

LES MILLS TONE **17**

MUSIC

FORMATS

01. WARM-UP

02. STEADY STATE

03. PEAK 1 FEATURE CARDIO

04. PEAK 2 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 STANDING CHOREOGRAPHY

05. PEAK 3 CARDIO

DECLARATION OF INTENT

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MUSIC

- 01

Phoenix (3:14)

Heather Geranium

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Written by: Cardin, O'Farrell, Stebbings, Gilbert
- 02

Drunk From Your Love (3:00)

JJ Indecisive

Courtesy of Les Mills Music Licensing Ltd.

Written by: Naley
- 03

Run It (4:05)

DJ Snake feat. Rick Ross & Rich Brian

Courtesy of the Universal Music Group.

Written by: Soewarno, Dold, Grigahcine, Ross, Taylor
- 04

Downtown (3:33)

Nice Enough feat. Ash

Courtesy of Les Mills Music Licensing Ltd.

Written by: Blackwood
- 05

Don't Say It (3:34)

Lee Mvtthews feat. PRINS

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Written by: Matthews, Lee, Prins
- 06

You Gotta Be (2:56)

Conro & LissA

© 2020 Monstercat.

Written by: Weekes, Ingram
- 07

Body (Joel Corry Remix) (3:24)

Megan Thee Stallion

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Written by: Mason, Pete, Petrel
- 08

White Tiger (Cat Carpenters Remix) (2:39)

Izzy Bizu

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Written by: Beardshaw, Barroux
- 09

Real Love (3:16)

Dillon Francis feat. Aleyna Tilki

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Written by: Francis, von Boch Scully, Peck, Bwanausi-Tømmerbakke, Smaaland, Phillips
- 10

damn Right Pt. 2 (3:05)

AUDREY NUNA & DJ Snake

© 2020 Arista Records, a division of Sony Music Entertainment.

Written by: Sawyer, Chu, Grigahcine, Donmoyer

damn Right Pt. 2 (1:02)

AUDREY NUNA & DJ Snake

© 2020 Arista Records, a division of Sony Music Entertainment.

Written by: Sawyer, Chu, Grigahcine, Donmoyer

- 11

Toxic (Y2K & Alexander Lewis Remix) (1:46)

Britney Spears

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Written by: Dennis, Bloodshy, Avant
- 12

Toxic (Y2K & Alexander Lewis Remix) (1:34)

Britney Spears

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Written by: Dennis, Bloodshy, Avant
- 13

Rumors (2:53)

Lizzo & Cardi B

© 2021 Nice Life Recording Company and Atlantic Recording Corporation.

Written by: Almanzar, Jefferson, Carr, Bheung, Frederic, Theron
- ALT 10

Bodies (3:29)

The Knocks & MUNA

© 2020 Big Beat Records Inc.

Written by: Patterson, Ruttner, Behr, Gavin, Maskin, McPherson
- 11

Gimme That (4:07)

NOAM DEE feat. Mahteen

Courtesy of Les Mills Music Licensing Ltd.

Written by: Fairley



LES MILLS TONE 17

Before we get into talking about this incredible release, we just want to acknowledge the team. We've been lucky to add some familiar faces to the TONE family this round.

LES MILLS TONE Release 17 doesn't disappoint: we have innovations, we have fantastic music and we have fun.

Our Warm-up track focuses on functional mobility to an uplifting song to get our class into the right zone for the workout ahead.

Track 2 is bringing back the Starburst but with a twist – we call this jump a Lay-up. It's challenging enough to get our heart rates up but not too challenging that we 'max out'.

Jump training? Training perimeter? Our Feature track does not disappoint; we prime the legs using Lunges and then explode into jump training all 4 points of our training square. This track is high cardio but also very playful – have fun with your class here.

The energy of Track 4 is really something – allow your class to explore the levels in their kicks. Low or high, they both feel invigorating.

Keep reminding yourself that in Track 5 there are only two rounds of work! We like to think we are leading the way in TONE when it comes to Burpees – this round does not disappoint!

Some signature TONE moves in Track 6 have us feeling nostalgic! You love these moves and so do we.

Oh my, my, my! Track 7 is just full of fun and oblique goodness! Good luck with not getting the lyrics stuck in your head.

We love a good Balance challenge – single side loading for the win in Track 8. And then we see this challenge amplified in our Lower Body Strength track.

The Upper Body Strength track introduces our standout training combo – this is where athleticism and longevity meet and it's so good for your class.

Not 10s, not 50s – We have 100s! Yes, 100s is our Functional Core Strength track. You'll notice a Pilates-inspired style of training that will make your participants stronger.

And finally – the Glutes track! We really do save the best for last!

Erin, Diana and Khiran x

CREDITS

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

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Mark Nu'u-Steele

Technical Consultant – Rob Lee

Production Coordinator – Anusha Kulal

Special thanks to **Vili Fifita** for choreography.

Special thanks to **Melroy Oostra** for music selection.



PRESENTERS



L-R: Martine Matapo-Kolisko, Otto Prodan, Khiran Huston, Mark Nu’u-Steele, Natasha Vincent, Kaylah-Blayr Fitzsimons-Nu’u and Vili Fifita

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

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.

Kaylah-Blayr Fitzsimons-Nu’u (New Zealand) is a LES MILLS TONE, BODYSTEP, BODYPUMP, LES MILLS GRIT Series, LES MILLS CEREMONY and LES MILLS CONQUER Instructor. She lives in Auckland.

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Martine Matapo-Kolisko (New Zealand) is a LES MILLS TONE Instructor and a LES MILLS CORE™, BODYATTACK™ and BODYSTEP Presenter/Instructor. She lives in Wellington.

Otto Prodan (Brazil) is a LES MILLS TONE, RPM, LES MILLS CORE, LES MILLS THE TRIP, LES MILLS GRIT and a BODYSTEP Instructor. He lives in Auckland and has been a Les Mills Instructor for seven years.

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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

An energizing Warm-up to mobilize and activate the body. The introduction of Twists sets up movements to come later in the workout. Be sure to remind your participants of TONE posture before you start, to ensure they get the most out of the workout.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / You told me	2x8	Set up for Squat Hip Roll	16	
0:12	V / Phoenix	6x8 A	Squat Hip Roll L&R Squat – hands clasped in front Hip Roll L – Natural Arms Squat – hands clasped in front Hip Roll R – Natural Arms	4 4 4 4	3x
0:35	/ You told me	8x8 B	Double Pulse Lateral Lunge L&R Double Pulse Lateral Lunge L – hands to L thigh Double Pulse Lateral Lunge R – hands to R thigh ⬆️ OPTION: After 4 reps, add Arm Reach to floor	4 4	8x
1:07	C / I don't worry	4x8 B ²	Lateral Lunge with Thoracic Twist L&R Lateral Lunge L – arms open with Thoracic Twist to L Lateral Lunge R – arms open with Thoracic Twist to R ⬇️ OPTION: Stay with one hand on thigh, one hand reaches floor	2 2	8x
1:22	/ I don't worry	4x8 C	Squat Twist L&R Squat – hands stacked in front of body Twist L – hands stacked, rotate L for Thoracic Twist Squat – hands stacked in front of body Twist R – hands stacked, rotate R for Thoracic Twist	1 1 1 1	8x
1:38	/ You told me	4x8 D	Back-Stepping Lunge (Smooth) L&R L leg steps B to Lunge – arms rise O/H Step in – hands to sides R leg steps B to Lunge – arms rise O/H Step in – hands to sides 👁️ Staggered Back-Stepping Lunge on last 8 cts	4 4 4 4	2x
1:53	/ You told me	4x8 D ¹	Back-Stepping Lunge (Staggered) L&R L leg steps B – arms reach B Bend knees to Lunge – arms lift O/H Legs straighten – arms reach B Step in – hands to chest 🔁 REPEAT to R side 👁️ Flight Lunge on last 8 cts	2 2 2 2 8	2x
2:10	C / I don't worry	8x8 D ²	Flight Lunge L&R L leg steps B – arms reach B L leg lifts – arms lift O/H Tap L foot down – arms reach B Step in – hands clasped in front of chest 🔁 REPEAT on R side	2 2 2 2 8	4x
2:40	V / I thought I meant to	4x8 E	Skater/Run Combo 8x Lateral Skater L&R 8x Run/Bounce OTS L&R	8 8	2x
2:56	C / I don't worry	4x8 E ¹	Half Skater/Run Combo 4x Lateral Skater L&R 4x Bounce/Jog/Butt Kick L&R Jog OTS	4 4	4x



01. PHOENIX 3:14mins

TECHNIQUE AND COACHING

SQUAT HIP ROLL

Layer 1

- Feet outside hip-width
- Knees pressed out over toes
- Chest lifted, butt stays above knee level

Layer 2

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

LATERAL LUNGE

Layer 1

- Feet outside hip-width
- Toes turned out slightly
- TONE posture
- Shoulders and hips square to the front
- Knees pressed out over toes
- Shift body weight side to side
- Chest lifted

Layer 2

- Deeper range allows us to warm a little faster through the inner and outer thighs and mobilize the hips
- Squeezing the shoulder blades together to open through the chest
- ↓ OPTION: Instead of reaching to floor, hand moves to thigh
- ↑ OPTION: Thoracic rotation to mobilize the spine

SQUAT TWIST

Layer 1

- Feet outside hip-width
- Knees pressed over toes
- Release your back heel and take your knee with you
- Chest lifted
- Gentle rotation from ribcage

BACK-STEPPING LUNGE

Layer 1

- Long step back
- Knee pushes out in line with toes
- Back heel up
- Chest lifted
- Arms rise

Layer 2

- Lift up through the ribcage

FLIGHT LUNGE

Layer 1

- Cue: *Tap, lift, tap, change legs*
- Free leg stays low
- Front knee pushes out over toes
- Chest lifted
- Arms reach over head

Layer 2

- Squeeze the back side as we are warming up through the back of the body, the posterior chain
- It's a long reach from the tip of your toes to the fingertips

↓ OPTION: No arms

SKATER/RUN COMBO

Layer 1

- Combo cue: *Skate 8, 7, 6, 5, 4, 3, 2, 1. Run 8, 7, 6, 5, 4, 3, 2, 1*
- Soften knees
- Hips and shoulders to the front

Layer 2

- Push off the side of the foot to drive the lateral movement

↓ OPTION: Bounce instead of Skater



02. STEADY STATE

TRACK FOCUS

3 minutes of continuous cardio to prep and prime us for the cardio to come. Expect the heart rate to be up by the end of this track! Be sure to clearly coach the vertical reach and jump in the Lay-up.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Jog OTS	16	
0:07	/ Don't know why	8x8	A Skater Combo 4x Skater L, R, L, R – <i>Natural Arms</i> 2x Jack – <i>hands clasped in front</i> ↓ OPTION: 4x Bounce L&R and 2x Squat	4 4	8x
0:37	/ Your love	4x8	B Lateral Step with Vertical Lift L&R Lateral Step L – <i>arms open to side</i> Vertical Lift – <i>arms swing O/H</i> Lateral Step R – <i>arms open to side</i> Vertical Lift – <i>arms swing O/H</i>	2 2 2 2	4x
0:53	/ (Instr)	4x8	B ¹ Lay-up Combo L&R Lateral Step L – <i>arms open to side</i> R leg Side Lift – <i>L arm lifts O/H, R arm down</i> Lateral Step R – <i>arms open to side</i> L leg Side Lift – <i>R arm lifts O/H, L arm down</i> ↑ OPTION: Heel Lift	2 2 2 2	4x
1:08	V / See if	8x8	A REPEAT Skater Combo	8	8x
1:38	/ (Instr)	4x8	B ¹ REPEAT Lay-up Combo L&R ↑ OPTION: Heel Lift ↑ OPTION: Add Jump	8	4x
1:53	ohhhh	8x8	A REPEAT Skater Combo	8	8x
2:24	Outro / (Instr)	8x8	B ² Lay-up Jump Combo L&R Lateral Step L – <i>arms open to side</i> R leg Side Lift with Jump – <i>L arm lift O/H, R arm down</i> Lateral Step R – <i>arms open to side</i> L leg Side Lift with Jump – <i>R arm lift O/H, L arm down</i> ↓ OPTION: No Jump Jog OTS	2 2 2 2	8x



02. DRUNK FROM YOUR LOVE 3:00mins

TECHNIQUE AND COACHING

SKATER COMBO

Layer 1

- Combo cue: *4 Skaters and 2 Jacks*
- Skater: **Hips and shoulders square to front, chest is lifted, knees soft when we land**
- Jack: **Knees bent and pressed out over toes, heels grounded, chest lifted**

Layer 2

- Pushing off the outside of your feet to target the muscles of the legs – this is going to build agility
- Take your time to sit into the combo
- Drop deeper in the Jack to lift the heart rate
- This Steady State track improves our baseline fitness, which helps us with our overall cardio fitness

↓ OPTION: Bounce instead of Skater

↓ OPTION: Squat instead of Jack

LATERAL STEP WITH VERTICAL LIFT

Layer 1

- Cue: *Lateral Step, Vertical Lift*
- **Coming up onto the balls of your feet**
- **Knees soft**

Layer 2

- This sets us up for our new combo – Lay-up Combo
- Squeezing the back of the body and reaching tall to target the posterior chain

LAY-UP COMBO

Layer 1

- Outside arm, inside leg
- **Both feet take off, both feet land**
- Coming up onto the ball of your foot
- **Knees soft to land**
- **Chest lifted**

Layer 2

- Squeezing the entire back of the body
- Really get into those levels, low then high to lift the heart rate

↓ OPTION: No heel lift

↑ OPTION: Jump



03. PEAK 1 FEATURE CARDIO

TRACK FOCUS

Get ready for new innovative movements to TONE – multi-directional Jump Training! We build explosive power here. Make sure you clearly coach your participants to utilize all 4 points of their training perimeter.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Back-Stepping Lunge	16	
0:08	V / Uh, rollin’	4x8	A Back-Stepping Lunge L&R L Back-Stepping Lunge – RA R Back-Stepping Lunge – LA	4 4	4x
0:27	/ Burn the gown	4x8	B Forward Fold and Extension Forward Fold – <i>hands walk down legs</i> Stand – <i>arms walk up legs and reach O/H</i>	4 4	4x
0:45	C / Run it	4x8	C Jumping Perimeter L Jump F – <i>arms swing F</i> Turn body to L side, Jump F – <i>arms swing F</i> Turn body to B, Jump F – <i>arms swing F</i> Turn body to R side, Jump F – <i>arms swing F</i> ↓ OPTION: 2x Squat Pulse, <i>arms reach O/H</i>	4 4 4 4	2x
1:04	V / Bang	8x8	B Forward Fold and Extension Forward Fold – <i>hands walk down legs</i> Stand – <i>arms walk up legs and reach O/H</i> ↑ OPTION: Caterpillar OTB	4 4	8x
1:41	C / Run it	4x8	C  Jumping Perimeter L	16	2x
1:59	(Silence)	2x8	Recover	16	
2:09	V / Uh, rollin’	4x8	A  Back-Stepping Lunge L&R	4	8x
2:28	/ Burn the gown	4x8	B  Forward Fold and Extension or Caterpillar Forward Fold – <i>hands walk down body</i> Stand – <i>arms reach O/H</i> ↑ OPTION: Caterpillar OTB	4 4	4x
2:47	C / Run it	4x8	C  Jumping Perimeter R ↑ OPTION: Add Butt Kick, <i>hands to heels</i>	16	2x
3:05	V / Bang	8x8	B  Forward Fold and Extension or Caterpillar Forward Fold – <i>hands walk down body</i> Stand – <i>arms reach O/H</i> ↑ OPTION: Caterpillar off the beat	4 4	8x
3:42	C / Run it	4x8	C  Jumping Perimeter R ↑ OPTION: Add Butt Kick	16	2x



03. RUN IT 4:05mins

TECHNIQUE AND COACHING

BACK-STEPPING LUNGE

Layer 1

- Cue: *Right leg, Lunge back, left leg*
- **Long step back**
- **Front knee pressed out over toes**
- **Hips and shoulders square to the front**
- **Core braced**
- **Back heel up**
- **Chest lifted**

Layer 2

- Hitting the range to fire through the lower body
- Lunges are great for priming our legs

FORWARD FOLD AND EXTENSION

Layer 1

- **Bend your knees**
- Walk your hands down and up
- Hands come up – in Extension
- **Hands under shoulders** – in Caterpillar
- **Core braced** – in Caterpillar

Layer 2

- Taking the Caterpillar allows us to work at our own pace, our own options
- Reach up nice and tall, squeezing the body
- We love this movement; it preps and primes all the muscles that we use for our Jumps – the glutes, hamstrings and calves
- Working all the major muscles in the lower body to get the heart rate up

⬆ OPTION: To go faster off the beat

⬆ OPTION: Caterpillar

JUMPING PERIMETER

Layer 1

- Cue: *Forward jump, turn, land, turn*
- **Both feet take off, both feet land**
- **When you land – soft knees, knees press out over toes**
- **Chest lifted**
- **Core braced**
- Land square on before turning

Layer 2

- Imagine you are jumping over a box or a chair, to hit the explosive power
- Use a big arm swing to generate the forward momentum in the Jumps
- Use the glutes and the hip drive to explode into the Jump
- These big Jumps are so good for our bone density

⬆ OPTION: 2x Squat Pulse, 1x Overhead Reach

⬆ OPTION: Add Butt Kick



04. PEAK 2 CARDIO

TRACK FOCUS

Explosive cardio with a focus on the hips, glutes and quads – working mobility through the hips and lifting the heart rate through energetic and empowering movements.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Introduce the track	16	
0:12	/ We got all the pieces	2x8	A Squat Hip Roll Combo L&R		
			Squat – hands clasped in front	2	
			Hip Roll L – Natural Arms	2	
			Squat – hands clasped in front	2	
			Hip Roll R – Natural Arms	2	2x
0:24	/ Ahh (Instr)	4x8	A ¹ Squat Roll, Squat Kick Combo L&R		
			Squat – arms clasped in front	2	
			Hip Roll L – Natural Arms	2	
			Squat – hands clasped in front	2	
			Front Kick L – L arm swings down past hip, R hand to chest	2	
			Squat – arms clasped in front	2	
			Hip Roll R – Natural Arms	2	
			Squat – hands clasped in front	2	
			Front Kick R – R arm swings down past hip, L hand to chest	2	2x
0:49	/ Feels like we	4x8	B Triple Pulse Squat Kick Combo L&R		
			3x Squat Pulse – arms clasped in front	3	
			Front Kick L – L arm swing downs past hip, R hand to chest	1	
			3x Squat Pulse – arms clasped in front	3	
			Front Kick R – R arm swings down past hip, L hand to chest	1	4x
1:14	/ (Instr)	4x8	B ¹ Squat Kick Combo L&R		
			Squat – hands clasped in front	1	
			Front Kick L – L arm swings down past hip, R hand to chest	1	
			Squat – Hands clasped in front	1	
			Front Kick R – R arm swings down past hip, L hand to chest	1	8x
			⬆️ OPTION: Add Jump after 4 reps		
1:38	/ (Instr)	10x8	C Squat Leg Lift L&R		
			Squat – elbows pull B	1	
			L Leg Lift to B corner – elbows lift in front of body	1	
			Squat – elbows pull B	1	
			R Leg Lift to B corner – elbows lift in front of body	1	20x
			⬆️ OPTION: Heel Lift after 8 reps		
			⬆️ OPTION: Add Jump with Double Bounce after 12 reps		
2:40	/ It feels like	4x8	REPEAT Triple Pulse Squat Kick Combo L&R	4	8x
3:05	/ Town (Instr)	4x8	REPEAT Squat Kick Combo – add Jump L&R	2	16x
			⬇️ OPTION: No Jump		



04. DOWNTOWN 3:33mins

TECHNIQUE AND COACHING

SQUAT HIP ROLL COMBO

Layer 1

- Cue: *Down, Hip Roll, now R leg*
- **Feet outside hip-width**
- **Knees pressed out over toes**
- **Chest lifted**
- **Butt stays above knee level**
- **Heels down**
- Lift your knee nice and high as you roll

Layer 2

- Squat: Press down into heels – this will help engage glutes to warm up the lower body
- This move is great to build explosive power in the hips, glutes and quads
- Lift your knee nice and high as you roll
- Finding the mobility and hip range through the Hip Roll

SQUAT KICK COMBO

Layer 1

- For Triple Pulse, cue: *3, 2, 1, kick*
- **Brace abs tightly**
- **Lean back as you kick**
- **Chest lifted**
- **Knees pressed out over toes**
- **Contract through the quad as you extend the leg**

Layer 2

- Small Pulses in the Squat start to activate more muscles in the legs
- To ramp up the cardio, quickly drop into the Squat
- Add a Jump to really lift the heart rate

↑ OPTION: Add Jump

SQUAT LEG LIFT

Layer 1

- **Body turns 45 degrees, hips and shoulders move**
- **Core braced**
- **Knees in line with toes**
- **Back leg lifts by squeezing the glutes**
- **Land soft**
- **Land feet under the body**

Layer 2

- Squeezing through the entire body

↑ OPTION: Add Heel Lift

↑ OPTION: Add Jump



05. PEAK 3 CARDIO

TRACK FOCUS

Two epic rounds and opportunities to work on or off the beat; explosive cardio training to chase the breathless feeling. Be sure to coach this track in a way that is inclusive of all fitness levels.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Walking Burpee		16	
0:10	/ We both	4x8	A	Walking Burpee Squat – hands clasped in front Squat – hands to floor L leg steps B, Plank – hands under shoulders R leg steps B, Plank – hands under shoulders L leg steps F, Squat – hands under shoulders R leg steps F, Squat – hands under shoulders Squat – hands clasped in front Stand – A-Frame Arms ↓ OPTION: Half time/slow	1 1 1 1 1 1 1 1	4x
0:33	/ Older	4x8	A ¹	Burpee Squat – hands clasped in front Plank – hands under shoulders Squat – hands clasped in front Stand – A-Frame Arms ↓ OPTION: Walking Burpee	1 1 1 1	8x
0:55	C / Over (Heavy beat)	8x8	B	Jack Burpee Squat – hands clasped in front Plank – hands under shoulders 2x Plank Jack – hands under shoulders Squat – hands clasped in front 4x Air Tap – arms swing naturally ↓ OPTION: 4x Pulse Squat, 1x Walking Burpee	1 1 2 1 3	8x
1:39	V / I thought	4x8		Recover	32	
2:00	/ Older	4x8	A ¹	 Burpee	4	8x
2:23	/ Over (Heavy beat)	8x8	C	Sprint Tuck Burpee Squat – hands clasped in front Plank – hands under shoulders 2x Switch Climber L&R – hands under shoulders Squat – hands clasped in front 1x Bounce 2x Sprint Tuck L&R – arms swing naturally ↓ OPTION: Jack Burpee ↓ OPTION: Squat Twist with Knee L&R, 1x Walking Burpee	1 1 2 1 1 2	8x



05. DON'T SAY IT 3:34mins

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 lifted to stand**
- **Bend knees over toes**

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

- As you hit the Plank, shift the weight all the way forward into your hands
- Come all the way up to work through a greater range
- Burpees allow us to train the full body; we target the legs, the upper body and the core

↓ OPTION: Walking Burpee

JACK BURPEE

Layer 1

- Cue: *Jack, Jack, Squat, 4, 3, 2, 1*
- **Soft landing**
- Click your heels in the middle
- **Shift weight over your hands**
- **Core braced** in Plank
- **Back long, strong and straight**
- **Knees over toes in Squat**

Layer 2

- This is explosive cardio training
- Stay light on your feet to ramp up the heart rate

↓ OPTION: Burpee

↓ OPTION: Walking Burpee

SPRINT TUCK BURPEE

Layer 1

- Cue: *Squat, Plank, 2 Knees, Squat, Bounce, 2-Leg Drive*
- **Both feet take off, both feet land**
- **Core braced in Plank**
- **Hands under shoulders**
- Drive out of the toes in Plank Knees

Layer 2

- We want to hit that breathless feeling, because when we are breathless it indicates we are working hard and improving our fitness
- Super tight contraction through the core to get the knees to the chest
- On the way in, hit the Squat with intensity to explode out of the floor

↓ OPTION: Jack Burpee

↓ OPTION: Burpee

↓ OPTION: Walking Burpee



06. RESISTED CARDIO

TRACK FOCUS

An energizing track to lift the heart rate. We focus on dynamic resisted movements to strengthen the posterior chain and our stabilizing muscles, and these muscles support our big power movements like Burpees!

WEIGHT RECOMMENDATION: 2x light weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Squat Snatch		16	
0:07	V / Listen as your	8x8 A	Squat Snatch (Slow) L&R Lateral Squat L – L arm down R foot steps in – L Arm Snatch Lateral Squat R – R arm down L foot steps in – R Arm Snatch ⬆️ OPTION: Add Squat Jack after 4 reps		2 2 2 2	8x
0:39	C / You gotta be bad (Heavy beat)	8x8 A ¹	Jumping Squat Snatch (Fast) L&R Lateral Squat L – L arm down, R foot steps in – L Arm Snatch Lateral Squat R – R arm down, L foot steps in – R Arm Snatch ⬇️ OPTION: No Jump		1 1	32x
1:11	V / Herald what your	8x8 B	Single-Leg Lift Plate Punch Combo L&R R Leg Lift, body to L diagonal – arms extend at shoulder height Squat – plates to chest L Leg Lift, body to R diagonal – arms extend at shoulder height Squat – plates to chest ⬆️ OPTION: Add Heel Lift after 4 reps		2 2 2 2	8x
1:43	C / You gotta be bad (Heavy beat)	4x8 B ¹	4x Leg Lift Plate Punch Combo (Fast) L&R 4x R Leg Lift, body to L diagonal, Squat – arms extend at shoulder height then to chest 4x L Leg Lift, body to L diagonal, Squat – arms extend at shoulder height then to chest ⬆️ OPTION: Add Heel Lift		8 8	2x
1:59	Instr /	4x8 B ²	Single-Leg Lift Plate Punch Combo (Fast) L&R R Leg Lift, body to L diagonal – arms extend at shoulder height Squat – plates to chest L Leg Lift, body to R diagonal – arms extend at shoulder height Squat – plates to chest ⬆️ OPTION: Heel Lift		1 1 1 1	8x
2:15	C / You gotta be bad (Quiet)	6x8 C	Flight Lunge (Slow) L&R L leg Tap B – Bicep Curl L Leg Lift – arms extend B L leg Tap down – Bicep Curl L leg step in – Plate Press O/H on R side ⬆️ OPTION: Add Heel Lift after 2 reps		2 2 2 2	6x
2:38	/ You gotta be bad (Heavy beat)	4x8 C ¹	Flight Lunge (Fast) L&R ⬆️ OPTION: Heel Lift		4	8x



06. YOU GOTTA BE 2:56mins

TECHNIQUE AND COACHING

SQUAT SNATCH

Layer 1

- Cue: *Squat, Snatch, Squat, Snatch*
- Right arm, right leg and left arm, left leg
- Hips go back and down
- **Chest stays lifted**
- **Core braced**
- **Plates come just forward of face and stops at the outer thigh**
- **Knees in line with toes**

JUMPING SQUAT SNATCH

Layer 1

- Cue: *Down, together, down, together*
- Hips go back and down
- **Chest stays lifted**
- **Core braced**
- **Plates come just forward of face and stop at the outer thigh**
- **Knees in line with toes**

Layer 2

- Keep control of the plates by locking in the core hard and keeping chest nice and proud
- Drive the floor away so we get great glute engagement
- Feel the squeeze of the glutes as we lift, working into the posterior chain
- Adding the Jump with resistance to ramp up the heart rate

↓ OPTION: No Jump; stay with the Squat

SINGLE-LEG LIFT PLATE PUNCH COMBO

Layer 1

- Cue: *Up, Squat, up, Squat*
- **Turn body to 45 degrees**
- **Core braced**
- **Knees soft and in line with toes**
- **Back leg lifts by squeezing the glutes**
- **Plates stop at shoulder line**
- **Elbows soft** – on Plate Press

Layer 2

- Squeeze the glutes to lift the leg
- This move is great for working our stabilizing muscles; these are smaller muscles that assist our alignment and form in bigger power moves like burpees

↑ OPTION: Heel Lift

4X LEG LIFT PLATE PUNCH COMBO

Layer 1

- Cue: *4 singles, fast*
- Cue: *4, 3, 2, 1, Squat, change*
- **Knees soft**
- **Core braced**

Layer 2

- We use the Squat to propel us to the other side

↓ OPTION: No Heel Lift

FLIGHT LUNGE

Layer 1

- Cue: *Tap, Tap, Press*
- **Knees in line with toes**
- **Plates stay in front of face**
- **Knees soft**

Layer 2

- We've got the resistance, we've got the cardio, and we've got the coordination
- Big squeeze through the back body; this move lifts the heart rate and hits the posterior chain

↓ OPTION: No Heel Lift



07. DYNAMIC CARDIO CORE

TRACK FOCUS

We focus on internal and external obliques with a heart rate lift – get your body-ody ready! Keep this track lighthearted and fun!

WEIGHT RECOMMENDATION:

New to Fitness: SMARTBAND™

Regulars: 2x light weight plates

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Oblique Crunch	16	
0:07	/ Body-ody	6x8 A	Oblique Crunch L&R 4x Oblique Crunch to L side – R Arm Reach to ceiling, L Arm Reach to floor 4x Oblique Crunch to L side – R Arm Reach to ceiling, L Arm Reach to floor	8 8	3x
0:29	/ Body crazy	4x8 B	Knee Lifts L&R (Slow) 2x L Knee Lift – L elbow to L knee 2x R Knee Lift – R elbow to L knee	8 8	2x
0:44	V / Look at how	8x8 B ¹	3 Knee Lift Combo L&R (Fast) 3x L Knee Lift – 3x L elbow to L knee (hold third Knee Lift) 3x R Knee Lift – 3x R elbow to R knee (hold third Knee Lift) ⬆️ OPTION: Add Jump after 2 reps	8 8	4x
1:14	/ Body-ody	4x8 A	REPEAT Oblique Crunch L&R	2	16x
1:29	(Instr) /	4x8 C	Cable L&R Hold Squat position – arms straight in line with chest travel L (45°) Hold Squat position – arms straight in line with chest travel R (45°) ⬇️ OPTION: Plates to chest	2 2	8x
1:45	/ Body-ody	6x8 C ¹	Cable (Fast, fast, slow) L&R Hold Squat position – arms travel L, R, L (45°) Hold Hold Squat position – arms travel R, L, R (45°) Hold ⬇️ OPTION: Plates to chest	3 1 3 1	6x
2:07	V / I'm a hot Ebony	8x8 C ²	Cable Knee Combo (Fast, fast, slow) L&R Hold Squat position – arms travel L (45°) Hold Squat position – arms travel R (45°) L Knee Lift – arms travel L (45°) Hold L knee up – hold L elbow to knee Hold Squat position – arms travel R (45°) Hold Squat position – arms travel L (45°) R Knee Lift – arms travel R (45°) Hold R knee up – hold R elbow to knee ⬇️ OPTION: Plates to chest	1 1 1 1 1 1 1 1	8x
2:37	/ Body-ody	8x8 B ¹	REPEAT 3 Knee Lift Combo L&R (Fast) ⬆️ OPTION: Add Jump	16	4x
3:07	Outro / Body-ody	4x8 A	REPEAT Oblique Crunch L&R	2	16x



07. BODY 3:24mins

TECHNIQUE AND COACHING

OBLIQUE CRUNCH

Layer 1

- Cue: *R arm down, L arm up, Oblique Crunch, 4, 3, 2, 1*
- **Wide Stance**
- **Turn toes out slightly**
- **Pressing knees out over toes**
- **Core braced**
- **Chest lifted**
- One arm reaches to floor, the other arm reaches to ceiling
- Crunching our ribs to our hips
- **Small-range Crunch** – just enough to activate the obliques

Layer 2

- Sit deep in the Squat – stabilize
- Start to feel the internal obliques pulling your ribs to your hips
- See how far you can reach with the top arm, feeling that stretch of the external oblique

↓ OPTION: No plates; use band

KNEE LIFTS

Layer 1

- Cue: *R Knee Lifts, 2 times, slow, 1, 2, opposite side*
- Crunching our ribs to our hips
- **Core braced**
- **Chest lifted**
- Pause in the top range on the third one (for Triple Knee)

Layer 2

- For more cardio, let's jump it
- Using our beautiful TONE posture

↑ OPTION: Add Jump

↓ OPTION: No plates, use band

CABLE

Layer 1

- Cue (Weights): Right to left
- Hips square to front and still
- Stable through the lower body
- **Pressing knees out over toes**
- **Soft elbows**
- **Weight plates in line with chest**

Layer 2

- We are using all our obliques – internal and external
- Play with the tempo – fast, fast, slow
- Reactive Core Training to strengthen our rotational muscles
- This is a controlled rotational movement

↓ OPTION: No plates; use band

CABLE KNEE COMBO

Layer 1

- **This is a controlled movement**
- **Plates and knee to 45 degrees**
- **Core braced**
- **Chest lifted**

Layer 2

- This is so good for your abdominals, and your abdominals are a key component to all your exercises
- How high can you lift your knee and stay in control?

↓ OPTION: No plates; use band



08. RESISTED BALANCE

TRACK FOCUS

Two identical rounds to work on each leg, building stability and control. We focus on developing body symmetry, which is essential for good movement patterns and muscle efficiency!

WEIGHT RECOMMENDATION:

New to Fitness: SMARTBAND

Regulars: 2x light weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	/ White	2x8	Set up for Single-Leg Deadlift		16	
0:08	/ If I am still	8x8	A	Single-Leg Deadlift L Single-Leg Deadlift L – L Arm Reach to the floor Stand, L Knee Lift in front – L hand to shoulder ↓ OPTION: L foot tap down	4 4	8x
0:32	/ And all adrenalin	4x8	A ¹	Single-Leg Deadlift Combo L (Slow) Single-Leg Deadlift L – L Arm Reach to the floor Stand, L Knee Lift in front – L hand to shoulder L arm Shoulder Press ↓ OPTION: L foot touches down	4 4 8	2x
0:47	C / White	8x8	A ²	Single-Leg Deadlift Combo L (Fast) 2x Single-Leg Deadlift L L arm Shoulder Press ↓ OPTION: L foot touches down	8 8	4x
1:18	V / What a	8x8	A	 Single-Leg Deadlift R	8	8x
1:49	/ White tiger	4x8	A ¹	 Single-Leg Deadlift Combo R (Slow)	16	2x
2:04	/ White tiger	8x8	A ²	 Single-Leg Deadlift Combo R (Fast)	16	4x



08. WHITE TIGER 2:39mins

TECHNIQUE AND COACHING

SINGLE-LEG DEADLIFT

Layer 1

- Cue: *Stack your weights in the right hand, and shift weight to left foot, right leg goes back*
- Cue: *Down, down, up, up*
- **Hinge forward from the hips**
- Extended leg comes through to hip height
- **Hips and shoulders square to the floor**
- **Core braced**
- Soften front knee by flexing slightly
- **Chest lifted at the top of the move**

Layer 2

- Each side might feel a little different, but this is the beauty of training single arm, single leg – we are improving body symmetry
- We are improving muscle efficiency and movement control

↓ OPTION: Back leg touches down

↓ OPTION: SMARTBAND instead of plates

SINGLE-LEG DEADLIFT COMBO

Layer 1

- **Keep weights close to front leg** – on Deadlift
- **Keep weights forward of shoulder** – on Shoulder Press
- **Core braced**
- **Light bend in the knee**
- Maintain a neutral spine

Layer 2

- Bend your front knee a little to stabilize the leg
- Big core brace to stabilize through the middle
- Wobbles and shakes are OK – it means the little muscles that stabilize your joints are working super hard to make you stronger and improve your balance

↓ OPTION: Back leg touches down

↓ OPTION: SMARTBAND instead of plates



09. LOWER BODY STRENGTH

TRACK FOCUS

We have an epic tune to keep building on the single leg stability, control and strength! Expect a lot of posterior chain work with the Deadlift pattern, and lots of Pulses to fire up the glutes as well as all those muscles in the lower body.

WEIGHT RECOMMENDATION:

New to Fitness: 2x light to medium weight plates

Regulars: 2x medium to heavy weight plates

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Single-Leg Deadlift L	16	
0:07	/ Kiss me slow	4x8	A Single-Leg Deadlift L L leg extends B – <i>plates to floor</i> Stand, L Knee Lift F – <i>plates to side of body</i> ↓ OPTION: L foot stays grounded or tap down	4 4	4x
0:37	C / Want somebody (Heavy beat)	4x8	B 6x Pulse Lunge Deadlift Combo L 6x Pulse Lunge L – <i>plates to side of body</i> 1x Single-Leg Deadlift L – <i>plates to floor</i> ↓ OPTION: L foot stays grounded	6 2	4x
1:08	V / Pull me closer	4x8	A  Single-Leg Deadlift R	8	4x
1:39	C / Want somebody (Heavy beat)	8x8	B  6x Pulse Lunge Deadlift Combo L	16	4x
2:11	V / Pull me closer	2x8	C Squat/Lunge Combo 2/2 L&R Squat – <i>plates to side of body</i> Stand – <i>plates to side of body</i> Back-Stepping Lunge L – <i>plates to side of body</i> Stand – <i>plates to side of body</i> Squat – <i>plates to side of body</i> Stand – <i>plates to side of body</i> Back-Stepping Lunge R – <i>plates to side of body</i> Stand – <i>plate to side of body</i>	2 2 2 2 2 2 2 2	1x
2:26	/ Want somebody (Build)	2x8	C ¹ Double Pulse Squat Lunge Combo L&R 2x Pulse Squat – <i>plate to side of body</i> 2x Back-Stepping Pulse Lunge L – <i>plate to side of body</i> 2x Pulse Squat – <i>plate to side of body</i> 2x Back-Stepping Pulse Lunge R – <i>plate to side of body</i>	2 2 2 2	2x
2:41	C / Want somebody (Heavy beat)	4x8	C ² 6x Pulse Squat Lunge Combo L&R 6x Pulse Squat – <i>plate to side of body</i> 2x Pulse Back-Stepping Lunge L – <i>plate to side of body</i> 6x Pulse Squat – <i>plate to side of body</i> 2x Pulse Back-Stepping Lunge R – <i>plate to side of body</i>	6 2 6 2	2x



09. REAL LOVE 3:16mins

TECHNIQUE AND COACHING

SINGLE-LEG DEADLIFT

Layer 1

- Cue: 4, 3, 2, 1, rise super slowly
- Extended leg comes through to hip height
- **Hips and shoulders square to the floor**
- **Core braced**
- Soften into front knee

Layer 2

- Try tensing the whole body before we drop, to focus on full-body strengthening
- Big squeeze of the glute to rise
- ↓ OPTION: Back leg touches down

6X PULSE LUNGE DEADLIFT COMBO

Layer 1

- Cue: 6, 5, 4, 3, 2, 1, hinge forward, light tap of the plates
- **Back leg stays close to the floor**
- **Core braced**
- **Press front knee out over toes**
- **Chest lifted**
- **Hips and shoulders square to the front**
- Plates tap lightly to the floor
- Stay low and hinge forward from the hips

Layer 2

- Pull the shoulders back to feel the strength in the upper back
- By keeping the back leg close to the floor, we load the glute a lot more
- ↓ OPTION: Back leg touches down

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

- Isolating the muscles in the Pulses is how we build strength
- When we stay in this range, we enhance all those strength benefits
- This is also a great way to build power in our lower body, which helps improve any jumping or running we do
- ↓ OPTION: There are a lot of Pulses. Try to stay in the workout but shake it out if needed



10. UPPER BODY STRENGTH

Please note: This song contains explicit content. The alternative song can be used in its place.
Please use *Gimme That* with the same choreography.

TRACK FOCUS

Three challenging rounds to improve our upper body strength. We introduce a new movement combo this round; so use clear Layer 1 cues to set your class up for success!

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates
Regulars: 2x medium to heavy weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up for Pushup/Front Raise Combo	16	
0:11	V / 1, 2, fleeka	8x8	A	2x Pushup/Front Raise Combo L&R		
				2x slow Pushups	8	
				L leg step F to Lunge	2	
				Front Raise (up), back knee lifts off floor – <i>pick up weight plates and lift O/H</i>	2	
				Front Raise (down), back knee down – <i>weight plates lower to floor</i>	2	
				L leg step B to Pushup position	2	4x
				 on R side		
				↑ OPTION: Pushup on knees		
				↓ OPTION: No Front Raise, back knee stays on floor		
0:53	(Instr) /	4x8	A ¹	4x Pushup/Front Raise Combo L&R		
				4x single Pushups	8	
				L leg step F to Lunge	2	
				Front Raise (up), back knee lifts off floor – <i>pick up weight plates and lift O/H</i>	2	
				Front Raise (down), back knee down – <i>weight plates lower to floor</i>	2	
				L leg step B to Pushup position	2	2x
				 on R side		
				↑ OPTION: Pushup on knees		
				↓ OPTION: No Front Raise, back knee stays on floor		
1:16	/ 1, 2 fleeka (Beat drops out)	2x8		Recover	8	
				 Side Raise Combo	8	
1:28	/ Damn right, she stole	6x8	B	Side Raise Combo		
				Side Raise L	2	
				Side Raise R	2	
				Side Raise L&R	4	6x
2:04	/ (Heavy beat)	8x8	C	Hammer Curl		
				Hammer Curl (up) – <i>plates curl to shoulders</i>	2	
				Shoulder Press – <i>plates O/H</i>	2	
				Lower – <i>plates curl to shoulders</i>	2	
				Hammer Curl (down) – <i>plates lower to side of body</i>	2	8x
2:51	Instr / (Silence)	2x8		Set up for 4x Pushup/Front Raise Combo	16	
3:04	/ (Beat drops)	8x8	A ¹	 4x Pushup/Front Raise Combo L&R	16	4x
3:52	Outro / (Instr)	2x8	C	Pushup	2	8x



10. DAMN RIGHT PT. 2 4:07mins

TECHNIQUE AND COACHING

2X PUSHUP/FRONT RAISE COMBO

Layer 1

- Cue: *Pushup 2/2, R foot steps outside R hand, grab plate, lift plate for 2, down for 2, R leg back*
- Core braced
- Plates stop just above head
- Chest to elbow height – in Pushup
- Hands outside shoulders – in Pushup
- Long straight spine – in Pushup
- Square hips to the front in raise

Layer 2

- Integrating the core as we lift the plates above our head
- Building that upper body strength through controlling the movement

↓ OPTION: Knees to floor on Pushup

↓ OPTION: No Plate Lift over head

SIDE RAISE COMBO

Layer 1

- Cue: *Right, left, up and hold*
- **Core braced**
- Lift plate, **stop at shoulder height**
- **Keep stable as you switch sides**
- Maintain soft elbow bend

Layer 2

- Working unilateral upper body strength and symmetry through the shoulders
- Cement the knees in to the floor to stabilize the body
- Building strength through the quick, slow tempo
- Create time under tension; the control on the way down is where the challenge is, and that's going to build strength

HAMMER CURL

Layer 1

- Cue: *Up, press, catch, reset*
- **Core braced**
- Keep elbows in
- **Elbows stay forward**
- **Chest lifted**

Layer 2

- Toes tucked under and squeeze the thighs to build that strong base and keep the body upright
- Heavy controlled movements are beneficial for building strength



11. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

Introducing new functional core moves to LES MILLS TONE – Squat Plate Circle and a spicy finisher of the 100s!

WEIGHT RECOMMENDATION:

New to Fitness: SMARTBAND

Regulars: 1x medium to heavy weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Squat Plate Circle		16	
0:13	V / Baby can't you see	6x8	A	Squat Plate Circle L&R Squat – Plate Circle in front towards L Stand – plate to chest  Plate Circle to R	2 2	12x
0:49	/ (Beat builds)	1x8	Set up for Frog Crunch		8	
0:55	C / with the taste	4x8	B	Frog Crunch  Frog Crunch Crunch up Lower – arms extend O/H ↑ OPTION: After 4 reps, legs stay off floor	2 2	8x
1:20	Instr /	4x8	B ¹	Double Pulse Frog Crunch 2x Pulse Frog Crunch Lower – arms extend O/H ↑ OPTION: Legs stay off floor	2 2	8x
1:44	(Music drop out)	1x8	Recover – Set up for Seal Crunch		8	
1:48	V / baby can't you see	7x8	C	Seal Crunch L&R L Leg Lift – hands touch behind L leg Lower to floor R Leg Lift – hands touch behind R leg Lower to floor ↓ OPTION: Knees bent, toes tap on floor	2 2 2 2	7x
2:24	/ (Beat builds)	1x8	Set up for 100s		8	
2:29	C / with the taste	4x8	D	100s Knees bent – arms pulse	32	
2:54	Outro / (Instr)	4x8	D ¹	100s with Leg Extension L&R L leg extends to 45° – arms pulse R leg extends to 45° – arms pulse ↓ OPTION: Knees stay bent	2 2	8x



11. TOXIC 3:20mins

TECHNIQUE AND COACHING

SQUAT PLATE CIRCLE

Layer 1

- Cue: *Big circle, stand up, change direction*
- **Core braced**
- **Chest lifted, elbows wide**
- **Stay square through hips and shoulders**
- Squat: **Feet outside hip-width, knees pressed out over toes**
- **Plate pushes directly in front of the chest**

Layer 2

- Try to make the circle a little bigger. The further away the plate, the straighter the arms and harder the core brace required
- Feel the challenge increase in the abs and the shoulders

↓ OPTION: SMARTBAND instead of plate

FROG CRUNCH

Layer 1

- Cue: *Up, up, down, down*
- **Tuck chin in**
- Hands together
- **Slide ribs to hips**
- Lift and lower the legs
- **Core braced**
- Keep lower back pressed towards the floor

Layer 2

- As you extend the legs, brace the core harder to keep the lower back towards the floor
- Holding our legs in this position adds that extra load to the upper body. You will feel it in the adductors, the lower abs – everything is fired up and working

↑ OPTION: Hold legs off floor

SEAL CRUNCH

Layer 1

- Cue: *Up for 2, down for 2*
- Hands come behind the leg
- Alternating Leg Lifts
- **Tuck chin in**
- **Core braced**

Layer 2

- Try to lead with the upper abs first. Before you lift your head, try to contract the upper abs as this is what does the heavy lifting
- Try to get the palms to meet. A bigger lift through the shoulders to amplify the work in the core

↓ OPTION: Knees bent, alternating Toe Tap

100S

Layer 1

- Knees bent at 90-degree angle
- **Chin tucked in**
- Lift shoulders
- Arm straight
- Flutter the arms
- **Core braced**
- Keep lower back pressed towards the floor

Layer 2

- Pulsing the arms as fast as you can is going to make the body unstable and this challenges the core more

↑ OPTION: Add Single-Leg Extension



12. GLUTES

TRACK FOCUS

The perfect track to spice up your glute training! Short and sweet with a bit of bite – this Glutes track will fire up and strengthen your hips and glutes.

RECOMMENDATION:

New to Fitness: No equipment

Regulars: SMARTBAND

MUSIC		EXERCISE		CTS	REPS
0:00	/ They say	1/2x8	Set up Horse Stance	4	
0:02	/ Culture	12x8	A Leg Extension Combo L L leg extends to 45° L knee to L elbow L leg extends to 45° L leg extends B	2 2 2 2	12x
0:50	/ Spending all your time	2x8	B Leg Extension Pulse L L leg Pulse B	1	16x
1:07	/ (Instr)	4x8	C Fast Extension Pulse & Knee Combo L 8x fast L leg Pulse B L leg extends to 45° L knee to L elbow L leg extends to 45° L leg extends B	8 2 2 2 2	2x
1:23	/ True, yeah	16x8	 on R side	128	



12. RUMORS 2:53mins

TECHNIQUE AND COACHING

LEG EXTENSION COMBO

Layer 1

- Cue: *Leg goes diagonal, in, out, and close*
- Knee comes outside of the elbow
- **Wrists underneath shoulders**
- **Knees underneath hips**
- **Hips and shoulders square to floor**
- **Core braced**
- **Elbows soft**
- Squeezing glutes
- Pushing hands into the floor to stay stable through the upper body

Layer 2

- When we fully extend the leg at the back, we target the tension and load through the glutes

↑ OPTION: Use SMARTBAND

LEG EXTENSION PULSE

Layer 1

- Leg Pulses up and down
- **Wrists underneath shoulders**
- **Knees underneath hips**
- **Hips and shoulders square to floor**
- **Core braced**
- **Rotate working hip down**

Layer 2

- Squeeze the butt and square the hips to get the most out of this move
- Lock the hips in to ramp up the core and glute work

↑ OPTION: Use SMARTBAND



13. STRETCH

TRACK FOCUS

In this Stretch track, we melt into continuous movement to open up and reward our bodies.

MUSIC			EXERCISE		CTS
0:00	Intro /	1x8		Set up Childs Pose	8
0:09	V / It's another	2x8	A	Childs Pose	16
0:25	/ But when I feel	2x8	B	Hip Flexor Stretch L	16
0:42	/ When I feel (Build)	2x8	B ¹	Hip Flexor Stretch with Thoracic Twist L	16
0:57	/ bodies in	½x8	C	Forward Fold	4
1:02	/ Instr (Heavy beat)	2x8	C ¹	2x Roll up to Forward Fold	16
1:19	C / Your body on mine	4x8	D	Down Dog to Yoga Flow	32
1:53	/ But when I feel	2x8	B	Hip Flexor Stretch R	16
2:10	/ when I feel	2x8	B ¹	Hip Flexor Stretch with Thoracic Twist R	16
2:26	/ your body on mine	1x8	C	Forward Fold	8
2:36	/ Instr (Heavy beat)	2x8	C ¹	2x Roll up to Forward Fold	16
2:54	C / your body on mine	3x8	E	Down Dog to Yoga Flow	24
3:19	/ Oh wait oh	1x8	F	Feet walk in to stand	8



13. BODIES 3:29mins

TECHNIQUE AND COACHING

CHILDS POSE

Layer 1

- Knees wide, toes in
- Reaching long through fingertips
- Sink hips back

LUNGE/HIP FLEXOR STRETCH

Layer 1

- Long step forward
- **Knees out over toes**
- **Chest lifted**
- One hand comes to knee
- Twist and open the chest – in Thoracic Twist
- **Wrist in line with shoulder** – in Thoracic Twist

Layer 2

- Big inhale to get deeper into the stretch
- Push hips forward to really open the hips

↓ OPTION: Hands on floor

ROLL UP/FORWARD FOLD

Layer 1

- Squeeze glutes
- Feet firm to floor
- Hands go wide
- Chin tucked in
- Hang, relax the head
- **Belly to spine**
- **Bend knees**
- **Chest to thighs**

Layer 2

- Roll up with energy, squeeze and fold
- Big breath in as you roll up

↓ OPTION: Knees bent

DOWN DOG TO YOGA FLOW

Layer 1

- Sitting bones high – in Down Dog
- Elbows back – in Cobra/Up Dog

↓ OPTION: Cobra instead of Up Dog

↑ OPTION: Jump back to Down Dog



ALT STANDING CHOREOGRAPHY

05. PEAK 3 CARDIO

TRACK FOCUS

The ultimate Standing Cardio track where participants can choose to dial up or dial down their intensity. We explore vertical and lateral movement planes to improve our cardiovascular fitness!

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Lateral Squat Lunge Combo		16	
0:10	V / We both take time	4x8	A	Lateral Squat/Lunge Combo Lateral Squat L – <i>hands clasped in front</i> Lateral Squat R – <i>hands clasped in front</i> Back-Stepping Lunge L – RA Back-Stepping Lunge R – LA	2 2 2 2	4x
0:32	/ Getting older	4x8	B	Run/Lunge Combo L&R 4x Run L, R, L, R L leg Back-Stepping Lunge – RA 4x Runs R, L, R, L R leg Back-Stepping lunge – LA ↓ OPTION: 4x Bounce, 1x Back-Stepping Lunge 👁️ Jumping Lunge on last 4 cts	2 2 2 2	4x
0:55	/ Don't say it's over (Heavy beat)	8x8	B ¹	Run/Jumping Lunge Combo 4x Run 2x Jump Lunge (any leg) 4x Run 2x Jump Lunge (any leg) ↑ OPTION: After 4 reps, add Sprinters Tuck ↓ OPTION: 4x Bounce, 1x Back-Stepping Lunge	2 2 2 2	8x
1:39	V / Over, I thought	2x8	Recover		16	
1:50	/ ...You point	6x8	A	 Lateral Squat/Lunge Combo 👁️ Lateral Run/Jack Combo on last 16 cts	8	6x
2:22	C / Over (Heavy beat)	8x8	C	Lateral Run/Jack Combo L&R 4x Lateral Run L 1x Squat Jack 4x Lateral Run R 1x Squat Jack ↓ OPTION: 1x Lateral Squat ↑ OPTION: 2x Squat Jack ↑ OPTION: 2x Air Jack ↑ OPTION: After 4 reps, 1x Air Jack, 1x Tuck Jump	2 2 2 2	8x
3:07	Outro /		Recover			



05. DON'T SAY IT 3:34mins

TECHNIQUE AND COACHING

LATERAL SQUAT/LUNGE COMBO

Layer 1

- Cue: *Squat, right, left; Lunge, right, left*
- 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, square hips to front**

RUN/LUNGE COMBO

Layer 1

- Cue: *4, 3, 2, 1, right leg Lunge, left, right, left, right, left Lunge*
- 4x Run OTS, 1x Back-Stepping Lunge
- It doesn't matter which leg goes back into the Lunge
- **Land softly in the Jumps**
- **Chest lifted**
- **Core braced**

Layer 2

- Add the Jump to pump up the heart rate
- If you want to raise the heart rate more, add the Sprinters Tuck
- High impact or low impact, we still get the cardio benefits

↑ OPTION: Add 2x Jumping Lunge

↑ OPTION: Add Sprinters Tuck

↓ OPTION: 4x Bounce, 1x Back-Stepping Lunge

LATERAL RUN/JACK COMBO

Layer 1

- Cue: *1, 2, 3, 4 Squat, 1, 2, 3, 4 Squat*
- 4x Lateral High Knee Run, 1x Drop Squat
- **Soft landing**
- **Core braced**
- **Chest lifted**

Layer 2

- Moving laterally increases our athletic ability by improving our agility
- Use the power of the glutes to drive the upward force and tap into your athleticism

↑ OPTION: Add 2x fast Drop Squats

↑ OPTION: Add 2x Air Jack

↑ OPTION: Add 1x Air Jack, 1x Tuck Jump

↓ OPTION: 4x Lateral Run, 1x Squat



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.

