

LES MILLS TONE 20

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

Les Mills instructor resources are unique, valuable resources provided to you as a Les Mills certified instructor to enable you to learn each new release and teach it in Les Mills licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the Internet or selling Les Mills instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



MUSIC

- 01

Money Money (4:19)

Molly Wolfes

© 2022 Les Mills Music Licensing Ltd.

Written by: Whyte, Carpenter, Nystrom
- 02

Drag Me Out (3:08)

Perlafox

© 2022 Les Mills Music Licensing Ltd.

Written by: Hamlin, Jacobs, Demola, Hintze
- 03

Lingua (3:20)

Sub Focus feat. Stylo G

Courtesy of the Universal Music Group.

Written by: Ralph, Macgillivray, Lane, McDermott, Douwma, Thomas
- 04

Running (3:04)

Martin Jensen & Cheat Codes feat. Theresa Rex

Courtesy of the Universal Music Group.

Written by: Bjoernskov, Dahl, Pederson, Dissing, Elifritz, Hansen, Jensen
- 05

HUMBLE. (Skrillex Remix) (2:35)

Kendrick Lamar

Courtesy of the Universal Music Group.

Written by: Hogan, Lamar, Williams
- 06

Ride Wit Me (3:05)

MOTi

© 2021 ZEROCOOLREC.COM.

Written by: Unknown, Haynes
- 07

Tuk Tuk (4:13)

Paul Maestro

© 2022 Les Mills Music Licensing Ltd.

Written by: Schaefer, Tyler, Solomun, grunert, Friedrich
- 08

Gimme (3:03)

Ibranovski

© 2021 Revealed Music B.V. Licensed courtesy of Central Station Records.

Written by: Hadziibrahimovic
- 09

Love Can't Turn Around (3:10)

Pete Tong, Riton & Vula feat. Jules Buckley & The Heritage Orchestra

© 2021 Under Exclusive License to Ministry of Sound Recordings Limited.

Written by: Pandy, Williams
- 10

CTRL + ALT + DEL (2:33)

Rêve

Courtesy of the Universal Music Group.

Written by: Raymond, Rastogi, Donolo

CTRL + ALT + DEL (0:57)

Rêve

Courtesy of the Universal Music Group.

Written by: Raymond, Rastogi, Donolo

- 11

Like It How It Is (Snavs Remix) (4:09)

Aviella

© 2022 Dim Mak Records, Inc.

Written by: Bjurstrom, Winder, Hesslind, Maming
- 12

Thief (Flux Pavilion Remix) (4:59)

Ookay

Courtesy of the Universal Music Group.

Written by: Laguna
- 13

Better Than This (3:14)

Evie Irie

Courtesy of the Universal Music Group.

Written by: Fatkin, Rosenberg, Ritchie
- ALT 02

Drag Me Out (Instrumental) (3:08)

Perlafox

© 2022 Les Mills Music Licensing Ltd.

Written by: Hamlin, Jacobs, Demola, Hintze
- ALT 06

Rewind (Some Nights) (3:05)

Neon One

Courtesy of Epidemic Sound.

Written by: Unknown



LES MILLS TONE 20



L-R: Martine Matapo-Kolisko and Otto Prodan

TONE 20 is all about innovation.

This release introduces innovative movement patterns and exercise combinations to accelerate your classes fitness and promote longevity.

TONE 20 is the perfect release to take your participants to new fitness levels whilst remaining inclusive and assessable to everyone in class.

The Steady State track gets the heart rate up quickly and we love how the exercises allow your class to get in the workout zone faster.

The last few releases have really highlighted the focus on our stabilizers, local and smaller muscles but in TONE 20 we've really complimented this by working our big muscles and global movement patterns. Track 3 is the real stand out here!

We recommend you to physically go through the workout a few times before teaching to your class to really bring out your best coaching and authentic self when teaching this release.

We hope you enjoy it just as much as we do!

Diana and Khiran x

PRESENTERS

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

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

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.



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. The alternative for a Burpee is to provide the option for your class to slow the exercise down and move at their own time.

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

The ultimate cardio, strength and core workout with plenty of options to work out the way you want to!
We have good music and good vibes!

MUSIC		EXERCISE		CTS	REPS	
0:05		½x8	Set up for Lateral Squat Heel Lift	4		
0:08	V / Mansions, fashion	4x8	A	Lateral Squat Heel Lift L&R (slow) Lateral Squat L – <i>Hands clasped in front</i> Heel Lift – <i>Hands clasped in front</i> Squat – <i>Hands clasped in front</i> Step in – <i>Natural Arms</i>  to R side	2 2 2 2 8	2x
0:25	/ They say love	8x8	A ¹	Lateral Squat Heel Lift L&R (fast) Lateral Squat L – <i>Hands clasped in front</i> Heel Lift – <i>Hands clasped O/H</i> Squat – <i>Hands clasped in front</i> Step in – <i>Natural Arms</i>  to R side ↑ OPTION: Add Jumping Jack after 4 reps	1 1 1 1 4	8x
1:00	V / Love hurts	4x8	B	7x Pulse Side Lunge L&R 7x Pulse Side Lunge L – <i>Hands on L thigh</i> Squat – <i>Hands on thighs</i>  to R side	14 2 16	1x
1:19	/ They say love	4x8	B ¹	7x Side Lunge with Leg Lift L&R 7x Side Lunge with Leg Lift L – <i>Hands clasped in front</i> Squat – <i>Hands clasped in front</i>  to R side ↑ OPTION: Add Jump Across	14 2 16	1x
1:37	(Heavy beat) / they say money	4x8	B ²	3x Side Lunge with Leg Lift L&R 3x Side Lunge with Leg Lift L – <i>Hands clasped in front</i> Squat – <i>Hands clasped in front</i>  to R side ↑ OPTION: Add Jump Across	6 2 8	2x
1:54	V / Mansions, fashion	8x8	C	Global Lunge L&R (slow) L Knee Lift, circle into Back-Stepping Lunge – <i>HOH</i> L leg Reverse Circle to step together – <i>HOH</i>  to R side	8 8 16	2x
2:30	(Heavy beat) / They say love	4x8	C ¹	Global Lunge L&R (fast) L Knee Lift, circle into Back-Stepping Lunge – <i>HOH</i> L leg Reverse Circle to step together – <i>HOH</i>  to R side	4 4 8	2x
2:47	/ Love hurts	4x8	D	Jog & Hold Combo L&R (slow) 6x Jog – <i>Natural Arms</i> L leg hold – <i>Natural Arms</i>  to R side ↓ OPTION: Bounce side to side instead of jogging	6 2 8	2x
3:05	/ They say love	4x8	D ¹	Jog & Hold Combo L&R (fast) 6x Jog – <i>Natural Arms</i> L leg hold – <i>Natural Arms</i>  to R side ↑ OPTION: High Knee Run ↓ OPTION: Bounce side to side instead of jogging	3 1 4	4x



01. WARM-UP

MUSIC			EXERCISE		CTS	REPS
3:23	(Heavy beat) / They say love	4x8	D ²	Jog & Leap Combo L&R (fast) 6x Jog – <i>Natural Arms</i> L Lateral Leap – <i>Natural Arms</i> to R side ↓ OPTION: No Leap, stay with the Hold ↓ OPTION: Bounce side to side instead of jogging	3 1 4	4x
3:41		4x8	E	Jog/March/Bounce OTS with <i>Natural Arm Swings</i> On last 8cts, Double Pulse Back-Stepping Lunge with Thoracic Rotation L&R	2	16x
3:57	/ they say love	4x8	F	Double Pulse Back-Stepping Lunge with Thoracic Rotation L&R L Back-Stepping Lunge with Pulse – <i>Arms clasped, Thoracic Twist L</i> L leg steps in – <i>Natural Arms</i> to R side Jog/March/Bounce OTS	3 1 4	4x



01. MONEY MONEY 4:19mins

COACHING TIPS

In this Warm-up, we teach various movement combinations that we see throughout the release. Be really clear with your coaching to ensure participants are set up for success. TONE 20 brings more fresh combos and a great feel to the workout. These combos are threaded through the workout and give TONE 20 a cohesive feel. As always, our Warm-ups focus on muscle activation, mobilizing our major joints, as well as coordination and mind-body connection. As instructors, the Warm-up also gives us the opportunity to get participants excited about the workout ahead.

TECHNIQUE AND COACHING

LATERAL SQUAT HEEL LIFT

Layer 1

- Cue: *Squat, Heel Lift, Squat and step together*
- **Feet outside hip-width, knees pressed over toes, chest lifted, butt stays above knee level, core braced**
- **Hips go back**
- **When jumping, bend your knees**

Layer 2

- Squat: Press down into heels – this will help engage glutes to warm up the lower body
- Squeeze glutes to rise
- **↑ OPTION: Add Jumping Jack**

SIDE LUNGE WITH LEG LIFT

Layer 1

- 7x Side Lunge Pulses and Wide Squat to change sides
- **Knee pushes out in line with toes**
- **Back heel up**
- **Chest lifted**
- **Bracing core**
- **Squeezing back body**
- **If you're jumping, both feet take off and both feet land**

Layer 2

- We are mobilizing through the hips, switching the glutes on, and getting ready for the workout
- If you want to, add the Leg Lift
- Squeeze your butt to lift your leg up (in Leg Lifts)
- Use your core to keep you from leaning to the side, so the body goes straight up and down
- Use the Squat to take off and land; that is going to give us power and control

↑ OPTION: Add Jump Across

GLOBAL LUNGE

Layer 1

- Cue: *Up, around, long step back to Lunge, lift knee back around to the front and switch legs*
- **Chest lifted**
- **Core braced**
- **TONE posture**
- **Squeeze glutes**
- **Shoulders and hips square to the front**

Layer 2

- Opening our hips for the workout ahead
- Feeling that amazing hip mobility

JOG & HOLD COMBO

Layer 1

- Cue: *6, 5, 4, 3, 2, 1, and hold*
- **Soft knees**
- **Hips and shoulders square to the front**
- **Core braced**
- In the Single-Leg Squat, to hold, bend your knee and keep it in line with your middle toes

Layer 2

- Sprint and leap – it's a big weight shift side to side
- **↑ OPTION: High Knee Run**
- **↓ OPTION: Bounce side to side instead of Jog**

DOUBLE PULSE BACK-STEPPING LUNGE WITH THORACIC ROTATION

Layer 1

- Long step back, front knee pushes out over toes
- Core braced
- Chest lifted
- Thoracic rotation towards front knee
- Double Pulse and stand

Layer 2

- Press into the front heel to stand and feel the activation in the glute and hamstring
- The Double Pulse helps us to engage and warm up the muscles
- Squeeze the glutes to stabilize the lunge and brace the core as you twist into the Thoracic Rotation



02. STEADY STATE

Please note this song contains explicit content. Please use the instrumental version with the same choreography as an alternative.

TRACK FOCUS

Steady State Cardio and we are going to get the body ready to move in any direction!

MUSIC			EXERCISE		CTS	REPS
0:00	<i>I don't like</i>	2x8		Jog/Bounce OTS	2	8x
0:09	<i>V / Doesn't anyone dance</i>	4x8	A	Jog Flight Lunge Combo L&R (slow) 4x Jog – <i>Natural Arms</i> L Flight Lunge – <i>Hands stacked and reach F</i> to R side	4 4 8	2x
0:25	<i>/ I like to party</i>	4x8	A ¹	Jog Flight Lunge Combo L&R (fast) 4x Jog – <i>Natural Arms</i> L Flight Lunge – <i>Hands stacked and reach F</i> to R side ↑ OPTION: High Knee Run and Flight Lunge off floor ↓ OPTION: Bounce and Flight Lunge, touching floor	2 2 4	4x
0:41	<i>/ Drag me out</i>	4x8	A ²	Sprint & Leap Combo L&R (fast) 6x Jog – <i>Natural Arms</i> L Lateral Leap – <i>Natural Arms</i> to R side ↓ OPTION: No Leap, step to side ↓ OPTION: Bounce side to side instead of Sprint	3 1 4	4x
0:57	<i>/ Take a pic, it will last long</i>	4x8	B	Jog Single-Leg Squat Combo L&R (slow) 4x Jog – <i>Natural Arms</i> L Single-Leg Squat – <i>Hands stacked and reach F</i> to R side ↓ OPTION: Heel Touch down in Single-Leg Squat	4 4 8	2x
1:13	<i>/ I like to party</i>	4x8	B ²	Jog Single-Leg Squat Combo L&R (fast) 4x Jog – <i>Natural Arms</i> L Single-Leg Squat – <i>Hands stacked and reach F</i> to R side ↓ OPTION: Heel Touch down in Single-Leg Squat	2 2 4	4x
1:29	<i>/ Drag me out</i>	4x8	A ²	Sprint & Leap Combo L&R (fast)	8	4x
1:45	<i>(Silence)</i>			Slight pause		
1:46	<i>/ Take a pic, it will last long</i>	8x8	C	Global Lunge L&R L Knee Lift, circle into Back-Stepping Lunge – <i>HOH</i> L leg Reverse Circle to step together – <i>HOH</i> to R side	4 4 8	4x
2:18	<i>/ Drag me out</i>	4x8	A ²	Sprint & Leap Combo L&R (fast)	8	4x
2:34	<i>/ I like to party</i>	2x8		Jog/Bounce OTS	2	8x
2:42	<i>/ Ayeee</i>	6x8	D	Lateral Bounce L&R Bounce L&R ↑ OPTION: Replace with a Lateral Skater after 16cts	2	24x



02. DRAG ME OUT 3:08mins

ESSENCE TIPS

In this track, we prepare our bodies to move in any direction. There are many different combinations so it's essential to coach with clarity and concise points. We're not only getting participants' bodies ready for the Warm-up, we want to get their minds engaged and switched on. The different movement patterns in this track will get our minds focused and ready for the rest of the workout. Drawing our participants into the workout, becoming fully focused and engaged on what they are doing will amplify their experience of the workout.

TECHNIQUE AND COACHING

JOG FLIGHT LUNGE COMBO / SPRINT & LEAP COMBO

Layer 1

- Cue: 4, 3, 2, 1, *Flight Lunge*
- Cue: 6, 5, 4, 3, 2, 1, *Leap*
- Flight Lunge is just a light tap at the back
- **Bent knee landing**
- **Squeeze your butt to keep your hips square to front**
- **Lift chest**
- **Soft knees**
- **Brace core**

Layer 2

- So we have a focus on single-leg stability
 - Use your glutes to drive across
 - Agility training can help us move quickly to help us get fit fast
- ↓ OPTION: No Leap; step to side
- ↓ OPTION: Bounce side to side instead of Sprint
- ↑ OPTION: High Knee Run and Flight Lunge off floor
- ↓ OPTION: Bounce and Flight Lunge, touching floor

JOG SINGLE-LEG SQUAT COMBO

Layer 1

- Cue: 4, 3, 2, 1 *Pause*
- **Soften knees and press out over toes as you land**
- **Chest lifted**
- **Bracing core**
- **Push hips back (in Single-Leg Squat)**

Layer 2

- As you land, squeeze your butt to catch the landing
- ↓ OPTION: Heel touches down in Single-Leg Squat

GLOBAL LUNGE

Layer 1

- Cue: *Up, around, long step back to Lunge, lift knee back around to the front and switch legs*
- **Chest lifted**
- **Core braced**
- **TONE posture**
- **Squeeze glutes**
- **Shoulders and hips square to the front**

Layer 2

- We want to initiate the move from our knee – the knee lifts up and around. The hip joint opens and then closes
- Keep your hips square to the front. This helps controlled and focused hip articulation. We are working on hip mobility and that deep glute activation

LATERAL BOUNCES/SKATERS

Layer 1

- Cue: *Light bounce side to side*
- **Chest lifted**
- **Maintain soft knees out to land**
- **Abs braced**

Layer 2

- Using the side glutes to push across
- ↑ OPTION: Replace with a Lateral Skater after 16cts
- ↓ OPTION: Stay with Lateral Bounce



03. PEAK 1 CARDIO

TRACK FOCUS

Peak number 1 is about the vertical drive, and you can do this with or without a Jump!
We have a big challenge at the end of this track, the highest your heart rate will get in this workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Jog/Bounce OTS On last 8cts, 👁 Lateral Squat Heel Lift Combo R		2	8x
0:10	/ (Beat in)	12x8	A	Lateral Squat Heel Lift Combo L&R Lateral Squat L – <i>Hands clasped in front</i> Heel Lift – <i>Hands clasped O/H</i> Squat – <i>Hands clasped in front</i> Step in – <i>Hands clasped in front</i> 🔄 to R side ⬆️ OPTION: Add Jumping Jack after 2 reps 👁 Butt Kick Tuck Jump Combo on the last rep	2 2 2 2 8	6x
0:43	/ _ lingua (Heavy beat)	8x8	B	Butt Kick Tuck Jump Combo Butt Kick – <i>Arm Swing up and down</i> Tuck Jump – <i>Arm Swing up and down</i> 8x Run OTS – <i>Natural Arms</i> ⬇️ OPTION: Lateral Squat Heel Lift L, 8x Run/Bounce OTS, Lateral Squat Heel Lift R, 8x Run/Bounce Combo	4 4 8	4x
1:05	/ Listen to me	16x8	C	Knee Lift Combo L&R 4x L Knee Lift tap B – <i>Natural Arms</i> Step B, L, R to change sides – <i>Natural Arms</i> 🔄 to R side ⬆️ OPTION: Add Heel Lift after 1 rep ⬆️ OPTION: Add opposite Arm Swing O/H on Knee Lift after 1 rep ⬆️ OPTION: Add Single-Leg Jump after 2 reps	14 2 16	4x
1:50	/ (Quiet)	8x8	Rest and shake out arms and legs/Bounce/Jog OTS		64	
2:12	/ I tell ya	8x8	A	🔄 Lateral Squat Heel Lift Combo L&R 👁 Butt Kick Tuck Jump Combo on last rep	16	4x
2:34	/ _ lingua (Heavy beat)	8x8	B	🔄 Butt Kick Tuck Jump Combo	16	4x
2:56	/ (Repeat) _ lingua	8x8	B ¹	Butt Kick Tuck Jump Combo Butt Kick – <i>Arm Swing up and down</i> Tuck Jump – <i>Arm Swing up and down</i> ⬇️ OPTION: Lateral Squat Heel Lift L&R	4 4	8x



03. LINGUA 3:20mins

COACHING TIPS

We have a big focus on vertical drive. The moves in this track are powerful and require recruitment of our major muscle groups. While we refer to our stabilizers and the smaller local stabilizers, this track is focused on our bigger muscles and global movement patterns. Powering up and learning how to explode vertically is going to ramp up the heart rate, increase our fitness, and the landing impact is great for our bone health. There are many benefits to this type of training.

TECHNIQUE AND COACHING

LATERAL SQUAT HEEL LIFT COMBO

Layer 1

- Cue: *Out, up, down, in* (Squat, Heel Lift, Squat and step together)
- **Feet outside hip-width, knees pressed over toes, chest lifted, butt stays above knee level, core braced**
- **Hips go back**
- **When jumping, bend your knees**

Layer 2

- Lift heels off the floor and at the top squeeze your butt. We are trying to create triple extension for vertical drive – from the ankles to the knees to the hip Extension
- Bend knees to land to absorb all of that amazing load
- Squeezing glutes in the top extension

↑ OPTION: Add Jumping Jack

BUTT KICK TUCK JUMP COMBO

Layer 1

- Cue: *1 Butt Kick, 1 Tuck Jump, 8 Runs on the spot*
- **Both feet take off, both feet land**
- **Bend knees when you land**
- **Chest lifted**
- **Core braced**
- Arms natural

Layer 2

- We can stay low impact, and still have lots of opportunities to lift the heart rate
- Drive the knees up in the Runs
- Lots of work here for the cardio

↓ OPTION: Lateral Squat Heel Lift L, 8x Run/
Bounce OTS, Lateral Squat Heel Lift R, 8x Run/
Bounce Combo

KNEE LIFT COMBO

Layer 1

- Cue: *4, 3, 2, 1 and step back to change, step, step*
- **Soft knees when you land**
- **Chest lifted**
- **Core braced**
- **Knees press out over toes**

Layer 2

- This is dynamic stabilization for the hips and the core, so feel the glutes squeeze and then the core react
 - Add the arms if you want to; our focus is vertical drive
 - Use the whole foot – heel, toe and ball. Push off the floor like a spring
 - This is single-leg power! Imagine how powerful we are going to be when we use both legs!
- ↑ OPTION: Add Heel Lift after 1 rep
- ↑ OPTION: Add opposite Arm Swing O/H on Knee Lift after 1 rep
- ↑ OPTION: Add Single-Leg Jump after 2 reps



04. PEAK 2 FEATURE CARDIO

TRACK FOCUS

We're going to travel up and down our athletic lane – this is predominantly off the beat so feel free to move at a pace that suits you!

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Bounce/Jog OTS	2	8x
0:07	V / Oh my my	8x8 A	Alternating C-Skip L&R L leg C-Skip OTS – <i>Natural Arms</i> R leg C-Skip OTS – <i>Natural Arms</i> ⬆️ OPTION: Travel C-Skip F, 180° Jump, Travel C-Skip B after 3x8	64	AMRAP
0:39	C / Baby, I keep running	4x8 B	Lateral Shuffle Squat F&B Lateral Shuffle Squat F – <i>Hands at shoulder height, reach front hand to floor on the Squat</i> Lateral Shuffle Squat B – <i>Hands at shoulder height, reach back hand to floor on the Squat</i>	32	AMRAP
0:54	V / Oh my my	8x8 C	3-Step Run L&R 3-Step Run L – <i>Natural Arms</i> ⬆️ REPEAT to R side ⬇️ OPTION: Maintain a slower speed off the beat ⬇️ OPTION: No Knee Lift	2 2	16x
1:26	C / Baby, I keep	8x8 B	Lateral Shuffle Squat F&B Lateral Shuffle Squat F – <i>Hands at shoulder height, reach front hand to floor on the Squat</i> Lateral Shuffle Squat B – <i>Hands at shoulder height, reach back hand to floor on the Squat</i>	64	AMRAP
1:58	/ (Quiet)	8x8 D	Skater L&R ⬇️ OPTION: Low Skater, no Jump ⬆️ OPTION: Travel Skater F, 180° degree Jump, Travel Skater B after 3x8	64x	AMRAP
2:29	C / Baby, I keep running	8x8 E	Run F&B ⬇️ OPTION: Back Pedal instead of turning around	64x	AMRAP



04. RUNNING 3:04mins

ESSENCE TIPS

This is the essence of the track, to get people moving off the beat – think about how you can encourage your class to move in their own time. This track complements the previous track with the explosive movements. We tap into training our agility and speed. Changing directions fast is not only going to lift the heart rate and get our bodies working hard, it is also fun; so be playful like Otto and Martine are in this track.

TECHNIQUE AND COACHING

ALTERNATING C-SKIP

Layer 1

- L knee to the front, L knee to the diagonal with hop; bring the knee forward and side
- Stay on the spot or travel forward, turn around and travel back
- **Knees soft**
- **Core braced**
- **Chest lifted**
- **Hips still and square to the front**

↑ OPTION: Travel C-Skip forward, 180-degree Jump, Travel C-Skip back after 3x8

LATERAL SHUFFLE REACH

Layer 1

- Cue: *Shuffle and Reach*
- **Brace core**
- **Chest lifted when you reach**
- **Knees pressed out over toes, keep feet wide**
- Arms natural

Layer 2

- On the 3rd rep, we hit the Squat
- We're aiming for agility, so let's go fast – so fast that you don't feel the floor
- Bend, push, drive

3-STEP RUN

Layer 1

- Cue: 1, 2, 3 – on 3, you want to pop your knee up
- **Brace core**
- **Chest lifted**
- **Knees pressed out over toes**
- Arms natural

Layer 2

- When we drive the knee, we want to land in a Single-Leg Squat. So push your butt back and pop the knee up – it feels super powerful

↓ OPTION: Maintain a slower speed off the beat

↓ OPTION: No Knee Lift

SKATER

Layer 1

- Cue: *Light bounce side to side*
- **Chest lifted**
- **Maintain soft knees out and to land**
- **Abs braced**
- **Go high or low**
- **Hips stay square to the front**

Layer 2

- Feeling the power of the side glutes, pushing side to side
- Travel up and down
- In your own time, on your own beat

↓ OPTION: Low Skater, no Jump

↑ OPTION: Travel Skater forward, 180-degree Jump, travel Skater back after 3x8

RUN (FORWARD AND BACK)

Layer 1

- **Chest lifted**
- **Soft knees**
- **Abs braced**

↓ OPTION: Back Pedal instead of turning around

↓ OPTION: Stay on the spot



05. PEAK 3 CARDIO

TRACK FOCUS

We revisit a move from the Warm-up and heat this one up. There are lots of opportunities to work in your own timing!

MUSIC			EXERCISE		CTS	REPS
0:00	/ Aye, I remember	2x8		Set up for Triple Leg Lift Combo	16	
0:06	/ Parmesan where my	14x8	A	Triple Leg Lift Combo L&R 3x Side Leg Lift L – Hands clasped in front and lift to shoulder height on Leg Lift Side Step to other side – Hands clasped in front to R side ⬆️ OPTION: Add Jump Across after 3 reps ⬆️ OPTION: Hands clasped O/H in Jump Across after 3 reps Long Jump F&B on last rep	6 2 8	7x
0:50	/ Be humble (Heavy beat)	4x8	B	Long Jump F&B Long Jump F – Arms swing naturally 180° Turn Jump – Arms swing naturally Long Jump B – Arms swing naturally ⬇️ OPTION: Wide Squat Heel Lift – Clasped hands punch F Step through center to OS – clasped hands punch O/H Repeat on OS	32	AMRAP
1:03	/ (Heavy beat) _ sit down	4x8	C	Burpee Air Tap ⬆️ OPTION: Add Jump ⬇️ OPTION: Walking Burpee ⬇️ OPTION: No Air Tap	32	
1:16	V / who dat _	16x8	A	Triple Leg Lift Combo L&R	16	8x
2:06	/ (Heavy beat)	4x8	B	Long Jump F&B	32	AMRAP
2:20	/ (Heavy beat) _ sit down	4x8	C	Burpee Air Tap	32	AMRAP



05. HUMBLE. 2:35mins

ESSENCE TIPS

This track is short, it's mainly off the beat and there are no recoveries! Before your class will know it, the set will be over! Like Martine and Otto, coach with clear, concise and sharp points. Intensity in vocals can help to ensure the urgency for participants to make the most of this opportunity for Peak Cardio benefits. At this point in the class, they already know the Triple Leg Lift Combo so there are opportunities to display being an athlete and motivate your class to be find their version of athleticism.

TECHNIQUE AND COACHING

TRIPLE LEG LIFT COMBO

Layer 1

- Cue: *3, 2, 1, and jump*
- **Press knees out over toes**
- **Chest lifted**
- **Brace core**
- **Squeeze glutes**
- **Bend knees to land**
- **Both feet take off, both feet land**

Layer 2

- 1 minute to commit to the training, so bend, push and drive the legs
- Whatever level you are choosing, commit to it

↑ OPTION: Add Jump Across after 3 reps

↑ OPTION: Hands clasped over head in Jump Across after 3 reps

LONG JUMP

Layer 1

- Cue: *Jump, Turn, Jump, Turn, as many times as you can*
- **Core braced when you turn**
- **Chest lifted**
- **Both feet land, both feet take off**
- **Hips and legs turn as one**
- **Bend knees to land**

Layer 2

- As many and as quickly as you can; this is going to maximize the heart-rate lift

↓ OPTION:

- Wide Squat Heel Lift, clasped hands punch forward
- Step through center to other side – clasped hands punch O/H
- Repeat on other side

BURPEE AIR TAP

Layer 1

- Cue: *Squat, Plank, Squat, Air Tap*
- **Use the Squat to transition into the Plank**
- **Core braced**
- **Chest lifted in Squat**
- **Soft knees when landing**

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, no Air Tap

↓ OPTION: Walking Burpee, Squat Walk to Plank, Squat, stand



06. RESISTED CARDIO

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

TRACK FOCUS

Let’s focus on lifting our heart rate with two light weight plates along with an epic Old-School tune!

WEIGHT RECOMMENDATION:

New to Fitness: No weight plate

Regulars: 2x light weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up for Leg Lift Combo	16	
0:07	/ If you wanna go	16x8	A	4x Leg Lift Combo L&R (slow) 3x Rear L Leg Lift – Arms extend B and lift with leg L Leg Circle to side – Arms open to side, under shoulder height 3x L Leg Lift to side – Arms extend and lift to shoulder height L Leg Circle to front – Arms circle to front 4x L Leg Lift to front – Arms extend F and lift to shoulder height L leg steps into Narrow Squat – Hands to shoulders 4x Squat Press with Heel Raise – Arms press O/H  to R side	12 4 12 4 14 2 16 64	1x
1:10	/ If you wanna go	16x8	A ¹	4x Leg Lift Combo L&R (fast) 3x Rear L Leg Lift – Arms extend B and lift with leg L Leg Circle to side – Arms open to side under shoulder height 3x L Leg Lift to side – Arms extend and lift to shoulder height L Leg Circle to front – Arms circle to front 4x L Leg Lift to front – Arms extend F and lift to shoulder height L leg steps into Narrow Squat – Hands to shoulders 4x Squat Press with Heel Raise – Arms press O/H  to R side ↑ OPTION: Add Heel Lift after 1 rep ↑ OPTION: Lifted leg stays off the floor; no Tap down	6 2 6 2 7 1 8 32	2x
2:13	/ If you wanna go (Heavy beat)	8x8	A ²	2x Leg Lift Combo L&R (fast) 2x Rear L Leg Lift – Arms extend B and lift with leg L Leg Circle to side – Arms open to side under shoulder height 2x L Leg Lift to side – Arms extend and lift to shoulder height L Leg Circle to front – Arms circle to front 2x L Leg Lift to front – Arms extend F and lift to shoulder height L leg steps into Narrow Squat – Hands to shoulders 2x Squat Press with Heel Raise – Arms press O/H  to R side ↑ OPTION: Lifted leg stays off the floor; no Tap down	3 1 3 1 3 1 4 16	2x
2:44	Outro / (Instr)	4x8	B	Squat Press with Heel Raise Squat Press with Heel Raise – Arms press O/H ↑ OPTION: Squat Jump with Arms press O/H	2	16x



06. RIDE WIT ME 3:05mins

ESSENCE TIPS

In this track, we bring a fun combo that requires coordination. As the combination is repeated, there are plenty of opportunities for education about the importance of stability and building ankle and knee strength. The ending provides a burst of heart-rate lift. The Old-School tune creates a fun vibe. Ensure to keep your coaching engaging yet simple for participants.

Note in the Masterclass footage how Otto brings back the focus of the vertical drive. This is a key focus that is threaded throughout this release.

TECHNIQUE AND COACHING

LEG LIFT COMBO

Layer 1

- Set up: Bend your right knee, extend your right leg back, open your weight plates to the front
- Cue: *4, 3, 2, 1, right leg moves to the side, 4, 3, 2, 1, right leg moves to the front, 4, 3, 2, 1 right leg comes back underneath your hip, Squat Press x4*
- **Bend standing knee and press out over toes**
- **Core braced**
- **Open to chest**
- **Weight plates lift only to shoulder height**
- **Weight plates slightly in front of the body as you press over head**
- **Hips and shoulders square to the front**
- **Squeeze the glutes to lift the leg**

Layer 2

- Squeeze your back body and your glutes to keep the hips square to front, and then it's all about knee stability as you lift to the front
- Working and challenging our stability in the front knee and really strengthening our inner quad
- Add a Heel Lift to build greater ankle stability
- Opening the front body and really priming the posterior chain

↑ OPTION: Add Heel Lift after 1st rep

↑ OPTION: Lifted leg stays off the floor; no tap down

SQUAT PRESS WITH HEEL RAISE

Layer 1

- **If you're jumping, maintain soft knees to land**
- **Plates stay forward of body in Press over head**
- **Chest lifted**
- **Core braced**
- **Knees in line with toes**

Layer 2

- If you're jumping, equal the jump with squeezing the glutes and quads
- Jumping or not jumping – this is a quick burst to really lift the heart rate
- Up and down so we are loading the vertical jump to get maximum power out of our posterior chain

↓ OPTION: No weight plates

↓ OPTION: No Jump



07. DYNAMIC CARDIO CORE

TRACK FOCUS

We have a new combo that's going to train our core to be reactive.

WEIGHT RECOMMENDATION:

New to Fitness: No weight plates

Regulars: 2x light weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro/	4x8	Set up for Arm Circles		32	
0:15	/ (Beat in)	2x8	A	Arm Circles L&R (slow)		
				L Arm Circle	4	
				R Arm Circle	4	4x
0:31	/ (Heavy beat)	2x8	A ¹	Arm Circles L&R (fast)		
				L Arm Circle	2	
				R Arm Circle	2	8x
0:47	/ I'm the boss	20x8	B ¹	Arm Circle Combo		
				4x Alternating Arm Circle L, R, L, R	8	
				8x Fast Alternating Arm Circle L, R, L, R, L, R, L, R	8	10x
2:05	/ Day ja day	4x8	C	Washboard L&R	2	16x
2:21	/ I'm the boss	4x8	C ¹	Cable L&R	2	16x
				↓ OPTION: Washboard		
				👁️ Row on last 4cts		
2:37	/ Hey	12x8	D	Row Washboard Combo L&R (slow)		
				3x Front and B Arm Row, R leg extended B on diagonal	12	
				1x Washboard, facing front	4	
				🔄 to R side	16	3x
				↑ OPTION: Lift B leg after 2 reps		
3:24	/ aye	8x8	D ¹	Row Washboard Combo L&R (fast)		
				3x Front and B Arm Row, R leg extended B on diagonal	6	
				1x Washboard, facing front	2	
				🔄 to R side	8	4x
				↑ OPTION: Lift B leg		
3:56	/ Tuk tuk	4x8	C	🔄 Washboard L&R	2	16x
				↑ OPTION: Cable		



07. TUK TUK 4:13mins

ESSENCE TIPS

Our Dynamic Cardio Core track integrates an innovative new combination. We train the core in standing through rotational movement. In these movements, the core will react to the load of the weights when they are moved in different ranges of motion. We want a strong core that can switch on in everyday life when we need it to; therefore, this training allows us to focus on these muscles as we move through the different combinations.

TECHNIQUE AND COACHING

ARM CIRCLE COMBO

Layer 1

- Set up: Feet wide, toes and knees turned out slightly, sit low, and lift your chest
- Cue: *Draw circles, right then left*
- Combo: 4 slow, 8 fast
- **The weight plates are traveling at hip level and parallel to the floor; the elbows are soft, a little weight shift side to side**
- **Our focus here is on keeping hips square to the front, then turning from the center of the chest, corner to corner, rolling through the shoulders**
- **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 over toes**
- **Core braced**
- **Chest lifted**
- **Small range**

Layer 2

- The lower body is still and the upper body is moving; the core is the super glue. So really feel how we are moving from the core
- If you feel like you're losing control, keep your elbows soft; it's like you have little T-Rex Arms
- Feel the rhythm

WASHBOARD / CABLE

Layer 1

- **Bend knees**
- **Knees pressed out over toes**
- **Chest lifted**
- **Core braced**
- **Keep the rotation in between the knee line so we have control**
- **Keep butt above knee level**

Layer 2

- Really still through the lower body, and lots of movement through the upper body
- The core is the glue so keep your tail bone tucked under
- If you want to add more load, take the weight plates away

↓ OPTION: Washboard

ROW WASHBOARD COMBO

Layer 1

- Cue: *Row 3, 2, 1 and 1 Washboard*
- **We open and close the hip; the body turns as one unit**
- Open and closing through the hips
- **Chest lifted**
- **Core braced**
- **Knees press out over toes**

Layer 2

- Did you think you had to do Crunches and Planks to work your core?!
- Remember, our focus is to move from the core, so be really intentional
- We have the legs, the arms, the core – we've got the coordination
- Once you've got the movement, try a Leg Lift

↑ OPTION: Lift back leg off the floor



08. RESISTED BALANCE

TRACK FOCUS

Resisted Balance with the added spice of the SMARTBAND™!

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates

Regulars: 2x light weight plates 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 /	6x8	Rise up to tiptoes then lower – Lift weight plates O/H and slowly lower Set up for Leg Pulse Combo	32 16	1x
0:23	/ (Snare drum)	24x8 A	4x Leg Pulse Combo L&R 4x L leg bent Knee Pulse B – Arms low out to sides 4x L leg bent Knee Pulse to B corner – Arms low out to sides 4x L leg bent Knee Pulse side – Arms low out to sides 4x R Single-Leg Squat, holding the leg side L leg steps in ⏮ REPEAT to R side ⬇ OPTION: Tap B foot down when you need to ⬇ OPTION: No weight plates	8 8 8 7 1 32	3x
1:55	/ (Beat build)	8x8 A ¹	2x Leg Pulse Combo L&R 2x L leg bent Knee Pulse B – Arms low out to sides 2x L leg bent Knee Pulse to B corner – Arms low out to sides 2x L leg bent Knee Pulse side – Arms low out to sides 2x R Single-Leg Squat, holding the leg side L leg steps in ⏮ REPEAT to R side ⬇ OPTION: Tap B foot down when you need to ⬇ OPTION: No weight plates	4 4 4 3 1 16	2x
2:25	/	4x8 A ²	Single-Leg Pulse Combo L&R 1x L leg bent Knee Pulse B – Arms low out to sides 1x L leg bent Knee Pulse to B corner – Arms low out to sides 1x L leg bent Knee Pulse side – Arms low out to sides 1x R Single-Leg Squat L leg steps in ⏮ REPEAT to R side ⬇ OPTION: Tap B foot down when you need to ⬇ OPTION: No weight plates	2 2 2 1 1 8	2x
2:39	/ Ahhhh	4x8 A ³	Smooth Leg Circle Combo L&R L leg bent Knee Circle from B to side – Arms low out to sides R Single-Leg Squat – Arms low out to sides L leg steps in ⏮ REPEAT to R side ⬇ OPTION: Tap B foot down when you need to ⬇ OPTION: No weight plates	4 2 2 8	2x



08. GIMME 3:03mins

ESSENCE TIPS

Time to challenge our stabilizers! TONE 20 brings the SMARTBAND into our balance training.

Martine and Otto deliver a lot of gems about the benefits of this movement so check out the Masterclass footage to get some tips on how to coach this track.

TECHNIQUE AND COACHING

RISE TO TIPTOES

Layer 1

- Set up: Open palms to the front, feet just outside hip-width, and rise onto the tiptoes, reach over head and extend long. Come down and weight plates come back to your sides
- **TONE posture: Shoulders back and down, chest lifted, core braced, squeeze glutes**
- **Knees are in line with toes**
- Maintain a straight spine

↓ OPTION: No weight plates

↓ OPTION: No Heel Lift

LEG PULSE COMBO

Layer 1

- Set up: Weight plates open to the front, shift the weight into the right leg and pulse
- Cue: *4, 3, 2, 1, and to the corner, to the side, Single-Leg Squat x4*
- **Bend standing knee out over toes**
- **Squeeze glutes tightly**
- **Hips and shoulders square to the front**
- **Hips stay still**
- **Drive standing knee outward**
- **Core braced**
- **Chest lifted**

Layer 2

- Challenging our stabilizers around our hips, glutes, knee and ankle
 - If you're a little wobbly, just tap down and come back in when you're ready
 - Think about the back body – lock your shoulders back and down into their pockets, pull your knuckles to the back of the room and feel how that lights up the back body
 - Can you grow a little taller, maybe an inch or two?
 - Switching on your side glute, we are using that to drive against the band
 - The movement really starts when we find the burn so try to push deeper into that burn
 - As you start to fatigue, let's focus on keeping the hips square to the front; this way, we'll keep the work in the glutes
 - We have single-leg stability, we've got glute strength, we've got hip mobility – this is ultimate training for the glutes and the core
- ↓ OPTION: Tap back foot down when you need to
- ↓ OPTION: No weight plates



09. LOWER BODY STRENGTH

TRACK FOCUS

Bringing back the Shrimp Squat so you know this is going to be a good burn for the lower body!

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 /	1x8	Set L leg B in Lunge position		8	
0:03	V / Now this is how it started	8x8	A	Lunge L&R 8x 2/2 L leg Lunge B – Arms to sides with R leg ↓ OPTION: No weight plates, HOH ↓ OPTION: No SMARTBAND	32 32	1x
0:35	C / Love can turn around	4x8	A ¹	Triple Pulse Lunge L&R 3x Pulse Lunge L – Arms to sides Step L foot in to R side ↓ OPTION: No weight plates, HOH ↓ OPTION: No SMARTBAND Flight Lunge on last 4cts	6 2 8	2x
0:51	/ (Instr)	14x8	B	Flight Lunge L&R L Lunge – Arms to sides L Flight Lunge – Cobra Arms L foot tap down – Arms to sides L foot step in – Arms to sides to R side ↓ OPTION: No weight plates, HOH ↓ OPTION: No SMARTBAND	2 2 2 2 8	7x
1:47	/ around	4x8	C	Shrimp Squat Pulse L On final rep, step in to change legs	2	16x
2:03	/ Now this is how	4x8	C	Shrimp Squat Pulse R On final rep, step in to change legs	2	16x
2:19	/ (Horns)	4x8	C ¹	Triple Pulse Shrimp Squat L&R 3x Pulse Shrimp Squat L – Arms to sides Step L foot in to R side	6 2 8	2x
2:36	/ Love can turn around	8x8	C ²	Shrimp Flight Lunge L Shrimp Squat – Arms to sides L Flight Lunge – Cobra Arms L foot tap down – Arms to sides L foot step in – Arms to sides to R side ↓ OPTION: No weight plates, Natural Arms	2 2 2 2 8	4x



09. LOVE CAN'T TURN AROUND 3:10mins

ESSENCE TIPS

We are bringing back the band! Similar to what we did in TONE 19 – so you know what's coming! It's essential to coach to our TONE posture, especially when participants are using weight plates. Encourage them to lose the weight plates and the band if they need to throughout the track.

Watch for their knee alignment and coach to those who are in front of you. This is important if participants are choosing to use the band. Ensure they are aware of the challenge.

Turning the knuckles to the back and externally rotating the shoulders is going to activate the upper back muscles and remind participants to keep their chest lifted.

TECHNIQUE AND COACHING

LUNGE/TRIPLE PULSE 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

Layer 2

- Turn your knuckles back – that will externally rotate the shoulders and give us really good posture, and turn our back muscles on
- Stay low to change sides. When we stay low, we hold the load and this is how we'll get stronger today
- If you're using the band, actively push the knee outwards and this will switch on the glutes

↓ OPTION: No weight plates; hands on hips

↓ OPTION: No SMARTBAND

FLIGHT LUNGE

Layer 1

- Cue: *Lunge, lift, Lunge, stay low to change sides*
- Shoulders stacked on top of hips
- Hips and shoulders square to the front
- **Core braced**
- **Front knee press out over toes**
- **Chest lifted**
- **Squeeze glutes to lift leg up**
- **Hinge forward from the hips**
- **Back long and straight, nose forward of toes**

Layer 2

- As you hinge forward from the hips, you load your glutes more
- As you kick back, squeeze the glutes to fire up the posterior chain

↓ OPTION: No weight plates, hands on hips

↓ OPTION: No SMARTBAND

SHRIMP SQUAT PULSE

Layer 1

- Cue: *Step R foot back, hip width apart, back toes in line with your front heel*
- Staying in the upper quarter range – it's a Quarter Squat
- **Hips and shoulders square to the front**
- **Core braced to keep a neutral spine**
- **Knees press out over toes**
- **Chest lifted**
- Shrimp Flight Lunge: Shrimp, Lift, Shrimp, reset

Layer 2

- When we stay in the range, we get all those strength benefits
- Most of the weight stays on the front foot
- Really working the inner quad around the knee – this is amazing for building knee stability and keeping our hips strong

↓ OPTION: No weight plates, hands on hips

↓ OPTION: No SMARTBAND



10. UPPER BODY STRENGTH

TRACK FOCUS

We train with tempo to focus on eccentric load to build upper body strength.

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates

Regulars: 2x medium to heavy weight plates

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up and preview Bicep Curl Combo coming to kneeling	16	
0:07	V / I came here for the music	12x8	A Bicep Curl Combo 4x Mid-range Bicep Curl Pulse Bicep Curl up Hold Bicep Curl down	8 2 2 4	6x
0:56	/ So what	2x8	Set up and preview Tricep Extension Combo	16	
1:03	/ I came here for the music	12x8	B Tricep Extension Combo 4x Mid-range Tricep Extension Pulse Tricep freeze at bottom range Tricep Extension	8 4 4	6x
1:52	/ So what get back	2x8	Set up and preview Cobra Combo	16	
1:59	/ I came here for the music	8x8	C Cobra Combo 4x Cobra Pulse Lift weight plates to shoulder level Hold Lower weight plates	8 2 2 4	4x
2:32	/ (Silence)	2x8	Set up Pushup Combo	16	
2:40	/ He's a two honey	12x8	D Pushup Combo 4x Pulse Pushup Pause at bottom range Press up ↓ OPTION: Pushup on knees	8 4 4	6x



10. CTRL + ALT + DEL 3:30mins

ESSENCE TIPS

This track is all about the tempo! We focus on isolated pulses and eccentric control. The tempo drives the training in this track. Coach to a strong core and neutral spine to ensure control throughout the movements. This is a fun and engaging way to build strength as we're trying to hold on to the rhythm and tempo, making it fun but also educating participants about the benefits of this type of training.

TECHNIQUE AND COACHING

BICEP CURL COMBO

Layer 1

- Set up: On knees
- Cue: *4, 3, 2, 1, come all the way up to shoulder level; now super slow on the way down*
- **Pulse at belly button level**
- **Chest lifted**
- **Core braced**
- **Long straight spine**

Layer 2

- Squeeze the elbows in close to the body so we isolate and get right in the belly of the muscle
- It is a Mid-range Pulse, an isometric contraction and eccentric load
- Go slower than you want to on the way down

TRICEP EXTENSION COMBO

Layer 1

- Set up: Stack your weight plates, extend them over head, elbows forward of your face and you can see them in your eye gaze
- Cue: *Extend, 4, 3, 2, 1 and then freeze at the bottom, slowly rise to the top*
- **Plates stay in front of the body**
- **Core braced**
- **Chest lifted**
- **Elbows forward of the face – we can see them in our peripheral vision**
- **Neutral spine by drawing belly in and squeezing the glutes**

COBRA COMBO

Layer 1

- Cue: *4, 3, 2, 1, lift weight plates up to shoulder level and control on the way down*
- **Turn the knuckles back (in Cobra), palms face up on swing forward**
- **Elbows soft**
- **Chest lifted**
- **Core braced**
- **Squeeze glutes**
- **Shoulders back and down**

Layer 2

- Press hips back then drive the hips forward and use your core to control the movement – so we have hip power and core control

PUSHUP COMBO

Layer 1

- Set up: Hands wide, elbows facing the back of the room
- Cue: *4, 3, 2, 1, pause, and slowly up*
- **Chest to elbow height**
- **Elbows to 90 degrees**
- **Core braced**
- **Hips and shoulders square to the floor**

Layer 2

- How strong do you feel? It doesn't matter if your knees are down or not, we're still focusing on that tempo!

↓ OPTION: Pushup on knees



11. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

Functional Core Strength, one light weight plate needed!

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up for Discus plate on L side	16	
0:07	/ Blue and bruising	8x8	A	Discus R Discus up – <i>Weight plate in L hand reach up to diagonal</i> Discus down – <i>Weight plate back to hip level</i> ⬆️ OPTION: Add L Leg Lift after 4 reps	4 4	8x
0:37	/ Felt like I want	4x8	B	Side Bend R Side Bend R – <i>Arms O/H</i> Stand – <i>Arms O/H</i> ⬇️ OPTION: <i>Weight plate at collarbones</i>	4 4	4x
0:53	/ (Heavy beat)	4x8	B ¹	Side Bend Pulse	2	16x
1:08	/ (Quiet)	2x8		Set up Discus plate on R side	16	
1:16	/ Blue and bruising	8x8	A	 Discus L	8	8x
1:46	/ Felt like I want	4x8	B	 Side Bend L	8	4x
2:01	/ (Heavy beat)	4x8	B ¹	 Side Bend Pulse	2	16x
2:17	/ Go through phases	4x8		Set up and preview C-Crunch Scissor Combo	32	
2:32	/ Cover my shoulders	12x8	C	C-Crunch Scissor Combo C-Crunch – <i>2x Pulses with weight plate above shoulders, chest lifted</i> Extend legs to ceiling – <i>2x Pulses with weight plate above shoulders, chest lifted</i> 4x Leg Scissor – <i>Weight plate extends O/H</i> ⬇️ OPTION: No weight plate ⬇️ OPTION: Knees stay bent and toe tap	4 4 8	6x
3:17	/ Even if	4x8		Set up for Hover	32	
3:33	/ _ hey	8x8	D	Hover ⬇️ OPTION: Knees on floor ⬆️ OPTION: Add Side Toe Taps on last 4x8 (heavy beat)	64	



11. LIKE IT HOW IT IS 4:09mins

ESSENCE TIPS

There are a few different focuses in this Core track. We have rotational core training, lots of oblique work and then a big focus on the entire anterior chain at the end. We are moving our bodies through different planes of motion, which is a functional and athletic way to train our core.

TECHNIQUE AND COACHING

DISCUS

Layer 1

- Set up: Set feet wide into a Side Lunge, bend your right knee. We have a Discus – swing the plate up; we go from the hip to just above shoulder level
- **Knees out; knee stops over the ankle**
- **Hips stay square to the front and turn from the center of the chest**
- **TONE posture**
- **Core braced**
- **Chest lifted**
- **Soften landing**

Layer 2

- If you want to lift the back leg up, it's OK if you wobble
- Use your standing glute to drive and catch you at the top
- Feel how hard your core needs to work to decelerate the plate

↑ OPTION: Add left Leg Lift after 4 reps

SIDE BEND

Layer 1

- **Sumo Squat, knees out over toes, TONE posture**
- Cue: *Bend to the left, then to the center*
- **Glue the biceps to your ears**
- **Lock the elbows close to the body**
- **Core braced**
- **Chest lifted**
- **Pulse, mid-range**
- **Plate forward of the face**

Layer 2

- Working into the waistline
- You want to feel a stretch down the right side and a squeeze on the left in a C-shape of the spine
- This is isolating into our obliques
- Can you really squeeze that top rib down to the bottom hip? All that amazing work around our obliques

↓ OPTION: Weight plate at collarbones

C-CRUNCH SCISSOR COMBO

Layer 1

- Set up: Keep the plate and lie down on the floor on your back
- Cue: *C-Crunch for 2, extend the legs for 2, and then 4 Scissors*
- **Tuck chin in**
- **Slide ribs to the hips**
- **Press lower back to the floor**
- **Closing ribs to hips**
- **Core braced**
- If you feel the lower back lifting off the floor, you can leave out the plate or lightly tap toes on the floor

Layer 2

- We want to keep the lower back down, because that's when the core is doing all the work
- We're only as strong as our core, so let's get it really strong

↓ OPTION: No weight plate

↓ OPTION: Knees stay bent and toe tap

HOVER

Layer 1

- Set up: Knuckles together, elbows under shoulders, on knees or toes
- Squeeze through your quads and your glutes
- **Draw belly in**
- **Tuck chin in**
- **Core braced**
- **Hips and shoulders square to floor**
- **Back long and straight**

Layer 2

- When you extend the leg, keep your hips and shoulders square to the floor and feel your entire core light up

↓ OPTION: Knees on floor

↑ OPTION: Add Side Toe Taps on last 4x8 (heavy beat)



12. GLUTES

TRACK FOCUS

We integrate balance and build on the movement from the Balance track to train and condition our hips and glutes.

RECOMMENDATION:

New to Fitness: No equipment

Regulars: 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		
0:00	Intro /	4x8	Set up Leg Circle Combo	32	
0:12	/	24x8	A Leg Circle Combo L&R L Leg Circle Hold to R side ↓ OPTION: No SMARTBAND	16 16 32	3x
1:32	/ (Instr)	4x8	Set up Tabletop Pose ↓ OPTION: No SMARTBAND	32	
1:45	/ (Heavy beat)	16x8	B Scorpion Combo L&R 8x Scorpion Pulse L L leg kicks out to diagonal and hold to R side ↓ OPTION: No SMARTBAND	16 16 32	2x
2:38	/ Ghost	2x8	Set up Flutter Kick ↓ OPTION: No SMARTBAND	16	
2:45	/ (Repeat) Ghost	22x8	C Flutter Kick ↑ OPTION: Add Arm Circle F for 16cts and B for 16cts ↑ OPTION: Fingertips on or off the floor during the Arm Circle	2	88x
3:58	/ (Heavy beat)	8x8	D Parachute	4	16x
4:24	/ (Silence)	1x8	Stand	8	1x
4:27	/ (Heavy beat)	8x8	A Leg Circle Combo L&R	64	1x



12. THIEF 4:59mins

ESSENCE TIPS

This track combines innovative movements, both standing and on the floor, to strengthen and finish off our glutes for the workout! Ensure to coach pressing knees out against the band, especially in standing.

This track also involves a lot of balance and ankle stability so make it OK for participants to shake out or to tap their foot down if they need to.

TECHNIQUE AND COACHING

LEG CIRCLE COMBO

Layer 1

- Set up: Standing, bring the weight into your L leg, bend your R knee up slightly
- Cue: *Up 2, open 2, round 2, and hold for 8*
- **Brace abs to keep hips and shoulders square to front**
- **Brace core**
- **Chest lifted and proud**
- **Squeeze both glutes hard**
- **Press standing knee out over toes**

Layer 2

- This one is all about the timing and the hold
- The slow control is how we build hip and glute strength and stability

↓ OPTION: No SMARTBAND

SCORPION COMBO

Layer 1

- Set up Tabletop Pose: Hands directly under shoulders, knees directly under hips
- Cue: *Right leg to Scorpion, Pulse, 8, 7, 6, 5, 4, 3, 2, 1, kick your leg to the corner and freeze*
- **Heel to the ceiling (in Scorpion)**
- **Squeeze butt as you lift your heel**
- **Core braced**
- **Wrists under shoulders**
- **Brace abs to keep hips and shoulders square**

Layer 2

- Kick out and catch, like you're putting a footprint on the back wall
- Not just challenging our glutes, but our entire body's stability

↓ OPTION: No SMARTBAND

FLUTTER KICK

Layer 1

- Set up: Come all the way down to the floor, stack your hands, forehead down
- Cue: *Kick your feet, small controlled kicks, point your toes and squeeze up through your thighs*
- **Squeeze glutes**
- **Core braced**
- **Chin tucked in**
- **Keep connection between ribs and hips**
- **Palms face down (in Arm Circle)**

Layer 2

- Small and controlled is the name of the game
- Adding in the Arm Circle adds a small extension of our spine, which is so good for our posterior chain

↑ OPTION: Add Arm Circle forward for 8 counts and back for 8 counts

↑ OPTION: Fingertips on or off the floor during the Arm Circle

↓ OPTION: No SMARTBAND

PARACHUTE

Layer 1

- Set up: Knees wide, heels together, stack hands, forehead down to hands
- Cue: *Squeeze your glutes to lift the legs*
- **Squeeze glutes**
- **Core braced**
- **Chin tucked in**
- **Keep connection between ribs and hips**

↑ OPTION: Add Arm Circle forward for 8 counts and back for 8 counts

↑ OPTION: Fingertips on or off the floor during the Arm Circle

↓ OPTION: No SMARTBAND



13. STRETCH

TRACK FOCUS

Let's bring this workout home and stretch!

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up Lunge	16	
0:10	/ Out of school	2x8	A	Low Lunge L	16	
0:19	/ They all know what	2x8	A ¹	Hip Flexor Stretch L	16	
0:29	/ But knowing my dumb luck	2x8	B	Hamstring Stretch L	16	
0:39	/ good life	6x8	C	Swan Pose L ↑ OPTION: Reach and grab B foot ↑ OPTION: Come down to a Pigeon Pose	48	
1:08	/ Don't beep it out	4x8	A	 Low Lunge R	32	
1:27	/ but knowing my dumb luck	2x8	A ¹	 Hip Flexor Stretch R	16	
1:37	/ good life	4x8	B	 Hamstring Stretch R	32	
1:57	/ ohhh	4x8	C	 Swan Pose R	32	
2:16	/ knowing my dumb luck	4x8	D	Frog Pose	32	
2:38	/ flying so high	2x8	E	Childs Pose to Down Dog	16	
2:48	/ ohhh	2x8	F	Walk feet to hands and roll up	16	
2:58	/ ohhh	2x8	G	Clasp hands and open front of body	16	



13. BETTER THAN THIS 3:14mins

ESSENCE TIPS

Congratulate the team for completing an epic workout! Educate your participants on the importance of consistency in their training, so encourage them to come again and they will definitely feel the difference in their bodies. This track has an uplifting feel so allow the music to land to enable your participants to enjoy the music and stretching our their bodies.

TECHNIQUE AND COACHING

LUNGE AND HIP FLEXOR STRETCH

Layer 1

- **Long step forward with left foot, bring your hands to the floor**
- **Knees pressed out over toes**
- **Both hands to floor or hand into the knee**
- **Chest lifted**
- **Hips and shoulders square to front**
- **Squeeze glutes to maintain the neutral spine**
- **Squeeze glute (for hip flexor)**

Layer 2

- Do what feels good for your body here

↓ OPTION: Hand on front knee in deep Lunge

HAMSTRING STRETCH

Layer 1

- Extend front leg and send hips back
- Hips and shoulders square
- Draw belly in

Layer 2

- Feel the lengthening down the spine and the back of the leg
- You can stay up or lie your body forward

↓ OPTION: Front knee stays bent in Hamstring Stretch

SWAN/PIGEON POSE

Layer 1

- **Gently place knee on floor, tucking your heel in, and come into a Swan Pose**
- **Chest lifted**
- **Hips and shoulders square to the front**
- **Draw belly in**
- **Pigeon Pose – Lie your body over your front foot**

Layer 2

- You can stay up, you can come down, or you can rock side to side

↑ OPTION: Reach and grab back foot

↑ OPTION: Come down to a Pigeon Pose

FROG POSE

Layer 1

- **Transition through Childs Pose to Frog Pose**
- **Ankles in line with knees**
- **Go to a range that feels like a light stretch**
- **Draw belly in**
- **Exhale, sink down lower**
- **Hips and shoulders square to the front**

Layer 2

- This one is juicy for the inner thighs

CHILDS POSE AND DOWN DOG

Layer 1

- **Knees outside hip-width, toes in**
- **Reaching long through fingertips**
- **Sink hips back**
- **Down Dog – Pedal feet out and in**
- **Walk hands to your feet and roll up, reach over head**
- **Draw belly in**

CHEST OPENING

Layer 1

- Clasp your hands behind and pull

Layer 2

- Feel a beautiful stretch and opening through the front of the body



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.