

LES MILLS TONE 14

MUSIC

FORMATS

01. WARM-UP

02. CARDIO 1

03. CARDIO 2: PEAK 1

04. CARDIO 3

05A. CARDIO 4: PEAK 2

05B. ALT CARDIO 4: PEAK 2

06. RESISTED CARDIO

07. CARDIO CORE

08. BALANCE

09. LOWER BODY STRENGTH

10. UPPER BODY STRENGTH

11. FUNCTIONAL CORE STRENGTH

12. GLUTES

13. STRETCH

BONUS

14. BODY WEIGHT FLOW

RELEASE FOCUS

DECLARATION OF INTENT

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RELEASE FOCUS GLUTE ACTIVATION

LET’S TALK GLUTES... Imagine coming to a workout and hearing a concept that pulls you deeper into the workout, until you leave feeling more knowledgeable than when you first arrived.

We talk a lot about the glutes, but do we really know how to activate them?
They are responsible for driving power, stability, control and hip extension.

A well-functioning glute max is a key contributor to the prevention of injury. Lower back and pelvic pain is very common during training, so it’s important that when people move they are engaging the glute muscles.

FUNCTION

On a day-to-day basis, we use the glute max in movements that can be split into two directions:

VERTICAL AND HORIZONTAL

Common vertical activities include things like **climbing, lifting or digging.**

Common horizontal activities are when we are moving across the ground including **walking, running, pushing something forwards or throwing.**

We know that many of our participants don’t activate their glutes properly, so getting them to experience this for themselves is the easiest way for them to feel where the glutes are and how to activate them. This can come from you coaching the base of the Squat: “Feel the glute squeeze drive you up.”

Once they know how to activate their glutes, you can deepen their knowledge with cues around functionality and athleticism.

Functional aspect: “The glutes drive the mechanics of the hip extension – this strengthens functional movements like getting up from a chair or picking something up from the ground.”

Performance ‘Athlete’: “Snap the hips to extend – we’re driving from a low to high position and it’s the glutes which are dominating that horizontal drive to increase our athletic performance.”

Let’s put those GLUTES to work!



MUSIC

01	Raising Hell (Steve James Remix) (2:36) Kesha © 2019 Kemosabe Records. Written by: Douglas, Wrabel, Bhattacharyya, Sebert	08	Mad Love (2:48) Mabel © Courtesy of the Universal Music Group. Written by: Purcell, McVey, Mac
02	Heat Waves (Sonny Fodera Remix) (3:11) Glass Animals Courtesy of the Universal Music Group. Written by: Bayley	09	Comin' In Hotta (5:00) Halo Sol © 2017 A&G Records Ltd. Written by: Alfieri
03	Tell Me You Love Me (Matrix & Futurebound Remix) (3:27) Demi Lovato Courtesy of the Universal Music Group. Written by: Bhattacharyya, Hill, Lauryen	10	Contrast (2:44) Jordan Comolli © 2016 Lowly Palace. Written by: Comolli
04	Light It Up (Remix) (2:46) Candledabra © 2021 Les Mills Music Licensing Ltd. Written by: Abiona, Meckseper, Pentz, Fender, Thorbourne, Malcolm, Swift	11	The G.O.A.T. (3:22) Oliver Heldens & Mesto © 2020 HELDEEP RECORDS / Spinnin' Records. Written by: Heldens, Stomp
05A	Drip (1:58) Boombbox Cartel & Dillon Francis feat. Designer © 2019 Mad Decent. Written by: Francis, Garcia, Medina, Selby III, Rushent	12	Ice Cream (3:34) Anna Lunoe feat. Nakamura Minami © 2020 Mad Decent Under Exclusive License to Sweat It Out. Written by: Lunoe, Minami, Higginbottom
	Drip (2:14) Boombbox Cartel & Dillon Francis feat. Designer © 2019 Mad Decent. Written by: Francis, Garcia, Medina, Selby III, Rushent	13	The Sweet Escape (3:01) Gwen Stefani feat. Akon Courtesy of the Universal Music Group. Written by: Stefani, Thiam
05B	Drip (1:58) Boombbox Cartel & Dillon Francis feat. Designer © 2019 Mad Decent. Written by: Francis, Garcia, Medina, Selby III, Rushent	BONUS 14	We Have Spoken (4:24) NOAM DEE Courtesy of Les Mills Music Licensing Ltd. Written by: Fairley
	Drip (2:14) Boombbox Cartel & Dillon Francis feat. Designer © 2019 Mad Decent. Written by: Francis, Garcia, Medina, Selby III, Rushent	ALT 01	Dream Away (Sum Wave Remix) (2:36) Consolate feat. Lilla My, Sum Wave Courtesy of Epidemic Sound. Written by: Unknown
06	Anything (3:46) Valentino Khan & Alison Wonderland © 2020 Mad Decent. Written by: Sholler, Khan		
07	I Don't Wanna Know (3:46) MOTi x nomerci © 2020 ZERO COOL REC.COM. Written by: Alagic, Romme		



LES MILLS TONE 14



Back row (L-R): Alex Cameron, Diana Archer Mills, Bas Hollander, Khiran Huston, Mark Nu`u Steele, Erin Maw, Sam Chadwick, Vili Fifita, Jessica Feek

Front row (L-R): Victoria Dawson, Dylan Chetwin, Courtenay Jamison, Khemani Chatly, Sarah Baron, Sankha Peris

Hi Team!

Welcome to Tone 14! This release is really packed with innovations as you can see, and options to add heavier plates in the three strength tracks!

As usual, we have worked the class into what we believe is well balanced, simple and effective for everyone. But we want to know what YOU think!

Don't hesitate to tell us what works and what you're just hating (and yes, we all hate the Glute tracks, that doesn't count).

Tone Team x

CREDITS

Choreography Team – Diana Archer Mills, Erin Maw and Khiran Huston

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Mark Nu`u Steele

Technical Consultant – Rob Lee

Production Coordinator – Anusha Kulal

PRESENTERS

Diana Archer Mills (New Zealand) is a 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.

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

Khiran Huston (New Zealand) is a LES MILLS TONE, LES MILLS SPRINT, LES MILLS THE TRIP, RPM, BODYPUMP, LES MILLS GRIT, Trainer/Presenter. She is a Les Mills x Stages Ambassador and on the New Zealand TAP team. She is based in Auckland where she works as an Agile Coach.

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.

Thanks to Jessica Feek, Sarah Baron, Courtenay Jamieson, Alex Cameron, Sam Chadwick, Sankha Pieris, Dylan Chetwin, Khemani Chatly, Victoria Dawson



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

RAISING HELL (STEVE JAMES REMIX)

TRACK FOCUS

Use the energy from the music to get participants excited for the workout. This Warm-up introduces movement patterns that will be seen again during the class.

MUSIC		EXERCISE		CTS	REPS
0:05	V / Hallelujah	2x8 A	Shoulder Rotation L&R	16	
0:13	I'm all done up	2x8 B	Hip Rotation L&R	16	
0:21	PC / Oh if you	4x8 C	2/2 Wide Squat Hands stacked O/H to Squat. A-Frame to Stand	8	4x
0:37	C / (Instr)	4x8 C ¹	Wide Squat Hands stacked O/H to Squat. A-Frame to Stand ⬆ OPTION: Heel Lift	4	8x
0:53	V / Hands up	8x8 D	Squat/Lunge Combo (Slow) L&R L Wide Squat Natural arms L Lunge Natural arms L Wide Squat Natural arms L Narrow Squat Natural arms Repeat R	32	2x
1:25	C / (Instr)	4x8 D ¹	Squat/Lunge Combo (Fast) L&R	16	2x
1:41	PC / Oh if you	4x8 E	Wide Squat/Lateral Lunge Combo (Slow) L&R Wide Squat, Lateral Lunge L, Hands stacked O/H Wide Squat, Lateral Lunge R, Hands stacked O/H	16	2x
1:55	C / Can I get an amen?	4x8 E ¹	Wide Squat/Lateral Lunge Combo (Fast) L&R	8	4x
2:11	Can I get an amen?	4x8 E ²	Wide Squat/Lateral Lunge Combo (Fast with Reach) L&R One arm O/H, one arm reaches to floor in Lateral Lunge ⬇ Option: Arm rests on thigh	8	4x
2:27	Outro / (Instr)	2x8 F	Jog/Run/Bounce	16	



ALT

01. WARM-UP

DREAM AWAY (SUM WAVE REMIX) 2:36mins

Please use this song in place of *Raising Hell* when teaching Track 01.

MUSIC	EXERCISE			CTS	REPS
0:05	2x8	A	Shoulder Rotation L&R	16	
0:13	2x8	B	Hip Rotation L&R	16	
0:21	4x8	C	2/2 Wide Squat Hands stacked O/H to Squat. A-Frame to Stand	8	4x
0:37	4x8	C ¹	Wide Squat Hands stacked O/H to Squat. A-Frame to Stand ⬆️ OPTION: Heel Lift	4	8x
0:53	8x8	D	Squat/Lunge Combo (Slow) L&R L Wide Squat Natural arms L Lunge Natural arms L Wide Squat Natural arms L Narrow Squat Natural arms Repeat R	32	2x
1:25	4x8	D ¹	Squat/Lunge Combo (Fast) L&R	16	2x
1:41	4x8	E	Wide Squat/Lateral Lunge Combo (Slow) L&R Wide Squat, Lateral Lunge L, Hands stacked O/H Wide Squat, Lateral Lunge R, Hands stacked O/H	16	2x
1:55	4x8	E ¹	Wide Squat/Lateral Lunge Combo (Fast) L&R	8	4x
2:11	4x8	E ²	Wide Squat/Lateral Lunge Combo (Fast with Reach) L&R One arm O/H, one arm reaches to floor in Lateral Lunge ⬇️Option: Arm rests on thigh	8	4x
2:27	2x8	F	Jog/Run/Bounce	16	4x



01. RAISING HELL (STEVE JAMES REMIX) 2:36mins

TECHNIQUE AND COACHING

2/2 SQUAT/SQUAT

Layer 1

- Cue: Squat down, rise up
- **Feet wide**
- **Knees press out over toes**
- **Chest lifted**
- **Butt to knee height**
- **Set good TONE posture** – use the arms to lift the chest and elongate the spine

↑ OPTION (Squat): Heel Lift to engage the calves and hamstrings

SQUAT/LUNGE COMBO

Layer 1

- Cue: Wide Squat, Lunge Back, Wide Squat, Narrow Squat. Repeat on the other side
- Squat: **Feet wide, knees pressed out over toes, chest lifted**
- Lunge: **Long step back, back heel lifted**
- **Maintain long spine, chest lifted, strong core brace**
- **Layer 2**
- Squeeze the glutes tight to stabilize in the lunge

WIDE SQUAT/LATERAL LUNGE COMBO

Layer 1

- Cue: Squat, Lateral Lunge, Squat, Lunge
- **Knees pressed out**
- **Hips squared to front**
- **Chest lifted, strong TONE posture**

WIDE SQUAT/LATERAL LUNGE COMBO WITH REACH

Layer 1

- Cue: Squat, Reach, Squat, Reach
- **Knees pressed out over toes**
- **Hips squared to front**
- Top arm reach up to ceiling – **small Side Crunch**

Layer 2

- A multi-dynamic stretch to mobilize the hips and open up the side body

Layer 3

↓ OPTION: Instead of reaching towards floor, the arm may rest on thigh if more comfortable



02. CARDIO 1

TRACK FOCUS

The Steady State Cardio track allows participants to become physically and mentally primed for the workout ahead. The coordination and speed will help lift the energy.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8		Jog OTS	16	
0:08	V / Sometimes I think about you	8x8	A	Skater/Run Combo L&R 4x Skaters Natural arms 7x Run OTS RA OPTION: Skater Tap / Tread Combo	16	4x
0:38	PC / (Repeating voice)	4x8	B	Squat/Heel Raise L&R Squat A-Frame. Heel Raise Hands O/H	8	4x
0:54	C / Sometimes I think about you	8x8	B ¹	Squat/Jump L&R Squat: A-Frame Jump: Natural swing ↓ OPTION: Heel Raise	8	8x
1:24	PC / (Repeating voice)	12x8	A	 Skater/Run Combo L&R	16	6x
2:10	/ (Repeating voice)	4x8	C	Lateral Shuffle/Squat Combo L&R Lateral Shuffle Bicep curl Squat Double Arm Reach to floor	8	4x
2:26	PC / (Synth)	10x8	D	Lateral Shuffle/Squat/Skater Combo L&R Lateral Shuffle Bicep curl Squat Double Arm Reach to floor Skater x2 Natural arms	16	5x



02. HEAT WAVES (SONNY FODERA REMIX) 3:11mins

TECHNIQUE AND COACHING

SKATER/RUN COMBO

Layer 1

- Cue: Skate 4-3-2, Run 7-6-5-4-3-2, Skate
 - Skater: **Landing knee pressed out over toes, chest lifted, core braced, hinge at hips**
 - Run: Light on the feet, swing through the arm
 - Some participants may become confused by the directional changes in the combo. Use your arms as a visual cue for directional changes to help participants move successfully
- ↓ OPTION: Skater: Tap Down or Bounce
- ↓ OPTION: Run: Bounce or Tread instead

SQUAT/HEEL RAISE OR JUMP

Layer 1

- Cue: Squat and Reach; or Squat and Jump
- Squat: **Feet wide, knees pressed out over toes, chest lifted**
- Heel Raise: Drive through the toes, squeeze the glutes and core to balance

Layer 2

- Diana references the Triple Extension movement pattern in this track. The Triple Extension utilizes the posterior chain to create explosive movement through the lower body. To activate, bend through the ankle, knee and hip joints. Drive the toes hard into the floor while simultaneously engaging the glutes, hamstrings and calves – similar to a spring, coil and release

↑ OPTION: Jump: Bend knees to jump, **bend knees to land**, swing arms to create momentum

LATERAL SHUFFLE/SQUAT COMBO

Layer 1

- Cue: 4-3-2-Squat. 4-3-2-Squat
- **Feet hip-width**
- **Hips squared**
- **Chest lifted**

Layer 2

- Keep the work in the legs by staying low to the floor
 - Lateral training supports our joints with agility and side to side movement
- ↓ OPTION: Step instead of Lateral Shuffle

LATERAL SHUFFLE/SQUAT/SKATER COMBO

Layer 1

- Cue: 4-3-2-Squat-Skate-Skate
- Shuffle & Squat: **Feet hip-width, hips squared, chest lifted**
- Skater: **Landing knee pressed out over toes, chest lifted, core braced, hinge at hips**

Layer 2

- Challenge your neighbor. Apply pressure by shuffling into their space. See if you can maintain distance as they try to catch you
- ↓ OPTION: Lateral Shuffle – Step or Bounce
- ↓ OPTION: Skater – Tap or Bounce



03. CARDIO 2: PEAK 1

TRACK FOCUS

This track is electric! Cardio Peak 1 is early in the workout to lift the intensity. Tune into the music to dial up the plyometric power.

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro / (Instr)	2x8		Jog OTS	16	
0:08	V / Oh no here we go again	12x8	A	Squat/Lunge Combo (Slow) L&R L Squat wide <i>Natural Arms</i> L Lunge <i>Natural Arms</i> L Squat wide <i>Natural Arms</i> L Squat narrow <i>Natural Arms</i> Repeat R	32	3x
0:44	PC / Oh tell me you love me	4x8	A ¹	Squat/Lunge Combo (Fast) L&R	16	2x
		4x8	A ²	Squat/Lunge Jump Combo (Fast) L&R ↓ OPTION: No Jump	16	2x
1:06	C / Oohh oohh	16x8	A ²	Squat/Lunge/Broad Jump Combo Squat/Lunge Combo L&R Broad Jump <i>F Natural Arm Swing O/H</i> Run B RA ↓ OPTION: Vertical Jump / Run OTS	16	4x
1:52	PC / _ Love me	8x8	A	Squat/Lunge Combo (Slow)	16	2x
2:14	Heart say	4x8	A ¹	Squat/Lunge Combo (Fast)	16	2x
2:30	C / Oohh oohh	4x8	A ²	Squat/Lunge Jump Combo (Fast) L&R	16	2x



03. TELL ME YOU LOVE ME 3:27mins

TECHNIQUE AND COACHING

SQUAT/LUNGE COMBO

LAYER 1

- Cue: Wide Squat, Lunge Back, Wide Squat, Narrow Squat. Repeat on the other side
- Squat: **Feet wide, knees pressed out over toes, chest lifted, push hips back**
- Lunge: **Long step back, heel lifted. Long spine, chest lifted, strong core brace**

LAYER 2

- Maintain **TONE posture** by lifting the chest and bracing the core tight. Drive the knees out for safe alignment and glute activation

↑ OPTION: Jump the Squat/Lunge Combo. **Bend knees** to land softly

SQUAT/LUNGE/BROAD JUMP COMBO

LAYER 1

- Cue: Wide-Lunge-wide-narrow. Wide-Lunge-wide-narrow. Broad Jump forward. Run back
- Squat: **Feet wide, knees pressed out over toes, chest lifted**
- Lunge: **Long step back, heel lifted. Long spine, chest lifted, strong core brace**
- Broad Jump: **Knees bend for take-off**, drive through toes, swing arms, **knees bend on landing**

LAYER 2

- Stay low in the workout by bending the knees. The depth will maintain tension in the legs and aid explosive propulsion in the Broad Jump

↑ OPTION: Heel Tap in the Broad Jump forward

↓ OPTION: Vertical Jump (i.e., Jump up not forward)



04. CARDIO 3

TRACK FOCUS

The feature track showcases innovative and creative movement patterns that lift the heart rate and make the lungs work overtime. This Palm Press demonstrates that low impact does not mean low energy.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Instr	4x8	Set Squat Position. Feet slightly wider than hips	16	
0:08	V / Stand up	4x8 A	Palm Press (Slow) L&R <i>Open palm</i> Arm extends in front of body moving from side to side	2	16x
0:26	PC / Give me	8x8 A ¹	Palm Press (Fast) L&R 👁 Double Squat Knee Lift on last 4 counts	2	32x
0:44	C / Instr	8x8 B	Double Squat Knee Lift Combo L&R Double Pulse Squat <i>Hands clasped, arms extend forward</i> Knee Lift <i>Arms turn towards lifted knee</i>	16	4x
1:02	V / _ Shoot out	8x8 A ¹	 Palm Press (Fast) L&R ↓ OPTION: Slow Palm Press	1	32x
1:38	C / Instr	8x8 B	 Double Squat Knee Lift Combo L&R ↑ OPTION: Heel Raise	16	4x
1:56	PC / One by one	5x8 A ¹	 Palm Press (Fast) L&R ↓ OPTION: Slow Palm Press	1	40x
2:18	C / Instr	8x8 B ¹	 Double Squat Knee Lift Combo L&R ↑ OPTION: Heel Raise	16	4x
		4x8	Jog OTS	32	



04. LIGHT IT UP 2:46mins

TECHNIQUE AND COACHING

PALM PRESS

Layer 1

- Palm Press across the body
- **Feet wide**
- **Knees soft**
- **Core braced**
- **Chest lifted**

Layer 2

- Press forward from the palm of the hand to activate the core and create rotational power
- Want to create more power in the Palm Press? Sink deeper into the Squat position, stabilizing the lower body to drive with more force through the upper body

↓ OPTION: Maintain a slower speed of the Palm Press

DOUBLE SQUAT KNEE LIFT

Layer 1

- Cue: Squat, Squat, Knee
- **Feet wide**
- **Knees press out over toes**
- Squat range, butt to knee level
- **Stopping your arms in line with the knee (45°) to avoid over twisting**

Layer 2

- A powerful and controlled twist creates big results. Generate power through the arms and the squeeze the side obliques tightly to catch the arms in line with the knees

↑ OPTION: Add the Heel Lift to activate the Triple Extension, engaging the muscles in the Posterior Chain



05A. CARDIO 4: PEAK 2

TRACK FOCUS

TONE 14 offers two versions of the Cardio Peak. Track 5A is for Burpee fans. Participants can move off the beat to modulate the intensity that works for them.

MUSIC			EXERCISE	CTS	REPS
0:00	V / Look at my	2x8	Jog OTS	16	
0:06	Look at my	6x8 A	Burpee/Run Combo Squat. Jump back to Plank position Jump to Squat. Stand. Jog OTS <i>Natural arms</i> ⬆️ OPTION: Walking Burpee ⬇️ OPTION: Heel Tap Vertical Jump	16	3x
0:24	C / (Instr)	8x8 A ¹	Burpee/Broad Jump/Run Combo Squat <i>Natural arms</i> Jump B to Plank position Jump to Squat position Jump F from Squat position Land in Squat position Run B RA	2 2 2 2 2 8	4x
0:46	V / Look at my	½x8	Transition to floor Set up Mountain Climber Plank position <i>Hands under shoulders</i>	4	
0:50	Look at my	7½x8 B	Mountain Climber L&R ⬆️ OPTION: Mountain Climber (Faster)	4	15x
1:10	C / (Instr)	4½x8 C	High Knee Run RA 👁 Burpee Mountain Climber Combo & Option	32	
1:22	(Instr)	8x8 D	Burpee/Mountain Climber Combo Squat Jump B to Plank position 4x Mountain Climber Jump to Squat position Stand ⬆️ OPTION: Mountain Climber (Faster) 7x ⬆️ OPTION: Heel Tap Vertical Jump	2 2 8 2 2	4x
1:46	Fade / Look at my	4x8	Recovery Jog	32	
2:04	V / Look at my	6x8 A	🔁 Burpee/Run Combo	16	3x
2:22	C / (Instrumental)	8x8 A ¹	🔁 Burpee/Broad Jump/Run Combo	16	4x
2:46	V / Look at my	½x8	🔁 Transition to floor. Plank position	4	
2:50	Look at my	7½x8 B	🔁 Mountain Climber L&R ⬆️ OPTION: Mountain Climber (Faster) ⬆️ OPTION: Switch Climber	4	15x
3:08	C / (Instrumental)	4x8 C	🔁 High Knee Run RA 👁 Burpee Mountain Climber Combo & Options	32	
3:20	(Instrumental)	8x8 D	🔁 Burpee Mountain Climber Combo ⬆️ OPTION: 7x Mountain Climber (Faster) or 4x Switch Climber	16	4x
3:44	Outro / Look at my	4x8	Jog/Run/Bounce	32	



05A. DRIP 4:12mins

TECHNIQUE AND COACHING

BURPEE/RUN COMBO

Layer 1

- Cue: Squat, Plank, Squat, Run
- **Feet wide**
- **Butt back and down**
- **Squat to transition to floor**
- **Chest lifted in Squat**
- **Abs braced as feet jump back**
- Hands under shoulders
- **Back long, strong and straight**

Layer 2

- Burpees are a great way to increase our cardiovascular output! Time to challenge our fitness

↓OPTION: Walking Burpee

↓OPTION: Stand/no Jump from Burpee

↑OPTION: Heel Tap Vertical Jump

BURPEE/BROAD JUMP/RUN COMBO

Layer 1

- Cue: Squat, Plank, Squat, Jump forward, Run Back
- Burpee: **Feet wide, Squat to transition, abs braced as feet jump back, back long and strong**
- Broad Jump: Knees bend for take-off, swing arms for momentum, **knees bend on landing**

↓OPTION: No Jump or Heel Tap Vertical Jump

MOUNTAIN CLIMBER

Layer 1

- **Hands under shoulders**
- **Long spine**, eye gaze forward to fingertips
- **Core braced**
- **Hips squared to floor**
- Knees move forward towards elbow

Layer 2

- Feeling the strain in the shoulders? Bring the body weight forward so that the shoulders are directly over the hands. This will provide more stability in the upper body and reduce the tension through the shoulders and upper back

↑OPTION: Speed up the Mountain Climber

SWITCH CLIMBER

Layer 1

- From Plank, lift both feet from floor. Bring one knee towards chest, other leg extended. Alternate left to right
- **Two feet take off two feet landing**
- **Hands under shoulders** – hands drive hard into the floor for support
- Eyes gaze forward
- **Strong core brace**
- **Long and straight back**

↓OPTION: Stick with the Mountain Climber (Fast or Slow)

HIGH KNEE RUN

Layer 1

- Chest lifted
- Knees lift to hip height
- Natural Running Arms

Layer 2

- Match the beat to keep the heart rate high

BURPEE/MOUNTAIN CLIMBER COMBO

Layer 1

- Cue: Squat, Plank, Run 4-3-2, Heel Tap
- Burpee: **Feet wide, abs braced as feet jump back, back long and strong**
- Mountain Climbers: **Hands under shoulders, long spine, eye gaze forward, core braced, hips squared to floor**

Layer 2

- Set the challenge for you and your class to stay with the intensity. Start the combo with the hardest option to maximize the cardiovascular output and modify with options as needed

↓OPTION: No Jump or Vertical Jump instead of Heel Tap

↑OPTION: Speed up the Mountain Climber

↑OPTION: 4x Switch Climber

↑OPTION: Move off the beat



05B. ALT CARDIO 4: PEAK 2

TRACK FOCUS

Track 5B version is done entirely standing. That should not suggest that this version is easier. Cardiovascular fitness will be sky high with little opportunity to catch your breath, taking participants beyond breathlessness.

MUSIC			EXERCISE		CTS	REPS
0:00	V / Look at my	2x8		Jog OTS	16	
0:06	Look at my	6x8	A	Triple Squat/Heel Jack/Run Combo Triple Squat. Hands clasped Heel Jack. Hands clasped Run. RA	16	3x
0:24	C / (Instr)	8x8	A ¹	Triple Squat/Broad Jump/Run Combo Triple Squat. Hands clasped Broad Jump F. Natural Arm Swing Run B. RA ⬆️ OPTION: Heel Tap jumping F	16	4x
0:46	V / Look at my	8x8	B	Skater L&R Natural Arm Swing	4	16x
1:10	C / (Instr)	4x8	B ¹	Skater/Heel Raise Combo L&R 3x Skater. Natural Arm Swing 1x Heel Raise. Arms O/H 👁️ Vertical Jump on last 4 counts	16	2x
1:22	Instr	8x8	B ²	Skater/Vertical Jump Combo L&R 3x Skater. Natural Arm Swing 1x Vertical Jump. Arms O/H ⬆️ OPTION: Tuck Jump	16	4x
1:46	Fade / Look at my	4½x8		Recovery Jog	32	
2:04	V / Look at my	6x8	A	🔄 Triple Squat/Heel Jack/Run Combo	16	3x
2:22	C / (Instr)	8x8	A ¹	🔄 Triple Squat/Broad Jump/Run Combo ⬆️ OPTION: Butt Kick Jumping F	16	4x
2:46	V / Look at my	8x8	B	🔄 Skater	4	16x
3:08	C / (Instr)	4x8	B ¹	🔄 Skater/Heel Raise Combo ⬆️ OPTION: Vertical Jump 👁️ Tuck Jump on last 4 counts	16	2x
3:20	Instr	8x8	B ³ B ²	🔄 Skater/Tuck Jump Combo ⬇️ OPTION: Vertical Jump	16	4x
3:44	Outro / Look at my	4x8		Jog / Run / Bounce	32	



05B. DRIP 4:12mins

TECHNIQUE AND COACHING

TRIPLE SQUAT/HEEL JACK/RUN COMBO

Layer 1

- Cue: Squat 3-2-1, Jump-in, Jump-out, Run
- **Feet wide**
- **Knees press out over toes**
- **TONE posture**
- **Land soft knees**

↑ OPTION: Vertical Heel Tap

TRIPLE SQUAT/BROAD JUMP/RUN COMBO

Layer 1

- Cue: Squat 3-2-1, Jump Forward, Run Back
- **Feet wide**
- **Knees press out over toes**
- **TONE posture**
- Sit Low, Jump Long, Natural Arm Swing
- **Land soft knees**

Layer 2

- Let's see how far you can jump! Create momentum by swinging through the arms to help you jump further
- Increase height in the Jump by sitting low in the squat. Use the power from the Triple Extension to accelerate from the floor

↓ OPTION: Stay with Heel Jack

↑ OPTION: Heel Tap

↑ OPTION: Butt Kick

SKATER

Layer 1

- Cue: Left, right, left, right
- **Landing knee pressed out over toes**
- **Chest lifted**
- **Core braced**
- **Hinge at hips**
- **Hips squared**
- Minimize cross over of back foot behind the front leg

Layer 2

- Try to take up more space with each skate. Jump wider by squeezing the glutes and driving the floor away

↓ OPTION: Tap Down instead of Jumping

TRIPLE SKATER/HEEL RAISE COMBO

Layer 1

- Cue: Skate 3-2-1, Heel Lift
- Skater: **Landing knee pressed out, chest lifted, core braced, hips squared**
- Heel Raise: **Both feet under hips before lifting heels**

TRIPLE SKATER/VERTICAL JUMP COMBO

- Cue: Skate 3-2-1, Jump
- Skater: **Landing knee pressed out, chest lifted, core braced, hips squared**
- Heel Raise: Both feet under hips before jumping. **Two feet take off, two feet landing. Land softly with bent knees**

↑ OPTION: Tuck Jump. Both feet under hips before Jumping. **Land both feet to floor, bend knees to soften impact**



06. RESISTED CARDIO

TRACK FOCUS

The Resisted Cardio track keeps the heart rate high as we move towards the strength portion of the workout. I want participants to experience the integration of cardio and strength conditioning in various planes of movement.

WEIGHT RECOMMENDATION:

New to Fitness: Light Weight

Regulars: Medium Weight

MUSIC			EXERCISE	CTS	REPS
0:00	Intro / (Instr)	4x8	Feet wider than hips. Knees pressed out over toes. Weight plate in each hand	32	
0:16	V / _Those eyes	8x8 A	Bow & Arrow Combo (Slow) L&R L Lunge: R arm extends towards L Knee R Lunge: L arm extends towards R Knee L Lunge: L arm extends, R arm bends shoulder height Repeat on the other side	16	4x
0:46	C / I just want to	8x8 A ¹	Bow & Arrow Combo (Fast) L&R	8	8x
1:20	(Instr)	1x8	Transition: Feet hip-width Stack weight plates together, hold with both hands	8	
1:28	V / _Don't say	3x8 B	Clean & Press/Squat Combo (Slow) Squat weight plates to collarbones Stand weight plates O/H Squat weight plates to collarbones Stand weight plates at thighs	8	3x
1:36	_My heart	4x8 B ¹	Clean & Press/Squat Combo with Heel Jack (Slow) Squat weight plates to collarbones Heel Jack weight plates O/H Squat weight plates to collarbones Stand weight plates at thighs	8	4x
1:50	C / I just want to	8x8 B ²	Clean & Press/Squat Combo with Heel Jack (Fast) ↑ OPTION: Vertical Jump or Heel Tap Jump	4	16
2:24	(Instr)	4x8	Transition. Set up for Bow & Arrow Combo	32	
2:40	B / I just want to	4x8 A	 Bow & Arrow Combo (Slow) L&R	16	2x
2:56	I just want to	4x8 A ²	Bow & Arrow Combo (Slow) with Leg Lift ↓ OPTION: Small range Leg Lift	16	2x
3:10	C / I just want to	8x8 A ³	Bow & Arrow Combo (Fast) with Leg Lift ↓ OPTION: Small range Leg Lift	8	8x



06. ANYTHING 3:46mins

TECHNIQUE AND COACHING

BOW & ARROW COMBO

Layer 1

- Cue: Side, side, open to Bow & Arrow
- **Knees pressed out over toes**
- **Hips squared to front**
- **Chest lifted**
- **TONE posture**
- **Weight plates below shoulders**

Layer 2

- As you use the weight plates, think about putting the brakes on. Slowing the movement helps to create tension and control

↑ OPTION: Leg Lift. Squeeze the side glute to release the foot from the floor. Brace the core tightly and squeeze the opposing glute to balance

CLEAN & PRESS/SQUAT COMBO (WITH JUMP)

Layer 1

- Cue: Clean, Press, Lower, Down
- **Feet hip-width**
- **Knees in line with toes**
- Butt sits back to knee level
- **TONE posture**
- **Land with soft knees**

Layer 2

- We create a spike in cardiovascular fitness by mixing weight resistance with speed. Add the Jump Variations for an extra kicker in Cardio and Strength Training

↑ OPTION: Vertical Jump or Heel Tap Jump.

Land softly with bent knees



07. CARDIO CORE

TRACK FOCUS

Cardio Core brings new innovations to TONE in the form of the Cable and Archer Pull Combos. Good form is paramount, so participants may want to have a couple of weight plates handy to mix and match as required.

WEIGHT RECOMMENDATION:

New to Fitness: Light Weight

Regulars: Medium Weight

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / If you're falling	2x8	Feet slightly outside hip-width. Weight plate in each hand		8	
0:08	V / I don't want	4x8	A	4x Oblique Crunch L&R One arm reaches to floor, the other arm reaches to ceiling	16	2x
0:22	C / If you're falling	8x8	B	Cable Combo (Slow) Squat: Arms reach F, shoulder height, weight plates meet together L Lateral Lunge: Arms move to 45°, shoulder height, weight plates together Squat: Arms reach F, shoulder height. Plates together Stand: Weight plates to waist Repeat R	2 2 2 2 8	2x
0:38	If you're falling	4x8	B ¹	Cable Combo (Fast) L&R	8	4x
0:54	If you're falling	4x8	B ²	Cable Combo (Fast) & Squat Hold L&R	8	4x
1:10	V / I don't want	8x8	A	 Oblique Crunch L&R	16	4x
1:40	C / If you're falling	8x8	C	Archer Pull Combo (Slow) L&R Squat: Arms reach forward, weight plates at shoulder height Squat: L arm retracts, R arm remains forward, shoulder height Squat: Both arms reach forward, shoulder height Stand: Weight plates to waist Repeat R	2 2 2 2 8	2x
1:54	If you're falling	4x8	C ¹	Archer Pull Combo (Fast) L&R	8	4x
2:10	If you're falling	4x8	C ²	Archer Pull Combo (Fast) Squat Hold L&R	8	4x
2:26	V / I don't want	8x8	A	 4x Oblique Crunch L&R	16	4x
2:56	C / If you're falling	4x8	D	Cable (Slow) L&R Hold Squat position. Arms travel L 45°- Centre – R 45°- Centre. Weight plates meet together, below shoulder height	8	4x
3:10	If you're falling	4x8	D ¹	Cable (Fast) L&R	4	8x
3:26	If you're falling	4x8	E	Archer Pull (Fast) Hold Squat position. Both arms extend forward, shoulder height. Alt arm retraction L&R	4	8x



07. I DON'T WANNA KNOW 3:46mins

TECHNIQUE AND COACHING

OBLIQUE CRUNCH

Layer 1

- Cue: 4-3-2-1, Switch
- **Feet wide**
- **Knees track toes**
- Quarter Range Pulse Squat
- **TONE posture**
- One arm reaches to floor, the other arm reaches to ceiling
- **Small Range Crunch.** Just enough to activate the side obliques

Layer 2

- A push/pull movement that creates a crunch down one side of the body whilst stretching the other side

CABLE COMBO

Layer 1

- Cue (weights): Punch, right, center, squeeze. Punch, left, center, squeeze
- Cue (Lower Body): Squat, Lunge, Squat, Rise
- **Feet wide**
- **Knees press out over toes**
- **Chest lifted**
- **Core braced**
- **Weight plates below shoulder height**
- **Rotation is controlled to 45 degrees**

Layer 2

- Speed creates more tension for the core
- ↑OPTION: Stay low in a Static Squat

ARCHER PULL COMBO

Layer 1

- Cue (weights): Punch, right arm, center, squeeze. Punch, left arm, center, squeeze
- Cue (Lower body): Squat, Lunge, Squat, Rise
- **Feet wide**
- **Knees pressed out over toes**
- **Chest lifted**
- **Core braced**
- **Weight plates below shoulder height**

Layer 2

- Stay low in the Squat position for full body engagement. A dynamic workout for the upper body, the lower body and the core
- ↑OPTION: Stay Low in a Static Squat

CABLE

Layer 1

- Cue (Weights): Right, center, left, center
- Chest lifted
- Core braced
- Transfer body weight from Lateral Lunge to Squat
- **Weight plates below shoulder height**
- **Freeze weight plates to center to reduce twisting through the hips**

Layer 2

- Reactive Core Training; throwing the weight plates and use your core to catch the movement

ARCHER PULL

Layer 1

- Cue (weights): Right, left. right, left
- **Chest lifted**
- **Core braced**
- **Transfer body weight from Lateral Lunge to Squat**
- **Weight plates below shoulder height**

Layer 2

- The weight plates add extra resistance that simultaneously strengthens the core whilst lifting the heart rate



08. BALANCE

TRACK FOCUS

The Balance track is purposefully situated halfway through the workout because muscles are now fatigued. Participants will need to work harder to recruit the muscles which assist balance and stability.

WEIGHT RECOMMENDATION:

New to Fitness: Light Weight

Regulars: Medium Weight

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	8x8	Set up. Shift weight to R leg. Prepare to lift L knee		16	
0:08	V / Boy, you're looking	4x8	A	L Hip Opener Combo L Knee lift F L Knee travels side, knee bent L Knee around to back, knee bent L Foot taps down <i>Bicep curl. Weight plates below shoulder height</i> ⬆️ OPTION: Hover foot	4 4 4 4	2x
0:28	PC / Made me say	2x8	A ¹	L Hip Opener Combo (Fast)	8	2x
0:38	C / All night	4x8	A ²	L Hip Opener Combo (Fast) with Horizontal Shoulder Raise <i>L&R arms extend out to sides</i>	8	4x
0:58	V / You come over	4x8	A	 R Hip Opener Combo	16	2x
1:16	PC / Made me say	2x8	A ¹	 R Hip Opener Combo (Fast)	8	2x
1:26	C / All night	4x8	A ²	 R Hip Opener Combo (Fast) with Horizontal Shoulder Raise	8	4x
1:46	B / If I back up	4x8	B	Single Leg Double Pulse Squat L&R <i>Hold Bicep Curl</i> ⬇️ OPTION: Tap Foot	8	4x
2:06	C / All night	4x8	B ¹	Single Leg Double Pulse Squat with Jump L&R <i>Bicep Curl</i> ⬇️ OPTION: No Jump. Tap Foot	8	4x
2:26	Outro / Made me	4x8	B ²	Single Leg Double Pulse Squat with Alt Offset L Single Leg Double Squat. R Foot Hovers. <i>L arm extends forward</i> R Single Leg Double Squat. L Foot Hovers. <i>R arm extends forward</i> ⬇️ OPTION: No Jump. Tap foot	4 4	4x



08. MAD LOVE 2:48mins

TECHNIQUE AND COACHING

HIP OPENER COMBO

Layer 1

- Cue: Lift forward, side, back, down
- **Chest lifted**
- **Core braced**
- **Shoulders away from ears**
- Standing leg directly under hip, **soft knee to balance**
- **Hips squared to front**, no twisting through the movement
- Squeeze the glute to open knee to side
- Engage glutes and hamstrings to take the foot behind

Layer 2

- Resist gravity by maintaining shoulder abduction. The weight plates will strengthen the shoulder muscles and aid balance by grounding the heel to the floor

↑ OPTION: Float the front heel for an extra balance challenge

SINGLE LEG DOUBLE PULSE SQUAT

Layer 1

- Cue: Squat, Squat, Switch
- **Standing knee pressed out over toes**
- **Chest is up, core is braced**
- **Hips squared to front**

↓ OPTION: Tap Heel Down for balance

↑ OPTION: Challenge stability by adding a Jump and/or off-setting with opposite Frontal Arm Extension. Bend knee to absorb landing



09. LOWER BODY STRENGTH

TRACK FOCUS

Track 9 moves us firmly into the strength portion of the workout. There is nothing complicated in this track. Simple choreography and longer blocks of work will help build strength through the lower body. Empower participants to use heavier weights.

WEIGHT RECOMMENDATION:

New to Fitness: Medium Weight

Regulars: Heavy Weight

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Trumpets)	4x8	L Leg B to Lunge. Weight plate L hand		32	
0:14	V / Everybody	6x8 A	R Single Lunge L Leg B to Lunge, R Leg F Weight plate in L hand		4	12x
0:36	C / Comin' in hot	4x8 A ¹	Pulse R Lunge		2	16x
0:52	V / I am alone	6x8 A	 Single R Lunge		4	12x
1:14	C / Comin' in hot	4x8 A ¹	 Pulse R Lunge		2	16x
1:28	B / Everybody want	2x8	Transition to Deadlift		16	
1:38	Everybody want	6x8 B	R 2/2 Offset Deadlift Both feet under hips. L heel lifted, weight in R Leg Weight plate in L hand		8	6x
1:58	C / Comin' in hot	8x8 A ¹	 Pulse R Lunge		2	32x
2:28	Intro / (Trumpets)	2x8	Transition. Switch to L side. R Leg B to lunge. L leg F. Weight plate in R hand		16	
2:42	V / Everyone		 Block 1&2 on L side			



09. COMIN' IN HOTTA 5:00mins

TECHNIQUE AND COACHING

LUNGE

Layer 1

- **Long step back, back heel is lifted**
- **Keep pushing the front knee out**
- Knee to 90 degrees, front thigh parallel to floor, back knee to floor
- **TONE posture, core is braced**, no leaning towards weight plate
- **Shoulders back and down**
- **Hips squared to the front**

Layer 2

- Keep driving through the front heel to keep the work in the glutes
- Focus on the push-pull movement of the Lunge to engage the glute

↓ OPTION: There are lots of Lunges. Try to stay in the workout but shake it out if needed

2/2 OFFSET DEADLIFT

Layer 1

- Cue: Down, down, up, up
- Split Stance, weight in front foot
- **Chest lifted, back is long and straight**
- **Hinge at the hip**
- **Hips squared to the front**
- Squeeze the glute to stand
- Pull shoulders back and down

Layer 2

- Here we give the legs a breather from the forever pulses by focusing on elongating the hamstring
- This is unilateral training. We increase strength development and intensity by focus on one side of the body at a time



10. UPPER BODY STRENGTH

TRACK FOCUS

It is now time to challenge strength through the upper body. This track has short blocks of work so encourage participants to grab a heavier set of weight plates and try Pushups on their toes.

WEIGHT RECOMMENDATION:

New to Fitness: Medium Weight

Regulars: Heavy Weight

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8	Set up for Pushup. Weight plates stacked on floor between hands		32	
0:13	(Heavy beat drop)	10½x8	A	Walking Pushup Combo 1x Chest Pushup <i>Hands outside shoulders</i> Walk hands in 1x Tricep Pushup <i>Hands directly under shoulders</i> Walk hands out	4 4 4 4	5¼x
0:47	(Music builds)	1½x8	Transition to knees for Arm Row Combo		12	
0:53	(Beat drop)	16x8	B	Arm Row Combo <i>Kneeling. Weight plates in each hand</i> 1x L arm Row 1x R arm Row 1x Double Arm Row, hold at top	4 4 8	4x
1:19	(Beat fades out)	4x8	Transition to Pushup position 👁️ Pushup / Renegade Row Combo on last 8 counts		32	
1:32	(Snare)	11x8	C	Pushup / Renegade Row Combo 1x Chest Pushup, <i>lift L arm</i> 1x Chest Pushup, <i>lift R arm</i> <i>Hands outside shoulders</i> ⬆️⬆️ OPTION: knees or toes ⬆️ OPTION: Hover opposite foot to hand	4 4	5½x
2:08	(Music Builds)	1x8	Transition to knees for Triple Pulse Row		8	
2:12	(Beat drop)	8x8	D	Triple Pulse Row <i>Kneeling. Weight plates in each hand</i>	8	8x



10. CONTRAST 2:44mins

TECHNIQUE AND COACHING

WALKING PUSHUP COMBO

Layer 1

- Cue: Chest Press, walk in, Tricep Press, walk out
- Hands wider than shoulders for Chest Press
- Hands directly under shoulders for Tricep Press
- **Long flat back**, eye gaze in line with fingertips
- **Core braced**
- **Chest stops in line with elbow height**

↑ OPTION: The blocks of work in this track are short so challenge yourself to do as many reps on your toes before dropping to your knees

ARM ROW COMBO

Layer 1

- Cue: Right arm, left arm, both – up and hold
- **Chest lifted**
- **Core braced**
- **Slight hinge at the hips**
- **Back long and straight**
- Squeeze tightly between shoulder blades

Layer 2

- Feel the muscle fibers in the upper body engage with the static hold.

PUSHUP / RENEGADE ROW COMBO

Layer 1

- Cue: One Pushup, lift left arm. One Pushup, lift right arm
- **Long spine**
- **Core braced**
- **Chest stops in line with elbow height**
- Squeeze tightly between shoulder blades
- Maintain hips squared to the floor
- Engage glutes to lift the foot from the floor

Layer 2

- Intensify the workout by lifting the foot. Two points of stability will challenge the strength of the abs, posterior chain and shoulder joint

↓ OPTION: Knees to floor for Pushup

TRIPLE PULSE ROW

Layer 1

- Cue: 3-2-1, reset
- **Chest lifted**
- **Core braced**
- **Slight hinge at the hips**
- Squeeze tightly between shoulder blades
- Elbows track behind the body

↑ OPTION: Simple choreo and short rounds mean we can challenge ourselves to lift heavier than normal. Grab a heavier set of plates to test the limits of your strength



11. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

I want my participants to feel in control of their workout. The idea of Functional Core Strength is to keep tension in the core. Offer participants a range of options so they can self-modulate the workout without stopping.

WEIGHT RECOMMENDATION:

New to Fitness: Medium Weight

Regulars: Heavy Weight

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Hover ⬆️⬆️ OPTION: Knees or Toes	32	
0:17	(Synth)	8x8	A ¹	2/2 Rocking Hover Hover moving body F&B ⬇️ OPTION: On knees	8	8x
0:47	(Heavy beat)	12x8	B	Prone Jack/Rocking Hover Combo 4x Hover Jacks 1x Rocking Hover ⬇️ OPTION: On knees	8 8	6x
1:33	(Fade out)	2x8		Transition to knees for Halo	16	
1:40	(Keyboard)	6x8	C	Halo L&R Kneeling. Weight plates circle from hip, around head, to opposite hip. L&R. <i>Both hands on weight plates</i>	16	3x
2:03	(Beat builds)	2x8		Transition to Plank	16	
2:11	(Steady beat)	6x8	D	Triple Knee Swing L&R Knee travels towards the elbows - F, across the body, F, reset. L&R. <i>Hands under shoulders</i> ⬇️ OPTION: Single Knee L&R	16	3x
2:34	(Heavy beat)	12x8	E	Pull Back / Triple Knee Swing Combo L&R 1x Pull Back and 1x Knee Swing. L&R ⬆️ OPTION: Jump from Pull Back into Knee Swing	16	6x



11. THE G.O.A.T. 3:22mins

TECHNIQUE AND COACHING

ROCKING HOVER

Layer 1

- Cue: Forward, forward. Back, back
- Shift the body weight forward and back slowly
- **Elbows under shoulders**
- **Long, straight, flat back**
- **Core braced**
- **Hips square to floor**
- Squeeze glutes and thighs

Layer 2

- As the core fatigues, the temptation is to lift the hips, placing the work more in the legs and less in the core. If needed, drop to the knees to keep the core engaged with the exercise

PRONE JACK / ROCKING HOVER COMBO

Layer 1

- Cue: Jack out-in, out-in, out-in, out-in. Hover forward, forward. Back, back
- **Elbows under shoulders**
- Keep butt low. **Long, straight, flat back**
- **Core braced**
- **Hips square to floor**

↓ OPTION: Perform the combo on your knees.
Cue: 2x slow taps with one knee grounded on the floor. Hover both knees to floor

HALO

Layer 1

- Circle weight plates around the head to the opposite hip
- **TONE posture**
- **Core braced**
- Elbows forward
- Shoulders away from ears

Layer 2

- The halo is reactive core training, helping to functionally strengthen the core for everyday movements

TRIPLE KNEE SWING

Layer 1

- Cue: Knee forward, across the body, forward. Change sides
- **Hands under shoulders**
- **Long spine, eye gaze forward to fingertips**
- **Core braced**
- **Hips squared to floor**

Layer 2

- Multi-directional training is beneficial to work all components of our core

↓ OPTION: Knees to floor. Same knee to same elbow

↑ OPTION: Add a Pull Back before Knee Swing

↑ OPTION: Jump from Pull Back into Knee Swing



12. GLUTES

TRACK FOCUS

We know that participants love a good Glute track so we’re introducing a new move to TONE. The Parachute targets deep into the glutes ensuring that we improve the overall strength of our glutes and hip joint.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / I like	6x8	Lay chest to floor. Knees wide. Heels together. Lift knees. Arms rest on floor in front of head		48	
0:15	/ I like	8x8	A	Grasshopper	2	32x
0:52	/ Aisukuriimu	2x8	Transition to Horse Stance		16	
0:59	/ (Heavy beat)	2x8	B	Scorpion Pulse L	2	8x
1:07	/ (Heavy beat)	2x8	C	Leg Extension Side Pulse L	2	8x
1:14	/ I like	2x8	C¹	Leg Extension Pulse L	2	8x
1:22	/ I like	2x8	B	Scorpion Pulse R	2	8x
1:30	/ I like	2x8	C	Leg Extension Side Pulse R	2	8x
1:38	/ I like	2x8	C¹	Leg Extension Pulse R	2	8x
1:44	/ (Siren)	2x8	Transition to floor for Grasshopper		16	8x
1:52	/ (Siren)	8x8	A	 Grasshopper	2	32x
2:22	/ I like	2x8	Transition to Horse Stance		16	
2:30	/ Aisukuriimu	12x8	B, C, C¹	 Sequence B, C, C¹ L&R	96	
3:15	/ (Heavy beat)	1x8	Transition to floor for Grasshopper			16
3:19	/ (Heavy beat)	3x8	A	 Grasshopper	2	12x



12. ICE CREAM 3:34mins

TECHNIQUE AND COACHING

PARACHUTE

Layer 1

- **Chest to floor**
- **Heels together**
- **Hands resting in front of the head**
- **Eye gaze to floor, keep upper body still**
- Squeeze the glutes to lift the thighs from the floor
- The movement is created by squeezing the glutes. Encourage small range of movement to help participants refrain from lifting from the lower back

Layer 2

- Keep the heels together and feet externally rotated to target deeper into the glutes

↓ **OPTION:** Take out the pulse and focus on keeping the thighs elevated from the floor

SCORPION PULSE

Layer 1

- Horse Stance, **hands under shoulders, knees under hips**
- **Hips squared to floor**
- **Core braced**
- **Squeeze between shoulder blades**
- Heel lifts towards the ceiling

Layer 2

- A strong Horse Stance stabilizes the body, minimizing wobbles, and reducing the intensity in the leg pulses. Remind participants to drive the hands hard into the floor, brace the core tightly and squeeze between the shoulder blades during the set-up

LEG EXTENSION SIDE PULSE

Layer 1

- **Horse Stance**
- **Hips squared to floor**
- **Core braced**
- Leg extends at the knee, pulsing to a 45 degree angle

Layer 2

- The Side Pulse targets our glute medius strengthening movement in the lateral plane

LEG EXTENSION PULSE

Layer 1

- **Horse Stance**
- **Hips square to floor**
- **Core braced**
- Leg extends at the knee, pulsing up and down



13. STRETCH

TRACK FOCUS

We want our participants to notice their accomplishments. Take the time to acknowledge the challenges and the innovations in the workout. Express gratitude for our ability to move our bodies and to workout with one another.

MUSIC		EXERCISE			CTS
0:00	Intro / (Instr)	4x8	A	Swan Pose L	32
0:16	/ Woohoo	4x8	A ¹	Swan Pose with Quad Stretch L	32
0:32	V / Escape	4x8	A	Swan Pose R	32
0:48	C / Escape	4x8	A ¹	Swan Pose with Quad Stretch R	32
1:04	Sweet	4x8	B	Down Dog Walking Calf Stretch L&R	32
1:20	Woohoo	4x8	C	Hip Flexor Stretch L	32
1:28	Woohoo	2x8	C ¹	Deep Hip Flexor Stretch L	16
1:36	V / You held	2x8	C ²	Deep Hip Flexor Stretch with Side Twist L	16
1:52	So baby	4x8	C	Hip Flexor Stretch R	32
2:00	Angry	2x8	C ¹	Deep Hip Flexor Stretch R	16
2:08	C / Escape	2x8	C ²	Deep Hip Flexor Stretch with Side Twist R	16
2:16	Girl	2x8	B ¹	Down Dog	16
2:24	Sweet	4x8	D	Forward Fold ↑ OPTION: Hands wrap around legs	32
2:40	Outro / Woohoo	1x8	E	Roll Up & Deep Breath	8



13. THE SWEET ESCAPE 3:01mins

TECHNIQUE AND COACHING

SWAN POSE

Layer 1

- Glute Stretch
- Front leg extends forward from the hip, knee bends to 90 degrees
- Arms extend forward of the body

↑ OPTION: Lower chest to wherever feels comfortable

FORWARD FOLD

Layer 1

- Hamstring Stretch, release for the spine
- Knees soft
- Hinge at hips
- Arms reach towards floor or folded

↑ OPTION: Wrap arms behind the legs

SWAN POSE WITH QUAD STRETCH

Layer 1

- Glute and Quad Stretch
- **Chest lifted**
- Front leg extends forward from the hip, knee bends to 90 degrees for Glute Stretch
- Arm reaches back, pull back foot towards butt for Quad Stretch

DOWN DOG WITH WALKING CALF STRETCH

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
- Walk the feet for a deeper Calf Stretch

HIP FLEXOR STRETCH

Layer 1

- Hip Flexor and Psoas Stretch
- Front leg steps forward, knee bends to 90 degrees
- Chest lifted
- Squeeze glutes and press hips forward

DEEP HIP FLEXOR STRETCH WITH SIDE TWIST

Layer 1

- Hip flexor, mobilize spine, chest and back opener
- Front leg steps forward
- Hands drop towards floor, chest stays lifted, **spine long**
- Thoracic twist to mobilize spine and open through the chest and back

↓ OPTION: No twist, hands on floor or thigh



14. BODY WEIGHT FLOW

TRACK FOCUS

This BODY WEIGHT FLOW is a new way of training for Les Mills TONE. Encourage participants to explore various ranges and planes of movements working on their mobility and strength.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	5x8		Full Animal Flow Sequence	32	
0:18	(Beat)	4x8		Set body in Seated Position. Lift glutes from floor. Leg lift L&R	8	4x
0:32	(Chanting)	8x8	A	Crab Roll to Bear L&R	32	2x
1:01	(Chanting)	8x8	A ¹	Add Side Kick L&R	32	2x
1:30	(Chanting)	8x8	B	Side Kick to Plank Roll L&R	32	2x
1:58	(Chanting ends)	8x8	C	Cobra Pushup L&R working through different levels	16	2x
2:27	(Steady beat)	1x8		Recover Transition to Seated Position	8	3x
2:31	(Music fades)	4x8		Full Body Weight Flow	32	
2:46	(Chanting)	8x8	D	Full Body Weight Flow Slow. L&R	64	1x
3:14	(Chanting)	8x8	D ¹	Full Body Weight Flow Faster. L&R	32	2x
3:43	(Steady beat)	8x8	D ²	Full Body Weight Flow Faster. L&R ↑ OPTION: To speed up	32	2x



14. WE HAVE SPOKEN 4:24mins

TECHNIQUE AND COACHING

When teaching this track for the first time to your members here are some tips and tricks that set you up for success:

- Start by understanding this Body Weight Flow completely. Practice it so you understand all components
- When teaching this new type of movement to your group focus on 'body-part-direction' in the first few classes. Just get everybody moving in the right direction so keep your coaching super basic and clear. Re-emphasizing body-part-direction over and over, and only adding in the most compulsory cues to keep everybody safe
- Once your members have done it a few times feel free to add in some more technical details to enhance their movements. Also add in some different focuses to keep it interesting: can they move from move to move without stopping in between. Can they move faster? Can they slow it down? Play around with it and always adapt your coaching to make it work for your members

CRAB ROLL TO BEAR

Layer 1

- Cue: Lift opposite arm and opposite leg. Bring the free leg under the body to start the roll. Turn your body in the same direction. Place hand and foot down to finish the roll
- Crab: Hands under shoulders, hands facing backwards to 45 degrees, shoulders down and back, hips in the middle between hands and feet, push through hands and feet to lift hips two to three cm off the ground
- Bear: Hands under shoulders, feet hip width, back long and straight. Lift knees two to three cm off the floor

BEAR ROLL TO SIDE KICK

Layer 1

- Cue: From Bear position, lift opposite hand and foot. Bring the free leg under the body to start the roll. Stop rotation by placing the heel of the base foot down. Extend the free leg out
- Bear: Hands under shoulders, feet hip-width, back long and straight. Lift knees two to three cm off the ground
- Side Kick: Hips are positioned between hand and base foot. Extended kicking to the side and leg turned out to the 45 degrees. Straight base arm

SIDE KICK TO PLANK ROLL

Layer 1

- Cue: From Side Kick Position slide the extended back towards the base foot. Base foot and extended leg connect. Lift hips off the floor (if hips were down). Lift the opposite hand to the extended leg, then roll towards the extended leg. Finish in Plank Position
- Side Kick: Hips are positioned between hand and base foot. Extended kicking to the side and leg turned out to the 45 degrees. Straight base arm
- Plank Roll: Roll from Side Plank to Full Plank (on knees or toes) turning towards the extended leg. In Plank, hands under shoulders. Back long and straight. Core braced. Keep the base foot (from side kick) off the floor in Plank position (which becomes the free leg)

COBRA PUSHUP

Layer 1

- Cue: Bend elbows lowering the chest to elbow height. Simultaneously curl the free leg lifting the knee slightly. Extend the arms, straighten the leg and reset
- **Cobra Pushup: Hands directly under shoulders. Long flat back, eye gaze in line with fingertip. Core braced**
- **Chest stops in line with elbow height**

↑ OPTION: Alternating Leg Curl

↑ OPTION: Lifting the knee from floor during Leg Curl

↑ OPTION: Tricep Pushup / Leg Curl on toes

FULL BODY FLOW SEQUENCE

Layer 1

- Cue: Roll under, kick to the side, bring the feet together, roll towards the extend leg, one Tricep Pushup
- **Body lifted**
- **Chest lifted**
- **Core braced**
- No dumping into shoulder

Layer 2

- The full sequence can be performed off the beat. By encouraging exploration of movement, participants will be able to explore their range of mobility and strength at their own pace



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.

