking Calf Stretch	36	
1:58	C / From my	4x8	E	Pigeon L ↓ OPTION: Chest to floor	32	
2:12	C / Wont you	4x8	E¹	Pigeon with Quad Stretch L ↓ OPTION: Lay on side	32	
2:28	Outro / I love you	3x8	D	 Down Dog	18	
2:40	V / I've been	4x8	E	 Pigeon R	32	
2:54	C / That you	4x8	E¹	 Pigeon with Quad Stretch R	32	
3:20	V / I've given up	4x8	F	Kneeling Hip Flexor Stretch L	32	
3:36	C / No matter	4x8	F	 Kneeling Hip Flexor Stretch R	32	
3:56	C / Come see	4x8	D	 Down Dog	32	
4:12	V / Sometimes	6½x8	G	Forward Fold ↑ OPTION: Clasp hands behind back	52	
4:28	C / From my	4x8	H	Baby Back Bend Hands behind back	32	
4:46	Outro / See about	4x8	I	Deep Breaths Circle Arms	32	



14. COME SEE ABOUT ME 5:10mins

TECHNIQUE AND COACHING

HOVER

Layer 1

- Final challenge for the core
- **Elbows under shoulders**
- **Core braced**
- **Back long and straight, hips square to floor**

↓ OPTION: Feet to floor. Toes down, heels lifted

CHILDS POSE

Layer 1

- Chest and hip opener
- Knees wide, toes together
- Hands stretched wide in front
- Lower chest to floor

CAT COW

Layer 1

- Releasing the spine and stretching the abdomen
- Horse Stance
- Cat - Drive hands into the floor, rounding the spine towards ceiling
- Cow - Drop belly towards floor, lift chin and chest, eye gaze towards ceiling

DOWN DOG

Layer 1

- Chest opener, mobilizes the spine, stretches the hamstring, calves and feet
- Hand under shoulders, hips lift towards ceiling
- Soft knees
- Chest lowers towards thighs

↑ OPTION: Walk the feet for a deeper calf stretch

PIGEON

Layer 1

- Hip opener and glute stretch
- Bend front knee to 90 degrees
- **Spine long, chest lifted**

↑ OPTION: Lower chest towards the floor

PIGEON WITH QUAD STRETCH

Layer 1

- Quad stretch
- Front knee bends to 90 degrees
- **Chest lifted**

↓ OPTION: If stability and/or flexibility is an issue, lay on hip to reach the foot

KNEELING HIP FLEXOR STRETCH

Layer 1

- Hip stretch
- Kneeling position, front knee bends to 90 degrees
- **Chest lifted**

FORWARD FOLD

Layer 1

- Hamstring stretch
- Feet hip width apart
- Hinge at the hips
- Knees soft

↑ OPTION: Hands laced behind back, stretch through shoulders and back

BABY BACK BEND

Layer 1

- Lower back stretch
- Hands laced behind back
- Squeeze the thighs and glutes
- Lift chest towards ceiling

↓ OPTION: Hands placed on lower back



WE ARE ONE GLOBAL FAMILY

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.

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

We are United.

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.

