

LES MILLS TONE 19

MUSIC

FORMATS

01. WARM-UP

02. STEADY STATE

03. PEAK 1 CARDIO

04. PEAK 2 FEATURE CARDIO

05. PEAK 3 CARDIO

06. RESISTED CARDIO

07. DYNAMIC CARDIO CORE

08. RESISTED BALANCE

09. LOWER BODY STRENGTH

10. UPPER BODY STRENGTH

11. FUNCTIONAL CORE STRENGTH

12. GLUTES

13. STRETCH

DECLARATION OF INTENT

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MUSIC

01 **Finally** (3:07)
Yves V & HUGEL
© 2021 SpinninRecords.com.
Written by: van Geertsom, OHYES, Delgado, Geraldo, Vaughan, Raba, Pattani, Peniston, Linnear, Jackson

02 **Mood Swings** (3:05)
Shy Guys
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

03 **Helicopter (VIP Edit)** (3:53)
DJ KUBA & NEITAN feat. Kris Kiss
© 2020 @itsplayboxmusic.
Written by: Kiss, Wronski, Neitan

04 **abc (The Wild Remix)** (3:02)
GAYLE
© 2021 Atlantic Recording Corporation.
Written by: Gayle, Davis, Pittenger

05 **Feel Good (T-Mass & LZRD Remix)** (3:32)
Gryffin & ILLENIUM feat. Daya
Courtesy of the Universal Music Group.
Written by: Asnani, Gad, Tandon, Griffith, Miller

06 **Motivate** (2:07)
Jeremiah Asiamah
© 2021 Ground Up Records.
Written by: Reich, Maichner, Asiamah, Ntantu

07 **Say Goodbye** (3:56)
Dan Draper
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

08 **Summertime Love** (2:23)
Captain Cuts & Digital Farm Animals
© 2018 Epic Records, a diision of Sony Music Entertainment.
Written by: Gale, Rabin, Berger, McMahon

09 **JUICE** (3:50)
Eva Shaw & DillanPonders
© 2022 Mad Fatti Inc.
Written by: Shaw, King, Janssen

10 **Tell Me I'm Pretty (Icona Pop
Remix)** (2:37)
Brynn Elliott
© 2021 Atlantic Recording Corporation.
Written by: Buzz, S. Davidson, A. Davidson, Elliott

**Tell Me I'm Pretty (Icona Pop
Remix)** (1:29)
Brynn Elliott
© 2021 Atlantic Recording Corporation.
Written by: Buzz, S. Davidson, A. Davidson, Elliott

11 **Miss You (Major Lazer & Alvaro
Remix)** (3:42)
Cashmere Cat, Major Lazer & Tory Lanez
Courtesy of the Universal Music Group.
Written by: Sheeran, Pentz, Holberg, Meckseper, Peterson, Levin, Keating

12 **Kingpin** (2:35)
LINAXX
Courtesy of Les Mills Music Licensing Ltd.
Written by: Barbosa

13 **Gust Of Wind** (4:43)
Pharrell Williams
© 2014 Columbia Records, a Division of Sony Music Entertainment.
Written by: Williams, Daft Punk

**ALT
09** **Sharir** (3:50)
Heyson
Courtesy of Epidemic Sound.
Written by: Unknown



LES MILLS TONE 19

The Music! The Moves! The Team! We have certainly delivered in TONE 19. We have all your favorite presenters reunited for one energetic release filled with coaching nuggets.

The team combines stability and multi-directional movements throughout the release and you'll experience this right from track 1.

The first 3 tracks highlight athleticism using simple exercise combinations that you can dial up or down in intensity giving your class a great workout feel.

Our Peak 2 Cardio track features speed as a focus, so provide your class with all the options to make them feel successful.

The Peak 3 Cardio track pays tribute to what athleticism is in TONE. We contrast posterior chain focused movement patterns with high energy Burpees that have 3 levels to build up to. As showcased in TONE 17, we have slowed down the Burpee. Providing an alternative standing track is one of the key outcomes in all our TONE classes along with athleticism and longevity. The ability to get on and off the floor confidently, especially as we age, holds high value in our fitness economy and we've made sure our exercises strengthen and focus all the muscles that help us achieve this!

The fun and playful vibes continue in tracks 6, 7 and 8 – your class will love these simple rhythmic exercise patterns. The Resisted Cardio, Core and Balance tracks do not disappoint.

Then the band returns in the Lower Body Strength track! Progressive and single sided movements to create a powerhouse of strength through the lower body is the name of the game here! (Yes, we doubled the entire song, it's like a tradition for TONE lower body tracks, right?!)

We brought back the Front Raise Pushup combo in our Upper Body Strength track, a cool sound with integrated upper body training makes this track absolute fire!

One of our favorite Functional Core tracks to date – it's integrated, functional and oh so cool, you'll have fun teaching this one.

We finish off this release with everyone's favorite – clamshells! Yes, we know this exercise is incredible for strengthening the hips, glutes, and pelvis but how good is this exercise with a band! It's like the cherry on top of our TONE class!

Enjoy!
Khiran and Diana xx

CREDITS

Creative Team – Diana Archer Mills and Khiran Huston

Chief Creative Officer – Dr. Jackie Mills

Creative Directors – Mark Nu'u-Steele and Erin Maw

Technical Consultant – Rob Lee

Production Coordinator – Anusha Kulal

Special thanks to **Bertie Voigt** for music selection.



PRESENTERS



L-R: Mark Nu'u-Steele, Kaylah-Blayr Fitzsimons-Nu'u, Grace Wallace, Khiran Huston, Vili Fifita, Dee Rowell, Natasha Vincent

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

Dee Rowell (Australia) is a LES MILLS TONE, LES MILLS SPRINT™, RPM™ and BODYSTEP Presenter and a Les Mills Ambassador. She is a Registered Nurse and is based in Brisbane.

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

Vili Fifita (New Zealand) is a LES MILLS TONE, BODYCOMBAT, BODYPUMP, LES MILLS CEREMONY, LES MILLS CONQUER and LES MILLS SPRINT Instructor and a LES MILLS GRIT Trainer/Presenter. He lives in Auckland.

Natasha Vincent (New Zealand) is a BODYCOMBAT and LES MILLS GRIT Trainer/Presenter and a LES MILLS CEREMONY and LES MILLS CONQUER Instructor. She is based in Auckland and is the Group Fitness Manager at Auckland City for LES MILLS CEREMONY, LES MILLS CONQUER and LES MILLS GRIT.

Special thanks to **Grace Wallace**.



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.

RELEASE FEEDBACK

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

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		

TEACHING THIS RELEASE

HOW LONG SHOULD I TEACH THE NEW RELEASE FOR?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.



01. WARM-UP

TRACK FOCUS

Use the Warm-up to connect with your class and set them up for success by using clear Layer 1 cues. Get your class excited for the workout ahead with the return of some signature TONE moves! The music is fun and upbeat, be sure to match your coaching delivery to the feel of the song.

MUSIC			EXERCISE		CTS	REPS
0:05	/ Finally, you get	2x8	Set up for Squat/Back-Stepping Lunge Combo		16	
0:12	V / That ain't cool	4x8	A	Squat Back-Stepping Lunge Combo L&R		
				Squat – <i>hands clasped in front</i>	2	
				Stand – <i>Natural Arms</i>	2	
				L leg Back-Stepping Lunge – <i>Natural Arms</i>	2	
				Step in – <i>Natural Arms</i>	2	
				 to R side	8	2x
0:28	/ I want you calling	4x8	A ¹	2-Pulse Squat Back-Stepping Lunge Combo L&R		
				2-Pulse Squat – <i>hands clasped in front</i>	4	
				2-Pulse L Back-Stepping Lunge – <i>Natural Arms</i>	4	
				 to R side	8	2x
0:43	C / Finally, you get	8x8	A ²	Squat Back-Stepping Lunge Combo L&R (fast)		
				Squat – <i>hands clasped in front</i>	2	
				L leg steps B to Lunge – <i>Natural Arms</i>	2	
				 to R side	4	8x
				↑ OPTION: Add Bounce after 4 reps		
1:13	V / Fight or flight	4x8	B	Wide Squat Lateral Lunge Combo L&R (slow)		
				Wide Squat – <i>hands on thighs</i>	2	
				Stand – <i>hands on thighs</i>	2	
				L Lateral Lunge – <i>hands on L thigh</i>	2	
				Stand – <i>hands on thighs</i>	2	
				 to R side	8	2x
1:30	/ I want you calling	4x8	B ¹	Wide Squat Lateral Lunge Combo L&R (fast)		
				Wide Squat – <i>hands on thighs</i>	2	
				L Lateral Lunge – <i>hands on L thigh</i>	2	
				 to R side	4	4x
1:45	C / Finally, you get	4x8	B ²	Lateral Lunge L&R		
				L Lateral Lunge – <i>R hand reaches towards floor</i>	2	
				R Lateral Lunge – <i>L hand reaches towards floor</i>	2	8x
				↑ OPTION: Add Thoracic Twist after 4 reps		
2:00	/ Mmm-mm	4x8	B ³	Lateral Lunge with Leg Lift L&R		
				L Lateral Lunge – <i>R arm reaches towards floor</i>	2	
				R Lateral Lunge – <i>L arm reaches towards floor</i>	2	
				R Leg Lift – <i>arms open to a high 'V'</i>	4	
				 to R side	8	2x
2:16	/ Finally, you got it right	4x8	C	Lateral Skater L&R (slow)		
				L Skater	2	
				R Skater	2	8x
				↓ OPTION: Bounce side to side instead of a Skater		
2:32	C / Finally, you get	8x8	C ¹	Skater Combo		
				4x slow Lateral Skater L&R	8	
				8x fast Lateral Skater L&R	8	4x
				↓ OPTION: Bounce side to side instead of a Skater		
				Jog/March/Bounce OTS		



01. FINALLY 3:07mins

ESSENCE TIPS

The release focus for TONE 19 is building on the stability training work we did in TONE 18. Having an overall focus is a coaching anchor point that we can thread throughout the entire workout. This brings a greater cohesive feel to our teaching, and at the same time makes each TONE class different. It's important to educate our participants why stability training is good for them, find moments to include some great education.

The Warm-up sets the energy for the class. So, as coaches we need to be warm, inviting and energetic to make our participants feel safe and excited about the workout. Encouraging them to choose options depending on how they feel is a good coaching practice to implement right from the start. Khiran does this naturally in her coaching of the Warm-up in the Masterclass footage.

TECHNIQUE AND COACHING

SQUAT

Layer 1

- **Feet outside hip-width**
- **Knees press out, tracking over toes**
- **Butt stops just above knee level or 90 degrees**
- **Chest lifted**
- **Core braced**

Layer 2

- Squat: Press down through heels as you rise – this will help engage the glutes to warm up the lower body
- Squeeze glutes to rise
- Arms natural
- ↑ OPTION: Add small Bounce Jump

BACK-STEPPING LUNGE

Layer 1

- **Long step back**
- **Knee push out, tracking in line with toes**
- **Back heel up**
- **Chest lifted**
- **Brace core**

Layer 2

- Squeeze in the bottom range to activate the glutes; this will help us when we move faster later in the workout
- Arms natural
- **Squeezing back body**

LATERAL LUNGE

Layer 1

- **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**
- Hands on thighs

Layer 2

- Feel the mid-section engage and warm up
- Feeling the mobility through the spine
- Add on: 2 Lateral Lunges, 1 Leg Lift.
Cue: *Twist, twist, 1 Leg Lift*
- ↑ OPTION: Add Arm reach to floor
- ↑ OPTION: Add Thoracic Twist

SLOW SKATER

Layer 1

- **Soften knees on landing**
- **Hips and shoulders square to the front**
- **Core braced**

Layer 2

- Drive out of the side of the foot to move the weight across
- ↓ OPTION: Step side to side instead of jumping

SKATER COMBO

Layer 1

- Combo cue: *4 slow and 8 fast*
- **Soften knees to land**
- **Hips and shoulders square 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 fast Skaters



02. STEADY STATE

TRACK FOCUS

We have three agility combos to lift the heart rate and get ready for the cardio to come!

MUSIC			EXERCISE		CTS	REPS
0:00	/ (Intro)	4x8		Jog/Bounce OTS	32	
0:12	/ I don't wanna feel that much	8x8	A	Step Curl L&R		
				Step Curl L – arms swing F to chest and back to hips	2	
				Step Curl R – arms swing F to chest and back to hips	2	16x
				⬆️ OPTION: After 8 reps, add Jump		
				👁️ Step Curl traveling combo on last 4 reps		
0:36	/ (Instr)	8x8	A ¹	Step Curl Combo		
				4x Step Curl Squat traveling F, L, R, L, R	8	
				8x Traveling Run B	8	4x
				⬇️ OPTION: No Jump and run OTS		
				⬇️ OPTION: Bounce side to side instead of Run		
1:00	/ This town makes me feel	4x8	B	Lateral Leap Vertical Jump L&R		
				L Lateral Leap – Natural Arms swing open	2	
				Vertical Jump – Natural Arms swing O/H	2	
				🔁 REPEAT to R side	4	4x
				⬇️ OPTION: No Jump; Side Step and Heel Lift		
				👁️ Lateral Leap Vertical Jump traveling F combo on last 2 reps		
1:12	/ (Instr)	8x8	B ¹	Diagonal Leap Vertical Jump Combo		
				L Lateral Leap traveling to diagonal – Natural Arms swing open	2	
				Vertical Jump – Natural Arms swing O/H	2	
				R Lateral Leap traveling to diagonal – Natural Arms swing open	2	
				Vertical Jump – Natural Arms swing O/H	2	
				8x Traveling Run B	8	4x
				⬇️ OPTION: No Jump, step on diagonal and Heel Lift and March B		
1:37	/ (Quiet)	12x8	C	Soccer Kick Combo		
				8x Soccer Kick traveling F – Natural Arms	8	
				8x Traveling Run B – Natural Arms	8	6x
				⬇️ OPTION: 4x No Jump, Soccer Kick F and March/Bounce B		
				⬇️ OPTION: March/Bounce instead of Run		
2:13	/ I don't wanna feel that much	16x8	D	Combo all moves		
				Step Curl traveling combo	16	
				Lateral Leap Vertical Jump traveling F combo	16	
				Soccer Kick Combo	16	3x
				Note: Last rep leaves off the Soccer Kick Combo		
				Jog OTS		



02. MOOD SWINGS 3:05mins

ESSENCE TIPS

Steady State training at the start of the workout enables us to raise our heart rate. This track is going to put participants in the best position to make the most of their training.

We have three agility combos that feel great. These combos involve simple coordination to the beat. There is time to talk about how good this feels and to get participants moving well and focused on the workout.

TECHNIQUE AND COACHING

STEP CURL COMBO

Layer 1

- Cue: *Step Curl, Step Curl*
- Combo: 2x Step Curl, 8x Run backwards
- **Knees pushing out over toes**
- **Chest lifted**
- **Soften knees**
- **Brace core**
- **Hips and shoulders square to the front**

Layer 2

- Traveling forward or staying on the spot, whatever is going to feel good for you

- Arms natural

↑ OPTION: After 4 reps, add a small Jump

↓ OPTION: No Jump; stay on the spot

↓ OPTION: Bounce/March instead of Run

↑ OPTION: High Knee Run

LATERAL LEAP VERTICAL JUMP COMBO

Layer 1

- Lateral Leap Vertical Jump cue: *Leap, jump*
- Lateral Leap Vertical Jump combo cue: *Take it to the diagonal, 2x forward and 8 Runs back*
- **Soften knees as you land**
- **Chest lifted**
- **Bracing core**
- **Both feet take off, both feet land**

Layer 2

- Hands natural – this is all about the lower body

↓ OPTION: No Jump; Step instead

↓ OPTION: Bounce side to side instead of Run

↑ OPTION: High Knee Run

SOCCER KICK COMBO

Layer 1

- Soccer Kick: Bring it forward 8, 7, 6, 5, 4, 3, 2, 1, and jog back
- 8x Traveling Lunge forward, 8x High Knee Run backwards
- **Soft landing**
- **Chest lifted**
- **Core braced**

Layer 2

- A little bit of skill
- Training our skill, coordination and agility
- Heart rate is up, we can feel it

↓ OPTION: No Jump; 4x Soccer Kick side-stepping on the spot

↓ OPTION: Bounce side to side instead of running

↑ OPTION: After 4 reps, 16x fast High Knee Run backwards



03. PEAK 1 CARDIO

TRACK FOCUS

Simple movement patterns to enable your participants to focus of explosive power and speed. Once your class is moving safely and with good technique, encourage them to explore range and vertical drive.

WEIGHT RECOMMENDATION:

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

Regulars: 1x light to medium weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Track got me	½x8	Intro		4	
0:02	/ Turn up, lift off	8x8	A ¹	Lateral Squat L&R Step L Squat – <i>arms to chest</i> Stand – <i>arms press F</i>  to R side ↑ OPTION: Add Plate Press F on step in after 1 rep ↑ OPTION: Add Squat Jack Jump out and in after 4 reps  Squat Jack Press Jump on last rep	2 2 4	8x
0:31	/ (Heavy beat)	8x8	A ²	Squat Jack Press Jump Squat Jack – <i>Plate Punch F</i> Jump in – <i>weight plate to chest</i> Jump – <i>Plate Punch F</i> Land – <i>weight plate to chest</i> ↓ OPTION: No Jump; Lateral Squat instead ↓ OPTION: No weight plate	1 1 1 1	16x
1:03	/ (Quiet)	2x8	Put weight down and set up L Double Pulse Lunge Knee Drive		16	
1:10	/ Turn up, lift off	8x8	B	L Double Pulse Lunge Knee Drive L Double Pulse Lunge Knee Drive – <i>Natural Arms</i>  Double Pulse Lunge Knee Drive combo on last rep ↓ OPTION: Tap foot in instead of Knee Drive	4	16x
1:40	/ ... got me going insane	12x8	B ¹	L Double Pulse Lunge Knee Drive Combo L Double Pulse Lunge Knee Drive – <i>Natural Arms</i> Lateral Hop L – <i>Natural Arms</i> Lateral Hop R – <i>Natural Arms</i> ↓ OPTION: No Jump On last rep, finish in Lunge	4 2 2	12x
2:26	/ (Quiet)	2x8	Recover and Set up R Double Pulse Lunge Knee Drive		16	
2:34	/ Turn up, lift off	8x8	B	 R Double Pulse Lunge Knee Drive	4	16x
3:05	/ ... got me going insane	12x8	B ¹	 R Double Pulse Lunge Knee Drive Combo	8	12x



03. HELICOPTER 3:53mins

ESSENCE TIPS

This is a super athletic and powerful lower-body Cardio track! Inspire participants by role-modeling the appropriate athleticism like Tash and Vili do in the Masterclass. When we move with athleticism, this can show participants how to move; sometimes this can be more powerful than what we say.

The single-leg power in the Double Pulse Lunge Combo can build stability and glute strength. Ensure participants have the correct knee alignment in their landings. Coach to the alignment first then add in the athleticism focus.

TECHNIQUE AND COACHING

LATERAL SQUAT AND SQUAT JACK PRESS

Layer 1

- Cue: *R side, step together, L side*
- Plate Punch forward as you step in
- **Feet outside hip-width, turn toes out slightly**
- **Knees press out, tracking over toes**
- **Core braced**
- **Chest lifted**
- **Strong TONE posture: Shoulders back and down, chest lifted, core braced, squeeze glutes**
- **Maintain soft knees on Jumps**
- **Both feet take off, both feet land**
- **Plate Press: Maintain soft elbows**
- Punching from the center of your chest

Layer 2

- Get a feel for the rhythm
- Squeeze glutes to rise

↑ OPTION: Add Jump

↓ OPTION: No weight plate

↓ OPTION: Add double Plate Punch

↑ OPTION: No Jump; stay grounded

DOUBLE PULSE LUNGE KNEE DRIVE

Layer 1

- Cue: *Take R leg back, Double Pulse Lunge, Knee Drive*
- **Press knee out, tracking over toes**
- **Chest lifted**
- **Core braced**
- Arms natural

Layer 2

- Press down on the front foot
- Lean in and find your balance
- Driving the knee forward and crunching the abs; this is going to help stabilize the body for what is coming next

↓ OPTION: Hand on hips

↓ OPTION: Stay in top range

DOUBLE PULSE LUNGE KNEE DRIVE COMBO

Layer 1

- Cue: *Drop, catch, hop, hop*
- **Land with soft knees**
- Running Arm hands
- The opposite hand travels to the inner knee
- **Chest lifted**
- **Core braced**
- **Knees press out, tracking over toes**

Layer 2

- Testing the stability here
- Testing the power through your legs
- Front glute to stabilize, back glute working hard to create power
- Use the momentum of the front leg to get height
- Use the arms to power side to side
- Really strong and stable through the knees and the glutes
- This is dynamic stabilization for the hips and the core, so feel the glutes squeeze and the core react

↓ OPTION: No Jump; step side to side



04. PEAK 2 FEATURE CARDIO

TRACK FOCUS

We have fun in the Power Palm Throws and lift the cardio in our kick combos – this track uses varied speeds to lift the heart rate.

MUSIC			EXERCISE		CTS	REPS
0:00	V / I swear I meant	2x8	Introduce the track		16	
0:07	/ Now you're textin	2x8	A	Power Palm Throw (slow) Power Palm Throw L&R	4	16x
0:15	/ Dated a girl	4x8	A ¹	Power Palm Throw (fast) Power Palm Throw L&R ↓ OPTION: Slow Palm Throws	2	32x
0:30	C / I was into you	4x8	B	Side Step, Back Step L&R (slow) L Side Step – <i>Natural Arms</i> R Step B – <i>Natural Arms</i> ⏮️ on R side	2 2 4	4x
0:46	/ forget you and your mom	5x8	B ¹	Side Step Combo L&R (fast) L Side Step – <i>Natural Arms</i> R Step B – <i>Natural Arms</i> R Knee Lift – <i>Natural Arms</i> R Step B – <i>Natural Arms</i> ⏮️ on R side ↑ OPTION: Add Front Kick instead of Knee Lift	1 1 1 1 4	5x
1:06	/ You (Instr)	8x8	C	Power Palm Throw Side Step Combo 8x Power Palm Throw L&R 2x Side Step Combo (fast) L&R ↓ OPTION: Slow Palm Throws	16 16	2x
1:36	V / Said you just needed	4x8	A	⏮️ Power Palm Throw (slow)	2	16x
1:52	/ I was into you	4x8	B	⏮️ Side Step, Back Step L&R (Slow)	8	4x
2:08	/ You and your mom	5x8	B ¹	⏮️ Side Step Combo L&R (fast)	8	5x
2:27	Outro / (Instr)	8x8	C	⏮️ Power Palm Throw Side Step Combo	32	2x



04. ABC 3:02mins

ESSENCE TIPS

Lots of opportunities to contrast your coaching in this track and allow the athleticism in the combos to land well. Use the slow Power Palm Throws as an active recovery and then contrast this with lots of energy in the combos.

TECHNIQUE AND COACHING

POWER PALM THROWS

Layer 1

- Turning through your shoulders
- **Turning through the center of your chest**
- **Feet outside hip-width**
- **Knees soft**
- **Core braced**
- **Chest lifted**
- **Hips still and square to front**

Layer 2

- Use core engagement to anchor the lower body
- Lower body is grounded as we turn through the shoulders and the obliques
- Sink lower to get more activation through the lower body; this increases core demand
- It's restrictive, controlled, concentrated

↓ OPTION: Slow Palm Throws

SIDE STEP, BACK STEP COMBO

Layer 1

- Cue: *Step R, step back, add knee*
- **Front Kick: Lean your body back, contract through your quads to have control over the Kick**
- **Brace core**
- **Chest lifted**
- **Knees out over toes**
- Arms natural

Layer 2

- Feel the flow through your body
- Get dynamic through the movement
- It feels good to just let go of your body and move to the beat

↓ OPTION: No Front Kick; stay with Knee Lift



05. PEAK 3 CARDIO

TRACK FOCUS

Feel-good cardio! Two combinations to leave you feeling breathless and energized! Lots of options to dial up and down in this Peak Cardio track.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Introduce the track	16	
0:06	/ (Instr)	22x8	A	Lateral Lunge Combo L&R L Lateral Lunge – R hand reach R Lateral Lunge – L hand reach R Leg Lift – arms at chest  on R side ⬆ OPTION: Add Open Arms O/H during Leg Lift after 4 reps	2 2 4 8	11x
1:18	/ (Heavy beat)	8x8	B	Burpees (own time) ⬆ OPTION: Add Jump ⬇ OPTION: Walking Burpee	64	
1:43	/ (Music drops out)	1x8		Recover	8	
1:47	/ You pull me	4x8	A	 Lateral Lunge Combo L&R	32	
2:00	/ (Heavy beat)	4x8	B	 Burpees (own time)	32	
2:13	/ (Music drops out)	1½x8		Recover	12	
2:19	/ You make me, you make me	12x8		 Lateral Lunge Combo L&R	16	6x
2:59	/ (Heavy beat)	8x8	C	Jack Starburst Burpee (own time) ⬆ OPTION: Add Plank Jack and Starburst Jump ⬇ OPTION: Walking Burpee with Plank Side Tap	64	



05. FEEL GOOD 3:32mins

ESSENCE TIPS

Feel-good cardio! If there is such a thing, this is it. The combination of the music and the contrast in the two combinations will leave you breathless and feeling so good! Make sure you demonstrate the Walking Burpee for participants who don't want to jump.

TECHNIQUE AND COACHING

LATERAL LUNGE COMBO

Layer 1

- Cue: *Lunge, Lunge, Leg Lift*
- **Press knees out, tracking over toes**
- **Chest lifted**
- **Brace core**
- **Squeeze glutes**
- Shift side to side

Layer 2

- Use the first few reps to explore the movement pattern
- Reach, reach and open
- Squeeze the back body and the glutes because we are going to use all of these muscles in the Burpees

BURPEE

Layer 1

- **Squat, Plank, Squat, Stand**
- **Feet outside hip-width**
- **Core braced**
- **Chest lifted in Squat**
- **Soft knees to land**
- Use the Squat to get in and out of the Burpee

Layer 2

- We encourage you to move at your own pace and at your own level
 - 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
- ↓ OPTION: Walking Burpee – Squat, walk to Plank, Squat, Stand

JACK STARBURST BURPEE

Layer 1

- **Squat, Plank, Jack, Squat, Stand, Starburst Jump**
- **Feet outside hip-width**
- **Core braced**
- **Chest lifted in Squat**
- **Maintain soft knees while landing**

Layer 2

- On or off the beat
- We encourage you to express the movement

↓ OPTION: No Jump

↓ OPTION: No Plank Jack; tap foot to the right then left

↓ OPTION: Walking Burpee – Squat, walk to Plank, Squat, Stand



06. RESISTED CARDIO

TRACK FOCUS

Short, sharp and fun Resisted Cardio! This Resisted Cardio track slightly reduces the cardio intensity using light resistance and rhythmic movements patterns.

WEIGHT RECOMMENDATION:

New to Fitness: No weight plate or 2x light weight plates

Regulars: 2x light to medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8	Introduce the track		8	
0:03	/ Bam bam bam	7x8	A	Squat Cross Punch Combo (slow) L&R		
				Squat – <i>hands to hips</i>	2	
				L Cross Punch	2	
				L hand to hip	2	
				Stand	2	
				⏮️ REPEAT to R side	8	3.5x
				⬇️ OPTION: No weight plates		
				⬆️ OPTION: Add Jack in and out after 1 rep		
				On last rep, hold Squat for 2 cts		
0:31	/ (Drums)	8x8	A ¹	Squat Cross Punch Combo (fast) L&R		
				L Cross Punch	1	
				L hand to hip	1	
				Jump in	1	
				Jump out to Squat	1	
				⏮️ REPEAT to R side	4	8x
				⬇️ OPTION: No weight plates		
				⬇️ OPTION: No Jump		
				⬆️ OPTION: Add Heel Tap after 4 reps		
1:02	/ I'm with the	8x8	B	Squat Press with Leg Extension Combo L&R		
				Squat – <i>arms press O/H</i>	2	
				Stand – <i>arms to chest</i>	2	
				R Leg Extension behind, facing corner – <i>arms extend F</i>	2	
				Reset to front – <i>arms to chest</i>	2	
				⏮️ REPEAT to R side	8	4x
				⬇️ OPTION: No weight plates		
				⬇️ OPTION: Weight plates stay at chest		
1:32	/ Motivate, motivate	8½x8	B ¹	Leg Extension Combo L&R		
				L Hop across – <i>arms reach O/H</i>	2	
				R Leg Extension behind, facing corner – <i>arms extend F</i>	2	
				⏮️ REPEAT to R side	4	8.5x
				⬇️ OPTION: No weight plates		
				⬇️ OPTION: Weight plates stay at chest		
				⬆️ OPTION: Add Jump		



06. MOTIVATE 2:07mins

ESSENCE TIPS

This track builds on the Resisted Cardio track in TONE 18 with the Leg Extension Combo. We focus on rotation to target the lateral core muscles such as the obliques and the glutes in the Hip Extension. This track is very quick so ensure you set everyone up and get people moving well straight away.

TECHNIQUE AND COACHING

SQUAT CROSS PUNCH COMBO

Layer 1

- Set-up: Feet wide, plates to hips
- Cue: *Squat, Cross Punch, feet in, stand up*
- **Feet and knees wide over toes**
- **Core braced**
- **Chest stays lifted**
- **Opposite arm to knee inside thigh line in Cross Punch**
- **Soft knees to land if jumping**

Layer 2

- Draw belly to spine on Cross Punch to feel the core activate

↑ OPTION: Add Jack in and out

↑ OPTION: Add Jumping Heel Tap

↓ OPTION: No Jump

SQUAT PRESS WITH LEG EXTENSION COMBO

Layer 1

- Cue: *Squat, Hip Extension to the back*
- **Press hips back and down**
- **Press plate forward from center of chest, soft elbows at the end of press**
- **Chest lifted**
- **Core braced**
- **Knees in line with toes**
- **Soft landing if jumping**
- Squeeze glutes to lift the leg

Layer 2

- You don't need to lift the leg high but make sure you're squeezing the back body
- If you're jumping, support the Jump by squeezing the glutes and quads

↓ OPTION: No weight plates

↓ OPTION: No Jump



07. DYNAMIC CARDIO CORE

TRACK FOCUS

Lots of work for our obliques with rotational and lateral movement!

WEIGHT RECOMMENDATION:

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

Regulars: 2x light to medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Introduce the track	16	
0:06	/ ... I'm never gonna	6x8	A	Washboard L&R	2	24x
0:30	/ (Cymbals)	4x8	B	Lateral Lunge L&R		
				L Lateral Lunge – hands to shoulders	2	
				R Lateral Lunge – hands to shoulders	2	8x
				↓ OPTION: No weight plates		
0:45	/ (Beat builds)	4x8	B ¹	Lateral Lunge with Shoulder Press L&R		
				L Lateral Lunge – R-arm Shoulder Press O/H	2	
				R Lateral Lunge – L-arm Shoulder Press O/H	2	8x
				👁️ Lateral Lunge Knee Lift Combo on last 2 reps		
1:01	/ (Heavy beat)	8x8	B ²	Lateral Lunge Knee Lift Combo L&R		
				L Lateral Lunge – R-arm Shoulder Press O/H	2	
				R Lateral Lunge – L-arm Shoulder Press O/H	2	
				2x R Knee Lift – R elbow to knee	4	
				🔄 to R side	8	4x
				↓ OPTION: Reduce the range		
1:31	/ ... I'm never gonna	12x8	B ³	Lateral Lunge with Plate Push L&R		
				L Lateral Lunge – R arm push	2	
				R Lateral Lunge – L arm push	2	24x
2:17	/ (Heavy beat)	2x8	A	🔄 Washboard L&R	2	8x
2:25	/ (Heavy beat)	6x8	C	Cable L&R	2	24x
				↓ OPTION: Washboard		
2:48	/ (Quiet)	4x8	B	🔄 Lateral Lunge L&R	4	8x
3:04	/ (Beat builds)	4x8	B ¹	🔄 Lateral Lunge with Shoulder Press L&R	4	8x
3:19	/ (Heavy beat)	8x8	B ²	🔄 Lateral Lunge Knee Lift Combo L&R	16	4x



07. SAY GOODBYE 3:56mins

ESSENCE TIPS

Keep reminding your participants that we only need a small range of motion in the Washboard and the Cable movement to maximize the oblique work here. This will ensure that they are moving with control and safely.

We swap between the combinations in this track often so be sure to preview the movements and be super clear and concise with our coaching.

TECHNIQUE AND COACHING

WASHBOARD/CABLE

Layer 1

- Set-up: Feet wide, toes and knees turned out slightly, set the weights just below sternum
- Cue: *Twist from right to left*
- Small movement from the sternum
- **TONE posture: Shoulders back and down, chest lifted, core braced, squeeze glutes**
- **Small rotation from the center of the chest**
- **Turn toes out slightly**
- **Knees soft and pressed out**
- **Core braced**
- **Chest lifted**
- **Small range, speed controlled – only twisting to the inner thigh, no further**

Layer 2

- This movement is all about control; we only need a small amount of movement and speed here to get the most out of this move, especially in the cable
- A small movement initiated from the sternum

↑ OPTION: Extend arms forward for the Cable movement

LATERAL LUNGE WITH SHOULDER PRESS

Layer 1

- Cue: *Weights to shoulder height, side to side*
- **Bend knees**
- **Knees out over toes**
- **Chest lifted**
- **Core braced**
- **Pinky finger facing forward on Shoulder Press**
- **Keep butt above knee level**

Layer 2

- Think about moving your body across on one level, like an old-school typewriter
- Feel a beautiful stretch along the side of your body

↓ OPTION: Weight plates stay at shoulders

LATERAL LUNGE KNEE LIFT COMBO

Layer 1

- Cue: *Punch, Punch and 2 Knees*
- **Two Lateral Lunges, picking up opposite knee, then same knee to elbow**
- **Crunch knee to elbow**
- **If picking up knee, land softly**
- **Knee and toes turn out slightly**
- **Chest lifted**
- **Core braced**
- **Keep butt above knee level**
- **Pinky finger outwards on Knee Lift**

Layer 2

- If you want a little more intensity, you can catch the holds
- The benefits are endless in this combo – obliques, balance, stability, core!
- Can you get that catch straight away?

↓ OPTION: In Knee Lift, reduce your range

↓ OPTION: Weight plates stay at shoulders

LATERAL LUNGE WITH PLATE PUSH

Layer 1

- One arm pushes, one arm pulls
- **Rotate from the sternum**
- **Bend knees**
- **Knees out over toes**
- **Chest lifted**
- **Core braced**
- **Keep butt above knee level**

Layer 2

- We are hitting so many movement planes here – lateral, rotation, push and pull
- Big squeeze through the back of the body as you pull and a big stretch as you push
- If you want to work harder, sit lower into the legs and shift your weight side to side



08. RESISTED BALANCE

TRACK FOCUS

The focus is finding stability in each exercise so encourage your class to embrace the wobbles!

WEIGHT RECOMMENDATION: Two light weight plates or no weights at all.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Open Star		16	
0:08	V / I don't wanna wait	6x8	A	Open Star L Open Star – front arm open to diagonal Close – front arm close down ↓ OPTION: No weight plates ↓ OPTION: Back leg stays grounded	4 4	6x
0:31	C / Gotta get it all	4x8	A ¹	Open Star with Leg Pulse L 2x Rear Leg Pulse – front-arm Row 2x Rear Leg Pulse – back-arm Row ↓ OPTION: Pulsing leg touches ↓ OPTION: No weight plates	4 4	4x
0:47	V / I don't wanna sleep	8x8	A	 Open Star to R	8	8x
1:18	C / Oh gotta get it all	4x8	A ¹	 Open Star with Leg Pulse to R	8	4x
1:35	/ ... say goodbye	2x8	Set up for Tiptoe Squat		16	
1:43	V / take you back there	2x8	B	Tiptoe Squat (slow) Tiptoe Squat down – arms reach F Rise – arms open to side ↓ OPTION: No weight plates	4 4	2x
1:50	/ I don't wanna wait	4x8	B ¹	Tiptoe Squat (fast) Tiptoe Squat down – arms reach F Rise – arms open to low diagonal ↓ OPTION: No weight plates	2 2	8x
2:06	C / oh gotta get it all	4x8	B ²	Double Pulse Tiptoe Squat Double Pulse Tiptoe Squat down – arms reach F Rise – arms open to low diagonal ↓ OPTION: No weight plates	2 2	8x



08. SUMMERTIME LOVE 2:23mins

ESSENCE TIPS

Our Resisted Balance tracks are focused on strengthening our stabilizing muscles. Khiran has some great coaching in this track and says we are only as strong as our stabilizing muscles. The fast Double Pulse Tiptoe Squat is a big challenge so make it fun and not too serious. And as always, we are not only targeting and challenging our proprioception but are also targeting our glutes and posterior chain with the opening movements.

TECHNIQUE AND COACHING

OPEN STAR WITH LEG PULSE

Layer 1

- Set-up: Long step forward, bend into standing leg, brace the core. Start with closed hips and we are going to open up as we progress. Arms reach long
- Cue: *Open and then close*
- **Shifting body weight forward to front leg**
- **Bend standing knee over toes**
- Squeeze glutes tightly
- **Hips and shoulders square to the floor**
- **Core braced**
- **Chest lifted**
- Hips and shoulders move as one
- Hips and shoulders open to the front, then close to the diagonal

Layer 2

- You want your levers long and strong with purpose
- When it feels good, lift the back leg
- Leg Pulse: Move your leg with purpose and brace your core really tightly. Row the arms front then back
- We are working on our knees, our ankles and our hip strength – this is all about our longevity
- Don't worry about the arms too much; the focus is on balance and stability through the mid-section and the front leg
- Squeezing and then closing
- ↓ OPTION: Back leg stays grounded
- ↓ OPTION: No weight plates

TIPTOE SQUAT

Layer 1

- Set-up: Feet just outside hip-width, come up to the balls of the feet. Come down and then rise
- This is an upper range Squat only, no deeper than half 40-45 degrees
- Squat and plates come forward, stand and plates open
- **TONE posture**
- **Keep knees soft and in line with toes**
- **Plates just below shoulder height**
- Maintain a straight spine
- Double Pulse: 2 fast Pulses at the bottom

Layer 2

- We love strengthening through the ankles, the knees and the hips. This helps us with all of our movement patterns. You are only as strong as your stabilizing muscles
- Double Pulse: This pace is designed to throw us off balance, so you are going to feel a little wobbly and that is OK; just stay with us
- ↓ OPTION: No weight plates
- ↓ OPTION: No Heel Lift
- ↓ OPTION: No Double Pulse; stay with slow option



09. LOWER BODY STRENGTH

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Sharir* with the same choreography.

TRACK FOCUS

We are bringing back the SMARTBAND™ for our Lower Body Strength track! Prepare yourselves for a good burn through the lower body with this one!

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	/ I got the sauce	1x8	Set L leg B in Lunge position		8	
0:09	V / Big dawg hit me up	4x8	A	2/2 Lunge L L Lunge down – <i>arms by sides</i> Straighten legs – <i>arms by sides</i> ↓ OPTION: No weight plates; <i>hands on hips</i>	4 4	4x
0:26	/ I was in the place	4x8	A ¹	Single Lunge L L Lunge down – <i>arms by sides</i> Straighten legs – <i>arms by sides</i> 👁 Pulse Lunge Combo on final 2 reps ↓ OPTION: No weight plates; <i>hands on hips</i>	2 2	8x
0:43	C / I got the sauce	4x8	A ²	Pulse Lunge Combo L 2x fast Pulse Lunge L and Rear Leg Lift – <i>arms by sides</i> ↓ OPTION: No weight plates; <i>hands on hips</i>	4	8x
1:02	/ Hoping that you get	2x8	B	2/2 Squat Squat – <i>arms by sides</i> Rise – <i>arms by sides</i> ↓ OPTION: No weight plates; <i>Natural Arms</i>	4 4	2x
1:10	V / from the past	4x8	A ¹	🔄 Single Lunge L	4	8x
1:27	C / I got the sauce	6x8	A ²	🔄 Pulse Lunge Combo L	4	12x
1:54	/ I got the sauce	2x8	Recover and set up for R side		16	
2:03	/ Big dawg hit me up	84x8	🔄 all to R side At end hold the Lunge		672	



09. JUICE 3:50mins

ESSENCE TIPS

It's going to be a massive challenge using the band in this track. It will be important to coach to our TONE posture, especially when participants are using weight plates. Encourage them to leave out the weight plates and the band if they 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.

This track is similar to TONE 18 Lower Body Strength; we are building on similar movement patterns with that extra challenge of the band. Even for the strongest participants, this track is going to be challenging.

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 are using a band, actively push the knee outwards – this is going to focus work on the glutes
- If you are using two weight plates, keep them close to your hips to get more activation in the glutes
- Finding the range will get into the glutes
- If you are using the plates, think about shoulder blades back and down and pull the armpits down to the ribcage and notice how much stronger that makes you feel! This will push the tension into the legs!
- Think about squeezing the back glute and quad; we are strengthening through the joints, through the muscles – everything is activated

↓ OPTION: No equipment; body weight only

PULSE LUNGE COMBO

Layer 1

- Cue: *2x Pulse Lunge and Leg Lift*
- Shoulders stacked on top of hips
- Hips and shoulders square to the front
- **Core braced**
- **Front knee presses out over toes**
- **Chest lifted**

Layer 2

- Maintaining a strong TONE posture with weight plates is a challenge but so good for our posterior chain
- It's a challenge but we are building that lower-body strength
- Repetition – that's what recruits more tension in the muscles and that's what that burn is. That's our development and that's what we are here for!
- Notice that when we shift forward we don't extend the front leg but we actually stay down – that's where the pressure comes in!
- As you kick back, squeeze the glutes to fire up the posterior chain

↓ OPTION: No equipment; body weight only

SQUAT

Layer 1

- Hips and shoulders square to the front
- **Core braced**
- **Knees press out over toes**
- **Chest lifted**

Layer 2

- When we stay in the range, we get all those strength benefits

↓ OPTION: No equipment; body weight only



10. UPPER BODY STRENGTH

TRACK FOCUS

Upper-body strength and stability training! The return of the Front Raise – this integrated core and upper body movement combo helps your class strengthen their upper body using controlled movements.

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates

Regulars: 2x medium to heavy weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2½x8		Set up for Slow Pushup/Front Raise Combo, placing one weight plate in front of the other	20	
0:09	V / Maybe sometime long ago	8x8	A	Pushup/Front Raise Combo L&R Pushup L leg step F to Lunge Front Raise (up), back knee lifts off floor – <i>pick up weight plates and lift F</i> Front Raise (down), back knee down – <i>weight plates lower to floor</i> L leg steps B to Pushup position  on R side ↓ OPTION: No Front Raise; back knee stays on floor ↓ OPTION: Pushup on knees	8 2 2 2 2 16	2x
0:40	/ (Heavy beat)	8x8	A¹	2x Pushup/Front Raise Combo L&R 2x Pushup L leg step F to Lunge Front Raise (up), back knee lifts off floor – <i>pick up weight plates and lift F</i> Front Raise (down), back knee down – <i>weight plates lower to floor</i> L leg steps B to Pushup position  on R side ↓ OPTION: No Front Raise; back knee stays on floor ↓ OPTION: Pushup on knees	8 2 2 2 2 16	2x
1:10	/ (Quiet beat)	2x8		Set up for Kneeling Single/Double Upright Row Combo	16	
1:18	V / Find the perfect picture	8x8	B	Kneeling Upright Row Combo L Upright Row R Upright Row Double Upright Row	4 4 8	4x
1:48	/ (Beat builds)	4x8	B¹	Triple Pulse Upright Row  Triple Pulse Cobra Bicep Curl on last rep	8	4x
2:04	/ (Heavy beat)	8x8	C	Triple Pulse Cobra Bicep Curl Combo 3x Pulse Cobra Bicep Curl	6 2	4x
2:34	/ (Quiet)	2x8		Recover and set up for Pushup/Front Raise Combo	16	
2:45	V / Find the perfect picture	12x8	A	 Pushup/Front Raise Combo L&R	32	3x
3:31	/ (Heavy beat)	8x8	A¹	 2x Pushup/Front Raise Combo L&R	32	2x



10. TELL ME I'M PRETTY 4:06mins

ESSENCE TIPS

We are bringing back the Pushup/Front Raise Combo from TONE 17! This is such a great combo to improve coordination and control. This move requires stability through the entire body and core control. The great thing about combinations of movement is that we keep the workout fresh, exciting and innovative.

In the Masterclass, Mark highlights a common fault. When we lift the shoulders or initiate the movement by lifting our shoulders we can over-recruit our upper trapezius muscles rather than strengthening through our arm and back muscles. Use the cue of squeezing shoulder blades together to encourage an opening of the chest and to relax the upper trapezius muscles.

TECHNIQUE AND COACHING

PUSHUP/FRONT RAISE COMBO

Layer 1

- Set-up: Place one plate in front of the other and set up a Pushup
- Cue: *Slow Pushup, R foot steps outside R hand, grab plate; we rise, we lower, R leg back*
- **Chest lifted**
- **Plate stops at shoulder height in Front Raise**
- **Core braced**
- **Chest to elbow height – in Pushup**
- **Long straight spine – in Pushup**
- **Big step forward, knee above ankle, press knee out**

Layer 2

- If you want a little more challenge, squeeze the glutes and you can lift the back knee off the floor
- Get a feel for the timing and if you feel ready for it, you can lift your back knee off the floor
- The great thing about this combo is we are not just getting stronger through the upper body, we are getting stronger through the entire body!

↑ OPTION: On toes for Pushup

↓ OPTION: No weight plates; back knee stays on floor

KNEELING UPRIGHT ROW COMBO AND TRIPLE PULSE UPRIGHT ROW

Layer 1

- Set-up: Grab both weights, one in each hand. On your knees, dig in your toes, lift heels off floor
- Cue: *Single R, single L, double slow*
- **Elbows no higher than shoulders**
- **Plates stay in front of the body**
- **Shoulders back and down**
- **Squeeze between shoulder blades**
- **Core braced**
- **Chest lifted**

Layer 2

- A common mistake here is to lift the shoulders, so squeeze the shoulders back and down to maintain a strong TONE posture

TRIPLE PULSE COBRA BICEP CURL COMBO

Layer 1

- Cue: *3, 2, 1 and Curl*
- **Chest lifted**
- **Core braced**
- **Squeeze glutes**
- **Shoulders back and down**
- **Neutral spine in hinge**

Layer 2

- Slight hinge forward from the hips and squeeze the glutes and core really tightly – it is going to stabilize your body
- Squeeze shoulder blades together. Can you feel your triceps and biceps firing up?



11. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

We start standing up and then we move to the floor. One weight plate – small or large, it's up to you!

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up for Halo 👁️ Halo on final 8 cts	32	
0:13		12x8	A Halo L&R Halo to L Halo to R	8 8	6x
0:55	/ Can I hit it like that	8x8	B Squat Plate Push Squat – Plate Push F Stand – plate to chest	4 4	8x
1:23	/ (Heavy beat)	8x8	A ¹ Halo Squat Plate Push Combo Halo to L Halo to R Squat – Plate Push F Stand – plate to chest Squat – Plate Push to L diagonal Stand – plate to chest Squat – Plate Push F Stand – plate to chest Squat – Plate Push to R diagonal Stand – plate to chest	8 8 2 2 2 2 2 2 2 2	2x
1:49		4x8	Recover and set up for Scissor Leg Crunch	32	
2:03	/ Uh huh	12x8	C Scissor Leg Crunch L&R Scissor L – arms reach behind L leg L leg down – arms to sides 🔄 on R side ↓ OPTION: Knees bent and Toe Tap ↓ OPTION: Head stays down	4 4 8	6x
2:44	/ (Heavy beat)	8x8	D Hundreds	64	
3:12	/ (Beat drop out)	8x8	E Cross Crawl F&B	4	16x



11. MISS YOU 3:42mins

ESSENCE TIPS

When we coach core training technique well our participants can get so much more out of their workout. This track is tough, even for those who are super strong! So coaching the rib to hip connection and focusing on closing down the ribcage is important. Rib flaring is common but when we understand what this is, and what it feels like when we are in the core braced position, we can feel the difference in the workout.

TECHNIQUE AND COACHING

HALO

Layer 1

- Set-up: Set feet slightly wider than hips, knees tracking out over toes, and sit into a Half Squat
- Plate moves from one hip, around the head to the other hip
- **Elbows stay forward of face**
- **TONE posture**
- **Core braced**
- **Chest lifted**
- **Stay square through hips and shoulders**
- **Keep knees pressed out over toes**
- **Plate stays close around your head**

Layer 2

- If you feel your ribs flaring out/extending, try and brace the core a little harder
- This move is so good for our core and our obliques

SQUAT PLATE PUSH

Layer 1

- Cue: *Squat and push and slow rise*
- **Hips back and down**
- **Elbows stay soft in the Push**
- **TONE posture**
- **Core braced**
- **Chest lifted**
- **Keep knees pressed out over toes**

Layer 2

- Moving faster in the Plate Push will provide a strong reaction from our core and this will improve our core strength!

↓ OPTION: Shorten the range; don't push the plate so far away

SCISSOR LEG CRUNCH

Layer 1

- Set-up: Lie down on the floor, lift legs to ceiling
- Cue: *Up and then open; one leg is extended and one leg is on the floor*
- **Tuck chin in**
- **Closing ribs to hips**
- **Core braced**
- **Press lower back towards the floor**
- If you feel the lower back is lifting off the floor, try a Toe Tap

Layer 2

- Closing the ribs downwards allows us to crunch really tight to work the mid-section
- We know that TONE posture is so important. And we know that a good posture starts with the core, so we are going to work it really hard!

↓ OPTION: Knees bent

HUNDREDS

Layer 1

- Set-up: Both legs extended to the ceiling, fingertips reach past hips
- **Lift shoulder blades off the floor**
- **Tuck chin in**
- **Core braced, chest lifted**
- **Maintain neutral spine**
- **Press lower back towards the floor**

Layer 2

- Imagine you have two bouncy balls under your hands and you are bouncing them super fast
- Even though the music is low, we are going to keep breathing through this – five breaths in, five breaths out

↓ OPTION: Knees in tabletop position

↓ OPTION: Knees bent, feet on the floor

CROSS CRAWL

Layer 1

- Opposite elbow to knee, front, back
- **Core braced, chest lifted**
- **Maintain neutral spine**

Layer 2

- We love to work the mid-section – it helps us with everyday movement; it's functional; it is so beneficial to us – we've just got to hold on!
- If you are starting to lose technique, or you feel super fatigued, stop, shake out arms and legs and get back into it!



12. GLUTES

TRACK FOCUS

Time for the booty track!

RECOMMENDATION:

New to Fitness: No equipment

Regulars: SMARTBAND

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	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.		16	
0:07	V / I’m a tiger	6x8	A	Clam Singles L	4	12x
0:30		2x8	A ¹	Clam Hold L	4	
				Clam Hold Lower	4	2x
				↓ OPTION: No SMARTBAND		
0:37	/ My ring, my rules	4x8	A ²	Clam Triple Pulse L	8	4x
				👁 Straight Leg Lift on last rep		
				↓ OPTION: No SMARTBAND		
0:54	/ (Heavy beat)	4x8	B	Straight Leg Lift L	4	8x
				↓ OPTION: No SMARTBAND		
1:08	/ (Quiet)	1x8		Set up R side	8	
1:12	/ I’m a hunter	5x8	A	🔄 Clam Singles R	4	10x
1:31		2x8	A ¹	🔄 Clam Hold R	8	2x
1:38	/ My ring, my rules	4x8	A ²	🔄 Clam Triple Pulse R	8	4x
1:54	/ (Heavy beat)	4x8	B	🔄 Straight Leg Lift R	4	8x
2:09	/ Round one	6x8	C	Hip Bridge, knees out and Pulse	2	24x



12. KINGPIN 2:35mins

ESSENCE TIPS

It is helpful to do as Kaylah does on the Masterclass and set everyone up lying in the same direction (heads facing one direction), so that everyone is working the same side to start.

This is a burner! And we have a fun beat to use to try and distract us from the pain. Your participants have learned a lot by this stage of the class so keep the coaching simple and have fun.

TECHNIQUE AND COACHING

CLAM (ALL VARIATIONS)

Layer 1

- Set-up: Making your way to the floor, onto your side, stack heels, stack knees, stack hips, bring elbow under shoulder
- **Brace abs to keep hips and shoulders square to front**
- **Pull ribcage away from the floor**
- **Avoid opening and rolling of the top hip and pelvis**
- **Chest lifted and square to the front**
- Top hand down for support

Layer 2

- Main focus – try not to externally rotate the top hip
- This is for a really short time, so hold on!
- Try to squeeze your butt muscles to open your knee

↓ OPTION: No SMARTBAND

STRAIGHT LEG LIFT

Layer 1

- Cue: *Lift and lower*
- **Brace abs to keep hips and shoulders square to front**
- **Chest open to front**

Layer 2

- You are going to feel it all through your glute medius
- We will start to lean into the elbow but we want to keep it nice and strong, so it's a small movement

↓ OPTION: No SMARTBAND

HIP BRIDGE, KNEES OUT AND PULSE

Layer 1

- Cue: *Pulse up and out. Hips go up, knees press out over toes*
- Lie on back, feet on floor, knees bent
- **Core braced**
- **Drive knees out over toes as we go up**
- **Press heels down**
- **Squeeze shoulder blades together**
- **Chin tucked in**
- **Keep connection between ribs and hips**

Layer 2

- Keep holding the burn! Drive the knees out over toes and press the shoulder blades into the floor

↓ OPTION: No SMARTBAND



13. STRETCH

TRACK FOCUS

Let’s stretch and reward our bodies for completing our great workout!

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /		Set up Childs Pose	20	
0:12		2x8 A	Childs Pose	16	
0:21	V / My heart is filled	8x8 A ¹	Thread The Needle L&R		
			L arm thread	32	
			R arm thread	32	1x
0:58	C / Like a gust of wind	4x8 B	L Hip Flexor with Reach – R arm reach up	32	1x
1:18	/ When I open a window	2x8 B ¹	Deep Lunge L	16	1x
			↓ OPTION: Hand on front knee		
1:28	/ When I feel real low	4x8 B ²	Deep Lunge with Thread The Needle L		
			Open up L arm to L side	8	
			Thread The Needle L arm under R arm	8	2x
1:47	/ Telephone winds	4x8 C	Hamstring Stretch R	32	1x
2:07	/ I need it	4x8 B	 Hip Flexor with Reach R	32	1x
2:25	/ Like a gust of wind	2x8 B ¹	 Deep Lunge R	16	1x
2:35	/ When I open a window	4x8 B ²	 Deep Lunge with Thread The Needle R	32	1x
2:54	/ (Instr)	4x8 C	 Hamstring Stretch L	32	1x
		2x8	Downward Dog	16	1x
3:14	/ When I first saw you	2x8 D	Roll up and Shoulder Roll	16	1x
3:23	/ When I realize	2x8 E	Thoracic Twist	16	1x
3:33	/ Like a gust of wind	4x8 F	Feet wide – roll down	32	1x
3:52	/ When you open a window		Congratulations to the team!		



13. GUST OF WIND 4:43mins

ESSENCE TIPS

Congratulate the team for completing an epic workout! It always feels really rewarding at the end of the workout so make sure your participants feel this. Educate them about the importance of consistency in their training; encourage them to come again and they will definitely feel the difference!

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 and through the back of the shoulders

HIP FLEXOR WITH REACH

Layer 1

- Leg comes through, nice and tall
- Big breath in and raise opposite arm
- Exhale, sink down
- **Knee in line with toes**
- **Hips and shoulders square**

Layer 2

- Raise the arm nice and tall

DEEP LUNGE WITH THREAD THE NEEDLE

Layer 1

- Long step forward
- **Knees pressed out over toes**
- **Both hands to floor**
- **Chest lifted**
- **Long straight back**
- Thread The Needle – same arm as front knee reaches open, close and thread under opposite arm

Layer 2

- As you guide the hand back down, feel the beautiful mobilization through the thoracic spine

↓ OPTION: Hand on front knee in Deep Lunge

HAMSTRING STRETCH

Layer 1

- Send hips back
- Hips and shoulders square to front
- Draw belly in
- Chin tucked in

Layer 2

- Feel the lengthening down the spine and the back of the leg

↓ OPTION: Front knee stays bent in Hamstring Stretch

ROLL UP AND DOWN

Layer 1

- Feet wide, roll up through the spine, take your time
- **Squeeze the back of the body**
- **Chin tucked in**
- **Belly to spine**
- **Bend knees** to roll down



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.

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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.

