

LES MILLS TONE 18

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

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11. FUNCTIONAL CORE STRENGTH

12. GLUTES

13. STRETCH

ALT STANDING CHOREOGRAPHY

05. PEAK 3 CARDIO

DECLARATION OF INTENT

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MUSIC

01 **Gold (Nathan Dawe Remix)** (3:10)
Paloma Faith
© 2020 Sony Music Entertainment UK Limited.
Written by: Mac, Raabe

02 **Gold (Nathan Dawe Remix)** (0:47)
Paloma Faith
© 2020 Sony Music Entertainment UK Limited.
Written by: Mac, Raabe

03 **Noises** (3:04)
Heyson
Courtesy of Epidemic Sound.
Written by: Unknown

04 **Clutch** (4:07)
STRLGHT
Courtesy of Epidemic Sound.
Written by: Unknown

05 **I'll Be There** (2:35)
Mick Martinez
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

06 **Dirty Sexy Money** (2:51)
Chilli Larder
© 2022 Les Mills Music Licensing Ltd.
Written by: Cook, Tuinfort, Guetta, Kharbouch, Bao

07 **Be Somebody** (4:29)
MOTi x TRK
© 2022 ZEROCOOLREC.COM.
Written by: Romme, Venema, Pattani

08 **Feels Like Home (Jus Now Remix)** (3:37)
Sigala, Fuse ODG & Sean Paul feat. Kent Jones
© 2018 Ministry of Sound Recordings Limited / B1 Recordings GmbH, a Sony Music Entertainment Company.
Written by: Bennett, Fielder, Jones, Abiona, Henriques

09 **Come On Over** (3:47)
Goldfield
Courtesy of Les Mills Music Licensing Ltd.
Written by: Roby

10 **1 2 3** (5:11)
Estevo
© 2022 Les Mills Music Licensing Ltd.
Written by: Bryarly, Abadie

11 **Run It Up** (2:55)
King Flexx
© 2019 Position Music.
Written by: Ofir, Harris

12 **Woman** (2:52)
Doja Cat
© 2021 Kemosabe Records/RCA Records.
Written by: Sprecher, Horn, Dlamini, Jones, Mobisson, Jay, Asrat

13 **Fake No Love** (2:56)
Chino Casino
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

ALT 05 **Say Nothing** (2:53)
Flume feat. MAY-A
© 2022 Future Classic.
Written by: Streten, Aarons

ALT 05 **I Know How To Love You** (2:51)
Rambutan
Courtesy of Epidemic Sound.
Written by: Unknown



LES MILLS TONE 18

TONE 18 is all about stability, one of the key benefits of TONE workouts. You'll see this focus thread throughout the release whether we're training Cardio, Core or Strength.

The track list for this release is sublime! I think this needs to be reworded – We start with an uplifting Warm-up that is pure *Gold*; watch out for the long pauses in the Lunges, activating our glutes early on will help us when we move faster later in the workout.

In Track 2, we prime our athletic muscles and stabilizers for multi-directional movement. Track 3 is where we begin to dial up the stability with cardio work; the beat drop is euphoric, it just makes you want to move!

Would it be a Feature track in TONE without Palm Throws? Paired with a fast burner combo for the lower body, this track will have your class wanting to “be there” for sure.

There are no burpees in the Peak 3 cardio track! But before you Squat Jump for joy, know this, we have a Broad Jump Bear Crawls Combo instead – an incredible heart rate kicker that your participants can choose to dial up or down.

This Resisted Cardio track has to be one of the most fun tracks to date – the key here is to know the song. It's rhythmic, it's athletic, it's cardio, it's stability and there is a level for everyone – a release highlight for sure.

The Cardio Core track will get your heart rate jumping and your core fired up with simple moves we know and love. “*It feels like home*” doing this track.

In the Resisted Balance Track, we try something new with our light weight plate to mimic the tension and stability required if we were to use a “cable” in the gym.

The Lower Body Strength track is relentless (in a good way of course!). For the first time, we use the band in Lunges as a “pattern resistance tool”.

The Upper Body Strength track is another highlight of this release; stability and isolation in the first half and the return of the Stick Insect move in the second half of the track – the ultimate strength work for our upper body! Did we mention you can use the band in this track too?

Another innovation in TONE 18 is 'Around The World', a move that mimics the functional core work you would do with a kettle bell. Pair this with a TONE favorite tune and you've got an incredible Functional Core Strength track!

Finally, the return of the OG glute exercises - standing banded work! We have banded Walks, Kickbacks and Clamshells.

Overall, TONE 18 takes you on a great musical journey and a fitness experience that we know your class will love!

Diana and Khiran xx

CREDITS

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Special thanks to **Melroy Oostra** and **Bertie Voigt** for music selection.



PRESENTERS



L-R: Otto Prodan, Khiran Huston, Martine Matapo-Kolisko and Vili Fifita

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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

We have a big focus on stability in this release so it is important to set up great movement patterns and a strong TONE posture from the start of the workout! The Warm-up has an uplifting feel and allows participants to lose themselves in the class.

TONE posture is about activating all the muscles that run through the back of the body that hold us upright. When we activate and become aware of these muscles we can get more out of our movement. This includes a big squeeze of the glutes, bracing the core and squeezing through the upper body to lift the chest.

MUSIC			EXERCISE		CTS	REPS
0:05	/ Why don't you	2x8	Set up for 3/1 Squat		16	
0:13	/ Beat my snare	6x8	A	3/1 Squat Squat – <i>hands clasped in front</i> Stand – <i>Natural Arms</i>	6 2	6x
0:36	/ Ohh	8x8	A ¹	3/1 Squat with O/H Reach Squat – <i>arms reach O/H</i> Stand – <i>arms down</i>	6 2	8x
1:07	C / I got a feeling	8x8	A ¹	Squat with O/H Reach (Fast) Squat – <i>arms reach O/H</i> Stand – <i>arms reach down</i> ⬆️ OPTION: Add Heel Lift	2 2	8x
1:22	V / Step by step	8x8	B	Lunge Hold L&R L leg steps B – <i>HOH</i> Lunge – <i>HOH</i> Hold – <i>HOH</i> Lunge up – <i>HOH</i> Step in – <i>HOH</i> ⬆️ REPEAT to R side	2 2 8 2 2 16	2x
1:53	/ Ohh, I got a feeling	4x8	B ¹	Back-Stepping Lunge with Thoracic Twist L&R (Slow) L leg steps B – <i>hands stacked to chest</i> Lunge – <i>hands stacked to chest, twist to R side</i> Rise – <i>hands stacked to chest</i> Step in – <i>arms natural by sides</i> ⬆️ REPEAT to R side	2 2 2 2 8	2x
2:08	/ There's nothing better	4x8	B ²	Back-Stepping Lunge with Thoracic Twist and O/H Reach L&R (Fast) L leg steps B to Lunge – <i>hands stacked to chest, twist to R side</i> Step in – <i>arms reach O/H</i> ⬆️ REPEAT to R side	2 2 4	4x
2:24	/ I got a feeling	4x8	C	Lateral Lunge L&R (Slow) L leg steps to side – <i>hands to L thigh</i> Step in – <i>arms lift O/H</i> ⬆️ REPEAT on R side	6 2 8	2x
2:40	/ I got a feeling	8x8	C ¹	Lateral Lunge with O/H Reach L&R (Fast) L leg steps to side – <i>hands to L thigh</i> Step in – <i>arms lift O/H</i> ⬆️ REPEAT to R side ⬆️ OPTION: Add on Lateral Hop	2 2 4	8x



01. WARM-UP

MUSIC			EXERCISE		CTS	REPS
3:06	/ I got a feeling (Quiet)	4x8	D	Skater/Run Combo		
				8x Lateral Skater L&R	8	
				8x Run/Bounce OTS L&R	8	2x
				↓ OPTION: Bounce side to side instead of Skater		
3:21	/ I got a feeling	8x8	D ¹	Half Skater/Run Combo		
				4x Lateral Skater L&R	4	
				4x Bounce/Jog/Butt Kick L&R	4	8x
				↑ OPTION: 8x Fast Run		
				Jog OTS		



01. GOLD (NATHAN DAWE REMIX) 3:57mins

ESSENCE TIPS

Focus on implementing a strong TONE posture throughout the Warm-up to set up our participants for great movement and alignment later in the workout. In our class introduction, highlight what is specific to this release; you might like to highlight that we have lots of opportunities to use the band, and a big focus on the glutes and posterior chain. TONE is a blend of cardio, strength and core with a focus on TONE posture and our posterior chain.

TECHNIQUE AND COACHING

SQUAT

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

- Squeeze glutes to rise

↑ OPTION: Add Heel Lift

↑ OPTION: Add Arm Reach over head

BACK-STEPPING LUNGE HOLD

Layer 1

- Cue: *Step, drop, hold, hold, hold, hold, rise, switch legs*
- **Long step back**
- **Knee pushes out in line with toes**
- **Back heel up**
- **Chest lifted**
- **Brace core**
- **Squeezing back body**

Layer 2

- Squeeze in the bottom range to activate the glutes; this will help us when we move faster later in the workout

BACK-STEPPING LUNGE WITH THORACIC TWIST

Layer 1

- Cue: *Step, drop, rise and step in*
- **Long step back**
- **Knee presses to the center of the foot**
- **Back heel up**
- **Chest tall and proud**

Layer 2

- Feeling the mobility through the spine
- Add Arm Reach over head – this is functional movement that will set us up for success

LATERAL LUNGE

Layer 1

- Cue: *3/1 tempo, 3, 2, 1, step in*
- **Feet outside hip-width**
- **Knee presses out over toes**
- **Chest lifted**
- **Core braced**
- **TONE posture**
- **Shoulders and hips square to the front**
- **Shift body weight side to side**

Layer 2

- Squeezing through the back body and the glutes every time we stand
- Waking and warming our TONE posture
- How high can you reach?
- Squeezing the shoulder blades together to open through the chest

↑ OPTION: Add on Lateral Hop

SKATER/RUN COMBO

Layer 1

- Combo cue: *R side 8, 7, 6, 5, 4, 3, 2, 1, then jog on the spot*
- **Soften knees**
- **Hips and shoulders to the front**

Layer 2

- Push off the side of the foot to drive the lateral movement
- Loosening up through the body and feeling the rhythm in the body
- Starting to build that energy by bringing in the fast arms

↓ OPTION: Bounce side to side instead of a Skater

↑ OPTION: 8x fast Run



02. STEADY STATE

TRACK FOCUS

An epic beat to continue getting warm and two combos to lift the heart rate!

MUSIC			EXERCISE		CTS	REPS
0:00	/ Cold like	½x8		Jog OTS	4	
0:02	/ I’m out the cage	7½x8	A	Surfer Squat Surfer Squat R – <i>arms swing F to chest</i> Step feet together – <i>arms swing naturally B to hips</i> Surfer Squat L – <i>arms swing F to chest</i> Step feet together – <i>arms swing naturally B to hips</i> ⬆️ OPTION: After 4 reps, add a Jump	1 1 1 1	15x
0:30	/ Passion, passion, passion	16x8	A¹	Surfer Squat Combo 4x Surfer Squat traveling F, L, R, L, R 8x Traveling Run B ⬇️ OPTION: No Jump OTS ⬇️ OPTION: Bounce side to side instead of Run ⬆️ OPTION: After 4 reps, 16x fast High Knee Run B	8 8	8x
1:16	/ Caution, beg please	2x8	B	Back-Stepping Lunge L&R L Back-Stepping Lunge – <i>Natural Arms</i> Step in – <i>Natural Arms</i> R Back-Stepping Lunge – <i>Natural Arms</i> Step in – <i>Natural Arms</i>	2 2 2 2	2x
1:23	/ Big shoes, check	2x8	B¹	Back-Stepping Lunge L&R (Fast) L Back-Stepping Lunge – <i>Natural Arms</i> Step in – <i>Natural Arms</i> R Back-Stepping Lunge – <i>Natural Arms</i> Step in – <i>Natural Arms</i> ⬆️ OPTION: Add jump and traveling forward	1 1 1 1	4x
1:31	/ Yeah I hear them	16x8	B²	Lunge Combo (Fast) 4x Forward-Stepping Lunge L, R, L, R 8x Traveling Run B ⬇️ OPTION: No Jump OTS ⬇️ OPTION: Bounce side to side instead of Run ⬆️ OPTION: After 4 reps, 16x fast High Knee Run B	8 8	8x
2:32	/ Caution	4x8	C	Lateral Shuffle L&R Shuffle L – <i>Arms to chest in Shuffle, reach down on direction change</i> Shuffle R – <i>Arms to chest in Shuffle, reach down on direction change</i>	4 4	4x
2:48	/ Yeah I hear them	4x8	C¹	Lateral Shuffle L&R (On or off the beat) Shuffle L – <i>Arms to chest in Shuffle, reach down on direction change</i> Shuffle R – <i>Arms to chest in Shuffle, reach down on direction change</i> Jog OTS	4 4	AMRAP



02. NOISES 3:04mins

ESSENCE TIPS

Steady State training at the start of the workout enables us to raise our heart rate and therefore brings greater fitness benefits when we get into our Peak Cardio tracks.

This track also starts to get participants into the feel for awesome combos and the full-body coordination and rhythm.

The working set comes in quick so be sure to use clear concise Layer 1 cues to get your class moving quickly.

TECHNIQUE AND COACHING

SURFER SQUAT COMBO

Layer 1

- Combo cue: *Travel forward, 4, 3, 2, then 8 Runs back*
- **Knees pushing out over toes**
- **Chest lifted**
- **Soft knees**
- **For low impact, we pivot on the toes**
- **Brace core**

Layer 2

- We drop and squeeze then lift our chest and run
 - Pump the arms, pump the legs
- ↑ OPTION: After 4 reps, add a Jump
- ↓ OPTION: No Jump on the spot
- ↓ OPTION: Bounce side to side instead of Run
- ↑ OPTION: After 4 reps, 16x fast High Knee Run backwards

BACK-STEPPING LUNGE

Layer 1

- Cue: *Step, together*
- **Knee pushes out in line with toes**
- **Back heel up**
- **Chest lifted**
- **Brace core**

Layer 2

- Hands natural – this is all about the lower body
- ↑ OPTION: Add Jump out and in

BACK-STEPPING LUNGE COMBO

Layer 1

- 4x Forward-Stepping Lunge, 8x High Knee Run backwards
- **Knee pushes out in line with toes**
- **Back heel up**
- **Chest lifted**
- **Brace core**
- **Squeezing back body**

Layer 2

- It's the little step in between that's moving us forward
 - Back-Stepping Lunge, little pop forward
 - Pump the knees to feel the cardio lift
 - Squeezing the glutes tight
 - When we lunge deep, we get the heart rate lift
 - Lots of knee bend, lots of knee lift
 - Two opportunities to spike the heart rate
- ↓ OPTION: No Jump, stay on the spot
- ↓ OPTION: Bounce side to side instead of Run
- ↑ OPTION: After 4 reps, 16x fast High Knee Run backwards

LATERAL SHUFFLE

Layer 1

- Cue: *Shuffle, Tap*
- **Feet outside hip-width**
- **Knees wide**
- **Chest up when you reach**
- **Core braced**
- **Soft knees**
- **Hips back**

Layer 2

- Moving laterally because we have so much agility work in the class today
- You can choose to go on or off the beat today



03. PEAK 1 CARDIO

TRACK FOCUS

Three big rounds and an epic beat to spike the heart rate, strengthen the lower body and have a great time! In this track, we incorporate cardio with dynamic stabilization for the hips and the core. Option to stay with body weight or use a light weight plate.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up option to use a light plate	16	
0:09	/ (Instr)	6x8	A	3/1 Squat Squat – <i>hands clasped in front</i> Stand – <i>Natural Arms</i> ⬆️ OPTION: Add weight plate to chest	6 2	6
0:31	/ (Heavy beat)	8x8	B	Squat Press Squat – <i>hands to chest</i> Jump – <i>arms punch F</i> ⬆️ OPTION: Add Plate Press F ⬇️ OPTION: No Jump, Squat with heels raised	1 1	32x
1:02	/ (Quiet)	4x8		Recover 👁️ Lateral Lunge with Knee Lift L side	32	
1:18	/ (Beat builds)	12x8	C	Lateral Lunge Combo 3/1 tempo L Lateral Lunge L – <i>R hand to inside of L knee</i> L foot Tap in – <i>R hand Running Arm to R shoulder</i> ⬆️ OPTION: Add weight plate in R hand ⬆️ OPTION: Add L Knee Lift after 4 reps	6 2	12x
2:04	/ (Heavy beat)	8x8	C ¹	Lateral Lunge Jump Combo L (Fast) Lateral Lunge L – <i>R hand to inside of L knee</i> L Knee Lift Jump – <i>R hand Running Arm to R shoulder</i> ⬆️ OPTION: Add weight plate in R hand ⬇️ OPTION: No Jump	2 2	16x
2:34	/ (Quiet)	4x8		Recover 👁️ Lateral Lunge with Knee Lift R side	32	
2:49	/ (Beat builds)	12x8	C	🔁 Lateral Lunge Combo 3/1 tempo R	8	12x
3:35	/ (Heavy beat)	8x8	C ¹	🔁 Lateral Lunge Jump Combo R (Fast)	4	16x



03. CLUTCH 4:07mins

ESSENCE TIPS

This load-and-explode training focuses on hip strength, stabilization and control. It is important we set our class up well in the slow Lateral Lunge Combo so that when we move fast, the control is maintained.

The Lateral lunge Combo will provide a coordination challenge and an opportunity to work functional movement and the strengthening of our anterior sling muscles. And no matter what you choose - high or low impact - this combo will maximize an increase in heart rate.

TECHNIQUE AND COACHING

3/1 SQUAT

Layer 1

- Cue: 3, 2, 1 and rise
- **Feet outside hip-width, turn toes out slightly**
- **Knees press out over toes**
- **Core braced**
- **Chest lifted**
- **Strong TONE posture**
- **Hips stay above knee level**

Layer 2

- Get a feel for the rhythm
- Squeeze glutes to rise
- This is our load phase

↑ OPTION: Add weight plate to chest

SQUAT PRESS

Layer 1

- **Soft knee landing**
- **Chest lifted**
- **Core braced**
- **Knees press out over toes**

Layer 2

- The aim is to stay on the beat and that is going to drive the heart rate up and get us breathless
- You can absolutely get breathless without the Jumps
- Press plate in line with center of chest

↑ OPTION: Add Plate Press forward

↓ OPTION: No Jump, Squat with Heel Raise

LATERAL LUNGE COMBO 3/1 TEMPO

Layer 1

- **Bend your knees**
- Running Arm hands and the opposite hand travels to the inner knee
- **Chest lifted**
- **Core braced**
- **Knees press out over toes**

Layer 2

- We are getting a feel for the muscles that are targeted in this movement so when we go fast we remember what it feels like
- Remain strong and stable through the knees and the glutes
- Squeeze, load and then pop
- This is what we call Reactive Core Training, when we go slow and then quick
- This is dynamic stabilization for the hips and the core, so feel the glutes squeeze and then the core react

↑ OPTION: Add weight plate

↑ OPTION: Add Knee Lift

LATERAL LUNGE JUMP COMBO (FAST)

Layer 1

- **Core braced**
- **Chest lifted**
- Step out, in, and jump
- **Soft knees on landing**
- **Knees press out over toes**

Layer 2

- Drive the knee up
- The Jump is just a bonus – this movement is all about driving the knee up and bracing the core
- It wouldn't be cardio without the speed
- The beauty about this type of training is we are working the ankle, knee and the hip. And all of those work together to increase our athletic performance, so we want to get them strong
- For increased lateral drive, squeeze your glutes
- For increased vertical drive, pump the knee by using the core and the hip flexor
- Remember, you are still getting a dynamic reaction when you stay grounded – just focus on the knee drive

↑ OPTION: Add weight plate

↓ OPTION: No Jump



04. PEAK 2 FEATURE CARDIO

TRACK FOCUS

A short and sharp Cardio track; we have two blocks – one focusing on the upper body and the other on the lower body. In this track, we move fast – so get those fast-twitch muscle fibers ready!

MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	2x8	Intro	16	
0:07	V / Start over	12x8 A	Palm Throws (Slow) 8x Palm Throw L&R above shoulder height 8x Palm Throw L&R traveling down ⬆️ OPTION: Sink lower into Squat after 4 reps	8 8	6x
0:55	/ (Heavy beat)	4x8 A ¹	Palm Throws (Fast) Palm Throw L&R extending in front of body ⬇️ OPTION: Maintain a slower speed of Palm Throw	1	32x
1:10	V / Start over	8x8 B	Lunge, Knee, Squat Combo L&R (Slow) L Back-Stepping Lunge – <i>Natural Arms</i> L Knee Lift – <i>hands to R hip</i> Squat – <i>hands clasped in front</i> Stand – <i>Natural Arms</i> ⬅️ REPEAT to R side ⬆️ OPTION: Add Front Kick after 2 reps	2 2 2 2 8	4x
1:58	/ (Heavy beat)	12x8 B ¹	Lunge, Knee, Squat Combo L&R (Fast) L Back-Stepping Lunge – <i>Natural Arms</i> L Front Kick – <i>Natural Arms</i> Squat – <i>hands clasped in front</i> ⬅️ REPEAT to R side ⬆️ OPTION: Add Jump after 4 reps ⬇️ OPTION: No Front Kick; stay with Knee Lift	1 1 2 4	12x



04. I'LL BE THERE 2:35mins

ESSENCE TIPS

This is a short and sharp track with only one opportunity to hit the combos, so it is important that we coach the combo well. Keep the vibe fun like Vili does on the Masterclass footage and allow participants to get a feel for the rotational movement through the thoracic spine.

TECHNIQUE AND COACHING

PALM THROWS

Layer 1

- Cue: *8 counts up, then 8 counts down*
- Extending right and left to the corners
- First focus on catching the rhythm
- **Feet outside hip-width**
- **Knees soft**
- **Core braced**
- **Chest lifted**

Layer 2

- To get more out of the Palm Throw, extend your arms a little bit longer. That's going to activate all the muscles in the rotational section – the obliques, the shoulder rotators and the core
- Sink lower to get more activation through lower body
- Work double time to get the cardio kick
- Creating that rotational power by moving with speed

↓ OPTION: Maintain a slower speed of Palm Throws

LUNGE, KNEE, SQUAT COMBO

Layer 1

- Cue: *R leg back, knee, Squat, stand. Down, kick, down, stand*
- (Fast) Cue: *Back, kick, wide*
- A new pattern to focus on the legs
- Extension is a low Front Kick
- **Brace core**
- **Lean back as you kick**
- **Chest lifted**
- **Knees over toes**
- **Contract through the quad as we extend the leg**

Layer 2

- A little bit of air time to lift the heart rate

↑ OPTION: Add Jump

↓ OPTION: No Front Kick; stay with Knee Lift



05. PEAK 3 CARDIO

Please note: This song contains explicit content. The alternative song can be used in its place.
Please use *I Know How To Love You* with the same choreography.

TRACK FOCUS

Three rounds to work the lower body and upper body power. Two powerful combos to tap into explosive power. Option to stay with body weight or use a light weight plate.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	👁 On last 4 cts – Wide to Mid-Stance Squat Combo		16	
0:11	/ I want you bad	8x8	A Triple Squat Combo L&R L foot steps 3x Wide to Mid-Stance Squat – arms at chest Stand – arms at chest R foot steps 3x Wide to Mid-Stance Squat – arms at chest Stand – arms at chest ⬆️ OPTION: Add Plate Press F after 2 reps ⬆️ OPTION: Add Heel Lift after 2 reps 👁 Jump on final rep		6 2 6 2	4x
0:35	/ Whoo, tell me	12x8	A ¹ Triple Squat Combo with Jump Jump wide, mid, narrow – arms at chest Stand – arms press F ⬆️ OPTION: Plate Press F ⬆️ OPTION: Add Tuck Jump after 4 reps ⬇️ OPTION: No Jump		6 2	12x
1:11	/ Put your skin	4x8	Recover 👁 Long Jump Bear Crawl Combo		32	
1:23	/ Whoo, Tell me what you want	4x8	B Broad Jump & Bear Crawl Combo (Slow) Long Jump Squat Bear Crawl position Bear Crawl B ⬇️ OPTION: No Jump – step to Squat ⬇️ OPTION: Slow Bear Crawl in own time		2 2 4 8	2x
1:35	/ Wanna pu-pu-pu-pu-put it on me	8x8	B ¹ Broad Jump & Bear Crawl Combo (on or off beat) Long Jump Squat Bear Crawl position Bear Crawl B ⬇️ OPTION: No Jump – step to Squat ⬇️ OPTION: Slow Bear Crawl in own time		64	
1:59	/ Clap, clap, clap	4x8	Recover 👁 2x Long Jump & Bear Crawl Combo		32	
2:11	/ Louis shoes	12x8	B ² 2x Broad Jump & Bear Crawl Combo (on or off beat) Long Jump Squat Bear Crawl position Bear Crawl B ⬇️ OPTION: No Jump – step to Squat ⬇️ OPTION: Slow Bear Crawl in own time		96	



05. PEAK 3 CARDIO

I KNOW HOW TO LOVE YOU 2:51mins

Please use this song in place of *Dirty Sexy Money* when teaching Track 05.

TRACK FOCUS

Three rounds to work the lower body and upper body power. Two powerful combos to tap into explosive power. Option to stay with body weight or use a light weight plate.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Now, now	2x8		On last 4 cts – Wide to Mid-Stance Squat Combo	16	
0:11	V / Love you now	8x8	A	Triple Squat Combo L&R L foot steps 3x Wide to Mid-Stance Squat – <i>arms at chest</i> Stand – <i>arms at chest</i> R foot steps 3x Wide to Mid-Stance Squat – <i>arms at chest</i> Stand – <i>arms at chest</i> ⬆️ OPTION: Add Plate Press F after 2 reps ⬆️ OPTION: Add Heel Lift after 2 reps  Jump on final rep	6 2 6 2	4x
0:35	/ Love you now	12x8	A ¹	Triple Squat Combo with Jump Jump wide, mid, narrow – <i>arms at chest</i> Stand – <i>arms press F</i> ⬆️ OPTION: Plate Press F ⬆️ OPTION: Add Tuck Jump after 4 reps ⬇️ OPTION: No Jump	6 2	12x
1:11		4x8		Recover  Long Jump Bear Crawl Combo	32	
1:23		4x8	B	Broad Jump & Bear Crawl Combo (Slow) Long Jump Squat Bear Crawl position Bear Crawl B ⬇️ OPTION: No Jump – step to Squat ⬇️ OPTION: Slow Bear Crawl in own time	2 2 4 8	2x
1:35	C / know how to...	8x8	B ¹	Broad Jump & Bear Crawl Combo (on or off beat) Long Jump Squat Bear Crawl position Bear Crawl B ⬇️ OPTION: No Jump – step to Squat ⬇️ OPTION: Slow Bear Crawl in own time	64	
1:59	V / Love you now	4x8		Recover  2x Long Jump & Bear Crawl Combo	32	
2:11	/ Instr	12x8	B ²	2x Broad Jump & Bear Crawl Combo (on or off beat) Long Jump Squat Bear Crawl position Bear Crawl B ⬇️ OPTION: No Jump – step to Squat ⬇️ OPTION: Slow Bear Crawl in own time	96	



05. DIRTY SEXY MONEY 2:51mins

ESSENCE TIPS

This track taps into explosive power. Each Cardio track has a clear focus so when we coach the tracks it is important to differentiate the feel in our coaching. Educating our participants about how the differences in each combo can help them to get more out of the workout.

TECHNIQUE AND COACHING

TRIPLE SQUAT COMBO

Layer 1

- We start in a Wide Squat and we finish in a Mid-Stance Squat
- Add a Plate Press if you want to
- **Knees out over toes**
- **Chest lifted**
- **Core braced**
- **Elbows soft** in Plate Press
- **Bent knee and soft landing** in Jumps

Layer 2

- Coming up onto the balls of the feet for the Triple Extension and to generate more power
- By adding the Press we have upper body and lower body power

↑ OPTION: Add Plate Press forward

↑ OPTION: Add Heel Lift

↑ OPTION: Add Jump

↑ OPTION: Add Tuck Jump

BROAD JUMP & BEAR CRAWL COMBO

Layer 1

- Cue: *One Long Jump forward, Squat, Bear Crawl back*
- Long Jump: **Land in a Squat, feet outside hip-width, core braced, chest lifted, soft knees to land**
- Bear Crawl: **Core braced, hands under shoulders, back straight**

Layer 2

- Next level, we speed up
- We encourage you to move at your own pace
- Moving slowly helps us to work with stability and control
- We have choices for every athlete today
- If you want to get to that high level, you can move off the beat

↓ OPTION: No Jump – step to Squat

↓ OPTION: Slow Bear Crawl in own time



06. RESISTED CARDIO

TRACK FOCUS

This track provides us with an awesome opportunity to work on cardio and coordination. We have three rounds; you can use two light plates of the same weight or stay with body weight. This track is super rhythmic – so encourage participants to take the level that holds them to the rhythm.

MUSIC			EXERCISE		CTS	REPS
0:00	/ Be with someone like you	½x8	Intro		4	
0:03	V / I just wanna hold you	16x8	A	4x Leg Extension Combo L&R 4x L leg extends behind and 3x Tap – <i>hands to chest</i> Hop across – <i>hands to chest</i>  to R side ↑ OPTION: Add Knee Lift after 1 rep ↑ OPTION: Add Arm Reach Forward in Leg Extension and arms O/H in Hop across after 2 reps ↑ OPTION: Add Front Kick in place of a Knee Lift after 3 reps	14 2 16	4x
1:03	/ (Instr)	8x8	A¹	Single-Leg Extension Combo L&R R leg extends behind – <i>arms extend F</i> Hop across – <i>arms extend O/H</i>  to L side ↓ OPTION: No weight plates ↓ OPTION: No Plate Punch	2 2 4	8x
1:35	V / I just wanna hold	16x8	B	4x Flight Lunge Combo L&R 4x L Flight Lunge leg and Knee Lift – <i>arms extend behind to Bicep Curl</i> Hop across – <i>hands to chest</i>  to R side ↓ OPTION: No weight plates ↓ OPTION: Hands stay at chest	14 2 16	4x
2:20	/ (Instr)	8x8	B¹	Single Flight Lunge Combo L&R L Flight Lunge – <i>arms extend behind</i> Hop across – <i>hands to chest, Bicep Curl</i>  to R side ↓ OPTION: No weight plates ↓ OPTION: No Jump ↑ OPTION: Add Jump in Flight Lunge	2 2 4	8x
2:51	/ Be with somebody	1x8	Recover		8	
2:54	V / I just wanna hold you	16x8	A	 4x Leg Extension Combo L&R	32	4x
3:56	/ (Instr)	8x8	A¹	 Single-Leg Extension Combo L&R	8	8x



06. BE SOMEBODY 4:29mins

ESSENCE TIPS

It is important to coach participants through the various levels in these combos. This will allow them to build confidence with coordination and rhythm and when this happens they will get immersed in the movement and into the feel of this track.

TECHNIQUE AND COACHING

LEG EXTENSION COMBO

Layer 1

- Cue: *Extend and tap, 4 Leg Extensions and 3 Taps, then walk across*
- Adding plates cue: *Reach knee*
- **Core braced**
- **Chest stays lifted**
- **Knees in line with toes**
- In Kick: **Draw the knee into the quad**
- Bending into supporting leg

Layer 2

- All about that rhythm
- Make the Kick super controlled
- Focus on a strong straight back leg. We initiate from the glute and when that happens we get stronger and the heart rate goes up
- Do whatever feels good for you today
- As you punch the plates, focus on control and the pulling towards the body

↑ OPTION: Add Knee Lift

↑ OPTION: Add Arm Reach forward in Leg Extension and arms overhead in hop across

↑ OPTION: Add Front Kick in place of Knee Lift

FLIGHT LUNGE COMBO

Layer 1

- Cue: *Out and tap*
- Plates come up to a Curl
- **Chest stays open**
- **Core braced**
- **Knees in line with toes**
- Squeeze shoulder blades as arms extend back
- Arms expand to the back

Layer 2

- It's important that the back leg stays long and straight because that's how we target the glutes
- You can step it or add a Jump and get some air time

↓ OPTION: No weight plates

↓ OPTION: Hands stay at chest



07. DYNAMIC CARDIO CORE

TRACK FOCUS

We have energizing combos with a focus on our anterior slings and obliques. The focus is on core conditioning through rotational movement, and this is a great way to build strong obliques and a strong posture.

WEIGHT RECOMMENDATION:

- New to Fitness: No weights
- Regulars: 2x light weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Oblique Crunch & Diagonal Reach Combo L&R	32	
0:14	/ Bang, bang	8x8	A	Oblique Crunch & Diagonal Reach Combo L&R (Slow) L Knee Lift – L Elbow Crunch to L knee L Diagonal Reach to R knee  to the other side ↓ OPTION: No weight plates	4 4 8	4x
0:45	/ Woah, it feels like	12x8	B	Oblique Crunch & Diagonal Reach Combo L&R (Fast) L Knee Lift – L Elbow Crunch to L knee L Diagonal Reach to R knee  to the other side ↓ OPTION: No weight plates ↑ OPTION: Add Heel Lift after 4 reps	2 2 4	12x
1:32	/ (Instr)	8x8	B ¹	4x Oblique Crunch & Diagonal Reach Combo L&R (Fast) 4x L Knee Lift with Diagonal Reach – L Elbow Crunch to L knee then reach to R knee  to the other side ↓ OPTION: No weight plates ↑ OPTION: Add Heel Lift	16 16	2x
2:02	/ (Quiet beat)	8x8	C	Oblique Twist L&R (Slow) Oblique Twist L – Plate Punch to R Oblique Twist R – Plate Punch to L ↓ OPTION: No weight plates	2 2	16x
2:33	/ (Beat drop)	4x8	C ¹	Oblique Twist L&R (Fast) Oblique Twist L – Plate Punch to R Oblique Twist R – Plate Punch to L ↓ OPTION: No weight plates ↓ OPTION: Weight plates stay close to torso	1 1	16x
2:48	/ (Instr)	4x8	C ²	Oblique Twist L&R (Triple time) Oblique Twist L – Plate Punch to R Oblique Twist R – Plate Punch to L ↓ OPTION: No weight plates ↓ OPTION: Weight plates stay close to torso ↓ OPTION: Stay at a slower pace	32	
3:03	/ Bang, bang	8x8	B	 Oblique Crunch & Diagonal Reach Combo L&R (Fast)	8	8x



07. FEELS LIKE HOME (JUS NOW REMIX) 3:37mins

ESSENCE TIPS

Allow participants to get a feel for the movement pattern and keep the coaching simple at the start of the track. By sticking to the essential cues we can allow participants to figure out the coordination and to get more out of the core conditioning.

TECHNIQUE AND COACHING

OBLIQUE CRUNCH & DIAGONAL REACH COMBO

Layer 1

- Cue: *1 Oblique Crunch, 1 Diagonal Reach*
- Crunch ribs to hips
- Squeeze shoulder blades back and down
- **Small rotation from the center of the chest**
- **Wide Stance**
- **Turn toes out slightly**
- **Knees soft and pressed out over toes**
- **Core braced**
- **Chest lifted**
- Squeeze glutes for a neutral spine
- Plate reaches to the inner thigh

Layer 2

- A slight pause at the top brings extra focus into our obliques and posterior chain
- Big brace at the top of the movement to create a reactive core
- We are working with balance and stability, and the coordination means our brain and body connection is active!

↓ OPTION: No plates, body weight only

↑ OPTION: Add Heel Lift

OBLIQUE TWIST

Layer 1

- Cue: *Twist, 1, 2*
- Elbows lock at 90 degrees
- Rotation is coming from your torso
- TONE posture: Shoulders back and down, chest lifted, core braced, squeeze glutes

Layer 2

- By sitting deeper into Squat, we can move with more speed
- Feel all the conditioning through the waistline

↓ OPTION: No plates, body weight only

↓ OPTION: Weight plates stay close to torso

↓ OPTION: Stay at a slower pace



08. RESISTED BALANCE

TRACK FOCUS

Working on our balance can improve our proprioception (awareness of the position and movement of the body), build stability and even out any muscular imbalances we might have. We work single-leg combinations that are functional, fun and are focused on different planes of movement.

WEIGHT RECOMMENDATION:

- New to Fitness:** No weights
- Regulars:** 2x light weight plates

MUSIC			EXERCISE		CTS	REPS
			Set up R plate to R thigh and L plate to shoulder, shift weight to L leg			
0:00	V / When you stay up late	4x8	A	Knee Lift, Side Leg Extension R (Slow) R Knee Lift to chest – R hand to hip, L hand to shoulder R leg extends to side – R hand to hip, L hand to shoulder ↓ OPTION: R foot touches down ↓ OPTION: No weight plates	8 8	2x
0:15	/ We're up till the morning	4x8	A ¹	Knee Lift, Side Leg Extension R (2/2) R Knee Lift to chest – R hand to hip, L hand to shoulder R leg extends to side – R hand to hip, L hand to shoulder ↓ OPTION: R foot touches down ↓ OPTION: No weight plates	4 4	4x
0:32	C / Come on	8x8	A ²	Knee Lift, Side Leg Extension Combo R R Knee Lift to chest – R hand to hip, L elbow to knee R leg extends to side – R hand extends O/H 4x R leg Pulse to side – R hand hold O/H ↓ OPTION: R foot touches down ↓ OPTION: No weight plates	4 4 8	4x
1:03	V / When you stay up, up	4x8	A	 Knee Lift, Side Leg Extension L (Slow)	16	2x
1:19	/ We're up till the morning	4x8	A ¹	 Knee Lift, Side Leg Extension L (2/2)	8	4x
1:34	C / Come on	8x8	A ²	 Knee Lift, Side Leg Extension Combo L	16	4x
2:06	/ (Instr)	2x8		Set up Wide Squat	16	
2:14		10x8	B	Wide Squat Pulse ↑ OPTION: Add Arm Circle F and open after 8 reps ↓ OPTION: No weight plates ↓ OPTION: No Heel Lift	2	40
2:53	/ Come on	4x8	C	Flight Lunge L&R L Knee Lift – Bicep Curl L leg extends B – arms extend B L Knee Lift – Bicep Curl L foot to floor – arms down  to R side ↓ OPTION: No weight plates ↓ OPTION: L foot touches down	4 4 4 4 16	1x
3:09		8x8	C ¹	Flight Lunge Pulse Combo L&R L Knee Lift – Bicep Curl L leg extends B – arms extend B 4x L leg Pulse and step in – 4x arms pulse B  to R side ↓ OPTION: No weight plates ↓ OPTION: L foot touches down	4 4 8 16	2x



08. COME ON OVER 3:47mins

ESSENCE TIPS

Training our ability to balance can often be missed and overlooked in gym training. In TONE, we love to incorporate many aspects of movement. Working on our balance can improve our proprioception, build stability and even out any muscular imbalances we might have. This track is complex so keep the coaching simple and fun to make sure participants feel successful. During the Side Leg Extension, it is important that we coach hips and shoulders square to the floor as this will bring in the glutes and core.

TECHNIQUE AND COACHING

KNEE LIFT, SIDE LEG EXTENSION

Layer 1

- Cue: *Knee Lift 4, 3, 2, 1, to the side of the room*
- Add 4x Leg Pulses to the side
- **Bend standing knee over toes**
- Squeeze glutes tight
- **Hips and shoulders square to the floor**
- **Core braced**
- **Chest lifted**
- Side leg only to side of room
- Strong, long spine

Layer 2

- Drive side plate into your thigh for increased resistance
- Drive the plate into your thigh and then pull your thigh up
- Lift more into standing leg to feel the balance challenge

↓ OPTION: Lifted foot touches down

↓ OPTION: No weight plates

WIDE SQUAT PULSE

Layer 1

- Set-up: Take feet wide, roll up onto the balls of your feet, take arms to the side (plates or no plates); when you are ready – pulse
- Squeeze glutes tight – this is going to keep our spine long
- Pull the plates forward
- **TONE posture: Shoulders back and down, chest lifted, core braced, squeeze glutes**
- **Keep knees soft and in line with toes**
- **Plates just below shoulder height**
- Maintain a straight spine

Layer 2

- We are working the stability muscles in the feet and ankles by lifting the heels

↑ OPTION: Add Arm Circle forward and open after 8 reps

↓ OPTION: No weight plates

↓ OPTION: No Heel Lift

FLIGHT LUNGE

Layer 1

- Cue: *Right Knee Lift, Flight Lunge, right Knee Lift, soft knees to change sides, left side*
- Add 4 Pulses
- **Soft knees**
- **Knees in line with toes**
- **Core braced**
- **Roll shoulder back**

Layer 2

- We love to work balance in TONE; it is a skill we always need to work on

↓ OPTION: No weight plates

↓ OPTION: Foot touches down



09. LOWER BODY STRENGTH

TRACK FOCUS

This is the first time we are incorporating the SMARTBAND™ into our lower body training! A full lower body burner – get your legs and glutes ready for this one! You can do this track in many ways – you can do this entirely using body weight, you can grab one weight plate or two weight plates, or, for a big challenge, try two weight plates AND a band!

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates or body weight only

Regulars: 2x medium to heavy weight plates holding at sides or one medium to heavy weight plate to chest with an option to add a SMARTBAND

MUSIC		EXERCISE		CTS	REPS
		Band set up – Feet hip-width apart Wrap band around thighs, a fist-length above knees. Cross band behind, bring handles F. L handle threads through R handle, R handle threads through L handle. Knees bent. Pick up weight plates in each hand			
0:00	Intro /	2x8	Set L leg B in Lunge position	16	
0:07	/ One, two, three	2x8	A 2/2 Lunge L L Lunge down Straighten legs	4 4	2x
0:15	/ One, two, three	4x8	A ¹ Single Lunge L L Lunge down Straighten legs	2 2	8x
0:30	/ (Horns)	4x8	A ² Pulse Lunge L	2	16x
0:45	C / One, two, three	4x8	A ¹  Single Lunge L	4	8x
1:01	/ (Horns)	4x8	A ²  Pulse Lunge L  Shrimp Squat on last 2 cts	2	16x
1:16	/ We party, we loose it	8x8	C Shrimp Squat L L leg step in L leg step B to lunge  Shrimp Squat Combo on last 4 cts	2 2 2	16x
1:51	C / One, two, three	10x8	C ¹ Shrimp Squat Combo L L leg step in L leg extend B L leg tap in L leg step B to Lunge	2 2 2 2	10x
2:33		2x8	Recover and set up for R side	16	
2:40		20x8	 all to R side	160	



09. 1 2 3 5:11mins

ESSENCE TIPS

Using the band here is going to be a massive challenge! It will be important to coach to our TONE posture, especially when participants are using weight plates. When we fatigue we tend to roll the shoulders forward so encourage a strong posture and the option of leaving out the plates if people need to. Watch for the knee alignment and coach to who is in front of you. If participants choose to use the band, it's important they know that this a challenge. Emphasize the importance of knee alignment.

TECHNIQUE AND COACHING

LUNGE

Layer 1

- **Long step back, no deeper than 90-degree knee flexion, back heel lifted. Long spine, chest lifted, strong core brace**
- **Press front knee out over toes**
- **Hips and shoulders square to the front**
- Shoulders stacked on top of the hips
- Drop back knee
- Body weight goes down and up

Layer 2

- If you have the band, actively push the knee outwards – this is going to switch the glutes on
- We add the Pulses to fire up all the muscles through the lower body
- If you have two weight plates, keep them close to your hips to get more activation in the glute med

↓ OPTION: No equipment, body weight only

SHRIMP SQUAT

Layer 1

- Step back foot in and take a big step back to Lunge, Squat to Lunge
- Shoulders stacked on top of hips
- Hips and shoulders square to the front
- **Core braced**
- **Knees soft and over toes**
- **Chest lifted**

Layer 2

- Imagine the ceiling is low and we need to stay under it; this is going to keep us in the range and build the strength
- Maintaining a strong TONE posture with weight plates is a challenge but so good for our posterior chain

↓ OPTION: No equipment, body weight only

SHRIMP SQUAT COMBO

Layer 1

- Cue: *Squat, Kick, Squat, Lunge*
- Shoulders stacked on top of hips
- Hips and shoulders square to the front
- **Core braced**
- **Knees soft and over toes**
- **Chest lifted**
- **Squeeze glute to lift leg to the back**

Layer 2

- Stay low to feel the isometric contraction through the glutes – this is how we get strong
- As you kick back, squeeze the glutes to fire up the posterior chain
- When we stay in the range, we get all those strength benefits

↓ OPTION: No equipment, body weight only



10. UPPER BODY STRENGTH

TRACK FOCUS

This is an upper body conditioning track targeting the posterior chain and glutes. We focus on increasing our hip extension and on building integrated strength through our upper posterior chain so we have mobility for our shoulders. You can keep the SMARTBAND on from the previous track or you can add it on!

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates

Regulars: 2x medium weight plates

OPTION: Use a SMARTBAND

MUSIC		EXERCISE		CTS	REPS
		Band set-up – Feet hip-width apart. <i>Wrap band around thighs, a fist-length above knees, cross band behind, bring handles F, L handle threads through R handle, R handle threads through L handle. Knees bent, lie on back, weight plate in each hand or no weight plates</i>			
0:00	Intro /	2x8	Set up for Hip Bridge & Wide Fly Combo	16	
0:08	/ Get it by any means	6x8	A 2/2 Hip Bridge & Wide Fly Combo Hip Bridge up – <i>Wide Fly arms to side</i> Hips lower – <i>arms reset above chest</i>	4 4	6x
0:38	C / I go hard	4x8	A ¹ Pulse, Hip Bridge & Wide Fly Combo 2x Hip Bridge Pulse – <i>Wide Fly arms to side</i> 2x Hip Bridge Pulse – <i>arms reset above chest</i>	4 4	4x
0:57	/ Every day I gotta get it	6x8	B 2/2 Hip Bridge & Tricep Extension Combo Hip Bridge up – <i>Tricep Extension Arms</i> Hips lower – <i>arms reset above chest</i>	4 4	8x
1:35	C / I go hard	4x8	B ¹ Pulse, Hip Bridge & Tricep Extension Combo 2x Hip Bridge Pulse – <i>Tricep Extension Arms</i> 2x Hip Bridge Pulse – <i>arms reset above chest</i>	4 4	4x
1:54	/ Every day I gotta get it	2x8	Transition: Plates down, hands under shoulders for Stick Insect	16	
2:04	/ Go to the top	2x8	C Stick Insect L&R (Slow) Front leg extends, pelvis lifts Lower B leg extends, pelvis lifts Lower	4 4 4 4	1x
2:14	C / I go hard	8x8	C ¹ Stick Insect L&R (Fast) Front leg extends, pelvis lifts Lower B leg extends, pelvis lifts Lower	2 2 2 2	8x



10. RUN IT UP 2:55mins

ESSENCE TIPS

We have seen the Hip Bridge and Wide Fly Combos before but in TONE 18 we introduce the Hip Bridge and Tricep Extension Combos. In addition to isolating through the upper body, we also a focus on glutes and posterior chain. We want to coach integrated movement patterns. In the Stick Insect, coach to the benefits of integration of the shoulders, core and hips for increasing strength and mobility. Coaching an openness through the chest can also help participants engage their upper back muscles and find mobility through the front of their shoulders.

You will notice how the band can stay on for Lower Body Strength track, Upper Body Strength track, Functional Core track and the Glutes track – so make sure your participants know they can add this on or take it off when they need to.

TECHNIQUE AND COACHING

HIP BRIDGE & WIDE FLY COMBO

Layer 1

- Set-up: Lie on back, one plate in each hand, feet hip-width apart, plates start high
- **Plates come out wide and hover just above the floor**
- Open and close the chest
- Retract shoulder blades back and down
- **Elbows soft**
- **Core braced**
- **Knees in line with toes**

Layer 2

- Let's level up by adding the Hip Bridge Pulse

HIP BRIDGE & TRICEP EXTENSION COMBO

Layer 1

- **Elbows point up towards the ceiling**
- **Hinge forward from the elbow**
- **Forearms stop at 90 degrees**
- **Knees in line with toes**

Layer 2

- Upper arm does not move – this means we are isolating the triceps
- To increase the glute burn, keep that Press outwards on the band
- Squeeze the tricep hard as we extend over head

STICK INSECT

Layer 1

- Set-up: Sit up, hands under shoulders, turn the fingers out, feet hip-width apart, roll shoulders, open chest
- Drive hard down through the heels
- **Elbows stay soft**
- **Core braced**
- **Hips are aligned parallel**
- **Squeeze glutes**
- **Shoulder blades back and down**

Layer 2

- Such a great move for conditioning our upper body and working mobility through our shoulders
- Hips are parallel to maximize the glute work
- Drive out of the palms to increase the upward power

↓ OPTION: No SMARTBAND



11. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

Band or no band, this is a spicy track! We move from standing stabilization for our core to a big challenge for our anterior powerhouse at the end.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up for Squat Plate Circle 👁️ Around The World L	32	
0:18	C / Hey, Woman, let me be	16x8	A Around The World L&R Around The World L Around The World R ⬇️ OPTION: No SMARTBAND	16 16	4x
1:29	V / I can be your lady	2x8	Set up for Double Crunch Pulse with Scissors 👁️ on last 4 cts	16	
1:38	/ People that are opposite	8x8	B Double Crunch Pulse with Scissor Legs L&R Double Crunch Scissor L – <i>arms reach towards heels</i> Double Crunch Scissor R – <i>arms reach towards heels</i> ⬇️ OPTION: Bend knees and tap toes ⬇️ OPTION: Head stays down ⬇️ OPTION: Hands down	4 4	8x
2:14	/ Woman, let me be	8x8	B ¹ Single Crunch Pulse with Scissor Legs L&R Double Crunch Scissor L – <i>arms reach towards heels</i> Double Crunch Scissor R – <i>arms reach towards heels</i> ⬇️ OPTION: Bend knees and tap toes ⬇️ OPTION: Head stays down ⬇️ OPTION: Hands down	2 2	16



11. WOMAN 2:52mins

ESSENCE TIPS

A new move for TONE! The plate goes Around The World. In TONE, we are always bringing innovative movements to challenge our movement patterns and to keep our muscles guessing, and this is how we affect change in our strength, fitness and everyday movement. Using the plate in Around The World is great for core stabilization and it will require some coordination from our participants. Another important part of being an inspirational TONE instructor is our ability to educate our members. The presenters in the Masterclass video sprinkle in a lot of effective education around WHY we want to do this movement. Lean into the WHY when you teach this movement and teach them how to move more effectively with good technique.

TECHNIQUE AND COACHING

SQUAT PLATE CIRCLE

Layer 1

- Set-up: Set feet wide, push knees out and sit into a semi-Squat
- 4x Around The World each way then switch
- **Keep plate close to your body**
- **TONE posture**
- **Core braced**
- **Chest lifted**
- **Stay square through hips and shoulders**
- **Keep knees pressed out over toes**

Layer 2

- Press your knees out and sit lower into the legs to stabilize and to protect your lower body
- This is an anti-rotational exercise – this means your body does not twist or turn
- As the plate moves around, the core is reacting to protect the spine
- Head stays still, you should be able to balance a martini as you move

↓ OPTION: No SMARTBAND

CRUNCH PULSE WITH SCISSOR LEGS

Layer 1

- The upper body goes up and up
- **Tuck chin in so the neck is safe**
- **Slide ribs to hips**
- **Core braced**
- **Lower press down to the floor**
- If you start compensating with your neck, put your hands down or your head down
- If you feel the lower back is lifting off the floor try a Toe Tap

Layer 2

- Feel how the band adds resistance to the lower abs
- If you start feeling the hip flexors, that's part of the work. The hips and the core are working to help stabilize the hips and pelvis

↓ OPTION: Knees bent and toe-tap

↓ OPTION: Head stays down

↓ OPTION: Hands down



12. GLUTES

TRACK FOCUS

We have a sizzling standing Glutes track – the icing on the TONE cake to round off an epic workout!

RECOMMENDATION:

New to Fitness: No equipment

Regulars: 2x light weight plates & SMARTBAND

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set-up: Set feet wide, bend knees, sit in Quarter Squat, elbows into waist at 90° angle	16	
0:08	/ Hey!	4x8	A Side Step L&R 4x Step L 4x Step R ↓ OPTION: No weight plates ↓ OPTION: No SMARTBAND	8 8	2x
0:26	/ La la la la la	8x8	A ¹ Side Step, Kickback Combo L&R 4x Step L 4x Kick B, L 4x Step R 4x Kick B, R ↓ OPTION: No weight plates ↓ OPTION: No SMARTBAND ↓ OPTION: Tap foot down	8 8 8 8	2x
1:03	V / Na na naa	4x8	B Single Standing Clam ↓ OPTION: No weight plates ↓ OPTION: No SMARTBAND	2	16x
1:21	/ La la la la la	4x8	B ¹ Fast Standing Clam ↑ OPTION: Extend arms F ↓ OPTION: No weight plates ↓ OPTION: Stay with slow pace ↓ OPTION: No SMARTBAND	1	32x
1:39	/ Like I do	4x8	A ¹ Side Step, Kickback Combo L&R ↑ OPTION: Extend arms F	32	1x
1:57	/ Like you do	4x8	B Single Standing Clam	2	16x
2:15	/ La la la la la	4x8	B ¹ Fast Standing Clam	1	32x
2:33	/ Like you do	4x8	A ¹ Side Step, Kickback Combo	32	



12. FAKE NO LOVE 2:56mins

ESSENCE TIPS

Doing the Clam in a standing position means that this move is accessible for everyone! Have fun with this move. Adding the Arm Press forward will also load up the anterior chain, so ensure participants are dialed into their TONE posture and maintain a strong upper back to make sure the chest stays open. Adding the Kickback is open chain conditioning and this works the gluteus medius. Gait control requires precision in this combo.

TECHNIQUE AND COACHING

SIDE STEP, KICKBACK COMBO

Layer 1

- Set-up: Set feet wide, bend knees, sit in Quarter Squat, elbows into waist at 90-degree angle
- **Brace abs to keep hips and shoulders square to front**
- **Chest lifted**
- **Press knees out over toes**
- **Sit hips back**
- 4 steps to the right, then to the left

Layer 2

- Sit lower to target the muscles in the glutes
- Squeeze the butt in Kickback and square the hips to the front to get the most out of this move
- Feel the extra load in the core as you extend arms forward

↓ OPTION: No weight plates

↓ OPTION: No SMARTBAND

↓ OPTION: Tap back foot down

STANDING CLAM

Layer 1

- Cue: *Out, in, out, in*
- **Brace abs to keep hips and shoulders square to front**
- **Chest lifted**
- **Feet just outside hip-width**
- **Feet flat to the floor**

Layer 2

- Squeeze the butt and square the hips to front to get the most out of this move
- Lock the hips in to ramp up the core and glute work
- Sit lower to get more glute burn but keep a long spine
- Drive knees out against the band
- If you want more, add Arm Reach forward
- Double time with the knees for the ultimate burn

↑ OPTION: Extend arms forward

↓ OPTION: No weight plates

↓ OPTION: Stay with slow pace

↓ OPTION: No SMARTBAND



13. STRETCH

TRACK FOCUS

A beautiful flowing Stretch track to finish the class, and to have participants walking out feeling centered and successful!

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	Set up Childs Pose			
0:04	V / As far as	2x8	A	Childs Pose	16
0:18	/ Now I don't see a ghost	2x8	A ¹	Thread The Needle L&R	
				L Arm Thread	8
				R Arm Thread	8
					1x
0:32	/ Now I'm not the inside	4x8	B	Cat and Cow Pose	16
0:47	C / Say nothing	2x8	C	Hip Flexor Stretch with Twist L	16
					1x
1:01	/ Say nothing	2x8	C ¹	Hamstring Stretch R	16
				↓ OPTION: Front knee stays bent	1x
1:17	/ (Quiet)	2½x8	C ²	Hip and Hamstring Floss L	8
				↓ OPTION: Front knee stays bent	2½
1:36	V / It hurts to love	2x8	C	Hip Flexor Stretch with Twist R	16
					1x
1:50	/ Inside anymore	2x8	C ¹	Hamstring Stretch L	16
					1x
2:00	/ Daylight when you're gone	1x8	C ²	Hip Flexor Stretch, Hamstring Floss R	8
					1x
2:05	C / Say nothing	2x8	D	Down Dog	16
					1x
2:20	/ Say nothing	4x8	E	Walk feet in to Extended Mountain Pose	32
					1x



13. SAY NOTHING 2:53mins

ESSENCE TIPS

Keep the coaching calm here and try not to say too much. This allows our participants to feel the flow of the movement. Encourage gentle movement through the flossing and flow of the stretch. When we are stretching we shouldn't be pushing anything too hard. When we feel the sense of gravity in stretching we can allow our muscles and joints to open up naturally.

TECHNIQUE AND COACHING

CHILDS POSE AND THREAD THE NEEDLE

Layer 1

- Knees wide, toes facing inwards
- Reaching long through fingertips
- Sink hips back
- Extend arms nice and long
- Thread The Needle: Thread any arm through underneath

Layer 2

- Push heavy into the floor to feel a release through the hips

CAT AND COW POSE

Layer 1

- **Hands underneath shoulders**
- Dome and round the back to a Cat Pose
- Inhale during the Cow Pose, eyes forward, drop the belly

Layer 2

- The breath facilitates this movement

HIP FLEXOR STRETCH WITH TWIST AND HAMSTRING 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
- Inhale, lift; exhale, twist
- Hamstring Stretch: Send hips back

Layer 2

- Feel the stretching sensation down the back of the leg
- Feel the length through the spine in the twist
- Let's flow, flossing through the movement to facilitate the stretching, we are keeping everything active and dynamic

↓ OPTION: Front knee stays bent in Hamstring Stretch

DOWN DOG

Layer 1

- Lift the hips nice and high
- Press into the palms
- Draw belly in
- Chin tucked in

Layer 2

- Feel the weightlessness
- Feel the lengthening down the spine

EXTENDED MOUNTAIN POSE

Layer 1

- Roll up through the spine
- **Squeeze the back of the body**
- **Chin tucked in**
- **Belly to spine**
- **Bend knees**
- **Chest to thighs**

Layer 2

- Release and roll the shoulders
- Reach tall to the ceiling



ALT STANDING CHOREOGRAPHY

05. PEAK 3 CARDIO

Please note: This song contains explicit content. The alternative song can be used in its place.
Please use *I Know How To Love You* with the same choreography.

TRACK FOCUS

Two energizing combos to light up the heart rate!

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		On last 4 cts, Wide to Mid-Stance Squat Combo	32	
0:11	/ I want you bad	8x8	A	Triple Squat Combo L&R L foot steps 3x Wide to Mid-Stance Squat – arms at chest Stand – arms press F R foot steps 3x Wide to Mid-Stance Squat – arms at chest Stand – arms at chest ↑ OPTION: Add Heel Lift after 2 reps  Jump on final rep	6 2 6 2	4x
0:35	/ Whoo, tell me	12x8	A ¹	Triple Squat Combo with Jump Jump wide, mid, narrow – arms at chest Stand/Jump – arms press F ↓ OPTION: No Jump	6 2	12x
1:11	/ Put your skin	2x8		Recover – Set up for Hammer Throw Combo	16	
1:17	/ My love	6x8	B	Hammer Throw Combo Squat Hammer Throw – arms reach O/H and throw down High Knee Run/Bounce  Long Jump & Hammer Throw Combo on 3rd rep	4 12	3x
1:35	C / If you wanna pu-pu-pu-pu-put it on me	8x8	B ¹	Traveling Hammer Throw Combo Traveling Hammer Throw F – arms reach O/H and throw down High Knee Run/Bounce B ↓ OPTION: No Jump, stay OTS ↓ OPTION: Bounce/Jog OTS	4 12	4x
1:59	/ Clap, clap, clap	4x8		Recover	32	
2:11	V / Louis shoes	12x8	A ¹	Triple Squat Combo with Jump Jump wide, mid, narrow – arms at chest Stand/Jump – arms press F ↓ OPTION: No Jump ↑ OPTION: Tuck Jump	6 2	12x



05. DIRTY SEXY MONEY 2:51mins

ESSENCE TIPS

Alternative Peak 3 Cardio – this is a standing track. If we have participants in our class that would prefer to stay standing, this is a great track! The beauty about this track is that it is very similar to Peak 3; we utilize the same combos with a slight difference in the second one. As instructors, it is easy to swap out at the last minute if we turn up to class and decide on an alternative that might suit our participants more. In the traveling jump forward, we are utilizing our posterior chain to propel our bodies forward; not only is this great for our glute strength but it is also guaranteed to ramp up the heart rate. This is a short track so get people moving and choose how they want to move quickly. We want participants to be in their high heart rate zone through most of the track.

TECHNIQUE AND COACHING

TRIPLE SQUAT COMBO

Layer 1

- Cue: *3, 2, 1, press forward*
- We start in a Wide Squat and we finish in a Mid-Stance Squat
- **Knees out over toes**
- **Hips go back in Squat**
- **Chest lifted**
- **Core braced**
- **Both feet take off, both feet land**
- **Bent knee landing** in Jumps

Layer 2

- Coming up onto the balls of the feet for the Triple Extension and to generate more power
- By adding the Press, we have upper body and lower body power
- Let's add the Tuck Jump to test our limits today

↑ OPTION: Add Heel Lift

↑ OPTION: Add Jump

↑ OPTION: Add Tuck Jump

TRAVELING HAMMER THROW COMBO

Layer 1

- Cue: *One Hammer Throw, Run*
- **Land in a Squat, feet outside hip-width, core braced, chest lifted, soft knees to land**

Layer 2

- We want Triple Extension; so come up onto the balls of the feet – this will help us explode forward
- Knees to hip level on the Run for intensity
- We want to cover a lot of space – see how far you can travel
- On the way back, use your arms to help you pump the knees

↓ OPTION: No Jump – stay on the spot

↓ OPTION: Bounce/Jog on the spot



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.

