

LES MILLS TONE 15

MUSIC

FORMATS

01. WARM-UP

02. STEADY STATE

03. PEAK 1 CARDIO

04. PEAK 2 FEATURE CARDIO

05. PEAK 3 CARDIO

06. RESISTED CARDIO

07. DYNAMIC CARDIO CORE

08. RESISTED BALANCE

09. LOWER BODY STRENGTH

10. UPPER BODY STRENGTH

11. FUNCTIONAL CORE STRENGTH

12. GLUTES

13. STRETCH

ALT

03. PEAK 1 CARDIO

RELEASE FOCUS

DECLARATION OF INTENT

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RELEASE FOCUS LUNGES

Last round our theme was Glute Activation. We mentioned vertical drive in moves like Lunges and Squats and about horizontal drive in Thrusters and Bridges – all driven by a powerful glute contraction.

Now we're honing in on this topic and the focus is **LUNGES**.

Last round we discussed that the glute max fired maximally in the base of the move when producing vertical drive, and decreased output as we returned to the top. Whereas, for moves like Bridges and Thrusters that contribute to horizontal drive, we get most activation at the top of the movement when the hips were extended.

Let's talk Lunge length.

It's important that we coach a **"long step back"** every time we set up a Lunge. This allows us to keep the weight evenly distributed and helps avoid too much compression in the front knee... "I know team it's one of the basics we learn when we start but there's nothing like a little refresher".

Coaching **"hips square"** is important too. Alignment is the gateway to power and we all need as much power as possible to train at our best. We lose power when unaligned and put our bodies into a poor position.

Tell me about... muscle activation in the front and back leg.

Wherever you are right now... stand up and get into a Lunge position. We know from last round the **glute fires in the front leg at the bottom of the Lunge**, which helps produce vertical drive. Can you feel the front leg fire?

But... what about the back leg?

Well, lucky you asked... Recent muscle activation studies performed by Dr. Jinger Gottschall show that the **glute max fires strongly in the back leg too**.

This is while the back leg is in **hip extension** and it is thought that the glute contraction mimics the type of activation we see during **horizontal drive** in athletic movements.

Just like running. Feel the glute firing again?

And when performing a Lunge all of our leg muscles work harder in a **dynamic Lunge** when compared to a static Lunge.

Now if we put a free weight in the mix and hold it on the same side of the back leg, we increase the activation of gluteus medius in the front leg. This is huge for building stability and control.

So what does this mean for you as an instructor? To get the most out of the Lunge, we want to be coaching a long step back with hips square every rep so keep coming back to it with your participants. Bring focus to the back leg as well as the front leg in terms of glute activation.

And speak to the benefits of adding a weight plate in the offset position.



RELEASE FOCUS LUNGES

Here are some examples to get you started:

- Take a long step back to keep the load even between the front and back leg
- Feel that strong glute contraction in the back leg – we are training our glutes to fire the way we need them when running and walking
- Simultaneously strengthening for vertical drive in the front leg and horizontal power in the back leg
- Dynamic Lunges are one of the fastest ways to shape and tone our glutes
- Holding a free weight in one hand fires our glute med – this is great for stability during any weight-bearing activity.

Now let's go and light this release up!



MUSIC

01	Son Of A Preacher Man (2:29) Aexcit feat. Deni Hines © 2019 Nitron Music a division of Sony Music Entertainment Germany GmbH. Written by: Hurley, Wilkins	10	Girl With The Bat (3:21) Idris Elba feat. Shadow Boxxer © 2020 7Wallace. Written by: Elba, Jarr Jr.
02	Say Something (RetroVision Remix) (3:28) Lucas & Steve © 2019 Spinnin' Remixes / SpinninRecords.com. Written by: Jansen, de Wert, Hosking, Koronowska, ten Haeff	11	True Champion (2:36) Dannic & Graham Swift © 2019 Fonk Recordings / under exclusive license to SpinninRecords.com. Written by: Hamilton, Romers
03	You & Me (Baauer Remix) (4:02) Disclosure feat. Eliza Doolittle Courtesy of the Universal Music Group. Written by: Caird, G. Lawrence, H. Lawrence, Napier	12	Best Friend (1:22) Saweetie feat. Doja Cat © 2021 ICY/Warner Records Inc. Written by: Harper, Dlamini, Gottwald, Hammers, Smith, Thomas, Valdes
04	When You Hear The Bassline (2:56) Underground Tingz © 2021 Les Mills Music Licensing Ltd. Written by: Taylor, Pentz, Unknown		Best Friend (1:24) Saweetie feat. Doja Cat © 2021 ICY/Warner Records Inc. Written by: Harper, Dlamini, Gottwald, Hammers, Smith, Thomas, Valdes
05	7 Rings (3:29) Golden Roadie © 2021 Les Mills Music Licensing Ltd. Written by: Parks, Grande, Hammerstein, Krysiuk, Monet, Rodgers, Vitia	13	Streets (Disclosure Remix) (3:00) Doja Cat © 2021 Kemosabe Records/RCA Records. Written by: Dlamini, Darius Logan, Dominique Logan, Asrat
06	BAM BAM (2:35) Merk & Kremont & HÄWK © 2020 SpinninRecords.com. Written by: Mercuri, Cremona, Falconelli	ALT 03	You & Me (Baauer Remix) (4:02) Disclosure feat. Eliza Doolittle Courtesy of the Universal Music Group. Written by: Caird, G. Lawrence, H. Lawrence, Napier
07	No Drama (VIP Mix) (3:43) James Hype feat. Craig David © 2019 James Hyper under exclusive license to One More Tune a division of Warner Music UK Limited, a Warner Music Group company. Written by: David, Emenike, Goudie, Milton, Marsland, Hulbert	ALT 03	Playing With Fire (Ahlström Remix) (4:02) Taynte feat. Niklas Ahlström Courtesy of Epidemic Sound. Written by: Unknown
08	Down (1:34) Fifth Harmony feat. Gucci Mane © 2017 Simco Ltd. under exclusive license to Epic Records, a division of Sony Music Entertainment. Written by: Koehlke, Coleman, Demorest, Davis	ALT 04	When You Hear The Bassline (Instrumental) (2:56) Golden Roadie © 2021 Les Mills Music Licensing Ltd. Written by: Taylor, Pentz, Unknown
09	Down (2:44) Fifth Harmony feat. Gucci Mane © 2017 Simco Ltd. under exclusive license to Epic Records, a division of Sony Music Entertainment. Written by: Koehlke, Coleman, Demorest, Davis		
	What's Up Danger (3:25) Blackway & Black Caviar Courtesy of the Universal Music Group. Written by: Sintim-Misa, Piccone		
	What's Up Danger (2:05) Blackway & Black Caviar Courtesy of the Universal Music Group. Written by: Sintim-Misa, Piccone		



LES MILLS TONE 15



Back row (L-R): Kaylah-Blayr Fitzsimons-Nu'u, Erin Maw, Khiran Huston
Front row (L-R): Vili Fifita

We are so excited about this release! Following on from LES MILLS TONE Release 14, is the introduction of an improved format that encompasses what TONE is – a class where our participants can build from being brand-new to exercise all the way through to their version of the ultimate athlete. A TONE workout is all about enhancing optimal athletic power using a combination of Cardio, Strength and Core while still giving our participants the freedom and choice to dial up or dial down the intensity.

So what can we expect in TONE 15?

We **Warm up** to a classic song with a new-school feel, focusing on mobilization through the posterior chain. Next we prepare for the work ahead in our **Steady State** using lateral movement patterns and speed footwork to prime the correct muscles and build the heart rate. **Peak 1 Cardio** – say hello to our brand-new move the Typewriter Burpee! **Peak 2 Cardio** focuses on running movement drills to improve your run! **Peak 3 Cardio** gets our heart rate through the roof via athletic jumps with a TONE twist. **Resisted Cardio** keeps the heart rate high using rotational power and explosive Squat Jumps. Our **Dynamic Cardio Core** is so good we don't even need plates this round – we continue to explore rotational power using the tempo to create the ultimate resistance. **Resisted Balance** is smooth and the ultimate workout for our stabilizers. **Lower Body Strength** showcases another new move to TONE, the Offset Squat. We love unilateral movements for strength and longevity. Next up is **Upper Body Strength** with a circuit-style feel to maximize our workout. **Functional Core Strength** is simple moves to banging beats. Finally **Glutes** and there's nowhere to hide with everyone's favorite: Banded Clam Shells. We finish upbeat with a luscious **Stretch**.

How great is this workout!

Diana, Erin and Khiran x

CREDITS

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Special thanks to Melroy Oostra



FORMATS

NEW FORMAT KEY NOTES FOR TONE RELEASES 14 ONWARDS

Class to be taught in prescribed order as shown in the choreography notes.

No more Standing Burpees. A like-for-like choreographed standing alternative is provided. You will choose either the floor version or standing version for your class. Please note: only one version is taught in one class, not both.

Equipment update: 2 heavy weight plates. Introduction of heavy weight plate work for Lower Body Strength, Upper Body Strength and Functional Core Strength tracks.

30-MINUTE FORMAT FOR TONE RELEASES 14 ONWARDS

01. WARM-UP	2-3 mins
02. STEADY STATE	3-4 mins
03. PEAK 1 CARDIO OR PEAK 5 CARDIO	4-5 mins
06. RESISTED CARDIO	2-3 mins
09. LOWER BODY STRENGTH	3-4mins
10. UPPER BODY STRENGTH	3-4mins
11. FUNCTIONAL CORE STRENGTH	2-3 mins
12. GLUTES	2-3 mins

FOR TONE RELEASES 1-13

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.

45-MINUTE FORMATS FOR TONE RELEASES 1-13

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 FOR TONE RELEASES 1-13

To create the 30-minute format of LES MILLS TONE releases 1-13, 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

In the new format, the Warm-up focuses on mobilizing the joints and priming the muscles. The music is uplifting and the choreography is simple, which gives you time to connect with your participants.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	2x8 A	Wrist Mobility	16	
0:16	V / <i>That's when</i>	2x8 B	Ankle Mobility	16	
0:24	C / <i>The only boy</i>	4x8 C	Squat/Lunge Combo (Slow) L&R Squat: <i>Hands clasped in front</i> Lunge: <i>RA</i>	16	2x
0:41	/ <i>(Trumpets)</i>	4x8 C ¹	Squat/Lunge Combo (Fast) L&R Squat: <i>Hands clasped in front</i> Lunge: <i>RA</i> 👁 Squat/Lunge Combo with Reach on last 8 counts	8	4x
0:57	/ <i>The only boy</i>	5x8 C ²	Squat/Lunge Combo (Fast) with Reach L&R Squat: <i>Hands clasped in front</i> Lunge: <i>One arm reaches to the floor, other arm reaches to the ceiling</i>	8	5x
1:19	V / <i>Being good</i>	3x8 D	Lateral Lunge L&R <i>Hands to thighs</i>	4	6x
1:31	C / <i>The only boy</i>	4x8 D ¹	Lateral Lunge with Reach L&R <i>One arm reaches to the floor</i> 👁 Thoracic Rotation Lift on last 4 counts	4	8x
1:48	/ <i>(Trumpets)</i>	4x8 D ²	Lateral Lunge with Thoracic Twist L&R	4	8x
2:05	/ <i>The only boy</i>	2x8 E	Squat/Heel Raise Squat: <i>Hands clasped in front</i> Heel Raise: <i>A-Frame Arms</i> 👁 Squat/Heel Raise with O/H Reach on last 4 counts	4	4x
2:13	/ <i>The only boy</i>	2x8 E ¹	Squat/Heel Raise with O/H Reach Squat: <i>Hands raised O/H</i> Heel Raise: <i>A-Frame Arms</i>	4	4x
2:25	Outro /	1x8 F	Jog	8	



01. SON OF A PREACHER MAN 2:29mins

TECHNIQUE AND COACHING

SQUAT/LUNGE COMBO

Layer 1

- Squat: **Feet outside hip-width, knees pressed out over toes, chest lifted**
- Lunge: **Long step back, back heel lifted. Long spine, chest lifted, strong core brace**

Layer 2

- Feet hip-distance apart to stabilize the body in both the Squat and Lunge

↑ OPTION: Add the Reach to encourage tall posture and wake up the side obliques

LATERAL LUNGE

Layer 1

- **Feet outside hip-width**
- **Toes turn out slightly**
- **Knees pressed out over toes**
- **Hips square to front**
- Chest lifted

Layer 2

- Take the feet wider than hips to increase the range of the Lateral Lunge
- Encourage a deeper stretch by adding the Reach or Thoracic Twist

↓ OPTION: Instead of reaching towards the floor, hands press to thighs

↑ OPTION: Thoracic rotation to mobilize the spine

SQUAT/HEEL RAISE

Layer 1

- Cue: Squat and rise
- Squat: **Feet outside hip-width, knees pressed out over toes, chest lifted**
- Heel Raise: Drive through the toes, squeeze the glutes and core to balance
- Triple Extension Warm-up – priming the body for explosive movement

↓ OPTION: Heels grounded



02. STEADY STATE

TRACK FOCUS

Steady State cardio is about increasing our heart rate to an intensity that can be maintained for the duration of the track. A good rule of thumb; you should be able to talk comfortably but you shouldn't be able to sing.

MUSIC			EXERCISE		CTS	REPS
0:00	V / I've been	4x8	A	Skater L&R. <i>Natural Arms</i>	4	8x
0:16	/ Oh darling	8x8	B	Skater Combo L&R. <i>Natural Arms</i> 4x quick Skaters and 2x slow Skaters	8	8x
0:47	PC / Oh	4x8	C	Jack/Ladder Run Combo OTS 4x Jack: <i>Hands clasped in front</i> [8 cts] Ladder Run: RA [8 cts] 👁 Jack/Ladder Run Combo F&B on last 16 counts	16	2x
1:02	C / (Synth)	8x8	C¹	Jack/Ladder Run Combo F&B 4x Jack F: <i>Hands clasped in front</i> [8 cts] Ladder Run B: RA [8 cts]	16	4x
1:36	V / Now we	4x8	A	🔄 Skater L&R	4	8x
1:51	/ Oh darling	8x8	B	🔄 Skater Combo L&R	8	8x
2:21	PC / Oh	4x8	C	🔄 4x Jack/Ladder Run Combo OTS	16	2x
2:37	C / (Synth)	8x8	C¹	🔄 Jack/Ladder Run Combo F&B	16	4x
3:07	Outro / Oh darling	4x8	B	🔄 Skater Combo L&R	8	4x



02. SAY SOMETHING (RETROVISION REMIX) 3:28mins

TECHNIQUE AND COACHING

SKATER COMBO

Layer 1

- Cue: 4-3-2, slow
- Skater: **Landing knee pressed out over toes, chest lifted, core braced, hinge forward at hips**

Layer 2

- Brace the core tightly to stabilize the body as you move with speed
 - Take the bounce out of the Skater by grounding the body. Land with heel to floor, big knee bend, and squeezing the glutes
 - Use the arms to help propel you wider
- ↓ OPTION: Skater – Tap Down or Bounce

JACK/LADDER RUN COMBO

Layer 1

- Cue: Jack 4-3-2, Ladder Run, 8-7-6-5
 - Jack: **Heels grounded, knee pressed out over toes**, chest lifted
 - Ladder Run: Run on the balls of the feet, light and lifted
 - Focus on preparing the body for the first peak. Squeeze the side glutes in the Skaters and the calves and hip flexors in the Jack/Ladder Run Combo
- ↓ OPTION: Shallow-range Jack and Jog OTS



03. PEAK 1 CARDIO

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use 'Playing With Fire (Ahlström Remix)' with the same choreography.

TRACK FOCUS

Peak 1 Cardio is our first opportunity to boost the heart rate. The floor variation is for those who love Burpees in their workout. You will notice that the options are layered into the choreography so that participants understand their options and can self-modulate their workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Jog	16	
0:06	(Instr)	2x8	A	Walking Burpee (Slow) Squat: <i>Hands clasped in front</i> Hands down: <i>Hands under shoulders</i> Walk both feet B: <i>Hands under shoulders</i> Walk both feet in: <i>Hands under shoulders</i> Squat to stand: <i>Hands clasped to A-Frame</i>	2 2 4 4 4	1x
0:12	(Instr)	4x8	A ¹	Burpee (Slow) Squat. Jump B to Plank position. Jump to Squat. Stand. <i>Natural Arms</i>	16	2x
0:25	V / <i>Home is where</i>	8x8	A ²	Burpee Squat. Jump B to Plank position. Jump to Squat. Stand. <i>Natural Arms</i>	8	8x
0:50	PC / <i>(Beat builds)</i>	6x8	B	Mountain Climber Plank position. Knees to elbows. <i>Hands under shoulders</i> ↓ ↑ 6x slow reps followed by 12x fast reps	2	24x
1:02	C / <i>Please don't</i>	8x8	C	Mountain Climber Burpee Squat Jump B to Plank position 7x Mountain Climber Jump to Squat position Stand ↓ 4x Mountain Climber (Slower)	2 2 8 2 2	4x
1:27	/ <i>In your big</i>	8x8	D	Typewriter Burpee Squat Jump B to Plank position 7x Mountain Climber, moving laterally Jump to Squat position Stand ↓ Mountain Climber Burpee	2 2 8 2 2	4x
1:54	Instr/	4x8		Recover	32	
2:05	C / <i>Rolling with</i>	8x8	A ²	 Burpee	8	8x
2:30	PC / <i>(Beat builds)</i>	6x8	B	 Mountain Climber	2	24x
2:43	C / <i>Please don't</i>	8x8	C	 Mountain Climber Burpee ↓ 4x Mountain Climber (Slower)	16	4x
3:08	/ <i>I don't</i>	8x8	D	 Typewriter Burpee ↓ Mountain Climber Burpee	16	4x
3:33	Outro / (Instr)	8x8	A ²	Burpee with Tuck Jumps (off-the-beat challenge)		AMRP



ALT

03. PEAK 1 CARDIO

PLAYING WITH FIRE (AHLSTRÖM REMIX) 4:02mins

Please use this song instead of 'You & Me (Baauer Remix)' when teaching Track 3.

MUSIC		EXERCISE		CTS	REPS
0:00	2x8		Jog	16	
0:06	2x8	A	Walking Burpee (Slow) Squat: <i>Hands clasped in front</i> Hands down: <i>Hands under shoulders</i> Walk both feet B: <i>Hands under shoulders</i> Walk both feet in: <i>Hands under shoulders</i> Squat to stand: <i>Hands clasped to A-Frame</i>	2 2 4 4 4	1x
0:12	4x8	A ¹	Burpee (Slow) Squat. Jump B to Plank position. Jump to Squat. Stand. <i>Natural Arms</i>	16	2x
0:25	8x8	A ²	Burpee Squat. Jump B to Plank position. Jump to Squat. Stand. <i>Natural Arms</i>	8	8x
0:50	6x8	B	Mountain Climber Plank position. Knees to elbows. <i>Hands under shoulders</i> ↓↑ 6x slow reps followed by 12x fast reps	2	24x
1:02	8x8	C	Mountain Climber Burpee Squat Jump B to Plank position 7x Mountain Climber Jump to Squat position Stand ↓ 4x Mountain Climber (Slower)	2 2 8 2 2	4x
1:27	8x8	D	Typewriter Burpee Squat Jump B to Plank position 7x Mountain Climber, moving laterally Jump to Squat position Stand ↓ Mountain Climber Burpee	2 2 8 2 2	4x
1:54	4x8		Recover	32	
2:05	8x8	A ²	Burpee	8	8x
2:30	6x8	B	Mountain Climber	2	24x
2:43	8x8	C	Mountain Climber Burpee ↓ 4x Mountain Climber (Slower)	16	4x
3:08	8x8	D	Typewriter Burpee ↓ Mountain Climber Burpee	16	4x
3:33	8x8	A ²	Burpee with Tuck Jumps (off-the-beat challenge)	AMRP	



03. YOU & ME (BAAUER REMIX) 4:02mins

TECHNIQUE AND COACHING

COACHING TIPS

The Typewriter is new to LES MILLS TONE. Familiarize yourself with the movement before teaching. This will help you to role-model safe movement for the visual learners in the room. This track is structured so you can showcase various intensities to your participants. There are lots of levels for your participants to choose from, so don't shy away from teaching the Typewriter if your members are hungry for a new challenge.

BURPEE

Layer 1

- Cue: Squat, Plank, Squat, stand
- **Feet wide outside hip-width**
- Hands under shoulders
- **Butt down**
- **Back long, strong and straight**
- **Abs braced as feet jump back**

↓ OPTION: Walking Burpee

↓ OPTION: Slow Burpee

MOUNTAIN CLIMBER

Layer 1

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

Layer 2

- Drive through the palms to stabilize the upper body. This supports core strength, allowing you to drive the knees with more power

↑↓ OPTIONS: Speed up or slow down in the Mountain Climbers

MOUNTAIN CLIMBER BURPEE

Layer 1

- Cue: Squat, Plank, 7-6-5-4, stand, repeat
- Burpee: Squat to Plank, **hands under shoulders, long spine**, eye gaze forward to fingertips
- Mountain Climber: **Core braced, hips square to floor**

↓ OPTION: Burpee + 4x slow Mountain Climbers

TYPEWRITER BURPEE

Layer 1

- The Typewriter is a Mountain Climber which moves in the lateral plane
- Cue: Squat, Plank, 8-7-6-5, stand, repeat
- Burpee: Squat to Plank, **hands under shoulders, long spine**
- Typewriter: **Core braced, hips square to floor, butt down, hands stay under shoulders as the body moves laterally**

↓ OPTION: Mountain Climbers OTS



04. PEAK 2 FEATURE CARDIO

Please note: This track contains explicit content. Please use the Instrumental version with same choreography as an alternative.

TRACK FOCUS

The Peak 2 Feature Cardio track is an opportunity to bring creative training styles into TONE. In this release, we're putting the spotlight on running. The C-Skip is a new move for TONE – great for mobilizing and strengthening the hip joints.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	3x8	Set-up Feet under hips, chest lifted, L leg ready for C-Skip 👁 Standing C-Skip on last 8 counts		24	
0:14	C / Back it up	5x8	A	Standing C-Skip L&R 1x Knee Lift to the front, 1x Knee Lift to the side. <i>Natural Arms</i>	8	5x
0:29	(Music drops out)	1x8	Transition to floor 👁 Grounded C-Skip on last 8 counts		8	
0:34	V / When you	8x8	A ¹	Grounded C-Skip L&R Plank position. 1x L knee to L elbow, 1x L knee to L elbow. Repeat on R side ↓ Standing C-Skip	8	8x
1:03	C / Back it up	4x8	B	Shuttle Sprint F&B. RA		AMRP
1:18	(Music drops out)	1x8	C	Squat Pulse. <i>Hands clasped in front</i>	2	4x
1:22	V / We no boring	4x8	C ¹	Squat Pulse with Heel Lift Squat Heel Lift Double Pulse Squat and Heel Lift ↑ Squat Pulse with Vertical Jump 👁 Broad Jump Combo on last 8 counts	8	4x
1:37	/ We no boring	4x8	C ²	Broad Jump Combo 1x Broad Jump. <i>Swing Arms</i> 2x Squat Jump B. <i>Hands clasped in front</i> ↓ Squat Pulse with Heel Lift	4 4	4x
1:52	C / Back it up	4x8	B	Shuttle Sprint F&B. RA		AMRP
2:07	(Music drops out)	1x8	C	Squat Pulse	2	4x
2:11	V / Give it to	8x8	C ²	Broad Jump Combo	8	8x
2:40	C / Back it up	4x8	B	Shuttle Sprint F&B. RA		AMRP



ALT

04. PEAK 2 FEATURE CARDIO

WHEN YOU HEAR THE BASSLINE

(INSTRUMENTAL) 2:56mins

As an alternative, please use this Instrumental version when teaching Track 04.

MUSIC		EXERCISE		CTS	REPS
0:00	3x8	Set-up Feet under hips, chest lifted, L leg ready for C-Skip 👁 Standing C-Skip on last 8 counts		24	
0:14	5x8	A Standing C-Skip L&R 1x Knee Lift to the front, 1x Knee Lift to the side. <i>Natural Arms</i>		8	5x
0:29	1x8	Transition to floor 👁 Grounded C-Skip on last 8 counts		8	
0:34	8x8	A ¹ Grounded C-Skip L&R Plank position. 1x L knee to L elbow, 1x L knee to L elbow. Repeat on R side ↓ Standing C-Skip		8	8x
1:03	4x8	B Shuttle Sprint F&B. RA		AMRP	
1:18	1x8	C Squat Pulse. <i>Hands clasped in front</i>		2	4x
1:22	4x8	C ¹ Squat Pulse with Heel Lift Squat Heel Lift Double Pulse Squat and Heel Lift ↑ Squat Pulse with Vertical Jump 👁 Broad Jump Combo on last 8 counts		8	4x
1:37	4x8	C ² Broad Jump Combo 1x Broad Jump. <i>Swing Arms</i> 2x Squat Jump B. <i>Hands clasped in front</i> ↓ Squat Pulse with Heel Lift		4 4	4x
1:52	4x8	B Shuttle Sprint F&B. RA		AMRP	
2:07	1x8	C Squat Pulse		2	4x
2:11	8x8	C ² Broad Jump Combo		8	8x
2:40	4x8	B Shuttle Sprint F&B. RA		AMRP	



04. WHEN YOU HEAR THE BASSLINE 2:56mins

TECHNIQUE AND COACHING

STANDING C-SKIP

Layer 1

- Cue: Knee forward. Knees out over toes
- **Soft knees for soft landing**
- Flex the toes
- **Land on the ball of the foot**
- Knee stops at hip height

Layer 2

- The C-Skip simultaneously mobilizes the hip joint and promotes power in the leg muscles. Hip mobility helps with longer strides and increased power equals increased speed

GROUNDING C-SKIP

Layer 1

- Cue: Knee forward. Knees out over toes
- Plank: **Hands under shoulders, core braced, butt down**
- C-Skip: 1x knee to elbow. 1x knee to outside elbow

Layer 2

- The same movement pattern as the standing variation but incorporating body weight and core strength

↓ OPTION: Standing C-Skip

BROAD JUMP COMBO

Layer 1

- Cue: Big Jump forward, 2x Jumps back
- **Both feet take off/both feet land**
- **Soft knees**
- Chest lifted
- Butt to knee level

Layer 2

- Swing the arms to help with propulsion forward in the Broad Jump

↓ OPTIONS: Heel Raise or Vertical Jump

SHUTTLE SPRINT

Layer 1

- Heel-ball-toe running
- Pivot on the ball of foot to turn
- Avoid twisting through the knee as you turn

Layer 2

- C-Skip has primed the legs for running – push the intensity and see how many reps you can do in the allotted time

OPTIONS: Consider the space in your gym. Split the room in half for larger spaces or High Knee Sprints OTS in smaller spaces



05. PEAK 3 CARDIO

TRACK FOCUS

Peak 3 Cardio combines high-intensity interval training (HIIT) with resistance training to create a cardio explosion. Recovery intervals are built into the track so when the beat drops, motivate your participants to 'max out' each block of work.

WEIGHT RECOMMENDATION:

New to Fitness: Light weight plates

Regulars: Medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Breakfast	2x8	Set-up Collect weight plates. Feet under hips, strong core brace, <i>weight plate stacked to collarbones</i> 👁 Lateral Squat with O/H Press on last 8 counts		16	
0:07	V / Lashes and diamonds	2x8	A	Lateral Squat with O/H Press L&R 👁 Squat Jack with O/H Press (Slow) on last 4 counts	8	2x
0:14	/ Been through	4x8	A ¹	Squat Jack with O/H Press (Slow)	4	8x
0:28	(Heavy beat)	4x8	A ²	Squat Jack with O/H Press (Fast) ↓ Lateral Squat with O/H Press ↓ No O/H Press	2	16x
0:42	(Heavy beat)	4x8	A ³	Squat Jack/Air Jack with O/H Press 1x Squat Jack w/ O/H Press 1x Plate Air Jack w/ O/H Press ↓ Squat Jack or Lateral Squat with O/H Press	2 2	8x
0:55	V / Wearing a ring	2x8		Recover	16	
1:02	/ I'd rather buy	7x8	B	Squat Reach Lateral Squat. <i>One arm reaches to floor</i>	8	7x
1:23	V / My smile is beaming	8x8	C	180° Jump Combo Squat. <i>Hands clasped in front</i> Jump/Turn 180°. <i>Swing arms</i> Jog/Tread. <i>Natural Arms</i> ↓ Jump/Turn 90°	2 2 4	8x
1:50	(Heavy beat)	8x8	C ¹	180° Jump Combo (Bigger) Squat. <i>Hands clasped in front</i> Big Jump/Turn 180°. <i>Big arm swing</i> High Knee Run. <i>RA</i> ↓ Jump/Turn 90°	2 2 4	8x
2:17	V / Yeah my receipts	2x8		Recover <i>Pick up weight plates</i>	16	
2:31	/ Shoot, go from	5x8	A	 Lateral Squat with O/H Press L&R	8	5x
2:45	/ My wrist	4x8	A ¹	 Squat Jack with O/H Press (Slow)	4	8x
2:59	(Heavy beat)	8x8	A ³	 Squat Jack/Air Jack Combo	4	16x



05. 7 RINGS 3:29mins

TECHNIQUE AND COACHING

LATERAL SQUAT WITH O/H PRESS

Layer 1

- Squat: **Feet outside hip-width, knees pressed out over toes, chest lifted**
- O/H Press: **Core braced**, arms extend long, **weight plate forward of face**

Layer 2

- Are you staying with the Lateral Squat? Ignore the beat and move with speed. See how many reps you can do!

↓ OPTIONS: No O/H Press or no weight plate

SQUAT JACK WITH O/H PRESS

Layer 1

- Cue: Out, in. Out, in
- Jack: Feet wide outside hip-width, knees press out over toes, heels to floor
- O/H Press: Chest lifted, arms extend long, weight plate forward of face

↓ OPTIONS: Lateral Squat with or without O/H Press

↑ OPTION: Squat Jack/Air Jack Combo – **both feet take off/both feet land, knees bend on landing to soften the impact, core braced super strong to protect the spine and control the weight plates**

180° JUMP COMBO

Layer 1

- Jump feet out to Squat, jump and turn 180 degrees to the back of the room, High Knee Sprint on the spot. Repeat the sequence, turning back to the front. Make sure you turn the same way every time to avoid dizziness
- Squat: Feet wide outside hip-width, **knees pressed out over toes, chest lifted**
- Turn: **Both feet take off, both feet land, knees soft. Hips and shoulders move as one**
- High Knee Run: **Feet under hips**

Layer 2

- Shift the intensity by creating power in your movements. Activate the Triple Extension by bending low to Squat, then drive through the toes to push the floor for extra acceleration in the Jump
- For a heart rate kick, combine speed with the High Knee Run. Hit the beat with your feet!

↓ OPTION: Quarter Turn instead of 180° Turn

↑ OPTION: Jump higher + High Knee Sprint



06. RESISTED CARDIO

TRACK FOCUS

The cardio does not end after Peak 2. The Resisted Cardio track is an opportunity to gently reduce the cardio intensity, using light resistance to begin firing the muscles for the strength training to come.

WEIGHT RECOMMENDATION:

New to Fitness: Light weight plates

Regulars: Medium weight plates

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set-up Feet under hips. Strong core brace. <i>Weight plate in each hand</i> 👁️ Jack/Cross Punch Combo on last 8 counts	16	
0:07	C / Bam, ba-da-bam	6x8 A	Jack/Cross Punch Combo (Slow) L&R Jump to Squat. <i>Weights at waist</i> Trunk Rotation. <i>R arm reaches to L knee. L arm at waist</i> Reset Trunk Rotation. <i>R arm to waist</i> Feet jump together. <i>Weights at waist</i> Repeat to L	4 4 4 4	3x
0:30	/ Bam, ba-da-bam	4x8 A ¹	Jack/Cross Punch Combo (Fast) L&R	8	4x
0:45	(Instr)	4x8 A ²	Jack/Cross Punch Combo (Fast) with Heel Tap L&R Jump to Squat. <i>Weights at waist</i> Trunk Rotation. <i>R arm reaches to L knee. L arm at waist</i> Reset Trunk Rotation. <i>R arm to waist</i> Heel Tap. <i>Weights at waist</i> ⬇️ Stay grounded	2 2 2 2	4x
1:01	C / Bam, ba-da-bam	4x8 B	Offset Skater L&R Skater L&R. Slight trunk rotation. <i>Weight plates to chest</i>	4	8x
1:16	/ Bam, ba-da-bam	8x8 B ¹	Lateral Leap L&R One foot lifted from floor. <i>Weight plates to chest</i> After 8 reps add more rotation through the upper body	4	16x
1:46	/ Bam, ba-da-bam	4x8 B ²	Lateral Leap with Cross Row L&R <i>Cross hands in front of body, pull back to Row</i>	4	8x
2:01	Outro / (Instr)	8x8 A ²	 Jack/Cross Punch Combo (Fast) with Heel Tap L&R ⬇️ Stay grounded ⬆️ Double Heel Tap	8	8x



06. BAM BAM 2:35mins

TECHNIQUE AND COACHING

JACK/CROSS PUNCH COMBO

Layer 1

- Cue: Squat, Reach, Squat, together
- Jump feet out to Squat, extend one arm to the mid-line of body, row the arm back to waist, jump feet together. Repeat sequence, opposite arm extends and rows
- Squat: **Feet wide outside hip-width, knees pressed out over toes, chest lifted, hips stay square to front – no twisting in the hips**
- Arm Reach: Arm extends to opposite side of the body. Slight reach down – **weight plate stays above the hips. Rotation through the chest, not the hips. Reach with plate is low and long**
- We infused speed and rotational power to challenge the core and lift the heart rate

Layer 2

- Land low in the Squat. By stabilizing the lower body, we can focus on firing the core for rotational power

↑ OPTION: No weight plates

↓ OPTION: Heel Tap – bend knees to land softly

LATERAL LEAP

Layer 1

- **Landing knee pressed out over toes**
- **Chest lifted**
- **Core braced**
- **Slight hinge forward at hips**
- Weight plates to chest

Layer 2

- Keep posture upright and cores squeezed to stabilize the upper body as you leap

↑ OPTION: Lift one foot off the floor

↑ OPTION: Thoracic Twist for more rotational power

LATERAL LEAP WITH CROSS ROW

Layer 1

- Lateral Leap: **Landing knee pressed out over toes, chest lifted, core braced**
- Cross Row: Both arms cross in front of the body. **No twisting in the hips. Weight plates stay above hips**

Layer 2

- A quick beat requires quick muscle activation. Engage the muscle fibers by squeezing tightly through the shoulder blades

↓ OPTION: Lateral Leap with Thoracic Twist



07. DYNAMIC CARDIO CORE

TRACK FOCUS

Cardio Core is the final cardio track of the class. This track uses innovative choreography to challenge the heart rate and target the core.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / We don't need	2x8	Set-up Feet wide outside hip-width for Lateral Lunge  Lateral Lunge on last 8 counts		16	
0:08	C / When the night	2x8	A	Lateral Lunge (Slow) L&R Fingertips to temples	8	2x
0:16	/ No drama	8x8	A ¹	Lateral Lunge (Fast) L&R Fingertips to temples	4	16x
0:47	(Beat drop)	8x8	B	Palm Press (Fast) L&R Extend arms in front of body, palms open	2	32x
1:02	C / No	8x8	C	Palm Press Combo L&R 16x Fast Palm Press 8x Power Palm Press Extend arms in front of body, palms open	8 8 16	2x
1:18	V / Drama-ma-ma	16x8	C ¹	Palm Press Combo L&R + Up & Down 16x Fast Palm Press 8x Power Palm Press Extend arms in front of body, palms open. 4x Palm Press forehead height, 4x Palm Press to chest height	8 8 16	4x
1:49	/ We don't need	4x8	A	 Lateral Lunge (Slow) L&R	8	4x
2:04	V / Need no	8x8	A ¹	 Lateral Lunge (Fast) L&R	4	16x
2:35	(Heavy beat)	2x8	B ¹	Palm Press (Power) L&R	4	4x
2:39	(Beat drop)	8x8	B	 Palm Press (Fast) L&R	2	32x
2:55	(Beat drop)	12x8	C ¹	 Palm Press Combo L&R + Up & Down	16	6x



07. NO DRAMA (VIP MIX) 3:43mins

TECHNIQUE AND COACHING

LATERAL LUNGE

Layer 1

- Fingertips to temples
- **Feet wider than hips**
- **Toes turn out slightly**
- **Knees pressed out over toes**
- **Hips square to front**

Layer 2

- Use the Lateral Lunge as your recovery.
The Palm Press pack some serious heat so encourage participants to breathe and recover

↓ OPTION: Hands rest to thigh

PALM PRESS

Layer 1

- Palm press across the body
- **Feet outside hip-width**
- **Knees soft**
- **Core braced**
- **Chest lifted**
- Hands press to the mid-line of the body.
Hands just below shoulders

Layer 2

- Press forward from the palm of the hand to activate the core and create rotational power
- Feel the difference in the Power Palm Press.
Imagine the force needed to break through a concrete wall



08. RESISTED BALANCE

TRACK FOCUS

TONE intentionally trains the body for lifelong movement. The Resisted Balance track will help participants to develop strength by infusing stability and mobility movement patterns.

WEIGHT RECOMMENDATION:

New to Fitness: Light weight plates or SMARTBAND™

Regulars: Medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8	Set-up Feet under hips, tall posture, L leg ready for Knee Lift. <i>Weight plate in each hand held to chest</i>		8	
0:05	V / I need	6x8	A	Knee Lift/Single-Leg Squat L R Knee Lift Single-Leg Squat <i>Weight plates to chest</i> ↓ Tap foot to floor	4 4	6x
0:33	C / Long as you	4x8	B	Balance Combo L R leg travels B 2x Pulse Leg Extension R leg travels F 2x Single-Leg Double Pulse Squat <i>Weight plates to chest</i> ↓ Tap foot to floor	4 4 4 4	2x
0:54	V / You the type	4x8	A ¹	Knee Lift/Single-Leg Squat with O/H Press L R Knee Lift, O/H Press Single-Leg Squat. <i>Weight plates to side</i> ↓ Tap foot to floor ↓ No O/H Press	4 4	4x
1:12	C / Long as you	4x8	B ¹	Balance Combo with Weight Plates L R leg travels B. <i>Weights travel B</i> 2x pulse Leg Extension. <i>Arms extend to Cobra Pose</i> R leg travels F. <i>Weights travel F</i> 2x Single-Leg Double Pulse Squat. <i>Arms extend F, below shoulder height</i> ↓ Tap foot to floor ↓ <i>Weight plates to chest</i>	4 4 4 4	2x
1:33	(Instr)	1x8	Set-up Knee Lift/Single-Leg Squat R side		8	
1:40	V / I need	18x8	 Sequences A – B¹ R side		144	
3:07	B / It's like Bonnie	2x8	Set-up Tiptoe Squat		16	
3:17	/ And Imma hold	4x8	C	Tiptoe Squat (Slow) Feet under hips, heels lifted, Squat to stand <i>Weight plates to chest</i> ↓ Heels grounded	8	4x
3:37	C / Long as you	4x8	C ¹	Tiptoe Squat with Chest Fly (Slow) Squat. <i>Arms extend F, below shoulder height</i> Stand. <i>Arms extend wide, below shoulder height</i> ↓ Heels grounded	4 4	4x
3:57	Outro / Down	4½x8	C ²	Tiptoe Squat with Chest Fly (Fast) Squat. <i>Arms extend F, below shoulder height</i> Stand. <i>Arms extend wide, below shoulder height</i> ↓ Heels grounded	2 2	9x



08. DOWN 4:18mins

TECHNIQUE AND COACHING

KNEE LIFT/SINGLE-LEG SQUAT

Layer 1

- Stabilize on one leg. Lift opposite knee to hip height. Extend the opposite leg, bending standing leg for Single-Leg Squat
- Standing leg directly under hip
- **Standing knee presses out over toes**
- **Hips square to front**
- Chest lifted

Layer 2

- Press the standing heel down into the floor. This helps to activate the glutes to assist with stability

↓ OPTION: Tap the floating foot down for balance

↑ OPTION: Add the O/H Press – **weight plates stay in front of the body**. The O/H Press works into the shoulders and upper back. Moving the arms creates instability, requiring more glute and core activation to help with balance

BALANCE COMBO

Layer 1

- Stabilize on one leg. Swing the opposite leg around to the back for 2x Hip Extensions. Swing leg back to the front for 2x Single-Leg Squats
- Standing leg directly under hip
- **Standing knee presses out over toes**
- **Hips square to front**
- Chest lifted
- The Balance Combo encourages hip mobility in the transverse plane. This allows us to strengthen the large and small glute muscles that support hip movement

Layer 2

- Engage the posterior chain for balance

↓ OPTION: Tap the floating foot down for balance

↑ OPTION: Add weight plates – **weight plates stay below shoulders**

TIPTOE SQUAT WITH CHEST FLY

Layer 1

- Cue: Down and up. Arms in, arms out
- **Feet together, knees together**
- **Both feet under hips**
- Heels lifted
- **Chest lifted** – slight hinge forward at hips
- **Weight plates stay below shoulders**
- **Quarter Squat range**
- **Knees do not track forward of the toes**

Layer 2

- A new twist on a familiar move. By lifting the heels, we maintain activation of the calves, quads and glutes. A spicy balance challenge which builds strength

↓ OPTION: Heels to floor



09. LOWER BODY STRENGTH

TRACK FOCUS

This track has simple choreography and isolated work for the lower body; time for compound strength training. This allows participants to use heavy weight plates to build muscular strength.

WEIGHT RECOMMENDATION:

New to Fitness: Medium weight plates

Regulars: Heavy weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set-up Feet outside hip width, chest lifted. <i>Weight plate in each hand</i> NOTE: For all Squat/Lunge combos Squat. <i>Arms extended</i> , weights in front of hips Lunge. <i>Arms extended</i> , weights either side of leading leg		16	
0:10	V / Two-thousand	6x8	A	Squat/Lunge Combo L&R 1x Single Squat 1x Single Lunge 1x Single Squat 1x Single Lunge		3x
					4	
					4	
					4	
					4	
0:40	/ I'm insane	4x8	A ¹	2x Pulse Squat/2x Pulse Lunge Combo L&R 1x 2 Pulse Squat 1x 2 Pulse Lunge 1x 2 Pulse Squat 1x 2 Pulse Lunge		2x
					4	
					4	
					4	
					4	
1:00	C / What's up	4x8	A ²	4x Pulse Squat/4x Pulse Lunge Combo L&R 1x 4 Pulse Squat 1x 4 Pulse Lunge 1x 4 Pulse Squat 1x 4 Pulse Lunge		1x
					8	
					8	
					8	
					8	
1:21	(Heavy beat)	2x8	Transition Set up Offset Squat		16	
1:31	V / Two-hundred	13x8	B	Offset Squat L L leg under hip, R leg steps B, Mid Stance, R heel lifted. <i>Arms extended</i> , weights to side of body	4	26x
2:36	/ Like what's up	1x8	Transition Feet wide for 4x Pulse Squat/4x Pulse Lunge Combo		8	
2:41	C / Can't stop me	8x8	A ²	4x Pulse Squat/4x Pulse Lunge Combo L&R	32	2x
3:24	(Silence)	2x8	Transition Set up Offset Squat		16	
3:32	C / What's up	12x8	B	Offset Squat R R leg under hip, L leg steps B, Mid stance, L heel lifted. <i>Arms extended</i> , weights to side of body	4	24x
4:32	V / Like what's up	1x8	Transition Feet Wide for 4x Pulse Squat/4x Pulse Lunge Combo		8	
4:38	C / Can't stop me	8x8	A ²	4x Pulse Squat/4x Pulse Lunge Combo L&R	32	2x
5:18	Outro /	2x8	C	Squat Pulse <i>Arms extended</i> , weights in front of hips	2	8x



09. WHAT'S UP DANGER 5:30mins

TECHNIQUE AND COACHING

SQUAT/LUNGE COMBO

Layer 1

- Squat: **Feet outside hip-width, knees pressed out over toes, chest lifted**
- Lunge: **Long step back, no deeper than 90 degree knee flexion, back heel lifted. Long spine, chest lifted, strong core brace**
- **Lift heels, pivot on the ball of the foot during transitions from Squat to Lunge**

Layer 2

- There are a high number of reps. Under fatigue, make every rep a quality rep. Remember to maintain good TONE posture and stay low in the Squat/Lunge to maximize the results

OFFSET SQUAT

Layer 1

- Cue: Down, down, up, up
- Split Stance, weight in front foot
- **Back heel lifted**
- **Feet hip-distance apart – ‘Mid Stance’**
- **Chest lifted, back is long and straight**
- **Toes of the back leg align with the heel of the front leg**
- Squeeze the glute to stand
- Pull shoulders back and down away from ears

Layer 2

- The back leg is just for support. Shift all the weight in the front leg to develop single-leg strength
- The Offset Squat reduces the likelihood of muscle imbalances by giving each leg an opportunity to train equally



10. UPPER BODY STRENGTH

TRACK FOCUS

Time to focus on the back, chest, shoulder and core muscles. This track allows the heavier weight selection to work on building strength in the upper body.

WEIGHT RECOMMENDATION:

New to Fitness: Light to medium weight plate or SMARTBAND

Regulars: Medium to heavy weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8	Set-up Feet outside hip-width for Lateral Lunge. <i>Weight plate in each hand</i> 👁️ 2x Lateral Lunge with Single-Arm Row on last 8 counts		16	
0:08	(Instr)	6x8	A	Lateral Lunge with Single-Arm Row L&R Lateral Lunge. <i>Single-Arm Row. Weight plate extends down towards mid-line of the body</i>	8	6x
0:30	(Heavy beat)	4x8	A ¹	2x Pulse Lateral Lunge with 2x Pulse Single-Arm Row L&R Lateral Lunge. <i>Single-Arm Row. Weight plate extends towards bent knee</i>	8	4x
0:44	C / One time	½x8	Transition Set up Gorilla Squat stance		4	
0:48	/ Back, like that	8x8	B	3x Pulse Gorilla Row Gorilla Squat. <i>Both arms extended, weights in front of hips. Both arms travel to waist for Triple Pulse Row</i>	8	8x
1:16	(Instr)	4x8	Transition Set up Hip Bridge position		32	
1:31	(Synth)	4x8	C	Hip Bridge with Chest Fly Hips lift. <i>Arms extend wide to fly</i> Hips drop. <i>Arms travel F to close</i>	8	4x
1:47	C / Back, back	8x8	C ¹	Pulsing Hip Bridge with 2/2 Chest Fly	8	8x
2:18	(Instr)	2x8	Transition Set up Plank position for Bolt		16	
2:25	C / Back	6x8	D	Bolt Knee L&R Plank position. <i>Knee travels F to same elbow</i>	16	3x
2:47	/ Back	4x8	D ¹	Bolt Knee (Fast) L&R	8	4x
3:02	/ One time	4x8	E	Firefly L&R <i>Plank position. Knee travels to outside of same knee. Bend elbows to Pushup position</i> ⬇ Bolt	8	4x



10. GIRL WITH THE BAT 3:21mins

TECHNIQUE AND COACHING

LATERAL LUNGE WITH SINGLE-ARM ROW

Layer 1

- Cue: Right, left, right left
- **Feet outside hip-width**
- **Knees pressed out over toes**
- **Slight hinge forward from hips**
- **Weight plates extend to the mid-line of the body** – weight does not cross over to the opposite knee

Layer 2

- Feel the squeeze in the back. It may feel like the shoulder blades are wrapping around the spine

GORILLA ROW

Layer 1

- Cue: 3-2-1, reset
- **Chest lifted**
- **Belly braced**
- **Slight hinge forward at the hips**
- Stay low in the Squat – **knees press out over toes**
- Squeeze tightly between shoulder blades

Layer 2

- Use the music to enhance your strength. Synchronize the Row with the tempo. Engage the muscle fibers by squeezing the back tightly to the beat of the track

HIP BRIDGE WITH CHEST FLY

Layer 1

- Cue: Hips – Up, up, down, down
- **Upper back pressed against the floor**
- Heels close to butt
- **Draw the belly in, core braced**
- Squeeze glutes tightly
- Hips lift to ceiling as weight plates lower to floor and to the neutral position as weights lower

Layer 2

- Keep the Hip Bridge Pulses in the top range to keep the glutes working

BOLT

Layer 1

- Cue: Back and forward
- Hands under shoulders
- Press hands firmly into floor for more stability
- Core braced, long spine
- Sit back to crouch position, then bring the body weight forward
- Same knee to same elbow

Layer 2

- This move is about control. Propel the body from crouch position and use your core to catch the movement in the top range

OPTIONS: On Knees or toes

FIREFLY

Layer 1

- Hands under shoulders
- Press hands firmly into floor for more stability
- Core braced, long spine
- Sit back to crouch position, then bring the body weight forward, bend at the elbows in Chest Press position
- Same knee to the outside of same elbow
- Similar to the Bolt but more engagement of the side obliques
- Maintain a square upper body and even loading through both shoulders

OPTIONS: On Knees or toes



11. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

The core is responsible for strengthening the integrity of the spine and executing safe movement. We build Functional Core Strength by strengthening the core in various planes of movement.

WEIGHT RECOMMENDATION:

New to Fitness: Light weight plate or SMARTBAND

Regulars: Medium weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	1x8	Set-up Feet outside hip-width for Lateral Lunge. <i>Weight plates stacked to chest</i>		8	
0:05	(Instr)	7x8	A	Lateral Lunge & Washboard Combo L&R <i>Weight plates stacked, held below chest height</i> Halo Combo/Washboard on last 16 counts	4	14x
0:32		16x8	A ¹	Halo/Washboard Combo 1x Halo 3x Wash Board	4 12	8x
1:03	(Beat drops out)	2x8		Transition Set up Half Star. R leg F, L leg B <i>Weight plate in each hand</i>	16	
1:10	(Instr)	6x8	B	Single-Leg Squat and Alt Row L R leg F, L leg B L leg lifts. <i>L Arm Row, R arm to R knee</i> L leg lowers. <i>L arm to L knee, R Arm Row</i> <i>Weight plate in each hand</i>	4 4	6x
1:33		6x8	B	Single-Leg Squat and Alt Row R L leg F, R leg B R leg lifts. <i>R Arm Row, L arm to L knee</i> R leg lowers. <i>R arm to R knee, L Arm Row</i> <i>Weight plate in each hand</i>	4 4	6x
1:56	(Beat builds)	½x8		Transition Feet wide for Washboard. <i>Weight plates held below chest</i>	4	
1:58		1½x8	A	Lateral Lunge & Washboard L&R	4	3x
2:04		16x8	A ¹	Halo/Washboard Combo L&R	16	8x



11. TRUE CHAMPION 2:36mins

TECHNIQUE AND COACHING

LATERAL LUNGE & WASHBOARD COMBO

Layer 1

- Cue: Right, left, right, left
- Lateral Lunge L&R + Washboard
- Rotate from the center of the chest
- No hip rotation
- **Core braced**
- Feet outside hip-width, Squat position

Layer 2

- Reduce movement in the hips by sinking deeper in the Squat and squeezing the glutes tightly. This will allow for more isolation of the core

HALO/WASHBOARD COMBO

Layer 1

- Cue: Halo, 3-2-1
- 1x Halo + 3x Washboards
- Halo: Feet wide, **core braced, TONE posture, shoulders away from ears**
- Washboard: Feet wide, Squat position, **core braced**
- Remember: No Lateral Lunge with the Halo

SINGLE-LEG SQUAT AND ALT ROW

Layer 1

- Up, up, down – change legs
- Front knee bent – **knees pressed out over toes**
- **Core braced**
- Weight plate close to body

Layer 2

- Keep the back and hips incredibly still
- Create tension through the glutes, back and abs

↓ OPTION: Back foot grounded – **heel lifted**



12. GLUTES

TRACK FOCUS

TONE participants can't get enough of the booty blaster tracks. We're just giving the people what they want! The Glutes track is at the end of the class. This allows a natural progression from standing to working out on the floor.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set-up <i>Elbow under shoulder. Hip to floor. Knees forward. Feet together</i>		32	
0:10	C / <i>That's my best friend</i>	8x8	A	Clam 2/2 L ⬆ Hips lifted	8	8x
0:30	V / <i>Beep</i>	12x8	A ¹	Clam 1/3 L ⬆ Hips lifted	8	12x
1:01	C / <i>That's my best friend</i>	4x8	B	Hip Abduction Pulse L Top leg extends	4	8x
1:11	/ <i>That's my best friend</i>	4x8	C	Hip Extension Pulse L Top leg stays extended, foot kicks to back corner	4	8x
1:21	(Music break)	4x8	Transition		32	
1:33	C / <i>That's my best friend</i>	32x8	 Block 1 to R side		256	



12. BEST FRIEND 2:46mins

TECHNIQUE AND COACHING

CLAM

Layer 1

- Lie side – on to floor
- **Elbow under shoulder**
- **Hips square to the front**
- **Feet together**
- **Knees together – knees forward of body**

Layer 2

- Create as much resistance as you can. Target deep into the glutes by opening wide and controlling the movement on the way down

↓ OPTION: No band

↑ OPTION: Bottom hip lifted off the floor

HIP ABDUCTION PULSE

Layer 1

- **Hips square to front**
- **Core braced**
- Leg extends long at the knee, pulses towards the ceiling
- Glute med activation

↓ OPTION: No band

↑ OPTION: Bottom hip lifted off the floor

HIP EXTENSION PULSE

Layer 1

- **Hips square to floor**
- **Core braced**
- **Leg extends long at the knee, pulses towards the ceiling**
- **Glute max activation**

Layer 2

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

↓ OPTION: No band

↑ OPTION: Bottom hip lifted off the floor



13. STRETCH

TRACK FOCUS

The Stretch track is an opportunity to show the body some love. Simple choreography with lots of time allocated to each exercise. This allows participants to relax into the stretches and gives you time to connect at the end of the class.

MUSIC			EXERCISE		CTS
0.00	Intro /	4x8		Set-up Lie down, back against the floor, legs extended	32
0.17	V / Baby we	4x8	A	Hip Opener/Glute Stretch L ⬆ Figure 4 Stretch	32
0.34	/ You're pouring	4x8	A	Hip Opener/Glute Stretch R	32
0.50	C / Like you	8x8	B	Seated Forward Fold	64
1.38	/ Like you	4x8	C	Seated IT Band Stretch L	32
1.54	Br / Mmmm	4x8	C	Seated IT Band Stretch R	32
2.11	/ Mmmm	4x8	D	Hip Flexor/Quad Stretch L	32
2.27	V / We plan our	4x8	D	Hip Flexor/Quad Stretch Stretch R	32
2.24	Outro	2x8	E	Standing Chest Stretch	16



13. STREETS (DISCLOSURE REMIX) 3:00mins

TECHNIQUE AND COACHING

HIP OPENER/GLUTE STRETCH

Layer 1

- Lie on back
- One leg bends at the knee, ankle rests on opposite knee
- Gently push the knee to open up through the hips

↑ OPTION: Figure 4 – arms reach through the legs, pulling the knee closer to the chest for a deep Glute Stretch

SEATED FORWARD FOLD

Layer 1

- Butt seated to floor, legs extend in front of body
- Hinge forward from the hips
- Reach forward – resting hands against knees

SEATED IT BAND STRETCH

Layer 1

- Butt seated to floor, legs extend in front of body
- Back straight, chest lifted
- Rotation through the trunk
- Hands rest gently to the side of body

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

↑ OPTION: Quad Stretch. Reach behind and gently pull the opposite foot towards the butt

STANDING CHEST STRETCH

Layer 1

- Rise from Forward Fold
- Lace the hands behind back, push chest forward
- Squeezing between shoulder blade



ALT

03. ALTERNATIVE PEAK 1 CARDIO (STANDING VARIATION)

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use 'Playing With Fire (Ahlström Remix)' with the same choreography.

TRACK FOCUS

Same music but different choreography. This version of Peak 1 uses plyometric movements to create an intense cardio challenge. Burpees aren't the only way to boost the heart rate so choose the standing variation for participants who prefer to stand during their workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set-up Feet outside hip-width, knees soft, preparing for Lateral Shuffle		16	
0:06	(Instr)	6x8	A	Lateral Shuffle L&R Natural Arms to L Natural Arms to R	4 4	6x
0:25	V / Home is where	8x8	B	Lunge/Squat Combo OTS 2x Backward Stepping Lunge L, R, RA 2x Lateral Stepping Squat, L then R	8 8	4x
0:50	PC / (Beat builds)	4x8	B ¹	Jump Lunge/Squat Combo OTS 2x Jump Lunge (L&R): RA 1x Squat: Hands clasped in front	4 4	4x
1:02	C / Please don't	4x8	B ²	Jump Lunge with Vertical Jump Combo OTS 2x Jump Lunge (L&R): RA 1x Vertical Jump: Hands O/H	4 4	4x
1:14	/ Ground	4x8	B ³	Jump Lunge with Lateral Jump Combo L&R 2x Jump Lunge (L&R): RA 1x Lateral Jump: Hands O/H	4 4	4x
1:27	/ In your big	8x8	C	Jump Lunge with Lateral Jump & Lateral Shuffle Combo 2x Jump Lunge (L,R) 1x Lateral Jump L 2x Jump Lunge (L,R) 1x Lateral Jump R 4x Lateral Shuffle L,R	4 4 4 4 16	2x
1:54	(Instr)	4x8	Recover		32	
2:05	C / Rolling with	8x8	B	 Lunge/Squat Combo	16	4x
2:30	PC / (Beat builds)	4x8	B ¹	 Jump Lunge/Squat Combo	8	4x
2:43	C / Please don't	4x8	B ²	 Jump Lunge/Vertical Jump Combo	8	4x
3:54	/ Ground	4x8	B ³	 Jump Lunge/Lateral Jump Combo L&R	8	4x
3:08	/ I don't	16x8	C	 Jump Lunge/Lateral Jump & Lateral Shuffle Combo	32	4x



ALT

03. ALTERNATIVE PEAK 1 CARDIO (STANDING VARIATION)

PLAYING WITH FIRE (AHLSTRÖM REMIX) 4:02mins

Please use this song instead of 'You & Me (Baauer Remix)' when teaching Track 14.

TRACK FOCUS

Same music but different choreography. This version of Peak 1 uses plyometric movements to create an intense cardio challenge. Burpees are only one way to boost the heart rate so choose the standing variation for participants who prefer to stand during their workout.

MUSIC		EXERCISE		CTS	REPS
0:00	2x8		Set-up Feet outside hip-width, knees soft, preparing for Lateral Shuffle	16	
0:06	6x8	A	Lateral Shuffle L&R		6x
			Natural Arms to L	4	
			Natural Arms to R	4	
0:25	8x8	B	Lunge/Squat Combo OTS		4x
			2x Backward Stepping Lunge L, R, RA	8	
			2x Lateral Stepping Squat, L then R	8	
0:50	4x8	B ¹	Jump Lunge/Squat Combo OTS		4x
			2x Jump Lunge (L&R): RA	4	
			1x Squat: Hands clasped in front	4	
1:02	4x8	B ²	Jump Lunge with Vertical Jump Combo OTS		4x
			2x Jump Lunge (L&R): RA	4	
			1x Vertical Jump: Hands O/H	4	
1:14	4x8	B ³	Jump Lunge with Lateral Jump Combo L&R		4x
			2x Jump Lunge (L&R): RA	4	
			1x Lateral Jump: Hands O/H	4	
1:27	8x8	C	Jump Lunge with Lateral Jump & Lateral Shuffle Combo		2x
			2x Jump Lunge (L,R)	4	
			1x Lateral Jump L	4	
			2x Jump Lunge (L,R)	4	
			1x Lateral Jump R	4	
			4x Lateral Shuffle L,R	16	
1:54	4x8		Recover	32	
2:05	8x8	B	Lunge/Squat Combo	16	4x
2:30	4x8	B ¹	Jump Lunge/Squat Combo	8	4x
2:43	4x8	B ²	Jump Lunge/Vertical Jump Combo	8	4x
3:54	4x8	B ³	Jump Lunge/Lateral Jump Combo L&R	8	4x
3:08	16x8	C	Jump Lunge/Lateral Jump & Lateral Shuffle Combo	32	4x



ALT

03. YOU & ME (BAAUER REMIX) 4:02mins

TECHNIQUE AND COACHING

COACHING TIPS

Round 1 is an opportunity for participants to familiarize themselves with the movement patterns.

Round 2 is an opportunity to intensify. That means staying low and moving fast in the Shuffle, maintaining depth in the Lunge/Squat Combo, and jumping higher in the Vertical/Lateral Jumps.

LATERAL SHUFFLE

Layer 1

- Cue: Shuffle, Squat. Shuffle, Squat
- **Feet outside hip-width**
- **Hips square to front**
- **Turn knees out over toes**
- **Chest lifted**
- Use your core to catch yourself in the Squat and to drive yourself across the floor

Layer 2

- Keep the work in the legs by staying low to the floor

↓ OPTION: Step instead of Lateral Shuffle

LUNGE/SQUAT/JUMP COMBOS

Layer 1

- Cue: Lunge, right leg, left leg. Squat, right leg, left leg
- Lunge: Long step back, **heel lifted. Long spine, chest lifted, strong core brace. Back knee travels to floor**
- Squat: **Feet outside hip-width, knees pressed out over toes, chest lifted. Butt to knee level**
- Jump: **Both feet take off/both feet land. Land with soft knees**

↓ OPTION: 2x quick Back Taps + 1x Squat

↑ OPTIONS: Vertical or Lateral Jump



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.

