

LES MILLS TONE 16

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

04. PEAK 2 CARDIO

RELEASE FOCUS

DECLARATION OF INTENT

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RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: Here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to Layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press. We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective “make that bar fly” creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue “squeeze the chest” in a Chest Press followed by “try and bend the bar” both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice – good luck!



MUSIC

01	Fly Away (3:03) Island Light © 2022 Les Mills Music Licensing Ltd. Written by: Watson	11	Nobody Like You (Retrovision Flip) (3:25) Landis © 2019 HEXAGON. Written by: Landis
02	Girl (2:39) KC Lights © 2020 Toolroom Productions. Written by: Slaven	12	Juicy (3:20) Doja Cat © 2019 Kemosabe Records/RCA Records. Written by: Gottwald, Zandile, Asrat, Sprecher
03	Work That Body (2:41) TooManyLeftHands & HEDEGAARD © 2020 SpinninRecords.com. Written by: Hedegaard, Bosewetter, Kanstrup	13	Mount Everest (2:32) Labrinth © 2019 Simco Limited under exclusive licence to Sony Music Entertainment UK Limited. Written by: McKenzie
04	The Locust King (2:26) NOAM DEE Courtesy of Les Mills Music Licensing Ltd. Written by: Fairley	ALT 04	The Locust King (2:26) NOAM DEE Courtesy of Les Mills Music Licensing Ltd. Written by: Fairley
05	Start A Riot (2:52) Duckwrth & Shaboozey Courtesy of the Universal Music Group. Written by: Isaac, Chibueze, Appoloni, Lee	ALT 12	WaveRunner (3:20) _91NOVA Courtesy of Epidemic Sound. Written by: Unknown
06	Start A Riot (1:45) Duckwrth & Shaboozey Courtesy of the Universal Music Group. Written by: Isaac, Chibueze, Appoloni, Lee		
07	Lightswitch (2:42) CHAI © 2020 Black Lotus Records under exclusive licence to BMG Rights Management (Australia) Pty Ltd. Written by: Sanei		
08	No Scrubs (Jolyon Petch Edit) (2:46) CALVO & DAZZ Courtesy of the Universal Music Group. Written by: Burruss, Cottle, Briggs		
09	Fireball (3:08) Wongo feat. Rubi Du © 2021 Astrx a division of TMRW Music Pty Ltd. Written by: Ladgrove, Kotaras		
10	Goosebumps (5:17) CRRUNCH © 2022 Les Mills Music Licensing Ltd. Written by: Lamar, Webster		
	Money Maker (3:50) Ludacris feat. Pharrell Williams Courtesy of the Universal Music Group. Written by: Williams, Bridges		



LES MILLS TONE 16



(L–R): Khiran Huston, Vili Fifita

What a workout we have created for you this round! LES MILLS TONE Release 16 has an overall focus on multi-directional training, and you'll experience movement in all directions throughout the release.

We warm up to a very cool uplifting beat and the Forward Fold sequence at the start of the track feels so good.

Track 2 is where we introduce and set the tone for multi-directional training. We move to an incredibly energizing beat – starting our speed work on the spot and then moving forward, back and side to side.

Track 3, Peak 1, has us exploring our vertical power via everyone's favorite Jump/Lunge combo – you KNEW we had to bring it back! We've also brought back and upgraded the Squat/Knee from TONE 14; say hello to the Squat/Knee Snap.

Our feature track does not disappoint – Peak 2 features a spicy new move to TONE, "The Thruster Burpee". Don't worry, if Floor Burpees aren't for your members, the-like-for-like standing track is just as spicy with the inclusion of the Broad Jump Hammer Throw– no matter what you choose, your participants will get their heart rate racing!

Peak 3 is where we pull all the ranges of motion together in one epic heart rate kicker! The working set is dynamic, resisted and explosive, guaranteed to boost your cardio fitness.

Our Resisted Cardio track is something completely new. Take your time to learn the Kick Combo because it's a goodie.

In Dynamic Core Cardio, we have brought you a new-school sound to a classic anthem – oh when you hear it, you'll know.

Resisted Balance turns up the heat in your stabilizers. Yes, we have fun and the powerful arm-lines in this track will keep you and your members on their toes. Good luck with not getting the catchy lyrics and beat stuck in your head!

We welcome back our Offset Squat in track 9...Yes, we did dedicate the entire song twice to Lower Body Strength again – you're welcome!

For the first time, we introduce Offset Training to Upper Body Strength this round. It's such a powerful training concept to get us stronger evenly. In Functional Core Strength we have a powerful Plate Arc and floor work, to a song that literally never ends – enjoy.

Oh and in the Glutes track includes a band – do we need to say anymore!

Erin, Diana and Khiran x

CREDITS

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

Chief Creative Officer – Dr. Jackie Mills

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PRESENTERS

Khiran Huston (New Zealand) is a LES MILLS TONE, LES MILLS SPRINT™, LES MILLS THE TRIP™, RPM™, BODYPUMP™ and LES MILLS GRIT™ Trainer/Presenter. She is a Les Mills x Stages Ambassador and a member of the New Zealand TAP team. Khiran 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.



FORMATS

NEW FORMAT KEY NOTES FOR TONE RELEASE 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 RELEASE 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	3-4 mins
10. UPPER BODY STRENGTH	3-4 mins
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 need 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
OTB	Off the beat		

RELEASE FEEDBACK

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



01. WARM-UP

TRACK FOCUS

This a great opportunity to energize and mobilize the body. Keep the Warm-up light and uplifting by keeping the coaching basic and connecting with the uplifting music.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / I had a dream	4x8 A	Side Bend L&R. Hands clasped O/H	32	1x
0:21	V / I've been on my own	8x8 B	Forward Fold Sequence Hinge F – Hands reach to floor Halfway Lift – Hands to shins Hinge F – Hands reach to floor Stand – Hands clasped O/H	8 8 8 8	2x
0:51	PC / No, cos I don't	2x8 C	Squat Squat – Hands clasped in front Stand – A-Frame Arms	8	2x
0:59	C / I had a dream	4x8 C ¹	Squat with O/H Reach (Slow) Squat – Hands stacked in front Stand – A-Frame Arms	8	4x
1:15	/ Ohh	2x8 C ²	Squat with O/H Reach (Fast)	4	4x
1:22	V / No one knew	8x8 D	Back-Stepping Lunge with Thoracic Twist (Slow) L&R L leg steps B – Arms stacked in front of body L leg drops to Lunge – Arms stacked, rotate R for Thoracic Twist L leg rises – Arms stacked in front of body L leg steps in – A-Frame Arms  to R side – Thoracic Twist L	4 4 4 4 16	2x
1:38	/ So where do I go now	4x8 D ¹	Back-Stepping Lunge with Thoracic Twist (Fast) L&R	8	4x
1:53	C / Cos I had a dream	4x8 E	Squat/Knee Snap Combo (Slow) L&R Squat – Hands stacked in front L Knee Lift – Hands stacked, rotate L Squat – Hands stacked in front R Knee Lift – Hands stacked, rotate R	4 4 4 4	2x
2:08	/ Ohh	4x8 E ¹	Squat/Knee Snap Combo (Fast)	8	4x
2:24	/ Cos I had a dream	4x8 F	Lateral Lunge/Squat Combo L&R Hands clasped O/H	16	2x
2:39	/ Ohhh	4x8 F ¹	Triple Pulse Lateral Lunge/Squat Combo L&R Hands clasped O/H	16	2x
2:55	Outro / Hmm	2x8	Jog RA	16	



01. FLY AWAY 3:03mins

TECHNIQUE AND COACHING

SIDE BEND

Layer 1

- Cue: Reach to ceiling, bend right, bend left, circle hands back down
- Hands clasped over head
- Stack the spine
- Chest lifted
- **Bend to where feels comfortable**

FORWARD FOLD

Layer 1

- Cue: Fold forward, halfway lift, fold forward, circle the arms to stand
- Hinge forward at the hips
- Legs are straight, push sit bones backwards
- Hands reach towards floor – **reach to where feels comfortable**

SQUAT

Layer 1

- **Feet outside hip-width**
- **Knees pressed out over toes**
- **TONE posture**
- **Butt to knee height**

Layer 2

- Press down into heels – this will engage the glutes to warm up the lower body

LUNGE (THORACIC TWIST)

Layer 1

- **Long step back**
- **Back heel lifted**
- **Knee pushes out over toes**
- **Chest lifted**
- **Hips stay square to front as chest turns**
- Arms in front, twist to side

Layer 2

- Open through the hip flexors by squeezing the glutes and pressing the hips forwards
- Deepen the Lunge by dropping the back knee further towards 90 degrees, warming up faster

SQUAT/KNEE SNAP COMBO

Layer 1

- Cue: Down, up, snap
- Squat deep, lift the knee
- **Keep knees pressing out over toes**
- **Chest lifted**
- **Hips square** in the Squat and Thoracic Twist
- **Reset feet under hips** before each Squat

Layer 2

- A dynamic movement to open through the hips and spine – priming the body for the workout ahead

LATERAL LUNGE/SQUAT COMBO

Layer 1

- **Feet outside hip-width**
- **TONE posture**
- **Shoulders and hips square to the front**
- **Knees press out over toes**
- **Lean to where feels comfortable**
- **Shift body weight to side, then center**

Layer 2

- This combo engages the muscles on the side of the body to assist you with the lateral movements in the class
- A strong core brace keeps the spine protected as we shift between various range of motion



02. STEADY STATE

TRACK FOCUS

This track is a banger. Tap into the good vibes and prep the body for the workout ahead.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Girl	4x8	A	Speed Step/Butt Kick Combo 4x Speed Step L&R – RA 4x Butt Kick L&R – RA	4 4 4x
0:33	(Heavy beat)	4x8	A ¹	Speed Step/Butt Kick Combo (F&B) 4x Speed Step L&R. Travel F – RA 4x Butt Kick L&R. Travel B – RA	4 4 8x
1:04	/ (Instr)	4x8	B	3x Speed Step Combo L&R Speed Step L, R, L – RA Speed Step R, L, R – RA ↓ OPTION: Foot taps floor	4 4 4x
1:19	V / I just gotta	4x8	C	Ladder Run F&B – RA	2 16x
1:34	C / _ Girl	8x8	D	Ladder Run/Jack Combo Ladder Run F&B. Travel L – RA 4x Jack – Hands clasped in front in Squat Ladder Run F&B. Travel R – RA 4x Jack – Hands clasped in front in Squat	8 8 8 8 1x
1:50	/ _ Girl	12x8	D ¹	Ladder Run/Corner Jack Combo Ladder Run F&B. Travel L – RA 4x Corner Jack L, R, L, F – Hands clasped in front in Squat Ladder Run F&B. Travel R – RA 4x Corner Jack R, L, R, F – Hands clasped in front in Squat ↑ OPTION: Jack with Heel Tap	8 8 8 8 3x



02. GIRL 2:39mins

TECHNIQUE AND COACHING

SPEED STEP/BUTT KICK COMBO

Layer 1

- Cue: 4-3-2, Butt Kick, 4-3-2-1
- **Hips and shoulders square to front**
- **Knee pressed out over toes, bend knees to land**
- Light step side to side
- Heel to butt

Layer 2

- Squeeze the glutes and core to catch the speed step

↓ OPTIONS: Bounce or step side to side

↓ OPTION: Stay on the spot (don't travel F&B)

3X SPEED STEP COMBO

Layer 1

- Cue: 3-2-hold. 3-2-hold
- **Knees pressed out over toes**
- **Hips squared to front**
- Light step side to side

Layer 2

- Bend the knees more and drive the knee out over toes to stabilize on the hold

↓ OPTION: Foot taps down to assist with balance

LADDER RUN/JACK COMBO

Layer 1

- Cue: Ladder Run 4-3-2, Jack 4-3-2, Ladder Run
- Ladder Run: Light on the feet, **running on balls of the feet, heels lifted**
- Jack: **Knees bent and pressed out over toes, heels grounded, chest lifted**

Layer 2

- Surge the heart rate! Travel further to increase the cardio output

LADDER RUN/CORNER JACK COMBO

Layer 1

- Combo Cue: Ladder Run 4-3-2, Jack, corner-corner-corner-front
- Ensure to face front with last Jack, to move in proper position for Straddle

Layer 2

- Bend the knees more in the Jack to lift the heart rate and work into the glutes

OPTION: Jack facing front (no turn)

OPTION: Heel Tap, click heels together in air, **bend knees to land**



03. PEAK 1 CARDIO

TRACK FOCUS

Simple choreography allows participants to improve technique. Once they are moving safely and confidently, you can encourage them to explore range and explosive power.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A	Squat/Lunge Combo (Slow) L&R Wide Squat – <i>Hands clasped in front</i> Lunge L – RA Wide Squat L – <i>Hands clasped in front</i> Mid-Range Squat L – <i>Hands clasped in front</i> to R side	4 4 4 4 1x
0:17	/ Work that	2x8	A ¹	Squat/Lunge Combo (Fast) L&R Wide Squat – <i>Hands clasped in front</i> Lunge L – RA Wide Squat L – <i>Hands clasped in front</i> Mid-Range Squat L – <i>Hands clasped in front</i> on R side	2 2 2 2 2x
0:32	/ Work that, work that body	½x8		Hold	4
0:34	/ _ Body	8x8	B	Jump Squat/Lunge Combo L&R + Squat/Knee Snap Combo L&R Squat/Lunge Combo 4x Squat/Knee Snap L&R ↓ OPTION: No Jump	16 16 2x
1:05	/ Work that (Fade)	4x8	A	Squat/Lunge Combo (Slow) L&R	32 1x
1:20	/ Work that	8x8	A ¹	Squat/Lunge Combo (Fast) L&R	16 4x
1:49	/ Work that, work that body	½x8		Hold	4
1:52	/ _ Body	12x8	B	Jump Squat/Lunge Combo L&R + Squat/Knee Snap Combo L&R	32 3x



03. WORK THAT BODY 2:41mins

TECHNIQUE AND COACHING

SQUAT/LUNGE COMBO

Layer 1

- Cue: Wide Squat, Lunge, Wide Squat, Narrow Squat
- Squat: **Feet outside hip-width, knees pressed out over toes, chest lifted, push hips back**
- Lunge: **Long step back, heel lifted. Long spine, chest lifted, strong core brace**
- Drop back knee towards floor for Lunge, feet outside hip-width and bend knees 90 degrees for Squat

Layer 2

- Build foundation in the movement pattern here
- Bend knees more to intensify the Squat and Lunge

↑ OPTION: Add Jumps to Squat/Lunge Combo

JUMP SQUAT/LUNGE COMBO + SQUAT/KNEE SNAP COMBO

Layer 1

- Cue: Squat, Lunge, Squat, Narrow. Squat, Lunge, Squat, Narrow. Snap 4-3-2-1
- Squat: **Feet outside hip-width, knees pressed out over toes, chest lifted, push hips back**
- Lunge: **Long step back, heel lifted. Long spine, chest lifted, strong core brace**
- Snap: Knee to hip height, **chest lifted**, hips square to front during Thoracic Twist
- Hands in front of body, lift knee and twist through torso to Snap

Layer 2

- Load power by bending deep in the legs
- Explode by pushing the feet firmly into the floor

↓ OPTIONS: No Jumps in Squat/Lunge Combo or reduce range



04. PEAK 2 FEATURE CARDIO

TRACK FOCUS

The Thruster Burpee is the feature of this track. It's a spicy move that will create some serious heat in your legs and lungs.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Walking Burpee	16	
0:09	/ (Choir)	6x8	A Walking Burpee Squat – <i>Hands clasped in front</i> Squat – <i>Hands to floor</i> L leg steps B, Plank – <i>Hands under shoulders</i> R leg steps B, Plank – <i>Hands under shoulders</i> L leg steps F, Squat – <i>Hands under shoulders</i> R leg steps F, Squat – <i>Hands under shoulders</i> Squat – <i>Hands clasped in front</i> Stand – <i>A-Frame Arms</i>	2 2 2 2 2 2 2 2	3x
0:29	/ (Beat builds)	3½x8	A¹ Burpee Squat – <i>Hands clasped in front</i> Plank – <i>Hands under shoulders</i> Squat – <i>Hands clasped in front</i> Stand – <i>A-Frame Arms</i> Stay in Plank position for last rep to prepare for Thruster Burpee	2 2 2 2	3½x
0:42	/ (Heavy beat)	8x8	B Thruster Burpee Plank – <i>Hands under shoulders</i> Thruster Squat – <i>Hands clasped in front</i> ↓ OPTION: Side Climber L&R	2 2	16x
1:09	/ (Music fades)	4x8	Recovery	32	
1:23	/ (Beat builds)	4x8	C Surfer Burpee Squat – <i>Hands clasped in front</i> Plank – <i>Hands under shoulders</i> Squat – <i>Hands clasped in front</i> Surfer L – <i>Natural Arms</i> Squat – <i>Hands clasped in front</i> Plank – <i>Hands under shoulders</i> Squat – <i>Hands clasped in front</i> Surfer R – <i>Natural Arms</i> ↓ OPTION: Burpee (no Surfer)	2 2 2 2 2 2 2 2	2x
1:37	/ (Heavy beat)	8x8	C¹ Surfer Burpee (OTB)	64	AMRAP
2:04	/ (Heavy beat)	4x8	C² Surfer Burpee – Corner-to-Corner Surfer (OTB) Squat – <i>Hands clasped in front</i> Plank – <i>Hands under shoulders</i> Squat – <i>Hands clasped in front</i> Surfer L&R – <i>Natural Arms</i> ↓ OPTIONS: Burpee or Surfer Burpee	32	AMRAP



04. THE LOCUST KING 2:26mins

TECHNIQUE AND COACHING

WALKING BURPEE

Layer 1

- Cue: Squat, hands down, walk back, in, in, Squat, stand
- **Spine long, hands under shoulders**
- Long step back to Plank
- **Core braced**
- **Chest up to Squat**

BURPEE

Layer 1

- Cue: Squat, Plank, Squat, stand
- **Feet outside hip-width** in Squat
- Hands under shoulders
- **Core braced in Plank position**
- **Back long, strong and straight**

Layer 2

- Use a full squatting movement for swift transitions on and off the floor
- Rise to stand by squeezing the glutes and driving through the heels

↓ OPTION: Walking Burpee

THRUSTER BURPEE

Layer 1

- Cue: Squat, jump back
- Plank: **Hands under shoulders, eye gaze in front of hands, spine long, core braced**
- Squat: Deep Squat to 90 degrees at the knees, **feet outside hip-width, knees press out over toes, chest lifted, core braced**

Layer 2

- Stay low in the legs to allow for safe and quick transitions to/from the Plank position
- Drive the hips forward and pop the chest up in the Squat

↓ OPTION: Side Climber

SIDE CLIMBER

Layer 1

- Cue: Tap right, tap back. Tap left, tap back
- Foot taps to the outside of the same hand
- **Hands under shoulders**
- **Eye gaze in front of hands**
- **Spine long**
- **Hips square to floor**
- **Core braced**

Layer 2

- Encourage a smaller range of motion to avoid rounding through back or twisting through the hips

↑ OPTION: Thruster Burpee

SURFER BURPEE

Layer 1

- Cue: Squat, Plank, Squat, Surfer
- **Hands under shoulders**
- **Core braced** in Plank
- **Back long, strong and straight**
- **Hips and shoulders move as one** in the Surfer
- Square hips to the front before next rep
- Turn body to corner for Surfer, **knees out over toes, chest lifted**

Layer 2

- Dynamic movement to engage the core and keep heart rate lifted
- Both feet take off. Both feet land
- Move faster to challenge the cardio output

↓ OPTION: Burpee (no Surfer)

↑ OPTION: Corner-to-Corner Surfer



05. PEAK 3 CARDIO

TRACK FOCUS

Resisted cardio? Check!
Dynamic lateral movements? Check!
Explosive power? Check!
Heartbeat racing outside your chest? You betcha!

WEIGHT RECOMMENDATION:

New to Fitness: No weight plate or 1x light weight plate
Regulars: 1x medium weight plate

MUSIC				EXERCISE	CTS	REPS
0:00	Intro / Bang	4x8	A	Side Tap L&R Weight plate at chest height ↓ OPTION: No weight plate	4	8x
0:13	(Heavy beat)	4x8		Side Tap (Lower) L&R Weight plate at chest height	4	8x
0:26	V / Who that flyin'	4x8	B	Jack Weight plate at chest height	2	16x
0:40	/ You ain't got a	4x8	B ¹	Jack (Deeper) with Forward Press Squat – Weight plate presses F Stand – Weight plate chest height	1 1	16x
0:53	C / Bang	4x8	C	Jack/Air Jack Combo Squat – Weight plate presses F Stand – Weight plate at chest height Air Jack – Weight plate presses F Land – Weight plate at chest height ↓ OPTION: 1x Jack, 1x Lateral Leg Lift L&R	1 1 1 1	8x
1:07	V / Let's rock 'n' roll	4x8	D	Shuffle/Butt Kick Combo L&R Shuffle L – Weight plate at chest height Squat – Weight plate at chest height Butt Kick R – Weight plate at chest height ⏮️ to R side (L Butt Kick) 👁️ Shuffle/Butt Kick Combo with Plate Press on last 8 cts	4 2 2 8	2x
1:20	/ Make way	4x8	D ¹	Shuffle/Butt Kick Combo with Plate Press Shuffle L – Weight plate at chest height Squat – Weight plate at chest height Butt Kick R – Weight plate presses F ⏮️ to R side (L Butt Kick) 👁️ Shuffle/Tuck Jump Combo with Plate Press on last 8 cts ↓ OPTION: No Plate Press	4 2 2 8	2x
1:34	C / Bang	6x8	D ²	Shuffle/Tuck Jump Combo with Plate Press Shuffle L – Weight plate at chest height Squat – Weight plate at chest height Tuck Jump – Weight plate presses F ⏮️ to R side ↓ OPTION: No Tuck Jump	4 2 2 8	3x
1:54	V / Everyday	4x8	A	⏮️ Side Tap L&R	4	8x
2:07	/ Make way	4x8	B ¹	⏮️ Jack (Deeper) with Forward Press	2	16x
2:21	C / Bang	4x8	C	⏮️ Jack/Air Jack Combo	4	8x
2:34	(Silence)	½x8		Hold	4	



05. PEAK 3 CARDIO

MUSIC				EXERCISE	CTS	REPS
2:37	V / Down he go	4x8	E	Jack/Jump & Butt Kick Combo Squat – Weight plate presses F Stand – Weight plate at chest height Jump & Butt Kick – Weight plate presses F Land – Weight plate at chest height ↓ OPTION: 1x Jack, 1x Lateral Leg Lift L&R	1 1 1 1	8x
2:50	(Silence)	½x8		Hold	4	
2:53	V / Let’s rock n roll	4x8	F	Shuffle/Knee Lift Combo Shuffle L – Weight plate at chest height Squat – Weight plate chest height Knee Lift R – Weight plate at chest height 🔄 to R side (L Knee Lift) 👁 Shuffle/Knee Lift Combo with Plate Punch on last 8 cts	4 2 2 8	2x
3:06	/ Make way	4x8	F¹	Shuffle/Knee Lift Combo with Plate Press Shuffle L – Weight plate at chest height Squat – Weight plate at chest height Knee Lift R – Weight plate presses F 🔄 to R side (L Knee Lift) 👁 Shuffle/Tuck Jump Combo with Plate Press on last 8 cts ↓ OPTION: No Plate Press	4 2 2 8	2x
3:19	C / Bang	6x8	D²	🔄 Shuffle/Tuck Jump Combo with Plate Press	16	3x
3:40	V / Everyday	4x8	A	🔄 Side Tap L&R	4	8x
3:53	/ Make way	4x8	B¹	🔄 Jack (Deeper) with Forward Press	2	16x
4:06	C / Bang	4x8	C	🔄 Jack/Air Jack Combo	4	8x
4:20	(Silence)	½x8		Hold	4	
4:23	V / Down he go	4x8	G	Tuck Jump/Air Butt Kick Combo ↓ OPTION: 1x Jack, 1x Lateral Leg Lift L&R	4	8x



05. START A RIOT 4:37mins

TECHNIQUE AND COACHING

SIDE TAP

Layer 1

- Cue: Tap right, tap left
- **Standing knee presses out over toes**
- **Hips square to front**
- **Chest lifted**
- Tap foot side to side

Layer 2

- Tap foot wider and drop deeper to engage more muscle fibers in the legs

JACK

Layer 1

- Cue: Out-in-out-in
- **Feet outside hip-width**
- **Knees pressed out over toes**
- **Heels down**
- **Strong core brace to keep chest lifted** for Plate Press

Layer 2

- Press plate at chest level, maintain soft elbow bend
- Take the feet wider for a deeper Jack and to increase the heart rate

JACK/AIR JACK COMBO

Layer 1

- Cue: Jack, Air Jack
- **Knees pressed out over toes**
- **Heels down**
- **Strong core brace** for Plate Press
- **Both feet take off. Both feet land**
- **Bend knees on landing**

Layer 2

- Keep the momentum by staying light on the feet
- As soon as the feet touch down, create explosive energy by driving through the floor

↑ OPTION: Jack/Jump & Butt Kick Combo

↑ OPTION: Tuck Jump/Jump & Butt Kick Combo

OPTION: Tap/Side Leg Lift

SHUFFLE/BUTT KICK COMBO

Layer 1

- Cue: 4-3-2-1, Squat, Curl, set
- Light on the feet
- **Hips and shoulders square to front**
- **Chest lifted**
- Both feet take off. Both feet land
- Bend knees on landing

SHUFFLE/KNEE LIFT COMBO

Layer 1

- Cue: 4-3-2-1, Squat, knee, set
- Light on the feet
- **Hips and shoulders square to front**
- **Chest lifted**

Layer 2

- Shuffle wider to push the cardio output

↑ OPTION: Plate Press

SHUFFLE/TUCK JUMP COMBO WITH PLATE PRESS

Layer 1

- Cue: 4-3-2-1, Squat, Tuck, stand
- Light on the feet
- **Hips and shoulders square to front**
- Press plate at chest level maintaining soft elbow bend
- **Chest lifted**
- **Both feet take off. Both feet land**
- Shuffle across, Tuck Jump with knees to chest
- Bend knees to land softly

Layer 2

- Engage the hip flexors and the lower abdominals to assist with pulling the knees towards the chest



06. RESISTED CARDIO

TRACK FOCUS

In this track, we play with various speeds and ranges of motion to replicate the realities of everyday movement. This is a perfect combination of longevity and athleticism training.

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates

Regulars: 2x medium weight plates

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / I wanna see	2x8	Set up for Squat/Knee Combo	16	
0:07	C / I wanna see	2x8 A	Squat/Knee Combo L&R Squat – Plates together Knee Lift L – Plates together Squat – Plates together Knee Lift R – Plates together	2 2 2 2	2x
0:15	/ Ain't never	2x8 A ¹	Squat/Kick Combo Squat – Plates together Kick L – Plates together Squat – Plates together Kick R – Plates together	2 2 2 2	2x
0:22	V / I know	4x8 B	2x Lateral Lunge L&R 2x Lateral Lunge L – L arm F of body, R arm reaches towards floor 2x Lateral Lunge R – R arm F of body, L arm reaches towards floor	8 8	2x
0:38	PC / Akhe na chera	2x8 B ¹	2x Lateral Lunge with Knee Lift L&R 1x Lunge L to L Knee Lift – L arm F of body, R arm reaches towards floor 1x Lunge L to switch sides – L arm F of body, R arm reaches towards floor 1x Lunge R to R Knee Lift – R arm F of body, L arm reaches towards floor 1x Lunge R to switch sides – R arm F of body, L arm reaches towards floor	4 4 4 4	1x
0:45	C / I wanna see	8x8 B ²	2x Lateral Lunge with Kick (L&R) 1x Lunge L to L Kick – L arm F of body, R arm reaches towards floor 1x Lunge L to switch sides – L arm F of body, R arm reaches towards floor 1x Lunge R to R Kick – R arm F of body, L arm reaches towards floor 1x Lunge R to switch sides – R arm F of body, L arm reaches towards floor ↓ OPTION: Knee Lift	4 4 4 4	4x
1:16	Instr /	6x8 C	Alt Lunge & Squat/Knee Combo 2x Back-Stepping Lunge L&R – Alt Bicep Curl R&L 2x Squat/Knee R&L – Plates together, Thoracic Twist R&L	8 8	3x
1:38	C / I wanna see	4x8 C ¹	Plyo Lunge & Squat/Kick Combo 4x Plyo Lunge L&R – Alt Bicep Curl R&L 2x Squat/Kick R&L – Plates together ↓ OPTION: Alt Lunge & Squat/Knee Combo	8 8	2x
1:54	Br / If you won't	4x8 B ¹	2x Lateral Lunge with Knee Lift L&R	16	2x
2:09	C / I wanna see	4x8 C ¹	Plyo Lunge & Squat/Kick Combo ↓ OPTION: Alt Lunge & Squat/Knee Combo	16	2x



06. LIGHTSWITCH 2:42mins

TECHNIQUE AND COACHING

SQUAT/KNEE COMBO

Layer 1

- Cue: Squat, Knee
- **Feet hip-width apart**
- **Knees in line with toes**
- **TONE posture**
- Knee to hip height
- Plates in front, rotate as knee lifts

SQUAT/KICK COMBO

Layer 1

- Cue: Squat, Kick
- **Feet hip-width apart**
- **Knees in line with toes**
- **TONE posture**
- Kick low

↓ OPTION: Knee Lift

2X LATERAL LUNGE WITH KNEE LIFT/KICK

Layer 1

- Cue: Lunge, Step/Knee/Kick, Lunge, Step
- **Knee out over toes**
- **Hips squared to front**
- Opposite plate reaches to floor
- **Chest lifted**

Layer 2

- Lift knee higher or kick higher to work into the lower abs and hip flexor

ALTERNATE LUNGE & SQUAT/KNEE COMBO

Layer 1

- Cue: Lunge, Lunge, Squat, Knee, Squat, Knee
- **Knees pressed out over toes**
- **Chest lifted**
- **Hips and shoulders squared to front**
- Bicep Curl – plate to shoulder
- **Feet under hips to Squat**
- Knee lifts to hip height

Layer 2

- Dynamic movement to work cardio and strength together

PLYO LUNGE & SQUAT/KICK COMBO

Layer 1

- **Knees pressed out over toes**
- **Chest lifted**
- **Core braced**
- **Bend knees to land**
- Bicep Curl – plate to shoulder
- **Feet under hips to Squat**

Layer 2

- Drop deeper in the Lunge to build plyometric power and keep the heart rate lifted
- ↓ OPTION: No Jump, Step Lunge



07. DYNAMIC CARDIO CORE

TRACK FOCUS

We use levers to create challenge for the core. Take the weight plates further from your body if you like your core training 'Hot 'n' Spicy'. But hey, there’s nothing wrong with the 'Original Recipe' – just bring the weight plates closer to your body to reduce the heat in your core.

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates or no weight plates

Regulars: 2x medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / A scrub is a guy	2x8		Set-up 👁️ Alt Back-Stepping Lunge on last 8 cts	16	1x
0:09	PC / No, I don't want your	2x8	A	Alt Back-Stepping Lunge (Slow) L&R L leg steps B – Arms extended F, plates together L leg drops to Lunge – Arms extended, rotate R for Thoracic Twist L leg rises – Arms extended, twist to center L leg steps in – Arms extended F, plates together 🔄 to R side – Thoracic Twist L	2 2 2 2 8	1x
0:17	C / I don't want no	4x8	A ¹	Alt Back-Stepping Lunge (Fast)	8	4x
0:33	/ (Instr)	4x8	B	Double Pulse Lunge L 2x Bottom Half Pulse Lunge L – Arms extended, rotate R for Thoracic Twist	4	8x
0:49	C / No, I don't want	4x8	B ¹	8x Pulse Lunge L 8x Bottom Half Pulse Lunge L– Arms extended, rotate R for Thoracic Twist	16	2x
1:04	V / But a scrub	½x8		Transition	4	1x
1:06	/ And I know	3½x8	B	🔄 Double Pulse Lunge R	4	7x
1:19	C / No, I don't want	4x8	B ¹	🔄 8x Pulse Lunge R	16	2x
1:35	/ (Instr)	4x8		Transition	32	
1:50	V / If you don't have	2½x8	C	Firefly & Corner Kick Combo (Slow) L&R Plank position. Hands under shoulders L knee to L elbow Extend L leg to L corner L leg resets for Plank 🔄 to R side	2 2 2 2	2½x
2:10	C / No, I don't want	4x8	C ¹	Firefly & Corner Kick Combo (Fast) L&R	8	4x
2:27	/ No, I don't want	4x8	C ²	Firefly & Corner Kick Combo (Fast) with Jump L&R ↓ OPTION: No Jump	8	4x



07. NO SCRUBS (JOLYON PETCH EDIT) 2:46mins

TECHNIQUE AND COACHING

ALTERNATE BACK-STEPPING LUNGE

Layer 1

- Cue: Step, Drop, center, rise
- **Hips and shoulders square to front**
- **Core braced**
- Back knee lowers towards floor, knees to 90 degrees
- **Plates below shoulder height at chest level**
- Control plate rotation to 45 degrees in Twist

Layer 2

- Feel the tension in the core in the Twist while holding the plates out in front

PULSE LUNGE

Layer 1

- Small Pulse, lower back knee towards floor
- Arms pulse center – 45 degrees

Layer 2

- Dynamic work for the core and lower body as you pulse, building strength and stability

FIREFLY & CORNER KICK COMBO

Layer 1

- Cue: Knee, Kick, reset
- **Hands under shoulders**
- **Hips squared to floor**
- **Long, flat back**
- **Core braced**
- Knee to outside elbow, heel to corner, reset

Layer 2

- Deepen the work through the obliques by bringing your knee closer to your elbow

↓ OPTION: Knees to floor

↑ OPTION: Jump the Firefly



08. RESISTED BALANCE

TRACK FOCUS

Challenging choreography + great music = a really fun Balance track! The intention should be on finding stability, so invite your participants to embrace the wobbles and tap down as needed.

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates or no weight plates

Regulars: 2x medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Hip Extension		16	
0:07	C / You wanna	2x8	A	Hip Extension L – Arms extended towards floor	2	8x
0:15	/ You wanna	4x8	A ¹	Hip Extension with Alt Row L – Arms extended towards floor – Alt Row L&R	2	16x
0:30	/ You wanna	4x8	B	Runners Knee L. RA	8	4x
0:46	/ You wanna	4x8	A	 Hip Extension L	2	16x
1:01	/ You wanna	4x8	A ¹	 Hip Extension with Alt Row L	2	16x
1:16	/ (Horns)	4x8	B	 Runners Knee L	8	4x
1:31	/ (Instr)	2x8	Recovery		16	1x
1:39	/ (Instr)	22x8	 on R side		176	1x



08. FIREBALL 3:08mins

TECHNIQUE AND COACHING

HIP EXTENSION

Layer 1

- **Front knee out**
- Light Toe Tap
- Plates down to 45 degrees
- **Core braced**
- **Hips squared to front**
- Squeeze glutes to lift leg

Layer 2

- Build tension here through the posterior chain to stabilize

↓ OPTION: Float back leg, no Tap

HIP EXTENSION WITH ALTERNATE ROW

Layer 1

- Cue: Right, left, right, left
- Plate to hip, elbow back to row
- **Hips square to front**

Layer 2

- Squeeze shoulder blades to engage upper back
- Focus on lifting leg from glute

↓ OPTION: Float back leg, no Tap

RUNNERS KNEE

Layer 1

- Balance on one leg
- Drive knee to hip, tip forward, leg back in Curl position
- **Knees pressed out over toes**
- Maintain straight spine

Layer 2

- Squeeze core tight and embrace the wobbles to work on balance

↓ OPTION: Reduce range of motion



09. LOWER BODY STRENGTH

TRACK FOCUS

Nothing complicated to see here! Simple moves with incredible results. There is a lot of time for educational coaching – take a moment to inform your participants of the benefits of isolated lower body training.

WEIGHT RECOMMENDATION:

New to Fitness: x2 light to medium weight plates

Regulars: x2 medium to heavy weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / I get those	4x8	Set up Offset Squat		32	
0:17	C / every time	8x8	A	Offset Squat L Mid Stance. L heel lifted – Arms extended. Weights to side of body	8	8x
0:47	/ every time	8x8	A ¹	2x Offset Squat/Triple Offset Squat Combo L Mid Stance. L heel lifted – Arms extended. Weights to side of body	16	4x
1:17	V / When I’m pulling	12x8	B	Lunge L – Arms extended. Weights to side of body	8	12x
2:04	C / every time	8x8	B ¹	2x Lunge/Triple Lunge with Kickback Combo L Mid Stance. L heel lifted – Arms extended. Weights to side of body	16	4x
2:35	/ every time	8x8	Recovery		32	2x
2:50	/ I get those	36x8	 on R side		288	



09. GOOSEBUMPS 5:17mins

TECHNIQUE AND COACHING

OFFSET SQUAT

Layer 1

- Cue: Down, down, up, up
- Split Stance, weight in front foot, back heel lifted, toes of back foot aligned with the heel of the front foot
- **Feet hip-distance apart** – Mid Stance
- **Chest lifted**
- **Knees pressed out over toes**
- Hips back and knees bend to Squat
- Squeeze the glutes and quads to stand

Layer 2

- Feel the pressure build in the quad and glutes of the front leg
- Working one side at a time to create equal strength

2X OFFSET SQUAT/TRIPLE OFFSET SQUAT COMBO

Layer 1

- Cue: Down, up, down, up, 3-2-1

Layer 2

- Stay low in the Pulse to build strength through the quads and glutes

LUNGE

Layer 1

- Cue: Down, down, up, up
- **Front knee pressed out over toes**
- **Hips and shoulders square to front**
- **Long step back**
- **Core braced**
- Lower back knee to floor
- **Back heel lifted**

Layer 2

- Slow and controlled depth in the Lunge to fire through the lower body

2X LUNGE/TRIPLE LUNGE WITH KICK BACK COMBO

Layer 1

- Cue: Down, up, down, up, 3-2-1, kick back
- Hinge forward in the Kick Back, leg long
- **Core braced** to stabilize

Layer 2

- Low range to build extra muscle tension

↓ OPTION: No Kick Back – stand



10. UPPER BODY STRENGTH

TRACK FOCUS

Offset training is not a new concept to LES MILLS TONE, but this is the first time we have brought this concept to Upper Body Strength. The offset movement patterns will isolate the muscles, reducing imbalances while creating equal strength across both sides of the body.

WEIGHT RECOMMENDATION:

New to Fitness: 1–2x light weight plates

Regulars: 1x medium weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Deadlift/Front Raise Combo		32	
0:11	C / Shake your	7x8	A	Deadlift/Front Raise Combo <i>Both hands on weight plates</i> Deadlift – <i>Weight plates push towards floor</i> Front Raise (Up) – <i>Weight plates lift to shoulder height</i> Front Raise (Down), <i>Weight plate lowers to thigh height</i> Stand – <i>Arms remain extended F of body</i>	4 4 4 4	3½
0:34	V / Shake, shake	8x8	B	Single-Arm Side Raise L&R	16	4x
0:57	/ I got on my right	3x8	C	Single-Arm Side Raise/Row Combo L&R L Side Raise/L Row R Side Raise/R Row	8 8	1½x
1:20	C / Shake your	7x8	A	 Deadlift/Front Raise Combo	16	3½x
1:43	V / Switch, switch	14x8	C	 Single-Arm Side Raise/Row Combo R&L	32	3½x
2:29	C / Shake your	8x8	A	 Deadlift/Front Raise Combo	16	4x
2:51	/ (Instr)	2x8	Transition to Pushup		16	
3:02	V / Rock, Rock	8x8	D	Walking Pushup L&R 1x Pushup L 1x Pushup R	8 8	4x
3:25	C / Shake your	8x8	E	Triple Pulse Pushup	8	8x



10. MONEY MAKER 3:50mins

TECHNIQUE AND COACHING

DEADLIFT/FRONT RAISE COMBO

Layer 1

- Cue: Down to knees, lift to front, lower, stand
- Feet outside hip-width
- Hips shift back
- **Plate lifts to shoulder height**
- **In Deadlift, plate stays close to thighs**
- **Knees pressed out over toes**
- **Core braced**

Layer 2

- Tip hips back further to lengthen through the hamstrings

SIDE RAISE

Layer 1

- Cue: Up, up, down, down
- **Core braced**
- Lift plate, **stop at shoulder height**
- **Keep stable as you switch sides**
- Maintain soft elbow bend
- Chest tipped forward, hinge from hips

Layer 2

- Feel the center of the shoulder engage in the Offset Side Raise, building a strong upper back

SINGLE-ARM SIDE RAISE/ROW COMBO

Layer 1

- Cue: Up, up, down, down, row, reset
- Both moves on same side, then switch
- Plate to hip, elbow back to Row
- Squeeze shoulder blades together

Layer 2

- Working unilateral upper body strength to build even, strong posture

WALKING PUSHUP

Layer 1

- **Hands under shoulders**
- Feet long
- **Core braced**
- Step hand and foot out, then back in
- **Chest to elbow height**

Layer 2

- Switch the core on super tightly to stabilize as you step the hand and foot out/in

↓ OPTION: Knees to floor, Pushup to corner

TRIPLE PULSE PUSHUP

Layer 1

- Hands stay wide outside shoulders
- Cue: 3-2-1
- **Chest to elbow height**

Layer 2

- Stay low in the Pulses to build tension through the chest, shoulders and arms

↓ OPTION: Knees to floor

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11. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

We have another new move to LES MILLS TONE: the Plate Arc. Just wait till you experience the challenge of the Arc/Washboard Combo. This will definitely become a track favorite among your participants.

WEIGHT RECOMMENDATION:

New to Fitness: 1x light weight plate

Regulars: 1x medium weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / You're rolling	2x8		Set up Plate Arc (Slow) L&R	16	
0:08	C / I should try	2x8	A	Plate Arc (Slow) L&R	16	1x
0:15	Br / Never met nobody	4x8	A ¹	Plate Arc (Fast) L&R	8	4x
0:31	C / You're rolling	4x8	B	Washboard L&R	4	8x
0:47	Br / Never met nobody	8x8	C	Arc/Washboard Combo L&R		
				Arc L/Washboard R&L	8	
				Arc R/Washboard L&R	8	4x
1:17	C / Nobody like you	4x8	B	 Washboard	4	8x
1:33	/ You're rolling	4x8		Transition to floor for Pike Crunch	32	
1:48	Br / Never met nobody	4x8	D	Pike Crunch		
				Hands and feet extend to 45°	4	
				Crunch to Pike	4	4x
				↓ OPTION: C-Crunch		
2:03	PC / You, you, you	4x8	E	Pike Top Range Pulse	2	16x
				↓ OPTION: Knees bent		
2:19	Br / Never met nobody	8x8	F	Cross Crawl L&R	4	16x
				↑ OPTION: Leg Extension		
2:50	C / Nobody like you	8x8	F ¹	Single-Single-Double Cross Crawl Combo		
				Cross Crawl L/Cross Crawl R/Double Pulse Cross		
				Crawl L – <i>Fingertips to temples</i>	8	
				Cross Crawl L/Cross Crawl R/Double Pulse Cross		
				Crawl L – <i>Fingertips to temples</i>	8	4x
				↓ OPTION: Toe Tap to floor		



11. NOBODY LIKE YOU (RETROVISION FLIP) 3:25mins

TECHNIQUE AND COACHING

PLATE ARC

Layer 1

- Feet outside hip-width
- **TONE posture**
- **Strong core brace**
- **Hips square to front**
- Shift body weight side to side
- Arms extended
- Circle plate up and over

Layer 2

- Focus on a large range of motion in the Arc to deepen the work in the obliques

WASHBOARD

Layer 1

- Cue: Right, left, right, left
- Long arms, **plate below shoulder height**
- **Core braced**
- **Hips square to front**
- Shift body weight side to side
- Arms extended
- Lower body remains still

Layer 2

- Build rotational power and strength in the core with the Washboard

↓ OPTION: Plate to chest

ARC/WASHBOARD COMBO

Layer 1

- Cue: One Arc, Washboard 1-2. Up and over, left, right
- **Core braced**
- **Hips squared to front**

Layer 2

- Take feet wider and squeeze glutes to isolate work in the abs and obliques

↓ OPTION: Plate to chest in the Washboard

PIKE CRUNCH

Layer 1

- **Press lower back towards the floor**
- Cue: Down, down, up, up
- **Brace Core**
- Extend legs and arms, extend out and crunch in

Layer 2

- Extend legs to 45 degrees
- As you extend the arms and legs away, feel the core switch on
- Try to lower the legs further to increase the challenge

↓ OPTION: Bend knees, tap toes to floor

PIKE CRUNCH – TOP-RANGE PULSE

Layer 1

- Point toes to ceiling
- Arms extended
- Shoulder blades lift from floor
- **Lower back to floor**

Layer 2

- A small movement with big results; feel the burn in the upper and lower abs

↓ OPTION: Knees bent at 90 degrees

CROSS CRAWL

Layer 1

- Cue: Front, back, front, back
- Plate to chest, elbows wide
- Rotating shoulder to opposite knee
- **Press lower back towards the floor**

Layer 2

- Reach your shoulders off the floor as you twist to build a strong core

↑ OPTION: Extend legs

↓ OPTION: Fingertips to temples

SINGLE-SINGLE-DOUBLE CROSS CRAWL COMBO

Layer 1

- Cue: Single, single, double pulse

Layer 2

- Feel the burn deep in the core with the added Pulse
- Think about pulling the plate apart to increase tension in the upper body and upper abs

↓ OPTION: Tap toes to floor



12. GLUTES

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use "WaveRunner" with the same choreography.

TRACK FOCUS

The lyrics in this track offer a great opportunity to connect with the choreography. Have fun with your participants. Use cues like “we’re keeping it juicy” or “wait till you see it from the back”.

RECOMMENDATION:

New to Fitness: No equipment

Regulars: SMARTBAND™

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Set up Horse Stance	32	
0:11	C / I keep it juicy	7½x8	A	Leg Extension Pulse L	4	15x
0:31	/ If you can see	½x8		Transition to Side Hover	4	
0:33	V / He like	7½x8	B	Lateral Hip Extension Pulse L	4	15x
0:54	/ True religion	½x8		Transition to Horse Stance	4	
0:56	V / Don’t wanna sell	8x8	A	 Leg Extension Pulse L	4	16x
1:19	C / Back, back, back	4x8	C	Scorpion Pulse L	2	16x
1:30	V / He spends	2x8		Recover	16	
1:41	/ She keeps it juicy	28x8		 on R side	224	
3:00	C / Back, back, back	1x8	C	 Scorpion Pulse L	1	8x
3:05	/ Back, back, back	1x8	C	 Scorpion Pulse R	1	8x



12. JUICY 3:20mins

TECHNIQUE AND COACHING

LEG EXTENSION PULSE

Layer 1

- Horse Stance, **hands under shoulders, knees under hips**
- Leg long
- Small Pulse up and down
- **Hips and shoulders square to floor**
- **Core braced**
- **Foot no higher than hips**

Layer 2

- Corkscrew hands into the floor to stabilize
- Squeeze between shoulder blades

LATERAL HIP EXTENSION

Layer 1

- Side Plank, **hand under shoulder**
- Leg long
- **Hips and shoulders square to front**
- Flex foot and lead with heel

Layer 2

- Focus on only moving leg to isolate the work in the glutes

↓ OPTION: Tap foot down

SCORPION PULSE

Layer 1

- Horse Stance, **hands under shoulders, knees under hips**
- **Hips and shoulders square to floor**
- **Core braced**
- Heel to ceiling, small Pulse

Layer 2

- Keep knee in line or higher than hips to target deep into the glutes



13. STRETCH

TRACK FOCUS

This Stretch track is calm and grounded. Connect with the 'chill' vibe of the track; thank the body, explore range of motion, and bring awareness to the success created during the workout.

MUSIC		EXERCISE		CTS
0:00	Intro / Mt Everest	2x8	Set up	16
0:09	V / I'm on top	2x8	A Kneeling Side Bend	16
0:21	/ You can touch	2x8	B Seated Cat/Cow Pose	16
0:33	C / Woop woop	2x8	C Hip Flexor Stretch L	16
0:43	/ Woop woop	2x8	C ¹ Hip Flexor Stretch with Thoracic Twist L	16
0:54	/ Woop woop	2x8	D Lizard L	16
1:05	V / Tell 'em	2x8	E Hamstring Stretch L	16
1:15	/ So much money	2x8	C Hip Flexor Stretch R	16
1:26	/ I got me one	2x8	C ¹ Hip Flexor Stretch with Thoracic Twist R	16
1:36	/ I don't need	2x8	D Lizard R	16
1:47	C / Sweet	2x8	E Hamstring Stretch R	16
2:03	/ (Instr)	2x8	F Forward Fold	16
2:12	Outro / Mt Everest	2x8	G Extended Mountain Pose	16



13. MOUNT EVEREST 2:32mins

TECHNIQUE AND COACHING

KNEELING SIDE BEND

Layer 1

- Sit back on heels
- Hands over head
- Small bend to right and left
- **Keep range of bend small**

↓ OPTION: Seated position

SEATED CAT/COW POSE

Layer 1

- Squeeze shoulder blades together, look up
- Dome upper back

HIP FLEXOR STRETCH

Layer 1

- Long step forward
- **Knees out over toes**

Layer 2

- Push hips forward to deepen stretch

↑ OPTION: Thoracic Twist – opposite hand to knee

LIZARD

Layer 1

- Both hands to floor
- Release to side of foot

↑ OPTION: Forearms to floor to deepen stretch

HAMSTRING STRETCH

Layer 1

- Square hips to front
- Hands either side of leg
- Shift body weight backward, release front toes

↓ OPTION: Hands to thighs

FORWARD FOLD

Layer 1

- Head and arms hang down
- Feet firm to floor
- Lengthen legs, hips high

↓ OPTION: Knees bent

EXTENDED MOUNTAIN POSE

Layer 1

- Slowly stand
- Circle hands over head



04. ALTERNATIVE PEAK 2 CARDIO

TRACK FOCUS

Regardless of whether participants choose high-impact or low-impact options, they can modulate the intensity by creating distance and taking up more space.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Lateral Slide/Knee Lift Combo Lateral Slide L – <i>Natural Arms</i> Knee Lift R – RA Lateral Slide – <i>Natural Arms</i> Knee Lift L – RA	2 2 2 2 4x
0:16	/ (Beat builds)	4x8	A ¹	Lateral Slide/Knee Lift Combo (Jump) Lateral Slide L – <i>Natural Arms</i> Jump Knee R – RA Lateral Slide – <i>Natural Arms</i> Jump Knee L – RA	2 2 2 2 4x
0:29	/ (Beat builds)	6x8	B	Lateral Slide/Jump Knee Lift Combo + Skaters Lateral Slide/Knee Lift Combo 4x Skater L&R – <i>Natural Arms</i>	4 4 6x
1:09	/ (Music fades)	2x8		Recover	16
1:17	/ (Choir)	6x8	C	Double Pulse Squat/2x Jack Combo Double Pulse Squat – <i>Hands clasped in front</i> Jack – <i>Hands clasped in front</i> Stand – <i>Natural Arms</i> Jack – <i>Hands clasped in front</i> Stand – <i>Natural Arms</i> 👁️ Broad Jump Forward/2x Jack Back Combo on last 8 cts	4 1 1 1 1 6x
1:37	/ (Heavy beat)	4x8	C ¹	Broad Jump Forward/2x Jack Back Combo Broad Jump F – <i>Swing arms F</i> 2x Jack Back – <i>Hands clasped in front</i> ↓ OPTION: Vertical Jump/2x Jack Combo 👁️ Broad Jump Forward with Butt Kick/2x Jack Back Combo on last 8 cts	4 4 4x
1:50	/ (Music builds)	4x8	C ²	Broad Jump Forward with Butt Kick/2x Jack Back Combo Broad Jump, Butt Kick F – <i>Swing arms F</i> 2x Jack Back – <i>Hands clasped in front</i> ↓ OPTION: Broad Jump 👁️ Broad Jump Forward with Hammer Throw/2x Jack Back Combo on last 8 cts	4 4 4x
2:03	/ (Heavy beat)	4x8	C ³	Broad Jump Forward with Hammer Throw/2x Jack Back Combo Broad Jump, Hammer Throw F – <i>Swing arms F</i> 2x Jack Back – <i>Hands clasped in front</i> ↓ OPTION: Butt Kick	4 4 4x



04. THE LOCUST KING 2:26mins

TECHNIQUE AND COACHING

LATERAL SLIDE/KNEE LIFT COMBO

Layer 1

- Cue: Slide, Knee Lift, Slide, Knee Lift
- Lateral Slide: **Shoulders and hips squared to front, chest lifted, core braced**
- Knee Lift: **Standing knee pressed out over toes, chest lifted, lifting knee stops at hip height**
- Slide to side, Knee Lift

Layer 2

- Increase the intensity by taking up more space – travel wider and lift higher

↑ OPTION: Jump the knee (bend knee to soften landing)

LATERAL SLIDE/JUMP KNEE COMBO + SKATERS

Layer 1

- Cue: Slide, Lift, Slide, Lift. Skater 4-3-2-1
- Lateral Slide: **Shoulders and hips squared to front, chest lifted, core braced**
- Knee Lift: **Standing knee pressed out over toes, chest lifted, lifting knee stops at hip height**
- Skater: **Knees pressed out over toes, butt back and down, chest lifted, strong ab brace**

Layer 2

- Stay low to create pressure in the legs for explosive Skaters
- Drive the outside foot firmly into the floor to leap wide with every Skater

↓ OPTION: Tap foot to floor during Skaters

DOUBLE PULSE SQUAT/2X JACK COMBO

Layer 1

- Cue: Squat-Squat, in-out-in-out
- **Feet outside hip-width**
- **Heels pressed into floor**
- **Knees pressed out over toes**
- Bend knees, hips back to Squat
- **Chest lifted**
- 2x Pulses, 2x Jacks

Layer 2

- Bend knees more in the Squats and Jacks to engage through the hamstrings and glutes

↑ OPTION: Squat + Vertical Jump/2x Jack Combo

BROAD JUMP F/2X JACK BACK COMBO

Layer 1

- Cue: Squat-jump in-out-in-out
- **Feet outside hip-width**
- **Knees pressed out over toes**
- **Chest lifted**
- **Knees bend to soften landing**
- Both feet take off. Both feet land
- 1 Jump, 2 Jacks back

Layer 2

- Extend distance and height to unleash explosive power
- Create extra momentum by swinging through the arms

↑ OPTIONS: Butt Kick, Broad Jump or Hammer Throw, Broad 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.

