

LES MILLS TONE

21

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. RESISTED BALANCE

08. LOWER BODY STRENGTH

09. UPPER BODY STRENGTH

10. FUNCTIONAL CORE STRENGTH

11. GLUTES

12. STRETCH

DECLARATION OF INTENT

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MUSIC

01 **Don't Know You (Gabe Ceribelli Remix)**
(3:24)
Over Easy & Ashley Mehta
© 2020 Adept Records.
Written by: Press, Sullivan III, Mehta

02 **Express Yourself** (2:30)
Diplo feat. Nicky Da B
© 2012 Mad Decent Protocol.
Written by: Pentz, Toney

03 **Detox** (3:15)
Duke & Jones
© 2020 Deadbeats.
Written by: Conibear, McKelvey

04 **What Do I Do? (Benny Benassi Remix)**
(2:46)
Georgia Ku
© 2019 Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States.
Written by: Ku, Berger, McMahon, Rabin, J. Johnson, S. Johnson, Peterhof

05 **Shellz** (3:41)
Ape Drums feat. Denzel Curry & Frizzo
© 2018 SpinninRecords.com.
Written by: Lopez

06 **Pancake** (3:13)
Golden Season
© 2023 Les Mills Music Licensing Ltd.
Written by: Casey, Akrami, Cretella, Parkinson

07 **California** (4:48)
Molly Parton feat. Fairground Saints
© 2020 Entertainment One U.S., LP.
Written by: D. Altman, M. Altman, Vaus

08 **Drop It** (3:13)
K3rk
© 2023 Les Mills Music Licensing Ltd.
Written by: Gomez, Lawson, Wayy

09 **So Real (Warriors)** (2:50)
Too Many Zooz & KDA feat. Jess Glynne
© 2018 Ministry of Sound Recordings Limited under exclusive licence to Warner Music UK Limited.
Written by: Izquierdo, Bennet, Parks, Rosenberg, Glynne, Angelis, Pellegrino, Muirhead, Monsters & Strangers

10 **Dale** (3:01)
Henry Fong
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fong

11 **Rompe** (3:09)
Daddy Yankee
Courtesy of the Universal Music Group.
Written by: Monserrate, Davila, Ayala, Fisher, Cedeño

12 **Bring The Whole Hood** (3:19)
Evvie McKinney
Courtesy of the Universal Music Group.
Written by: Trainor, Hindlin, Wells, McKinney

ALT 02 **Bird Flex** (2:30)
Bonkers Beat Club
Courtesy of Epidemic Sound.
Written by: Unknown

ALT 06 **No Mid** (3:13)
Heyson
Courtesy of Epidemic Sound.
Written by: Unknown



LES MILLS TONE 21

TONE 21 is athletic, inclusive and oh so fun! In this release, we explore the extension of our TONE Posture – the TONE Core Brace.

We know TONE Posture is about activating all the muscles that run through the back of the body that hold us upright. We also know that being aware of these muscles and activating them can help us get more out of our movement (this includes a big squeeze of the glutes, bracing the core and squeezing through the upper body to lift the chest.)

TONE Core Brace is about finding tension through the abdominals to feel supported and stable while still being able to move. Listen to how the team coaches this focus throughout the release.

Every TONE class is designed to help our participants work efficiently and improve the quality of movement, supporting everyday movement in our lives. And we do this in a fun and inclusive way!

In this release, you'll notice that we have "one less track" (No Dynamic Cardio Core). We've had feedback that you'd like longer Resisted Cardio and Resisted Balance tracks, and we've listened!

Don't worry, our participants are not missing out on Dynamic Cardio Core work because we actually train our core dynamically throughout the entire class! Now we get longer Resisted Cardio and (in this particular release) longer Resisted Balance tracks and the holistic training benefits of a TONE Class – win win!

The musically journey of this release does not disappoint (we're building a reputation in TONE for trend setting music!). In Track 5, watch out for the new move - Split Scissors. The combo is guaranteed to get our participants heart rates up whether they use a plate or not!

We love hearing your thoughts about TONE, so please continue to give us your feedback!

As always, we hope you love the release just as much as we do!

Khiran and Diana (and Vili!) xx

CREDITS

Creative Leads – Diana Archer Mills, Khiran Huston and Vili Fifita

Creative Team – Summer Bradley and Kaylah-Blayr Fitzsimons-Nu'u

Coach – Dan Cohen

Technical Consultant – Rob Lee

Production Coordinator – Anusha Kulal

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



PRESENTERS



L-R: Otto Prodan, Martine Matapo-Kolisko, Khiran Huston, Kaylah-Blayr Fitzsimons-Nu'u and Vili Fifita

Otto Prodan (Brazil) is a LES MILLS Ambassador and 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.

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

Khiran Huston (New Zealand) is a Creative Lead/Trainer/Presenter/Les Mills Ambassador for LES MILLS TONE, a Creative/Trainer/Presenter/Les Mills Ambassador for LES MILLS SPRINT™ & BODYPUMP™ and a Les Mills Ambassador for BODYBALANCE™/BODYFLOW®, LES MILLS THE TRIP, LES MILLS GRIT, and RPM. She works as Group Training Project Manager at Les Mills International in Auckland.

Kaylah-Blayr Fitzsimons-Nu'u (New Zealand) is a LES MILLS TONE, BODYSTEP, BODYPUMP, LES MILLS GRIT, SH'BAM™, BORN TO MOVE™, LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor/Presenter and a Les Mills Ambassador. She works as a Creative Assistant at Les Mills International in Auckland.

Vili Fifita (New Zealand) is a BODYCOMBAT, a BODYPUMP, LES MILLS TONE, LES MILLS CEREMONY, LES MILLS CONQUER and a LES MILLS GRIT Trainer/Presenter. He is part of the Creative Team for LES MILLS CORE, LES MILLS TONE, BODYPUMP, LES MILLS CONQUER and is a LES MILLS Ambassador. He works as the Innovation Program Manager at Les Mills International in Auckland.



FORMATS

NEW FORMAT KEY NOTES FOR TONE RELEASE 14 ONWARDS

Class to be taught in prescribed order as shown in the choreography notes.

No more Standing Burpees. 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
08. LOWER BODY STRENGTH	3-4 mins
09. UPPER BODY STRENGTH	3-4 mins
10. FUNCTIONAL CORE STRENGTH	2-3 mins
11. 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

Kick off TONE 21 with warm vibes and positive energy. Just like in the Masterclass, remind participants of the importance of correct TONE Posture and a strong core brace.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	2x8	Set-up		16	
0:13	V / There's no other way	4x8	A	Squat (slow)	8	4x
0:28	PC / Said I'm still stuck	6x8	A ¹	Squat (fast) Squat – HOH Stand – A-Frame Arms	2 2	12x
0:52	/ Hate to say they probably don't know you	5x8	A ²	Squat with Double Pulse Double Pulse Squat – HOH Stand – A-Frame Arms ⬆ Option: Heel Lift	2 2	10x
1:09	V / There's no other way	4x8	B	Lateral Lunge/Squat Combo L&R (slow) L Lateral Lunge – Hands on L thigh Squat – Hands on thighs R Lateral Lunge – Hands on R thigh Squat – Hands on thighs	4 4 4 4	2x
1:24	C / Said I'm still stuck	4.5x8	B ¹	Lateral Lunge/Squat Combo L&R (fast) L Lateral Lunge – Hands on L thigh Squat – Hands on thighs R Lateral Lunge – Hands on R thigh Squat – Hands on thighs ⬆ Option: Reach towards floor	2 2 2 2	4.5x
1:41	/ Hate to say they probably don't know you	4x8	C	Lateral Lunge R&L Reach towards floor ⬆ Option: Thoracic Twist Transition: R leg steps in on last 2 cts	4	8
1:57	Br / Call your friends	5.5x8	D	Side Step & Knee Lift Combo L&R L Side Step – Natural Arms R Step B – Arms stacked R Knee Lift – Arms stacked R Step B – Arms stacked ⏮ on R side ⬆ Option: Lunge deeper after 2 reps	2 2 2 2	5.5x
2:40	/ Call your friends	1x8	Transition to floor Set up Plank position for Mountain Climber		8	
2:44	/ Let me know	3x8	E	Mountain Climber L&R (slow) Mountain Climber L Mountain Climber R	4 4	3x
2:54	/ ...without me	5x8	E ¹	Mountain Climber L&R (fast) Mountain Climber L Mountain Climber R	2 2	10x
3:05	C / Said I'm still stuck	4x8	E ²	3-Point Mountain Climber L&R Mountain Climber L, R, L, hold Mountain Climber R, L, R, hold	4 4	4x



01. DON'T KNOW YOU 3:24mins

COACHING TIPS

This Warm-up track has an upbeat feel and simple choreography giving you lots of time to connect with your participants. As with previous releases, the Warm-up introduces movements and combinations that will be used later in the class. TONE Posture is super important in TONE 21. Just like Khiran did in the Masterclass, educate your participants about the importance of TONE Posture and a strong core brace.

TECHNIQUE AND COACHING

SQUAT

Layer 1

- Cue: *Squat down, rise up*
- **Feet outside hip-width**
- **Knees pressed out over toes**
- **Chest lifted**
- **Butt stops just above knee level**

Layer 2

- Squeeze the butt to engage your glutes as you rise

SQUAT WITH DOUBLE PULSE

Layer 1

- Cue: *Pulse 1, 2, stand*
- **Chest lifted**
- **Brace the core tightly**

Layer 2

- To maintain balance, squeeze the glutes and core tightly

↑ OPTION: Heel Lift

LATERAL LUNGE / SQUAT COMBO

Layer 1

- Cue: *Lateral Lunge, Squat, Lunge, Squat*
- **Knees pressed out over toes**
- **Hips square to front**
- **Chest lifted, strong TONE Posture**

↑ OPTION: Reach towards floor

LATERAL LUNGE

Layer 1

- Cue: *Lateral Lunge, Squat, Lunge, Squat*
- **Knees pressed out over toes**
- **Hips square to front**
- **Chest lifted**

Layer 2

- Adding a thoracic rotation is a perfect way to warm through the core and mobilize the spine for the workout ahead

↓ OPTION: Hands on thigh

SIDE STEP & KNEE LIFT COMBO

Layer 1

- Cue: *Step, Tap, Knee, Tap*
- Wide step across
- Long tap back
- **Chest lifted**
- **Hips square to front, no twisting**
- **Small rotation through the ribcage**
- Knee stops at hip height

Layer 2

- Activate the abdominals with a super small rotation from the upper chest. The hips should stay square to the front. Squeeze the core to prevent the hips twisting

↑ OPTION: Lunge deeper

MOUNTAIN CLIMBER

Layer 1

- Cue: *Right, left, right, left*
- **Hands under shoulders**
- **Body weight forward**
- **Long flat back**
- **Core braced**

Layer 2

- Drive the palms of hands into the floor to strengthen and stabilize the upper body as the lower body moves

3-POINT MOUNTAIN CLIMBER

Layer 1

- Cue: *Right, left, hold. Left, right, hold*
- Strong Plank position
- **Butt low**
- **Core braced**

Layer 2

- The core needs to squeeze hard to stop the movement after moving fast



02. STEADY STATE

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

TRACK FOCUS

Multi-directional training designed to prep the body and lift the heart rate.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	8x8	A	Lateral Skater L&R L Skater – <i>Natural Arms</i> R Skater – <i>Natural Arms</i> ↓ Options: Tap or light bounce	1 1 32x
0:35	/ Get low nah	4x8	B	Skater Combo 1 8x Lateral Skater L&R – <i>Natural Arms</i> 1x Lateral Shuffle L&R – <i>Natural Arms</i> ↑ Option: <i>Reach hand to floor in Lateral Shuffle</i>	8 8 2x
0:53	(Heavy beat)	6x8	C	Skater Combo 2 8x Lateral Skater L&R – <i>Natural Arms</i> 1x Lateral Shuffle L&R – <i>Natural Arms</i> 2x Lateral Squat L&R • L Squat – <i>One arm reaches to floor</i> • L steps in – <i>Hands together</i> ⏮ on R side 👁 Lateral Squat Jump on last 4 cts	8 8 8 2x
1:20	/ Get low nah	9x8	C ¹	Skater Combo 3 8x Lateral Skater L&R – <i>Natural Arms</i> 1x Lateral Shuffle L&R – <i>Natural Arms</i> 2x Lateral Squat Jump L&R • Squat – <i>A-Frame Arms</i> • L Lateral Jump – <i>HOH</i> ⏮ on R side ↓ Option: Lateral Squat L&R	8 8 8 3x
2:09	(Warped lyrics)	3.5x8	C ¹	Skater Combo 2 (Extended Lateral Squat Jump) 8x Lateral Skater L&R – <i>Natural Arms</i> 1x Lateral Shuffle L&R – <i>Natural Arms</i> 3x Lateral Squat Jump L&R Note: Last Skater Combo 3 finishes with 3x Lateral Squat Jumps	8 8 12 1x
2:15	/ Whatcha got now	2x8	D	Lateral Shuffle Off the beat	16 1x



02. EXPRESS YOURSELF 2:30mins

ESSENCE TIPS

This track uses lateral movement patterns to lift the heart rate and engage the large muscle groups in the legs. You will notice that the choreography builds upon itself to create dynamic combos. As the choreography progresses, so should your coaching. Use each change in choreography as an opportunity to coach new Layer 2 cues. This will help participants move with more control and athleticism.

TECHNIQUE AND COACHING

LATERAL SKATER

Layer 1

- **Landing knee pressed out over toes**
- **Chest lifted**
- **Core braced**
- **Slight hinge forward at hips**
- **Hips square to front**

Layer 2

- Maintain quad and glute engagement by staying low and pushing wide

↓ OPTIONS: Tap or bounce lightly

SKATER COMBO 1

Layer 1

- Cue: *Skater 8-7-6-5... add 2 Lateral Shuffles*
- Skater: **Knee pressed out over toes, chest lifted, core braced**
- Lateral Shuffle: Feet outside hip-width, **hips square to front, chest lifted**

Layer 2

- Skate and shuffle wider to spike the heart rate

↑ OPTION: Squat plus Reach towards floor at the end of the Shuffle

SKATER COMBO 2

Layer 1

- Cue: *Skater 8-7-6-5... 2 Lateral Shuffles. Squat 4, 3, 2, 1*
- Skater: See Combo 1
- Lateral Shuffle: See Combo 1
- Squat Jump: Feet outside hip-width, **knees pressed out over toes, chest lifted, both feet take off – both feet land**

Layer 2

- Momentum is the key to explosive movement. Swing your arms in the Skaters and Squat Jump to move bigger

↓ OPTION: Lateral Squat L&R



03. PEAK 1 CARDIO

TRACK FOCUS

Time to spike the heart rate. Layer in the Burpee variations to give participants plenty of options to choose from.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	A Walking Burpee Squat <i>Hands to floor</i> L leg steps B R leg steps B R leg steps F L leg steps F Squat Stand Burpee & Leg Extension Combo on last 8 cts	1 1 1 1 1 1 1 1 1	4x
0:27	/ (Echo)	4x8	B Burpee & Leg Extension Combo L&R Squat Plank Squat Stand L Leg Extension – <i>Hands clasped</i> R Leg Extension – <i>Hands clasped</i> Thruster Burpee & Propulsive Leg Extension Combo L&R on last 8 cts	1 1 1 1 2 2 2	4x
0:53	/ _ pull up	4x8	C Thruster Burpee & Propulsive Leg Extension Combo L&R Thruster #1 Thruster #2 L Propulsive Leg Extension – <i>Hands clasped</i> R Propulsive Leg Extension – <i>Hands clasped</i> ↓ Option: Burpee & Leg Extension Combo L&R	2 2 2 2 2	4x
1:18	(Beat fades)	0.5x8	Transition to floor for Mountain Climber	4	
1:22	(Echo)	3.5x8	D Mountain Climber L&R L leg R leg Mountain Climber & Burpee Combo on last 8 cts	1 1	14x
1:44	(Sirens)	5x8	E Mountain Climber & Burpee Combo 7x Mountain Climber L&R 1x Burpee Squat Stand Squat Plank	4 1 1 1 1 1	5x
2:16	(Building beat)	2x8	Transition to standing for Thruster Burpee & Propulsive Leg Extension Combo L&R	16	1x
2:23	/ _ pull up	6x8	C Thruster Burpee & Propulsive Leg Extension Combo L&R ↓ Option: Burpee & Leg Extension Combo L&R	8	6x
3:00	(Sirens)	2x8	D Mountain Climber L&R Off the beat	16	1x



03. DETOX 3:15mins

COACHING TIPS

This track focuses on transitioning between standing and floor-based movements. This is incredibly beneficial for improving the movement of our joints, particularly our ankles, knees and hips. Thrusters will definitely take your fitness to the next level but Burpees are a good challenge too. Coach to the participants in the room and remember that the aim of Peak 1 is to reach breathlessness.

TECHNIQUE AND COACHING

BURPEE

Layer 1

- Cue: *Squat, Plank, Squat, stand*
- **Feet outside hip-width**
- **Butt back and down**
- **Squat to transition to floor**
- **Chest lifted in Squat**
- **Abs braced as feet jump back**
- Hands under shoulders
- **Back long, strong and straight**

Layer 2

- Bending the knees heaps will help to transition on and off the floor, keeping the strain out of the lower back

↓ OPTION: Walking Burpee

BURPEE & LEG EXTENSION COMBO

Layer 1

- Cue: *Squat, Plank, Squat, stand. Jump right, jump left*
- Burpee: See Burpee technique (above)
- Leg Extension: Chest lifted, squeeze glutes to lift the back leg, **both feet take off, both feet land, bend the knees on landing to absorb the impact, hips facing front**

Layer 2

- Burpees are a great way to increase our cardiovascular output! Time to challenge our fitness
- Feel your glutes clench as you lift your back leg

↓ OPTION: Grounded Leg Extension (no Jump)

THRUSTER BURPEE & PROPULSIVE LEG EXTENSION COMBO

Layer 1

- Cue: *Plank, Thruster, Plank, Thruster. Jump right, jump left*
- Burpee: See Burpee technique (on the left)
- Thruster: Jump feet wide to Squat, hips low, **chest lifted, core braced**
- Leg Extension: See Leg Extension technique (on the left)

Layer 2

- Thinking about snapping forward out of the Plank into the Thruster. The speed and momentum assists moving into the correct position and kicks up the heart rate

↓ OPTION: Burpee & Leg Extension Combo

MOUNTAIN CLIMBER

Layer 1

- Cue: *Right, left, right, left*
- **Hands under shoulders**
- **Long flat back**
- **Core braced**



04. PEAK 2 FEATURE CARDIO

TRACK FOCUS

This track slaps! It’s time to get playful while working in the lateral plane and developing our vertical drive.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Track intro	16	1x
0:08	V / I can’t wear this dress	4x8	A	Side Step & Knee Lift Combo L&R (slow) L Side Step – <i>Natural Arms</i> R leg steps B – <i>Arms stacked</i> R Knee Lift – <i>Arms stacked</i> R leg steps B – <i>Arms stacked</i> on R side	2 2 2 2 8	2x
0:24	PC / I got your cologne	4x8	A ¹	Side Step & Knee Lift Combo L&R (fast)	8	4x
0:42	/ So where’s the part	6x8	B	Side Step & 3x Knee Lift Combo L&R L Side Step – <i>Natural Arms</i> R leg steps B – <i>Arms stacked</i> R Knee Lift – <i>Arms stacked</i> R leg steps B – <i>Arms stacked</i> R Knee Lift – <i>Arms stacked</i> R leg steps B – <i>Arms stacked</i> R Knee Lift – <i>Arms stacked</i> R leg steps B – <i>Arms stacked</i> on R side ↑ Option: Lateral Jump ↑ Option: Thoracic Rotation	1 1 1 1 1 1 1 1 1 8	3x
1:06	V / Thanks for the song	4x8	C	Squat with Double Pulse Double Pulse Squat – <i>Hands clasped</i> Stand with Heel Lift – <i>A-Frame Arms</i> ↓ Option: Heels grounded Double Pulse Squat & Hop on last 4 cts	2 2	8x
1:24	PC / I got your cologne	12x8	C ¹	Double Pulse Squat & Hop Double Squat – <i>Hands clasped</i> Hop (Tuck Jump) – <i>Hands to thighs</i> ↓ Option: Straight Jump (Hop) ↓ Option: Heel Raise or feet grounded Pause for last 4 cts and set up for Side Step & 3x Knee Lift Combo	2 2	11x
1:48	C / Do, do, do	4x8	B	Side Step & 3x Knee Lift Combo L&R Option: Sprinters Lunge on last Knee Lift	16	2x
2:05	PC / I got your cologne	4x8	C ¹	Double Pulse Squat & Hop Pause for last 4 cts. Set up for Side Step & 3x Knee Lift Combo	4	8x
2:24	C / Do, do, do	4x8	B ¹	Side Step & 2x Knee Lift x1 Sprinters Tuck Combo L&R L Side Step – <i>Natural Arms</i> R leg steps B – <i>Arms stacked</i> R Knee Lift – <i>Arms stacked</i> R leg steps B – <i>Arms stacked</i> R Knee Lift – <i>Arms stacked</i> R leg steps B – <i>Arms stacked</i> R Sprinters Tuck – <i>Arms stacked</i> Land softly – <i>Arms stacked</i> on R side Option: 3x Knee Lift	1 1 1 1 1 1 1 1 1 8	2x



04. WHAT DO I DO? 2:46mins

ESSENCE TIPS

Think of Peak 2 as interval training – in-built highs and lows that provide an active recovery in some parts and opportunities to push the heart rate in others. There are many functional benefits to highlight in this style of training including cardiovascular health, lateral training, dynamic core engagement, single-leg stability, and power training.

TECHNIQUE AND COACHING

SIDE STEP & KNEE LIFT COMBO

Layer 1

- Cue: *Step, Tap, Knee, Tap*
- Wide step across
- Long tap back
- **Chest lifted**
- **Hips square to front, no twisting**
- **Small rotation through the ribcage**
- Knee stops at hip height

Layer 2

- Drive off the outside foot, pushing the floor away to jump further

↓ OPTION: No Jump

SIDE STEP & 3X KNEE LIFT COMBO

Layer 1

- Cue: *Step, tap, 3, 2, 1 tap. Step, tap, 3, 2, 1 tap*
- See Side Step & Knee Lift technique (above)

Layer 2

- Engage the hip flexor to drive the knee up with more power

↓ OPTION: No Lateral Jump

↑ OPTION: Sprinters Lunge – **both feet take off, both feet land, soft knees**

SQUAT WITH DOUBLE PULSE

Layer 1

- Cue: *Pulse, 1, 2, stand*
- Feet outside hip-width
- Knees track over toes
- **Chest lifted**
- **Brace the core tightly**

Layer 2

- Pull the shoulder blades together and squeeze the glutes in the Heel Raise. A strong posterior chain will reduce wobbles and support balance

↓ OPTION: Heel Lift

SQUAT WITH DOUBLE PULSE & HOP

Layer 1

- Cue: *Pulse, 1, 2, and jump*
- **Chest lifted**
- **Brace the core tightly**

Layer 2

- Hold your hands just below hip height. Every time you jump, aim to get your knees to touch your hands

↓ OPTION: Squat with Double Pulse & Heel Lift



05. PEAK 3 CARDIO

TRACK FOCUS

An epic finisher to our cardio section! Two combos. Two blocks of work. Repeated twice! Participants will build confidence in round one, allowing them to shift the intensity in round two.

WEIGHT RECOMMENDATION:

New to Fitness: 1x light weight plate

Regulars: 1x medium weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8	Track set-up Feet under hips, <i>weight to chest</i>		8	
0:07	(Snare)	4x8	A	Back Tap L&R L steps B – <i>weight to chest</i> L steps F – <i>weight to chest</i>  on R side	2 2 4	4x
0:20	(Beat builds)	4x8	B	Split Scissor L&R L leg jumps B – <i>weight to chest</i> L leg jumps F – <i>weight to chest</i>  on R side  Split Scissor Combo on last 16 cts	2 2 4	4x
0:33	C / Da da da	8x8	C	Split Scissor Combo 2x Split Scissor F L&R – <i>weight pushes F&B</i> Run B – <i>weight O/H</i> Option: 2x Step Back L&R & Jog OTS	8 8	4x
0:58	(Horns fade)	2x8	Transition		16	
1:04	(Ping)	6x8	D	Triple Squat Combo L&R L foot steps x3 from Wide to Mid-Stance Squat 1x Hammer Throw  on R side  Triple Jump Combo on last 16 cts	6 2 8	3x
1:24	C / Da, da, da	8x8	D ¹	Triple Jump Combo Wide-Stance Squat Jump Mid-Stance Squat Jump Narrow Squat Jump Hammer Throw with Butt Kick ↓ Option: Triple Squat Combo	2 2 2 2	8x
1:49	(Keys)	1x8	Transition		8	
1:56	(Snare)	4x8	A	 Back Tap L&R	8	4x
2:09	(Beat builds)	4x8	B	 Split Scissor L&R	8	4x
2:21	C / Da da da	8x8	C	 Split Scissor Combo	16	4x
2:47	(Horns fade)	2x8	Transition		16	
2:52	(Ping)	6x8	D	 Triple Squat Combo R&L	16	3x
3:12	C / Da, da, da	8x8	D ¹	 Triple Jump Combo	8	8x



05. SHELLZ 3:41mins

ESSENCE TIPS

We have a new move in TONE 21, the Split Scissor. The plyometric movements in this track incorporate a mix of light impact which is helpful for improving bone density, and power training which challenges the cardiovascular system. Make sure you don't miss the safety cues in this one. TONE Posture is super important in this track to prevent strain to the back and shoulders.

TECHNIQUE AND COACHING

BACK TAP

Layer 1

- Cue: *Tap right, step in, tap left, step in*
- **Chest lifted**
- **Brace the core tightly**
- **Strong TONE Posture**
- Long step back, **heel lifted**
- Weight plate to chest

Layer 2

- Tune into the body. Focus on feeling the split and nailing the timing

SPLIT SCISSOR

Layer 1

- Cue: *Split, together, split, together*
- **Chest lifted**
- **Abs braced**
- **Land softly**
- Long step back, **heel lifted**
- Weight plate to chest

Layer 2

- The Split Scissor is not a Lunge. Front knee bends softly. Jump back long but do not drop deep

↓ OPTION: Back Tap

SPLIT SCISSOR COMBO

Layer 1

- Cue: *Split, 4-3-2. Run, 8-7-6-5-4-3-2-1*
- Split Scissor: **Chest lifted, strong TONE Posture, abs braced tightly, weight plate extends to shoulder height**
- Run: Knees lift slightly, **core braced, TONE Posture**, arms extend long, **weight plate in front of forehead**

Layer 2

- Prevent rounding through the shoulders by engaging the posterior chain and squeezing the core tightly. This will support the spine to keep the chest lifted
- The core works harder as the weight plate extends further from the body

↓ OPTIONS: 4x Back Tap or Split Scissor OTS, 8x Run OTS

↓ OPTION: Hold weight to chest

TRIPLE SQUAT COMBO

Layer 1

- Cue: *Wide, narrow, narrow, Hammer. Wide, narrow, narrow, Hammer*
- Squat: **Chest lifted, knees track over toes**, butt stops above knee height
- Hammer Throw: Feet under hips, lift heels off floor, hands reach above head, squeeze the core as hands swing towards floor

Layer 2

- The Hammer Throw is like a standing C-Crunch. Feel your ribs move towards your hips as you swing your arms down

↓ OPTION: No Heel Lift

TRIPLE JUMP COMBO

Layer 1

- Cue: *Jump wide, narrow, narrow, hammer*
- Squat: **Chest lifted, knees track over toes, knees soft**
- Hammer Throw: Hammer Throw with jumping Butt Kick, **both feet take off, both feet land, soft knees to reduce the impact**

Layer 2

- Sink deep in the third Squat. Utilize the power from the Triple Extension and Arm Swing to create more airtime

↓ OPTION: Triple Squat Combo

↓ OPTION: No Jump in the Hammer Throw

↓ OPTION: No Butt Kick in the Hammer Throw



06. RESISTED CARDIO

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use **No Mid** with the same choreography

TRACK FOCUS

Everybody loves pancakes, so you know that everyone will love this song! Remember to coach the longevity benefits of the functional movement patterns in this track.

WEIGHT RECOMMENDATION:

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / I just wanna	2x8	Set up Flight Lunge L leg F, R foot B		16	
0:08	V / I'm the sauce	4x8	A	Flight Lunge L&R 1x R Leg Lift – Arms at 90° 1x R Leg Lift – Arms at 90° 1x R Leg Lift and Hold – Arms at 90°  on L side ↓ Option: No weight	2 2 4 8	2x
0:22	C / No time to waste	4x8	A ¹	Flight Lunge L&R (with arms) 1x R Leg Lift – Bicep Curl 1x R Leg Lift – Bicep Curl 1x R Leg Lift and hold – O/H Extension  on L side ↓ Option: No arms	2 2 4 8	2x
0:38	(Instr)	4x8	A ²	Flight Lunge & Hop L&R 1x Hop, R Leg Lift – Bicep Curl 1x Hop, R Leg Lift – Bicep Curl 1x R Leg Lift and Hold – O/H Extension  on L side ↓ Option: No Hop	2 2 4 8	2x
0:53	V / Whose mixes	4x8	B	Lateral Leg Lift R&L 1x L Lateral Leg Lift – Arms at 90° 1x L Lateral Leg Lift – Arms at 90° 1x L Lateral Leg Lift and Hold – Arms at 90°  on R side	2 2 4 8	2x
1:09	C / No time to waste	4x8	B ¹	Lateral Leg Lift R&L (with arms) 1x L Lateral Leg Lift – Bicep Curl 1x L Lateral Leg Lift – Bicep Curl 1x L Lateral Leg Lift and Hold – O/H Extension  on R side ↓ Option: No arms	2 2 4 8	2x
1:24	(Instr)	8x8	B ²	Lateral Leg Lift & Hop R&L 1x Hop, L Lateral Leg Lift – Bicep Curl 1x Hop, L Lateral Leg Lift – Bicep Curl 1x L Lateral Leg Lift and Hold – O/H Extension  on R side ↓ Option: No Hop	2 2 4 8	4x
1:55	(Music fades)	4x8	C	Squat Snatch L&R L leg steps out to Squat – L arm reaches down R leg steps in to stand – L arm extends to eye level  on R side	4 4	4x



06. RESISTED CARDIO

MUSIC			EXERCISE		CTS	REPS
2:09	C / No time to waste	4x8	C ¹	Jumping Squat Snatch L&R		
				Feet jump out to Squat – L arm reaches down	2	
				Feet jump in to stand – L arm extends to eye level	2	
				Feet jump out to Squat – L arm reaches down	2	
				Feet jump in to stand – L arm extends to eye level	2	4x
				↓ Option: No Jump		
2:24	(Instr)	8x8	C ²	Jumping Squat Snatch L&R (fast)	4	16x
				↓ Option: Squat Snatch (slow)		
2:56		4x8	A ²	 Flight Lunge & Hop L&R	16	2x



06. PANCAKE 3:13mins

ESSENCE TIPS

In this track, we focus on the hip mobility and strength. As we age, we want our hips to work effectively so we can move freely. Set a strong foundation for this track by adopting correct TONE Posture and strong glute activation. This will ensure that your hips are positioned to move in all planes of movement effectively. The Hops are playful and keep the stabilizer muscles working in overdrive.

TECHNIQUE AND COACHING

FLIGHT LUNGE

Layer 1

- Cue: 3, 2, 1. *Change*
- **Chest lifted**
- **Core braced tightly**

Layer 2

- Keeping pressing the knee out over toes to help stabilize

↓ OPTION: No Bicep Curl

↓ OPTION: No Hop

LATERAL LEG LIFT

Layer 1

- Cue: 3, 2, 1. *Change*
- **Chest lifted**
- **Brace the core tightly**
- **TONE Posture**
- Strong glute squeeze

Layer 2

- Keep your body upright like you're balancing an object on your head. This will prevent your hips from tilting so you can lift your leg higher

↓ OPTION: No Bicep Curl

↓ OPTION: No Hop

SQUAT SNATCH

Layer 1

- Cue: *Squat, step, squat, step*
- **Chest lifted**
- **Knees pressed out over toes**
- **TONE Posture**
- **Land softly** (when jumping)
- Weight to eye level, no higher
- **Lower weight with control**

Layer 2

- Tune into the body. Focus on feeling the split and nailing the timing

↓ OPTION: No Hop



07. RESISTED BALANCE

TRACK FOCUS

Slow and controlled is the name of the game in this combo. Encourage participants to embrace the wobbles as they negotiate balance to this uplifting track.

WEIGHT RECOMMENDATION:

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

Regulars: 2x light weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Track intro		16	
0:08	V / Crossing the border	4x8	A	Knee Lift, Flight Lunge Combo L R Knee Lift – Arms lift to shoulder height R Flight Lunge – Arms extend to Cobra	4 4	4x
0:26	PC / _ so great about California	4x8	A ¹	Knee Lift, Flight Lunge Combo (O/H Extension) L R Knee Lift – O/H Arm Extension R Flight Lunge – Arms extend to Cobra	4 4	4x
0:42	C / So great about	4x8	A ²	Flight Lunge Pulse L R leg lifts – Arms lift in Cobra R leg lowers – Arms lower in Cobra	1 1	16x
0:58	(Music fades)	1x8	Transition to R side		8	
1:02	C / Straight through the valley	12x8	 Sequences A, A¹ and A² on R side		96	
1:52	/ California	½x8	Set up Tiptoe Squat		4	
1:55	/ The weather’s fine	3.5x8	B	Tiptoe Squat Squat – Arms together Lift – Arms apart ↓ Option: Heels grounded	2 2	7x
2:08	/ So great about	4x8	B ¹	Double Pulse Tiptoe Squat Double Pulse Squat – Arms together Lift – Arms apart ↓ Option: Heels grounded	2 2	8x
2:24	(Music fades)	2x8	Transition to Knee Lift, Flight Lunge Combo L		16	
2:33	V / Crossing the border	12x8	 Sequences A, A¹ and A² on L side		96	
3:22	(Music fades)	1x8	Transition R side		8	
3:25	C / Straight through the valley	12x8	 Sequences A, A¹ and A² on R side		96	
4:15	/ California	4x8	B	 Tiptoe Squat	4	8x
4:31	/ So great about	4x8	B ¹	 Double Pulse Tiptoe Squat	4	8x



07. CALIFORNIA 4:48mins

ESSENCE TIPS

Notice the difference that tempo makes to balance training. Slow movements require enduring muscle activation to navigate wobbles. In contrast, fast movements require fluctuating muscle tension and relaxation. Combining the two speeds provides a well-rounded challenge that improves balance and stability.

TECHNIQUE AND COACHING

KNEE LIFT, FLIGHT LUNGE COMBO

Layer 1

- Cue: 4, 3, 2, 1
- Knee Lift: Chest lifted, **core braced**, knee to hip height, arms stop below shoulder height
- Flight Lunge: **Chest lifted, knee presses out over toes, abs braced**, back leg extends long

Layer 2

- Wobbles are good. Wobbles are a sign that your body is navigating balance

↓ OPTION: No weight

↓ OPTION: Tap down

FLIGHT LUNGE

Layer 1

- Cue: *Pulse, pulse*
- **Chest lifted**
- **Core braced**
- Squeeze the core tightly
- Arms long, squeeze between the shoulder blades

↓ OPTION: No weight

↓ OPTION: Tap down

TIPTOE SQUAT

Layer 1

- **Narrow Squat Stance – feet under hips**
- Heels lifted
- **Chest lifted** – slight hinge forward at hips
- **Weights stay below shoulders**

Layer 2

- Balance can be tricky so any Heel Lift counts!

↓ OPTION: Heels grounded

↓ OPTION: No weight

DOUBLE PULSE TIPTOE SQUAT

Layer 1

- Cue: *Pulse, pulse, stand*
- See Tiptoe Squat

Layer 2

- By lifting the heels, we maintain activation of the calves, quads and glutes

↓ OPTION: Heels grounded

↓ OPTION: No weight



08. LOWER BODY STRENGTH

TRACK FOCUS

Lower body conditioning that focuses on end-range strength. Look out for the Pulse Squats – pure fuego!

WEIGHT RECOMMENDATION:

New to Fitness: 1x light or medium weight plate

Regulars: 1x medium to heavy weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Track intro	16	
0:09	/ Bring your sexy body	4x4	A	Squat/Lunge Combo L Squat L leg steps B to Lunge Weight in R hand	2 2	4x
0:18	(Sirens)	4x8	A¹	4x Pulse Squat/Lunge Combo L 4x Pulse Squat L leg steps B, 4x Pulse Lunge Weight in R hand	8 8	2x
0:36	/ Be a sexy	8x8	B	Triple Pulse Lunge/Deadlift Combo L R leg steps B 3x Pulse Lunge R Deadlift – weight lowers to floor Weight in L hand ⬆ Option: Tap weight to floor	6 2	8x
1:13	/ Bring your sexy	1x8	C	Pulse Squat Weight in both hands, collarbone height	2	4x
1:18	/ Bring your sexy	3x8	C¹	Pulse Squat & Alternating Heel Lift L&R Weight in both hands, collarbone height Transfer weight into L hand on last 4 cts	4	6x
1:31	/ Bring your sexy body	4x4	A	 Squat/Lunge Combo R	4	4x
1:41	(Sirens)	4x8	A¹	 4x Pulse Squat/Lunge Combo R	16	2x
1:59	(Heavy beat)	8x8	B	 Triple Pulse Lunge/Deadlift Combo R	8	8x
2:35	/ Be a sexy	1x8	C	 Pulse Squat	2	4x
2:39	/ Instr	7x8	C¹	 Pulse Squat & Alternating Heel Lift L&R	4	14x



08. DROP IT 3:13mins

ESSENCE TIPS

Simple moves done effectively can create fantastic results. In this track, the Pulsing Squats and Lunges challenge the glutes, hamstrings and quads. The Pulses place the muscles under constant tension. This training not only helps to develop strength endurance but it can also improve hip and knee strength as well as co-ordination. Just like in the Masterclass, don't be afraid to add some performance elements to help participants maintain the final Squat Pulses.

TECHNIQUE AND COACHING

SQUAT/LUNGE COMBO

Layer 1

- Cue: *Squat, Lunge. Squat, Lunge*
- Squat: Chest lifted, feet outside hip-width, **core braced, knees pressed out over toes**
- Lunge: Chest lifted, long step back, **heel lifted, squeeze core and glutes to stabilize hips, weight under shoulders**

Layer 2

- Think about stepping wide and long. The further we step our feet, the deeper the range of motion

↓ OPTION: Body weight

TRIPLE PULSE LUNGE/DEADLIFT COMBO

Layer 1

- Cue: *3, 2, 1, tilt*
- Lunge: See Lunge (above)
- Deadlift: Long spine, **core braced**, strong glute squeeze

Layer 2

- Don't feel your glutes in the Lunges? Drive the front heel into the floor, tuck the hips under, squeeze the glutes, lift the chest and drop deep

↓ OPTION: Body weight

↑ OPTION: Tap weight to floor

PULSE SQUAT & ALTERNATING HEEL LIFT

Layer 1

- Cue: *Right heel, left heel*
- **Chest lifted, knees press out over toes, abs braced**, hips slide back and down, one heel lifts at a time

Layer 2

- Wanna spice things up? Stay low to keep the burn in the legs
- Lifting the heels targets the calves and inner thighs

↓ OPTION: Body weight



09. UPPER BODY STRENGTH

TRACK FOCUS

This is where we enhance the power of our TONE Posture. A strong posterior chain is vital to protect the back and shoulders as we move the weight plates away from the body.

WEIGHT RECOMMENDATION:

New to Fitness: 2x light weight plates

Regulars: 2x medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Track intro 👁️ 2x 2/2 Y-Raise on last 16 cts		32	
0:16	C / I found something so real	4x8	A	2/2 Y-Raise Arms lift – Weights to shoulder height Arms lower – Weights to sides of body	4 4	4x
0:31	/ I found something	4x8	A ¹	Single Y-Raise Arms lift – Weights to shoulder height Arms lower – Weights to sides of body	2 2	8x
0:47	/ All on me	8x8	B	Clean & Press Squat – Weights to shoulders O/H Press – Weights O/H Squat – Weights to shoulders Stand – Weights to sides of body ⬆️ Option: Squat deeper	2 2 2 2	8x
1:18	V / I was running in	5x8	C	2/2 Cobra Curl Hinge forward from hips – Arms extend for Cobra Stand – Bicep Curl	4 4	5x
1:38	C / I found something	4x8	C ¹	1/1/2 Cobra Curl Hinge forward from hips – Arms extend for Cobra Hold hinge – Arms extend for Cobra Stand – Bicep Curl	2 2 4	4x
1:53	/ All of me	4x8	C ²	Single Cobra Curl Cobra Curl	2 2	8x
2:09	/ I found something	8x8	B	 Clean & Press	8	8x
2:40	(Horns)	2x8	D	Shoulder Press Pulse (Top Range) Arms lift – Weights lift to forehead height Arms lower – Weights lower to shoulder height	1 1	8x



09. SO REAL (WARRIORS) 2:50mins

ESSENCE TIPS

In this track, we will be moving the weight plates away from the mid-line of the body. As we do this, we need a strong core brace and TONE Posture to stabilize the torso to protect the back and shoulders. Participants may find that they can lift heavier and explore more range of motion when their core is fully engaged.

TECHNIQUE AND COACHING

Y-RAISE

Layer 1

- Cue: *Up and down*
- **Chest lifted – TONE Posture**
- **Strong core brace**
- Arms stop at shoulder height
- Shoulders away from ears

Layer 2

- Keep your core active to stabilize the body

CLEAN & PRESS

Layer 1

- Cue: *3, 2, 1, tilt*
- Lunge: See Lunge (above)
- Deadlift: Long spine, **core braced**, strong glute squeeze

Layer 2

- Drop deeper to drive up the heart rate

↑ OPTION: Squat deeper

COBRA CURL

Layer 1

- Bicep Curl: **TONE Posture, core braced**, shoulders back and down, elbows under shoulders
- Cobra: **TONE Posture**, hinge forward from hips, long extension of the arms, **avoid locking out the elbows**

SHOULDER PRESS PULSE

Layer 1

- Cue: *Up, down, up, down*
- **TONE Posture**
- **Abs braced**
- Weights to face height – small Pulse up and down

Layer 2

- A spicy little kicker to end this track



10. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

Time to spice up the workout with six different moves to strengthen the core. There are some quick transitions in this track which will keep participants working hard.

WEIGHT RECOMMENDATION:

New to Fitness: 1x light weight plate

Regulars: 1x medium weight plate

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Track set-up	16	
0:06	(Instr)	2x8 A	Washboard L&R (slow)	4	4x
0:12	/ Dale	5½x8 A¹	Washboard L&R (fast)	2	22x
0:30	/ Uno, dos, tres	½x8	Transition to Woodchop/Washboard Combo	4	
0:31	/ Dale	12x8 B	Woodchop/Washboard Combo L&R		
			3x Woodchop R	12	
			3x Washboard L	4	
			3x Woodchop L	12	
			3x Washboard R	4	3x
1:09	/ Dale	2x8	Transition to Bolt	16	
1:14	/ Dale	4x8 C	Bolt L&R (slow)		
			Sit back	4	
			L knee to L elbow	4	
			Sit back	4	
			R knee to R elbow	4	2x
			Options: Knees or toes		
1:27	/ Dale	4x8 C¹	Bolt L&R (fast)		
			Sit back	2	
			L knee to L elbow	2	
			Sit back	2	
			R knee to R elbow	2	4x
			Options: Knees or toes		
1:39	/ Dale	8x8 D	Firefly L&R		
			Sit back	2	
			Jump L knee to L elbow	2	
			Sit back	2	
			Jump R knee to R elbow	2	8x
			↓ Option: Bolt		
2:04	/ Dale	2x8	Transition to Pulse Pike Crunch	16	
2:10	/ Dale	4x8 E	Pulse Pike Crunch	2	16x
			↓ Option: Knees bent		
			↑ Option: Legs extend to 45°		
2:22	/ Dale	12x8 F	Hundreds (Pulse)	96	
			↑ Option: Legs extend to 45° after 32 cts		



10. DALE 3:01mins

ESSENCE TIPS

Core training is fundamental to exercise longevity. It has been scientifically proven to strengthen the abdomen, enhance the mechanics that support movement, improve posture and balance; it may also help in reducing back pain. Therefore, this Core track offers multiple movement patterns to holistically improve the strength of our core and accessory muscles. This track is fun and fast so keep a lookout for those transitions.

TECHNIQUE AND COACHING

WASHBOARD

Layer 1

- Cue: *Right, left, right, left*
- TONE Posture
- Squeeze abs and glutes
- Feet outside hip-width
- Knees slightly bent

Layer 2

- Ground down through the feet
- Pull the weight apart to squeeze between the shoulder blades

↓ OPTION: No weight

WOODCHOP/WASHBOARD COMBO

Layer 1

- Woodchop: Feet outside hip-width, arms extend long, **hips square to front**, chest lifted, core engaged
- Washboard: See Washboard (above)

Layer 2

- As you do the Woodchop, transfer the body weight from leg to leg
- Draw a line from opposite knee to opposite shoulder

↓ OPTION: No weight

BOLT

Layer 1

- Cue: *Back, right side, back, left side*
- Hands under shoulders
- Knee to outside of the elbow
- **Abs braced**
- Keep the butt low

Layer 2

- Find your challenge. On your knees, on your toes or doing the Bolt. There's options for everyone

↓ OPTION: Firefly – Jump the knee to the floor

(squeeze core tightly to catch, butt low)

FIREFLY

Layer 1

- Hands under shoulders
- Press hands firmly into floor for more stability
- **Core braced**, long spine
- Sit back to crouch position, then bring the body weight forward, bend at the elbows in
- Chest Press position
- Same knee to the outside of same elbow
- Similar to the Bolt but more engagement of the side obliques
- Maintain a square upper body and even loading through both shoulders

OPTIONS: On Knees or toes

PIKE CRUNCH

Layer 1

- Cue: *Pulse, pulse*
- Hips and chest square to ceiling
- **Lower back pressed firmly towards the floor**
- Shoulder blades lifted off the floor

↓ OPTION: Knees to 90 degrees or feet to floor

↑ OPTION: Extend legs to 45 degrees

HUNDREDS

Layer 1

- Hips and chest square to ceiling
- **Lower back pressed firmly towards the floor**
- Shoulder blades lifted off the floor
- Slight bend in elbows

Layer 2

- Check your arms. The whole arm should be moving up and down
- Feel that burn? Quick rapid movements of the arms are creating fast micro Crunches in the abs

↓ OPTION: Shoulder blades to floor

↑ OPTION: Extend legs



11. GLUTES

TRACK FOCUS

Short, sharp and spicy! The combination of range and timing will help participants to strengthen the muscles that support the legs and hips.

WEIGHT RECOMMENDATION:

New to Fitness: No equipment

Regulars: Resistance Band

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Na na na	16x8	A	Glute Combo 1 L 8x Diagonal Leg Extension 8x Scorpion Tail	32 32 2x
0:44	V / My boo	16x8	A	 Glute Combo 1 R	64 2x
1:28	/ Voy chillin	2x8		Transition	16
1:34	/ No escondas	6x8	B	2/2 Hip Bridge	8 6x
1:49	/ Pinche wey	12x8	C	Glute Combo 2 R 8x L leg extend to ceiling 8x L leg extend to 45° 8x L knee to 90°	32 32 32 1x
2:22	C / Rompe, rompe, rompe	12x8	C	 Glute Combo 2 L	96
2:55	/ Offic', ja, ja	2x8	B ¹	Hip Bridge Pulse ↑ Option: Knees pulse out and in	1 16x



11. ROMPE 3:09mins

ESSENCE TIPS

This track is all about strengthening the big and small muscle groups supporting the hip joint. The band offers an extra kick of resistance. As we push against the band, our muscles need to work harder to move to full range. But we don't stop there... we've also added in Single-Leg Hip Bridges to make sure we are working our legs equally and evening out any differences. Don't miss out on this spicy track!

TECHNIQUE AND COACHING

DIAGONAL LEG EXTENSION

Layer 1

- Hands under shoulders
- **Hips square to floor**
- **Core braced**
- Leg extends long at the knee, Pulses towards the 45 degrees
- Glute med activation

Layer 2

- Here's your challenge: can you hover your leg so that it's in line with your hip?
 - Try kicking the side of the room
- ↓ OPTION: No band

SCORPION

Layer 1

- Cue: *Pulse, pulse*
- Hips and chest square to ceiling
- **Lower back pressed firmly towards the floor**
- Shoulder blades lifted from the floor

Layer 2

- Drive the hands into the floor to stabilize the upper body
 - Push the palm of the foot towards the ceiling
- ↓ OPTION: No band

HIP BRIDGE

Layer 1

- Hips and chest square to ceiling
- **Lower back pressed firmly towards the floor**
- **Core braced tightly, especially with single-leg training**

Layer 2

- Drive the heel firmly into the floor
 - Squeeze the glutes firmly to lift the hips
 - Create airtime under your hips as you lift
- ↑ OPTION: Single-Leg Extension to ceiling
- ↑ OPTION: Single-Leg Extension to 45 degrees
- ↑ OPTION: Single knee bends to 90 degrees



12. STRETCH

TRACK FOCUS

Time to give the body some love! This Stretch track targets all the major muscle groups that have been working hard during this workout.

MUSIC				EXERCISE	CTS
0:00	Intro /	6x8	A	Childs Pose	48
0:32	PC / And I'm gon' take it	2x8	A ¹	Childs Pose – Side Reach L&R	16
0:42	C / I'ma bring the whole hood with me	2x8	B	Hip Flexor Stretch L	16
0:51	/ I'ma bring the whole hood with me	2x8	C	Quad Stretch R	16
1:04	V / Make sure the lights	2x8	A	Childs Pose	16
1:13	/ And I'm making my daddy so proud	2x8	A ²	Childs Pose – Thread The Needle L&R	16
1:23	PC / And I'm gon' take it	2x8	B	Hip Flexor Stretch R	16
1:34	C / I'ma bring the whole hood with me	4x8	C	Quad Stretch L	32
1:54	/ When I make it	4x8	D	Down Dog (Walk The Dog)	32
2:15	V / I come from Memphis Tennessee	1x8		Transition – walk feet towards hands for Hamstring Stretch	8
2:19	/ Seven kids	3x8	E	Forward Fold – Side Reach L&R	24
2:36	C / I'ma bring the whole hood with me	4x8	F	Windmill to Extended Mountain Pose	32
3:01	PC / When I make it	2x8	G	Trunk Rotations L&R	16
3:08	Outro	2x8	H	Roll Shoulders F&B	16



12. BRING THE WHOLE HOOD 3:19mins

ESSENCE TIPS

It's time to stretch and give the body some love. Use clear coaching cues to make sure your participants are in the correct position to reap the benefits of a good stretch. Name the muscle groups and use feeling cues so that they know where they should be feeling the stretch. Most importantly, congratulate your team for making it through another epic workout of LES MILLS TONE.

TECHNIQUE AND COACHING

CHILDS POSE

Layer 1

- Cue: *Knees wide, arms stretched in front of body, move the butt back towards heels*
- Opening up through the hips and stretching through the chest
- **Forehead rests gently on the floor, keeping the neck in a neutral position**

Layer 2

- Try pushing your hips towards the floor. You should feel a deeper stretch through your groin

↑ OPTION: **Side Reach** – walk hands to one side, feeling the stretch down the side of the body

↑ OPTION: **Thread The Needle** – take one arm under the body, gently lower the shoulder towards floor. Feel the release through the side shoulder and upper back

HIP FLEXOR STRETCH

Layer 1

- Cue: *Take a long step forward, foot in line with hip, **knee presses out over toes**, squeeze the glutes, move the hips forward, chest lifted*
- Feel the stretch in the opposite hip

Layer 2

- Explore your range and find the stretch that feels good

QUAD STRETCH

Layer 1

- Cue: *From Hip Flexor Stretch return to a neutral position, reach behind and pick up the back foot*
- **Same arm reaches to pick up the back foot**
- **Chest lifted, no twisting through the spine**
- This stretch is for the front of the legs

↓ OPTION: Stay with Hip Flexor Stretch if this position isn't accessible for you

DOWN DOG (WALK THE DOG)

Layer 1

- Cue: *Hands to floor, lift the hips high, heels lift, bring the body weight back, moving the chest towards thighs*
- **Press hands firmly into the floor for balance**
- Press the heels towards the floor, one foot at a time, to stretch the calves and hamstrings

↓ OPTION: No Walk The Dog

FORWARD FOLD

Layer 1

- Cue: **Feet under hips**, hinge forward from the hips, hands reach down the thighs or shins

Layer 2

- Everyone's flexibility is different. The aim is to find a stretch that feels good for you

↑ OPTION: Reach further towards the feet or floor

↑ OPTION: Walk the hands to the sides of the body for a Side Stretch

WINDMILL TO EXTENDED MOUNTAIN POSE

Layer 1

- Cue: *From Forward Fold, sweep the hands up towards the ceiling, clasp your hands together, leaning back slightly*
- **Press feet firmly into the floor for stability**
- Lean back slightly, feeling a stretch in the lower back

Layer 2

- A gentle lean is enough to get a good release to the lower back

TRUNK ROTATION

Layer 1

- Cue: *Feet outside hip-width, chest lifted, rotate at the trunk from left to right*
- Feel the release through the hips and spine

SHOULDER ROLL

Layer 1

- Cue: *Feet under hips, TONE Posture, roll the shoulders up, back and down*
- Getting some mobility through the shoulders and upper back



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.