

LES MILLS TONE 22

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 **about you (Felix Cartal Remix)** (3:10)
NOTD feat. Nightly
Courtesy of the Universal Music Group.
Written by: Peniston, Delgado, Jackson, Linnear

02 **Goodies** (2:05)
Ciara feat. Petey Pablo
© 2004 LaFace Records LLC.
Written by: Harris, Love, Smith, Jefferson, Garrett, Wallace

03 **Goodies** (2:03)
Ciara feat. Petey Pablo
© 2004 LaFace Records LLC.
Written by: Harris, Love, Smith, Jefferson, Garrett, Wallace

03 **Scandalous (Hairitage Remix)** (2:12)
Gryffin & Tinashe
Courtesy of the Universal Music Group.
Written by: Kachingwe, Manin, Blackwell, Jackson, Griffith

04 **Scandalous (Hairitage Remix)** (2:14)
Gryffin & Tinashe
Courtesy of the Universal Music Group.
Written by: Kachingwe, Manin, Blackwell, Jackson, Griffith

04 **BaBaBa** (2:51)
Dillon Francis feat. Young Ash
© 2018 IDGAFOS.
Written by: Rushent, Ash, Francis

05 **Angry Before** (4:38)
Jay Vezz
© 2023 Lowly.
Written by: Hvass

06 **Honey (Jonasu & RUDY Remix)** (2:43)
Jetta
Courtesy of the Universal Music Group.
Written by: Hartley

07 **Made You Look (Joel Correy Remix)**
(2:12)
Meghan Trainor
© 2022 Epic Records, a division of Sony Music Entertainment.
Written by: Douglas, Vindver, Trainor

07 **Made You Look (Joel Correy Remix)**
(2:13)
Meghan Trainor
© 2022 Epic Records, a division of Sony Music Entertainment.
Written by: Douglas, Vindver, Trainor

08 **Pretty Girls Walk** (2:20)
Big Boss Vette
Courtesy of the Universal Music Group.
Written by: Gottwald, Lewis, Smith, Valdes, Thomas

08 **Pretty Girls Walk** (2:20)
Big Boss Vette
Courtesy of the Universal Music Group.
Written by: Gottwald, Lewis, Smith, Valdes, Thomas

09 **Creepin'** (3:07)
CID
© 2017 HEXAGON / Spinnin' Records BV.
Written by: Cid

10 **Move Your Body** (3:35)
TOJA
Courtesy of Les Mills Music Licensing Ltd.
Written by: Wijnenga, Linde

11 **Mambo Salentino** (2:33)
Boombabash feat. Alessandra Amoroso
Courtesy of the Universal Music Group.
Written by: Pagliarulo, Abbate, Clemente, Rapetti, Merli

11 **Mambo Salentino** (1:30)
Boombabash feat. Alessandra Amoroso
Courtesy of the Universal Music Group.
Written by: Pagliarulo, Abbate, Clemente, Rapetti, Merli

12 **Cooped Up / Return Of The Mack** (2:04)
Post Malone, Mark Morrison & Sickick
Courtesy of the Universal Music Group.
Written by: Morrison, Bell, Post, Walsh, Moore

ALT
08 **HOT!** (4:40)
Katori Walker
Courtesy of Epidemic Sound.
Written by: Unknown



LES MILLS TONE 22

TONE 22 delivers all things multi-directional! This release is jam-packed with multi-movement planes and co-ordination against a fire-cracker playlist which will have your participants requesting you to teach again and again!

The classic Tone Warm-Up mobilizes and takes our joints through full ranges of motion for the workout ahead.

The Steady State track fires up your heart rate and mind with speed drills. Your members will enjoy the challenge early on with 7 Lateral Runs.

The Cardio Peak 1 track enhances the epic song we picked for this one. Lateral Squat Jumps, paired with Lateral Lunges – wow!

In Cardio Peak 2 track, we did it again and evolved the Burpee with a TONE flair. This track is guaranteed to boost the heart rate, whether you're on the beat, off the beat or grounded.

Peak 3 brings a strength feel to our final cardio peak and showcases what we do best in TONE – progression. Whether you or your participants are taking the very highest variation or grounded, it's athletic and a heart-rate kicker.

Resisted Cardio showcases classic TONE movement patterns to a light and uplifting song. Have fun here!

Resisted Balance is one of our favorites – enjoy!

There's a new move in our Lower Body Strength track – the Duck Walk, which is an incredible “pre-hab” exercise, showcasing the longevity benefits of TONE.

Did someone say Stick Insect? There's some classic favorites in our Upper Body Strength track.

The Functional Core Strength track is a real burner (oh and there's no breaks either!). Lucky this track is packed with innovation so the time should fly by.

We are so thrilled to bring you movements that allow progression and dial up coordination. TONE is a class where you have the ability to enhance your training levels and intensity.

Diana and Khiran 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 **Berti Voigt** for music selection.



PRESENTERS



L-R: Bram Prima Halim, Maddalena Boccella, Lula Slaughter, Kaylah-Blayr Fitzsimons-Nu'u, Khiran Huston and Vili Fifita

Maddalena Boccella (Switzerland) is a LES MILLS TONE, BODYPUMP™ and LES MILLS CORE™ Trainer/Presenter/Instructor, and a BODYCOMBAT™ Instructor. She lives in Luzern.

Vili Fifita (New Zealand) is a LES MILLS TONE, BODYPUMP, 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.

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.

Bram Prima Halim (United Kingdom) is a LES MILLS TONE, BODYBALANCE™ and RPM™ Trainer/Presenter and a BODYPUMP, LES MILLS SPRINT™ and SH'BAM Instructor. He lives in Alloa, Scotland.

Khiran Huston (New Zealand) is 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, LES MILLS THE TRIP™, LES MILLS GRIT, and RPM. She works as Group Fitness Project Manager at Les Mills International in Auckland.

Lula Slaughter (United States) is a LES MILLS TONE Presenter/Instructor, a BODYCOMBAT and BODYPUMP Trainer/Presenter/Instructor, a STRENGTH DEVELOPMENT™ Presenter and a BODYJAM™ Instructor. She lives in Flemington, near New York.



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 down the exercise and move at their own pace.

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, the 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

TONE 22 does not waste any time shifting into athleticism – we see you, Steady State Cardio! With that in mind, come into this track with three key focus points:

- Connecting with your participants
- Building energy and excitement
- Creating mind-muscle connection

MUSIC		EXERCISE		CTS	REPS
0:05	Ooh ooh	2x8	Set-up	16	
0:13	Missed a call	2x8 A	Side Bend L Hands clasped O/H	16	
0:21	I was unaware	2x8 A	Side Bend R Hands clasped O/H	16	
0:29	I was good	4x8 B	Squat (slow) Squat – Hands clasped in front Stand – A-Frame Arms	4 4	4x
0:44	I don't want to think about	4x8 B ¹	Squat (fast) Squat – Hands clasped in front Stand – A-Frame Arms	2 2	8x
1:00	I don't want to think about you	4x8 B ²	Double Pulse Squat Squat – Hands clasped in front Stand – A-Frame Arms 👁️ Jump-Jump Jack on last 4 cts	2 2	8x
1:16	I don't want to think about you	4x8 C	Jump-Jump Jack 2x Jump – Hands by sides Jack (Squat) – Hands clasped O/H ⬆️ Option: HOH	2 2	8x
1:32	Staying out	4x8 D	Lateral Lunge (slow) L&R Lateral Lunge L – L arm reaches up, R arm reaches O/H Lateral Lunge R – R arm reaches down, L arm reaches O/H	8 8	2x
1:48	I don't want to think about you no more	4x8 D ¹	Double Pulse Lateral Lunge L&R Double Pulse Lunge L – Hands to L thigh Double Pulse Lunge R – Hands to R thigh	4 4	4x
2:04	You ooh ooh	6x8 D ²	Lateral Lunge (fast) L&R Lateral Lunge L – L hand to thigh, R hand towards floor Double Pulse Lunge R – R hand to thigh, L hand towards floor ⬆️ Option: HOH Thoracic Twist after 8 reps 👁️ Flight Lunge on last 12 cts	2 2	12x
2:28	I don't want to think about you	8x8 E	Flight Lunge R&L L Lunge – Bicep Curl to chest L Leg Extension – Arms reach F of forehead L Lunge – Arms B to Bicep Curl L leg steps in – Arms stay at Bicep Curl Repeat to R side ⬇️ Option: No arms	2 2 2 2 8	4x
2:59	I don't want to think about	2x8 F	Skater L&R – Natural Swing Arms	2	8x



01. ABOUT YOU 3:10mins

COACHING TIPS

Welcome to TONE 22! This release has familiar AND innovative moves that focus on improving fitness longevity and athleticism. The Warm-up track has long sets of work, allowing you to connect with your participants and prepare them for the workout ahead. Track 2 takes off like a rocket, so make sure your participants use the Warm-up to mobilize the joints, warm the muscles and lift their heart rate. It's been a minute since we've seen the Jump-Jump Jack (not since TONE 4 to be exact), so enjoy this throwback move.

TECHNIQUE AND COACHING

SIDE BEND

Layer 1

- Hands reach towards the ceiling
- Lace the fingers or wrap one hand around the opposite wrist
- Lean towards the side
- **Squeeze the butt** and open through the chest
- Ground the feet firmly into the floor

Layer 2

- Gently roll the ribcage towards the hips for a deeper stretch

OPTION: Explore your range to where it feels comfortable

SQUATS

Layer 1

- Cue: *Down and up*
- **Feet outside hip-width**
- **Knees press out over toes**
- **Chest lifted**
- **Butt goes back and down – stops just above knee level**

Layer 2

- Lifting the arms maintains beautiful TONE Posture at the bottom of the Squat

JUMP-JUMP JACK

Layer 1

- Cue: *Jump, jump, jack or jump, jump, squat*
- Jump: **Feet directly under hips, soft knees, heels lifted**, jumping on the balls of the feet
- Squat: **Feet outside hip-width, knees pressed out over toes, ground the heels, soft knees to land**

Layer 2

- This combo uses all the big muscle groups of the lower body – warming the legs quickly and spiking the heart rate
- Always land with heels down – this softens the landing and gives a reprieve for the calves (important for members who experience calf pain from bouncing)

↓ OPTION: Double Pulse Squat

LATERAL LUNGE

Layer 1

- **Feet outside hip-width**
- **Knees pressed out over toes**
- **Hips square to front**
- **Hinge forward from hips**
- **Chest lifted**

Layer 2

- Squeezing the slide glutes will maintain hip stability as you transfer body weight from side to side
- You can feel the mobilization through the hips but notice the small muscles of the ankle and feet working too
- Reach the arms to deepen the stretch

↓ OPTION: No arms

FLIGHT LUNGE

Layer 1

- Cue: *Lunge, lift, lunge and change sides*
- Lunge: Long step back, knee presses out over toes, chest lifted, back knee drops to floor, back heel lifted
- Leg Extension: Leg extends at the knee, squeeze the butt to release the foot from floor

Layer 2

- Adding the arms is a fantastic way to improve mind-muscle connection for the workout ahead

↓ OPTION: No arms



01. ABOUT YOU 3:10mins

TECHNIQUE AND COACHING

SKATER

Layer 1

- Cue: *Right, left, right, left*
- **Landing knee pressed out over toes**
- **Chest lifted**
- **Core braced**
- **Slight hinge forward at hips**
- **Hips level, square to front**

Layer 2

- Drive further to lift the energy and the heart rate

↓ OPTION: Light bounce, right to left



02. STEADY STATE

TRACK FOCUS

Let’s lift the heart rate with a focus on agility and speed. There are two blocks of work, repeated twice. Build mind-muscle connection in Block 1 so that your participants can shift intensity and improve execution in Block 2.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Jog OTS	2	4x
0:03	Instr /	7x8	A	3-Step Run L&R Run OTS L, R, L – RA Run OTS R, L, R – RA	2 2	14x
0:30	_ I bet you want the goodies	4x8	B	7-Step Run L&R Lateral Run L, R, L, R, L, R, L – RA Lateral Run R, L, R, L, R, L, R – RA ↓ Option: 7x Quick Tread OTS	4 4	4x
0:45	I bet you want the goodies	4x8	C	7-Step Run/2x Jack Combo 7-Step Run L – RA 2x Jack – Natural Arms 7-Step Run R – RA 2x Jack – Natural Arms ↓ Option: 7x Quick Tread OTS + Lateral Squat L&R	4 4 4 4	2x
1:01	Instr /	2x8	A	Jog OTS	2	8x
1:08	Instr /	6x8	D	Soccer Kick (slow) Lateral Leap F (L, R, L, R) – RA Run B – RA ↓ Option: 2x Low Bounce L&R + 2x High Bounce L&R	4 4	6x
1:31	I bet you want the goodies	8x8	D ¹	Soccer Kick (fast) L&R Lateral Leap F (L, R, L, R, L, R, L) – RA Run B – RA Lateral Leap F (R, L, R, L, R, L, R) – RA Run B – RA ↓ Options: Soccer Kick (slow) or 2x Low Bounce L&R + 2x High Bounce L&R	4 4 4 4	4x
2:02		2.5x8		Jog OTS	2	10x
2:11	Instr /	6x8	A	3-Step Run L&R	4	12x
2:33	_ I bet you want the goodies	4x8	B	7-Step Run L&R	8	4x
2:49	I bet you want the goodies	4x8	C	7-Step Run/2x Jack Combo	16	2x
3:05	Instr /	8x8	D	Soccer Kick (slow)	8	8x
3:35	I bet you want the goodies	8x8	D ¹	Soccer Kick (fast) L&R	16	4x



02. GOODIES 4:08mins

ESSENCE TIPS

This track is super fun and explosive. The focus in this track is to challenge both the heart rate and coordination by moving quickly with the beat. Phonetics (cueing to the beat of the music) will be an instructor's best friend. Encourage your participants to listen to your phonetic coaching (eg: "7-6-5-4-3-2-1") and count down in their own heads. This will help them stay on the beat and move with success.

Some participants may not want to move so quickly. That's all good – remember, this track offers options to keep everyone moving.

TECHNIQUE AND COACHING

3-STEP RUN

Layer 1

- Cue: 3-2-1, 3-2-1
- **Chest lifted**
- **Hips square to the front**
- **Land lightly on the last Run – knee bent, pressing out over toes**

Layer 2

- Start small. Find the coordination first and then work on the range

7-STEP RUN

Layer 1

- Cue: 7-6-5-4-3-2-Hold. 7-6-5-4-3-2-Hold
- **Chest lifted**
- **Hips square to the front**
- **Land lightly on the last Run – knee bends and presses out over toes. Abs brace tightly as you drop**

Layer 2

- Pump the arms to keep the legs moving quickly
- Got the rhythm? Run wider to work harder
- Driving knees towards hip height
- Drive off the outside foot to move quickly in the opposite direction

↓ OPTION: 7x Quick Tread OTS

7-STEP RUN/2X JACK COMBO

Layer 1

- Cue: 7-6-5-4-3-2-1, Jack, Jack
- 7-Step Run: As above
- 2x Jack: **Feet wide outside hip-width, knees press out over toes, chest lifted, butt back and down, bring feet back under hips before running**

Layer 2

- Focus on driving out of the Squat to keep the heart rate high in the Jack. No time to rest here!

↓ OPTION: 7x Quick Tread OTS + Lateral Squat L&R

SOCCER KICK (SLOW)

Layer 1

- Cue: 4-3-2-1, 4-3-2-1
- **Soft knee bend**
- **Brace core**
- **Hips square to front**

Layer 2

- Drive through the outside foot to propel forward and cover more ground

↓ OPTION: 2x Low Bounce L&R + 2x High Bounce L&R

SOCCER KICK (FAST)

Layer 1

- Cue: 7-6-5-4-3-2-1. 4-3-2-1
- Light on the feet, transferring body weight from right to left
- **Soft knee bend**
- **Strong core brace for control**
- **Hips square to front**
- If you are moving fast, make sure to alternate L&R

Layer 2

- Now you've got the timing, can you cover more ground? The further you travel, the bigger the cardio hit
- Heels to butt for full hamstring activation
- Metaphors can inspire bigger movement. Move like a jaguar in the jungle or an athlete on a sports field

↓ OPTIONS: Soccer Kick (slow) or 2x Low Bounce L&R + 2x High Bounce L&R



03. PEAK 1 CARDIO

TRACK FOCUS

Peak 1 is a symbiotic merge of longevity and athleticism. Lateral training improves musculoskeletal health (longevity) while power training improves cardiovascular performance (athleticism).

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Track Set-up		16	
0:07	I can hear your body talk	4x8	A	Lateral Squat L&R Lateral Squat L – <i>Hands clasped in front</i> Stand – <i>Hands by sides</i> Lateral Squat R – <i>Hands clasped in front</i> Stand – <i>Hands by sides</i>	2 2 2 2	4x
0:20	Oh la la	8x8	B	Pogo Squat – <i>Hands clasped in front</i> 2x Jump – <i>Hands by sides</i> ↓ Option: Double Pulse Squat L&R – <i>HOH to A-Frames</i> 👁 Lateral Jump Squat on last 16 cts	2 2	16x
0:48	(Beat drop)	8x8	A ¹	Lateral Jump Squat L&R Lateral Jump Squat L – <i>Ski Arms</i> Lateral Jump Squat R – <i>Ski Arms</i> ↓ Option: Lateral Squat L&R	2 2	16x
0:15	Oh la la	2x8		Recovery	16	
1:22	Watching you	6x8	C	Lateral Lunge L (slow) L leg steps out – <i>L Arm Row, R hand reaches towards floor</i> L leg taps in – <i>L fist to hip, R arm to Bicep Curl</i>	6 2	6x
1:42	Oh la la	8x8	C ¹ &C ²	Lateral Lunge L (fast) ↑ Option: Knee Lift ↑ Option: Jumping Knee Lift	4	16x
2:11	(Silence)	2x8		Recovery	16	
2:19	I can hear your body talk	4x8	A	 Lateral Squat R&L	8	4x
2:33	Oh la la	8x8	B	 Pogo	4	16x
3:00	(Beat drop)	8x8	A ¹	 Lateral Jump Squat R&L	4	16x
3:27	Oh la la	2x8		Recovery	16	
3:34	Watching you	6x8	C	 Lateral Lunge R (slow)	8	6x
3:54	Oh la la	8x8	C ¹ &C ²	 Lateral Lunge R (fast)	4	16x



03. SCANDALOUS 4:26mins

COACHING TIPS

One track with two focus points: lateral movement and power training.

Part of what makes TONE a unique workout is the focus on moving the body in all planes of movement. This style of training allows us to strengthen and mobilize the body the way it was designed to move – and this keeps us exercising for life!

Combining lateral movement and power training improves musculoskeletal movement and cardiovascular performance.

Light impact is good for bone density, so encourage your participants to add Hops and Jumps into their workout.

TECHNIQUE AND COACHING

LATERAL SQUAT

Layer 1

- Cue: *Right side, left side*
- **Feet outside hip-width**
- **Knees press out over toes**
- **Chest lifted**
- **Butt to knee height**

Layer 2

- Push into your heels – this provides more balance to sit deeper to encourage more glute activation

POGO

Layer 1

- Cue: *Squat, bounce-bounce*
- Squat: As above, **land with soft knees**
- Jump: **Feet under hips, core braced**

↓ OPTION: Double Pulse Squat. Participants will still get a cardio hit, without the impact to their joints

LATERAL SQUAT JUMP

Layer 1

- Cue: *Right, left, right, left*
- **Feet wide outside hip-width**
- **Knees press out over toes**
- **Land softly**
- Arms circle cheek to cheek, ie from the side of face to the side of glutes

Layer 2

- Bend the knees to build power, activating the triple extension (through the ankles, knees and hips) to jump big
- Just like a spring, load to explode

↓ OPTION: Lateral Lunge L&R – Load the legs by maintaining bent knees. Coach the benefits of building leg strength

LATERAL LUNGE

Layer 1

- **Long step out**
- **Knee presses out over toes**
- **Hinge forward at hips**
- **Chest lifted**
- **Hips square to front**

Layer 2

- Feel the lengthening through the inner thigh as you lunge, and feel the side glute as you lift to stand
- Stay low and loaded to build strength in the legs
- As you step out, soften the knee and brace your core. Safety meets Reactive Core Training and Integrated Strength Training

↑ OPTION: Knee Lift – coach the benefits of stability and core training

↑ OPTION: Jump the knee – highlight the progression in cardiovascular output



04. PEAK 2 FEATURE CARDIO

TRACK FOCUS

Three blocks of work and no breaks. Time to focus on cardiovascular endurance. What’s better than one Burpee? How about 32?

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	Track Set-up			
0:02	Yo soy mala	16x8	A	Lateral Leap/Vertical Jump L&R	
				Lateral Leap L – <i>Natural arm swing open</i>	2
				Vertical Jump – <i>HOH</i>	2
				Lateral Leap R – <i>Natural arm swing open</i>	2
				Vertical Jump – <i>HOH</i>	2
				↓ Option: No Jump	16x
				↑ Option: Jump longer and higher	
0:39	Clap your hands	16x8	B	Burpee (Around The World) – L Turn	
				Squat	2
				Plank	2
				Squat	2
				Jump, turn R 90°	2
				Burpee, turn R 90°	8
				Burpee, turn R 90°	8
				Burpee, turn R 90°	8
				↓ Options: Slow or Walking Burpee	4x
1:16	Yo soy mala	16x8	A	Lateral Leap/Vertical Jump L&R	8
1:52	Clap your hands	16x8	B ¹	Burpee (Around The World) – R Turn	32
2:28	Clap your hands	8x8	A	Lateral Leap/Vertical Jump L&R	8



04. BABABA 2:51mins

ESSENCE TIPS

The Feature Cardio track is always an opportunity to highlight an exercise or a style of training. In this track, the feature exercise is the Burpee and the style of training is cardio endurance.

The Burpee can be intimidating, so make sure to remind your participants that they can move on or off the beat, jumping or walking.

Moving up and down from the floor is so beneficial for overall strength and mobility (longevity). The Burpee enables us to replicate this ‘everyday movement’ within a gym context.

The Around The World Burpee allows participants to move at their own speed/style. Participants will be facing different directions in the room, which will take the intimidation out of moving at their own speed/style.

Participants can do Burpees on the spot if they experience dizziness. A Triple Pulse Squat is also a good option for a quick breather before going in for more Burpees.

TECHNIQUE AND COACHING

LATERAL LEAP/VERTICAL JUMP

Layer 1

- Cue: *Side, jump, side, jump*
- **Chest lifted**
- **Hips square to front**
- **Feet under hips before jumping**
- **Land softly with bent knees**

Layer 2

- Swing the arms and squeeze the glutes to jump high
- Look for the opportunity to move bigger. Dial up the intensity – move wider and higher

↓ OPTION: Lateral Step/Heel Raise

↑ OPTION: Jump longer and higher

BURPEE

Layer 1

- Cue: *Squat, plank, squat, turn*
- Squat: **Chest lifted, feet outside hip-width, knees press out over toes, butt low**
- Plank: **Hands under shoulders, feet jump back long, butt down, glutes and core squeezes tightly**

Layer 2

- A deep Squat helps with the transition on and off the floor
- Use the body efficiently. Whip the hip when jumping from a Plank to a Squat. Then jump from a low Squat to the 90° Turn

↓ OPTION: Burpee AMRAP

↓ OPTION: Burpee OTS (no turn)

↓ OPTION: Triple Pulse Squat while you catch your breath – don’t stop moving



05. PEAK 3 CARDIO

TRACK FOCUS

This is it: the final Cardio Peak track! Time to charge up the posterior chain to create explosive power.

WEIGHT RECOMMENDATION:

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

Regulars: 2x small weight plates

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Squat (hold) – HOH ↓ Option: Weight plates to chest	32
0:21	I was angry before	6x8	A ¹	Pulse Squat – HOH ↓ Option: Weight plates to chest	4 12x
0:37	(Music builds)	2x8		Transition Weight plates to floor	16
0:43	(Beat drop)	8x8	B	Hammer Throw Burpee Squat Plank Squat Jumping Butt Kick/Hammer Throw ↓ Option: Walking Burpee and Grounded Hammer Throw	2 2 2 2 8x
1:04	I was angry before	4x8		Recovery Pick up weight plates for Pulse Squat	32
1:14	Don't let the sun go down	12x8	A ¹	 Pulse Squat – HOH	4 24x
1:57	I was angry before	4x8	A ²	Squat Press Squat – Weight plates to chest Stand – Weight plates press F	2 2 8x
2:08	(Beat drop)	16x8	C	Broad Jump F&B Squat – Weight plates to chest Jump Butt Kick F – Weight plates press F Squat – Weight plates to chest Jump Turn 180° – Weight plates to chest Repeat to B ↓ Option: Walking Squat F&B	128 AMRAP
2:50	Don't let the sun go down	4x8		Pick up weight plates	32
3:01	_ angry before	4x8	A	 Squat (hold)	32
3:12	_ I was angry before	12x8	A ¹	 Pulse Squat – HOH	4 24x
3:43	(Distorted voice)	16x8	B ¹	Hammer Throw Burpee/Broad Jump F&B	128 AMRAP



05. ANGRY BEFORE 4:38mins

ESSENCE TIPS

There are three blocks of work in this track. Each block begins with a Pulse Squat with a Weighted Overhead Extension – think of this as an opportunity to load the muscles of the posterior chain. We supercharge the back of the body and use this energy to create explosive power when we hit the Cardio section.

You will notice that the last Cardio block combines the exercises from Blocks 1 and 2. Use the first two blocks of work to set up safe and effective movement. This will allow you to focus on coaching motivation and driving intensity in the last block of work.

Encourage your participants to feed off the motivation in the room. Creating a team dynamic will inspire them to push their limits and stay with the workout, even when it gets tough!

TECHNIQUE AND COACHING

PULSE SQUAT/OVERHEAD EXTENSION

Layer 1

- Cue: *Pulse, pulse*
- **TONE Posture**
- **Feet outside hip-width, knees press out over toes**
- **Butt back and down**
- **Chest open and lifted**
- **Shoulders away from ears**
- Squeeze through the back of the body
- Breathe and recover

Layer 2

- Loading the posterior chain. Switch on the posterior chain now so we can use those muscle groups to move explosively in the Cardio section
- Reset TONE Posture. As we fatigue, our core brace switches off. Turn it on to look after your back
- Breathe. Refuel the body with oxygen before taking on the next Cardio block

↓ OPTION: No weights

HAMMER THROW BURPEE

Layer 1

- Cue: *Squat, plank, stand, throw*
- Squat: **Chest lifted, feet outside hip-width, knees press out over toes, butt low**
- Plank: **Hands under shoulders, feet jump back long, butt down, core squeezes tightly**
- Hammer Throw: **Both feet take off to jump, heels to butt, throw hands down, squeeze core to crunch, soft knees to land**

Layer 2

- Momentum creates efficient movement. Shoot from the Plank to the Squat. Use the knee bend in the Squat to accelerate into the jumping Butt Kick. Use the abdominal crunch in the Hammer Throw to bring the body back to Squat position

↓ OPTION: No Butt Kick

↓ OPTION: Walking Burpee

↓ OPTION: Burpee AMRAP

SQUAT PRESS

Layer 1

- Cue: *Down, up, down, up*
- **TONE Posture**
- **Feet outside hip-width**
- **Knees stop at hip height**
- **Chest lifted**
- **Shoulders away from ears**
- **Weight at shoulder height**

Layer 2

- Practice driving the weight forward to generate power

↓ OPTION: No weights – hands together



05. ANGRY BEFORE 4:38mins

TECHNIQUE AND COACHING

BROAD JUMP

Layer 1

- Cue: *Squat, jump, squat, turn*
- From Squat position, jump forward and up (option to use the Butt Kick). Land in Squat position. Jump 180 degrees. Repeat sequence
- **Both feet take off, both feet land**
- **Bend knees to land softly**
- **Weight at shoulder height**

Layer 2

- Drive through the balls of the feet to jump up and out
 - Push the plate forward with power – this creates momentum to jump further
- ↓ OPTION: No weight plates
- ↓ OPTION: No Butt Kick
- ↓ OPTION: Walk instead of Jump
- ↓ OPTION: AMRAP (own speed or style)

HAMMER THROW BURPEE/BROAD JUMP

Layer 1

- Cue: *Squat, plank, squat, jump*
- Hammer Throw Burpee: As above
- Broad Jump: As above

Layer 2

- Look at your neighbor for inspiration. If they are still working hard, then so are you. Stay with the workout, team!
 - Imagine jumping over something big. What are you jumping over?
 - TONE is so much better with friends!
- ↓ OPTION: No Butt Kick
- ↓ OPTION: Walk instead of Jump
- ↓ OPTION: AMRAP (own speed or style)



06. RESISTED CARDIO

TRACK FOCUS

Ibiza, Bal, Phuket. Just like those destinations, this song inspires the perfect blend of energy and calm. Use the music to transition your participants into the grounded feeling of strength training.

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 Set-up		16	
0:07	When I think of you	2x8	A	4/4 Washboard L&R Arms extend F, weight plates together ↓ Option: Weight plates to chest ↓ Option: Arms to Bicep Curl, weight plate to front of body	16	
0:16	Cos I wanna be free	4x8	A ¹	2/2 Washboard L&R	8	4x
0:31	Grateful inside my heart	4x8	A ²	Washboard L&R	4	8x
0:47	When I think of you	2x8	B	Washboard Combo L&R Washboard L, R, L (hold) Washboard R, L, R (hold) 👁 Washboard Combo with Knee Lift on last 4 cts ↓ Option: No Knee Lift	4 4	2x
0:53	When I think of you	6x8	B ¹	Washboard Combo with Knee Lift L&R Washboard L Washboard R Washboard L, Knee Lift L Washboard R Washboard L Washboard R, Knee Lift R ↓ Option: No Knee Lift	1 1 2 1 1 2	6x
1:18	I wanna be free	1x8		Transition to Clean & Press	8	
1:22	Oh honey	3x8	C	Clean & Press (slow) Jump to Squat – arms long, weight plates to floor Jump to stand – weight plates stacked to collarbones Standing O/H Press – weight plates press O/H Reset to standing – weight plates stacked to collarbones	2 2 2 2	3x
1:34	Grateful inside my heart	4x8	C ¹	Clean & Press (fast)	4	8x
1:50	Grateful inside my heart	3½x8	C ²	Clean & Press (fast with Jump) Jump to Squat – arms long, weight plates to floor Jump to stand – weight plates stacked to collarbones Jump with O/H Press – weight plates press O/H Land to standing – weight plates stacked to collarbones ↓ Option: No Jump	1 1 1 1	7x
2:02	My heart breaks	½x8		Transition to Triple Flight Lunge	4	



06. RESISTED CARDIO

MUSIC		EXERCISE		CTS	REPS
2:05	When I think of you	8x8	D	3x Leg Lift & Plate Punch Combo L&R	
				3x Flight Lunge L – arms extend to shoulder height	6
				2x Lateral Step R – arms tucked to sides	2
				3x Flight Lunge R – arms extend to shoulder height	6
				2x Lateral Step L – arms tucked to sides	2
					4x
2:22	When I think of you	4x8	D ¹	3x Leg Lift & Plate Punch Combo (propulsive)	
				3x Propulsive Flight Lunge L – arms extend to shoulder height	6
				Lateral Hop R – O/H Press	2
				3x Propulsive Flight Lunge R – arms extend to shoulder height	6
				Lateral Hop L – O/H Press	2
				↓ Option: No Lateral Hops	2x



06. HONEY 2:43mins

ESSENCE TIPS

We have a beautiful song for Resisted Cardio. Tap into the calm and grounded feeling of this track. This will help your participants shift into the Strength section of the workout.

This track is designed to work the accessory muscles before we hit the larger muscle groups. The focus here is to switch on the small muscle groups so they can assist the bigger muscle groups later in the workout.

Avoid over-exertion here by encouraging your participants to use smaller weight plates.

The core plays a vital role in this track so remind them about the importance of TONE Posture and a strong abdominal brace.

TECHNIQUE AND COACHING

WASHBOARD

Layer 1

- Cue: *Right-left. Right-left*
- TONE Posture
- Squeeze abs and glutes
- Feet outside hip-width
- **Hips square to the front – no twisting**
- **Shoulders away from ears**
- **Plates lower than shoulders – chest height, stop inside line of knees**

Layer 2

- The further you take the weight away from the body, the harder you work
- Squeeze the glutes hard to keep the hips facing forward
- Drive the knees out to stabilize the lower body. We can isolate the core work more effectively when the lower body is stable

↓ OPTION: Weight plate to chest

↓ OPTION: Arms at Bicep Curl, weight slightly forward of body

WASHBOARD COMBO

Layer 1

- Cue: *Right-left-right. Left-right-left*
- TONE Posture
- Squeeze abs and glutes
- Feet outside hip-width, knees bent
- **Shoulders away from ears**
- **Weight plates lower than shoulders – chest height**

Layer 2

- Focus on decelerating the movement on the hold. That creates deeper core activation

↓ OPTION: No Knee Lift

CLEAN & PRESS

Layer 1

- Cue: *Squat, clean, press, rest* (slow combo)
- Cue: *In, out, press* (fast combo)
- Cue: *In, out, jump, land* (fast with Jump Combo)
- TONE Posture
- Squat: **Feet outside hip-width, knees press out over toes, land softly, chest lifted**
- Clean: **Feet under hips, clean weight to collarbones, weight plates close to body**
- Press: **Feet under hips, arms extend overhead, weight slightly forward of forehead**
- Reset: **Feet under hips, weight to collarbones, land softly by bending knees (if jumping)**

Layer 2

- Integrated Strength Training is the fastest way to change body composition, targeting the upper and lower body, and the core at the same time

↑ OPTION: Progress to moving faster

↑ OPTION: Add a Jump

FLIGHT LUNGE

Layer 1

- Cue: *3-2-1. Two steps across* (grounded combo)
- Cue: *3-2-1. Hop across* (propulsive combo)
- **Turn body to 45 degrees**
- **Core braced**
- **Plates stop at shoulder line**
- **Knees soft and in line with toes**
- **Squeeze glutes to lift the back leg**

Layer 2

- Moving the body dynamically in various planes of movement encourages the accessory muscles to activate
- Moving the body in this way helps activate the muscles we use in everyday movements
- This move targets the smaller muscles that support the joints, improving joint stability and overall movement and performance

↑ OPTION: Progress to 3x Propulsive Flight Lunge



07. RESISTED BALANCE

TRACK FOCUS

WARNING: Your glutes will feel this track! The burn is real and the track is fun, giving you lots of opportunity to connect (and commiserate) with your participants.

WEIGHT RECOMMENDATION:

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

Regulars: 2x light weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	I could have my Gucci on	4x8	Track Set-up Place body weight in L leg. R foot F, ready to move		32	
0:16	My Gucci	4x8	A	Around The World – Double Tap Combo L 2x Tap F – <i>weight plates to chest</i> 2x Tap R side – <i>weight plates to chest</i> 2x Tap B – <i>weight plates to chest</i> 2x Tap R side – <i>weight plates to chest</i>	4 4 4 4	2x
0:31	(Silence)	1x8	Hold		8	
0:34	I could have my Gucci	8x8	A ¹	Around The World – Sweep Combo L Sweep L foot B – <i>arms extend long</i> Sweep L foot F – <i>arms extend long</i> ⬆ Option: <i>Pulse with arms extension</i>	8 8	4x
1:04	I'll make you double take	8x8	B	Runners Knee L R knee lifts F – RA R knee travels B – RA	4 4	8x
1:34	(Music builds)	6x8	A ¹	Around The World – Sweep Combo L Add Pulse after 16 cts	16	3x
1:57		4x8	B	Runners Knee L	8	4x
2:11	I could have my Gucci on	4x8	Transition Shake out legs. Place body weight in R leg. L foot F, ready to move		32	
2:28	My Gucci	39x8	 Block 1 to R side		312	



07. MADE YOU LOOK 4:25mins

ESSENCE TIPS

Get your Gucci on because it's time for the Balance track.

The choreography in this track is super simple. Use the first set of work to get your participants moving successfully. Once that is achieved, you have plenty of time to connect with them. Empathize with the burning sensation and motivate them to the end of each block of work.

As we age, we tend to become dominant on one side of our body. Unilateral Strength Training isolates one side of the body at a time, which helps to reduce imbalances and improve strength.

TECHNIQUE AND COACHING

AROUND THE WORLD – DOUBLE TAP COMBO

Layer 1

- Cue: *Tap-tap-side, tap-tap-back, tap-tap-front*
- Balance on one leg
- **TONE Posture**
- **Strong core brace**
- **Chest lifted**
- **Bend standing knee**, squeeze glute tightly
- Moving leg extended long, toes pointed, tapping floor

Layer 2

- We move the leg to knock us off balance. Squeeze your glute and core firmly to maintain stability

OPTION: Shake it out whenever you need to but come back in as quickly as you can

AROUND THE WORLD – SWEEP COMBO

Layer 1

- Cue: *4-3-2-1, 4-3-2-1*
- Balance on one leg
- **TONE Posture**
- **Chest lifted, abs braced**
- **Bend standing knee**, squeeze glute tightly
- Moving leg extended long, toes pointed, tapping floor
- **Weight plates below shoulder height, arms extend long**

Layer 2

- Sink into the heel for deeper glute activation. This will help with stability and strength development
- Slow equals control. And control equals muscle activation. Don't rush the movement
- Phonetic coaching will set the timing so that your participants reap the benefits of balance training

↑ OPTION: Single-Leg Pulse Squats (4x backwards, 4x forwards)

RUNNERS KNEE

Layer 1

- Cue: *Up, up, back, back*
- **TONE Posture**
- **Hips square to front**
- Balance on one leg
- **Knee presses out over toes**

Layer 2

- At the top of the movement, squeeze the butt lots and brace the core to stabilize the body
- Counterbalance the wobbles by hinging forward (nose over toes) from the hips as the leg shifts back

↓ OPTION: Tap down



08. LOWER BODY STRENGTH

Please note: This song contains explicit content. The alternate song can be used in its place.
Please use *HOT!* with the same choreography.

TRACK FOCUS

We have a new and innovative move to TONE, the Duck Walk. This improves lower body strength and joint health. This move gets 'two birds with one stone'. Get it?

WEIGHT RECOMMENDATION:

New to Fitness: 1x SMARTBAND™ or no SMARTBAND. 1x small weight plate or no weight plate
Regulars: 1x SMARTBAND. 1x medium to heavy weight plate

MUSIC				EXERCISE	CTS	REPS
0:00	No matter what	4x8		Track Set-up	32	
0:10	Pretty girls walk like this	16x8	A	Duck Walk L&R 4x Duck Walk F – <i>weight plate to chest</i> 4x Duck Walk B – <i>weight plate to chest</i> Use last 8 cts to set up for Kick Back	16 16	4x
0:53	Pretty girls walk like this	8x8	B	Kick Back L <i>Weight plate to chest</i>	4	16x
1:15	Walking into this	12x8	C	Surrender Squat L&R <i>Weight plate to chest</i> ↓ Option: Walking Squat F&B	32	3x
1:46	Pretty girls walk like this	8x8	B	Kick Back L	4	16x
2:08	Instr /	8x8		Recovery	64	
2:31	Pretty girls walk like this	16x8	A	 Duck Walk R&L	32	4x
3:13	Pretty girls walk like this	8x8	B	 Kick Back R	4	16x
3:34	Walking into this	12x8	C	 Surrender Squat R&L	32	3x
4:07	Pretty girls walk like this	8x8	A	 Kick Back R	4	16x
4:28	Outro /			Recover	32	



ALT

08. LOWER BODY STRENGTH

HOT! 4:40mins

Please use this song in place of *Pretty Girls Walk* when teaching Track 08.

TRACK FOCUS

We have a new and innovative move to TONE, the Duck Walk. This improves lower body strength and joint health. This move gets two birds with one stone. Get it?

WEIGHT RECOMMENDATION:

New to Fitness: 1x Smartband or no Smartband. 1x small weight plate or no weight plate

Regulars: 1x Smartband. 1x medium to heavy weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	C / <i>Get hot, hot</i>	4x8		Track Set-up	32	
0:10	/ <i>_ bucks, then I'm ballin'</i>	16x8	A	Duck Walk L&R 4x Duck Walk F – <i>weight plate to chest</i> 4x Duck Walk B – <i>weight plate to chest</i> Use last 8 cts to set up for Kick Back	16 16	4x
0:53	C / <i>When I get hot</i>	8x8	B	Kick Back L <i>Weight plate to chest</i>	4	16x
1:15	V / <i>Let me meditate</i>	12x8	C	Surrender Squat L&R <i>Weight plate to chest</i> ↓ Option: Walking Squat F&B	32	3x
1:46	C / <i>When I get hot</i>	8x8	B	Kick Back L	4	16x
2:08	/ <i>hot, hot (fading)</i>	8x8		Recovery	64	
2:31	/ <i>hot, hot (fading)</i>	16x8	A	 Duck Walk R&L	32	4x
3:13	C / <i>When I get hot</i>	8x8	B	 Kick Back R	4	16x
3:34	/ <i>When I get hot</i>	12x8	C	 Surrender Squat R&L	32	3x
4:07	/ <i>When I get hot</i>	8x8	A	 Kick Back R	4	16x
4:28	/ <i>When I get hot</i>			Recover	32	



08. PRETTY GIRLS WALK 4:40mins

ESSENCE TIPS

The focus of this track is to improve the health and mobility of our lower-body joints (feet, ankles, knees and hips) while we simultaneously improve muscular strength.

In the Duck Walk, encourage your participants to stay low in the Squat and roll through their feet (heel-ball-toe roll) to improve feet, ankle and knee health.

The Surrender Squat is back from hiatus (MIA since TONE 11). This is a super functional movement that improves joint strength. As we age, we start to rely on our upper body to assist with transitioning on and off the floor. By holding the weight plate, we remove the ability to use our hands, forcing us to rely solely on our lower-body strength and mobility.

TONE is about inclusivity, so remember to offer an array of options to suit the participants in the room eg Walking Squats or no band options.

TECHNIQUE AND COACHING

DUCK WALK

Layer 1

- Cue: 4-3-2. Same leg back. 4-3-2. Same leg forward
- **Chest lifted, abs braced**
- **Hips square to front**
- **Knees bent**
- **Feet outside hip-width, knees press out against the band**
- **Butt back and down**
- Roll heel-ball-toe to encourage feet and ankle mobility

Layer 2

- The more tension on the band, the more engagement in the legs
- Keep the feet wide and the knees pressed out against the band. You should feel the tension down the sides of the legs
- Keep the hips square to front and the tension tight in both legs to avoid overcompensating on one leg

↓ OPTION: No band

KICK BACK

Layer 1

- Cue: *Up, down, up, down*
- **Standing leg directly under hip**
- **Hips square to front**
- **Chest lifted, TONE Posture**
- Kick to the back corner of the room
- Squeeze the glute to kick the leg back
- It's a small movement – squeeze and release

Layer 2

- Isolated Strength Training improves unilateral strength and evens out imbalances

↓ OPTION: No band

SURRENDER SQUAT

Layer 1

- Cue: *Knee down, knee down, stand up, stand up*
- **Feet outside hip-width**
- **Chest lifted**
- **Strong core brace**
- **Keep hips square to front and level**
- **Squeeze the glutes to maintain hip stability**

Layer 2

- Aim to keep your hips square and level. Focusing on this improves hip strength and stability
- This is functional strength work – training the body to move on and off the floor without using the hands for support

↓ OPTION: Walking Squat forward and back. Stay low in the Squat stepping forward. Stay low in the Squat stepping back to narrow Squat



09. UPPER BODY STRENGTH

TRACK FOCUS

Compound training is the best way to strengthen several muscle groups at the same time. Make sure to name the muscles that are working and explain the benefits of strengthening that muscle group.

WEIGHT RECOMMENDATION:

New to Fitness: 1x light weight plate

Regulars: 1x light to medium weight plate

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Track Set-up	16	
0:08	Creep	10x8	A 2/2 Pushup & Front Raise Combo L&R		
			2/2 Pushup	8	
			2/2 Front Raise, L leg F	8	
			2/2 Pushup	8	
			2/2 Front Raise, R leg F	8	2½x
			↑ Option: Pushup on toes		
			↓ Option: Pushup with knees under hips		
0:46	So I creep	12x8	A¹ 2x Pushup & Front Raise Combo R&L		
			2x Pushup	8	
			2/2 Front Raise, R leg F	8	
			2x Pushup	8	
			2/2 Front Raise, L leg F	8	3x
			↑ Option: Release back knee from floor in Front Raise		
1:32	(Quiet distorted voices)	2x8	Transition Set-up for Stick Insect	16	
1:39	Creep	6x8	B Stick Insect (slow) L&R	16	3x
2:02	Creep	5½x8	B¹ Stick Insect (fast) L&R	8	5½x
2:22	(Music building)	2½x8	Transition Set-up for 2x Pushup & Front Raise Combo	20	
2:32	Creep	4x8	A¹ 2x Pushup & Front Raise Combo L&R	16	2x



09. CREEPIN' 3:07mins

ESSENCE TIPS

We like to get the most out of our workout in TONE. Compound movements are the most efficient ways to strengthen and tone several muscle groups at once.

There are tons of options available to participants. As the movement patterns progress, remind your participants to stop where they feel comfortable, but always encourage them to take a challenge and push beyond their comfort zone.

Participants like to be informed of the purpose of each exercise. Name the muscles/joints that are working and explain how the exercise improves athleticism and/or longevity.

TECHNIQUE AND COACHING

PUSHUP & FRONT RAISE COMBO

Layer 1

- Cue: *Down, down, step forward and Shoulder Raise 2/2*
- Pushup: Hands outside shoulders, **chest stops at elbow height, core braced, long spine**
- Front Raise: **Long step forward, back knee under hip, chest lifted, core braced, weight plate stops at shoulder line, drive through front heel when standing**

Layer 2

- Compound and isolation work gives us shape and tone
- Releasing your knees from the floor adds additional body weight to your workout

OPTION: On knees or toes. Remember, you are working the same muscle groups regardless of your choice

STICK INSECT

Layer 1

- Cue: *Out, out, in, in (slow)*
- Cue: *Out and in (fast)*
- Hands under shoulders, fingers facing out
- **Elbows soft**
- **Core braced**
- Lift one leg, extending the leg forward, toes pointed
- **Squeeze glutes** to lift hips
- Drive down through heels

Layer 2

- The triceps and core are the heroes of this movement. They stabilize the upper body, while the Leg Extension increases the stabilizing demand of your glutes and core

OPTION: Shake out the wrists as needed, but return to the workout as quickly as you can



10. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

How do you like your Functional Core Strength? Hopefully you like it hard, continuous and with a challenging ‘core smasher’ at the end.

WEIGHT RECOMMENDATION:

New to Fitness: 1x light weight plate

Regulars: 1x light weight plate or no weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	3x8	Track Set-up Come down to the floor, lying on back. <i>Weight plate in hands.</i> Legs and arms to 45°		24	
0:11	(Heavy beat)	13x8	A	Extended Frog Crunch 2/2 Crunch – <i>weight plate moves from 45° to the belly and up to the feet</i> 2/2 Extension – <i>weight plate moves from the feet to the belly and up to 45°</i> ↓ Option: Feet lower to floor	4 4	13x
1:01	_ I love the way	8x8	A ¹	Triple Extended Frog Crunch 3x Pulse Crunch – <i>push weight plate towards feet</i> Extension – <i>arms and legs extend to 45°</i> ↓ Option: Feet lower to floor	6 2	8x
1:31	Close to me	4x8	B	Scissor Kick (slow) L&R ↓ Option: Bend knees, toe-tap	8	4x
1:46	Breathe	8x8	B ¹	Scissor Kick (fast) L&R	4	16x
2:17	_ I love the way	4x8	B ²	Scissor Kick (fast) & Crunch Combo	4	8x
2:47	Close to me	16x8	C	Windscreen Wiper L&R Leg drop F Leg drop B ↑ Option: Feet to ceiling ↓ Option: Both knees bent ↓ Option: Bottom leg bent, top leg extended	8 8	8x



10. MOVE YOUR BODY 3:35mins

ESSENCE TIPS

Maddalena called this track a ‘core smasher’, so you know this is going to be a spicy workout!

The aim of this track is continuous movement, so encourage your participants to modulate the intensity by progressing and regressing the movements as needed. Regression is preferable to stopping altogether because we strengthen our bodies by moving under fatigue.

Encourage your participants to breathe. The breath is an important tool for core work. Inhalation refreshes the body with oxygen, which fuels the bloodstream and muscle tissues. Exhalation relaxes the body and reduces muscular tension.

TECHNIQUE AND COACHING

EXTENDED FROG CRUNCH

Layer 1

- Cue: *Chest, feet, chest, extend*
- **Lower back pressed against the floor**
- **Hips square to ceiling**
- **Shoulder blades release from floor**
- Squeezing ribs towards hips
- Knees wide in the Crunch

Layer 2

- The higher you lift the shoulder blades, the bigger the abdominal crunch
- ↓ OPTION: Feet to floor, knees wide. Focus on releasing the shoulder blades from the floor and rolling ribs towards hips

SCISSOR KICK

Layer 1

- Cue: *1-2, 1-2* (slow)
- Cue: *Front and back* (fast)
- **Lower back pressed against the floor**
- **Hips square to ceiling**
- **Shoulder blades pressed against the floor**
- **Weight plate above shoulders**
- Legs extend to ceiling

Layer 2

- Think about drawing the belly button towards the spine. This helps the core to brace and to anchor the spine against the floor
- ↓ OPTION: Knees bent, alternating Toe Tap. This reduces the intensity by bringing the knees closer to the hips, but maintains the work in the lower abdomen

WINDSCREEN WIPER

Layer 1

- Cue: *1-2, 1-2*
- **Hips square to ceiling**
- **Shoulder blades pressed firmly against the floor**
- Drop legs as low as possible **without lifting the shoulder blades from the floor**
- **Weight plate to chest**

Layer 2

- Focus on consistent movement rather than a progressive challenge. It is better for participants to do as many reps as possible at a lower intensity than picking a higher intensity and needing to stop
- ↑ OPTION: Extend the top leg. The extra body weight will create a greater challenge for the core
- ↑ OPTION: Both legs extended



11. GLUTES

TRACK FOCUS

This track is the remedy for lazy glutes. By the end of this workout, you will have a booty that just won’t quit... both physically and aesthetically.

WEIGHT RECOMMENDATION:

New to Fitness: No equipment

Regulars: 1x SMARTBAND

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Track Set-up Lie on front, set up Grasshopper		32	
0:10	Tre del mattino	20x8	A	Grasshopper	4	40x
0:58	(Horns)	4x8	B	Flutter Kick L&R	2	16x
1:07	Sta cadendo	4x8	C	Childs Pose	32	
1:17	Sta ballando come	12x8	D	Lateral Tap L	8	12x
1:45	(Horns)	4x8	E	Straight-Leg Extension L	2	16x
1:55	Non sara	1x8		Transition to Scorpion	8	
1:57	Sempre ma	7x8	F	Scorpion (slow)	4	14x
2:14	(Horns)	8x8	F ¹	Scorpion (fast)	2	32x
2:33	Sta cadendo	32x8	 Sequences C, D, E, F, F ¹ to the R side			



11. MAMBO SALENTINO 4:03mins

ESSENCE TIPS

This track is the final piece of the puzzle that completes this entire workout BUT it's not for the faint of heart. In fact, the Masterclass team made sure that this track was super spicy!

Tension is your friend in this track. The more tension you place on the band, the harder you will work. Encourage your participants to explore the edges of their range – this is where they will develop strong hips and glutes.

The Grasshopper is a challenging move and you may find that your participants thrust their legs up to create height. Remind them that the focus is on glute activation and not air time. This will help them to keep the strain out of their lower back.

TECHNIQUE AND COACHING

GRASSHOPPER

Layer 1

- Cue: *Up, down, up, down*
- **Lie with front to floor**
- **Hands stacked, lay forehead on hands**
- **Hips press against the floor**
- **Knees wide, heels together**
- **Maintain a long neutral neck and spine**
- **Squeeze the glutes** to release the thighs from the floor

Layer 2

- Whether you achieve millimeters or centimeters, the focus should be on the butt squeeze and not the height of the lift

↓ OPTION: No band

FLUTTER KICK

Layer 1

- Cue: *Kick, kick, kick, kick*
- **Lie with front to floor**
- **Hands stacked, lay forehead on hands**
- **Hips press against the floor**
- Release thighs from the floor and kick as quickly as possible

Layer 2

- Imagine being a kid with a flutter board. Swim to the other side of the pool as quickly as you can

OPTIONS: Move to the beat or find a pace that works for you

CHILDS POSE

Layer 1

- Cue: *Knees wide, arms stretch forward, chest drops towards floor*
- Knees wide
- Arms stretched forward
- Chest drops towards the floor naturally
- Gently open through the hips by pushing the hips towards the floor

OPTION: Bring the knees under hips if this is more comfortable for you

LATERAL TAP

Layer 1

- Cue: *Tap out, tap in*
- Hands under shoulders
- **Hips square to floor**
- **Core braced, glutes squeezed**
- Leg extends long at the knee, tap out and in
- Think about making a big rainbow arch with your foot

Layer 2

- The higher and wider you make the rainbow arch, the bigger the gains

↓ OPTION: No band

STRAIGHT-LEG EXTENSION

Layer 1

- Cue: *Up, down, up, down*
- Hands under shoulders
- **Hips square to floor**
- **Core braced, glutes squeezed**
- Leg extends long at the knee, lift up and down
- Hamstring and glute activation

Layer 2

- Try to hover your foot at hip height, pulsing the foot an inch above and below the hip. This range is the ideal height for hamstring activation

↓ OPTION: No band



11. MAMBO SALENTINO 4:03mins

TECHNIQUE AND COACHING

SCORPION

Layer 1

- Cue: *Up and down* (slow)
- Cue: *Up, down, up, down* (fast)
- Drive hands firmly into the floor
- **Hips square to floor**
- **Core braced**
- Leg and ankle bend to 90 degrees
- Glute activation

Layer 2

- This move primarily works the glute max, but the core and shoulders are working hard to stabilize the body, allowing us to pulse our leg quickly
- Pay attention to the range of motion in either side of the body. Can you even out any imbalances?

↓ OPTION: No band



12. STRETCH

TRACK FOCUS

Let’s celebrate success! Thank the body for a great workout and stretch as a team.

MUSIC		EXERCISE	CTS
0:00	Intro	Track Set-up Transition feet for Wide Squat	16
0:12	We bout to toast up	Squat with Side Twist	16
0:22	Oooh	Hamstring Stretch L	16
0:33	While I tried to tell you so	Hip Flexor Stretch R ⬆ Option: Thoracic Twist ⬆ Option: Reach behind, grab back foot for Quad Stretch	48
1:03	You lied to me	Transition to L side	16
1:13	Return of the Mack	Hamstring Stretch L	16
1:23	I’m about to pull up	Hip Flexor Stretch L ⬆ Option: Thoracic Twist ⬆ Option: Reach behind, grab back foot for Quad Stretch	32
1:43	Instr /	Forward Fold to Extended Mountain Pose	16
1:53	Outro /	Side Bend L&R	16



12. COOPED UP / RETURN OF THE MACK 2:04mins

ESSENCE TIPS

That's another fabulous workout in the bag!

This Stretch track is short and you have roughly a minute to stretch each side of your body.

Two minutes is still plenty of time to connect with your participants, share smiles and congratulate them for completing another epic workout.

TECHNIQUE AND COACHING

SQUAT WITH SIDE TWIST

Layer 1

- Cue: *Take the feet outside hip-width. Find a range that works for you. Squeeze the glutes. Press the knees out over toes. Drop one shoulder forward and twist through the upper body*
- **Feet outside hip-width**
- **Hips square to front**
- **Chest lifted**

HAMSTRING STRETCH

Layer 1

- Cue: *One leg steps back, the other to kneeling position; pull the hips back and let the chest drop*
- **Balancing knee under hip**
- Other leg extends long
- **Spine long**
- **Drop the chest to where feels comfortable**

OPTIONS: Toes pointing forward or toes lifted off floor

HIP FLEXOR STRETCH

Layer 1

- Cue: *Hips move forward from Hamstring Stretch. Bend the front leg forward and drop hands to the floor*
- **Spine long**
- **Core braced**

↑ OPTION: Thoracic Twist – One hand to floor, the other hand to ceiling

↑ OPTION: Reach behind and grab back foot for Quad Stretch. Opposite arm to opposite foot

EXTENDED MOUNTAIN POSE AND SIDE BEND

Layer 1

- Cue: *Come to a standing position from a Forward Fold. Lengthen through the spine and shoulders. Hands over head for Extended Mountain Pose. Take a Side Bend*
- **Spine long**
- **Chest lifted**
- **Feet under hips**



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.