

LES MILLS TONE 23

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

A Milli (SIDEPIECE Remix) (2:31)
Lil Wayne
Courtesy of the Universal Music Group.
Written by: Jones-Muhammad, Carter, Fareed, Crawford

02

A Milli (SIDEPIECE Remix) (1:03)
Lil Wayne
Courtesy of the Universal Music Group.
Written by: Jones-Muhammad, Carter, Fareed, Crawford

BUBBLEGUM (2:27)
ESSEL
Courtesy of the Universal Music Group.
Written by: Szulansky, Cardona, Essel

BUBBLEGUM (1:05)
ESSEL
Courtesy of the Universal Music Group.
Written by: Szulansky, Cardona, Essel

03

Desire (3:35)
Sub Focus & Dimension
Courtesy of the Universal Music Group.
Written by: Douwma, Etheridge, Keen

04

La Samba (3:43)
Wax Motif & Riordan
© 2023 Nervous Records.
Written by: Chien, Kelly

05

IT'S OK (Benda Remix) (4:13)
Tisoki feat. Kozze
© 2020 Dim Mak Records, Inc.
Written by: Edwards, Hanson, Russell, Macedo

06

Anywhere (3:32)
MRVLZ
© 2019 & MRVLZ.
Written by: Leathers

07

Tip Pon It (3:40)
Sean Paul & Major Lazer
Courtesy of the Universal Music Group.
Written by: Jong, Henriques, Pentz, Meckseper, Reid

08

Power (Remember Who You Are) (Flippersworld Remix) (3:49)
SPINALL feat. Summer Walker, DJ Snake & Äyanna
Courtesy of the Universal Music Group.
Written by: Audino, Hughes, Ayanna, Desmond, Grigahcine, Macdonald, Simone, Walker

Power (Remember Who You Are) (Flippersworld Remix) (0:36)
SPINALL feat. Summer Walker, DJ Snake & Äyanna
Courtesy of the Universal Music Group.
Written by: Audino, Hughes, Ayanna, Desmond, Grigahcine, Macdonald, Simone, Walker

09

Danca (2:43)
Alii
© 2023 Les Mills Music Licensing Ltd.
Written by: Schuhmann, Lang, Willumeit, Piehl, Murturi, Haxhimehmeti, Juami

10

Wiki Wiki (2:57)
GUALTIERO
© 2021 Los Excentricos Records.
Written by: Sadhoe

11

A Palé (2:20)
ROSALÍA
© 2019 Columbia Records, a Division of Sony Music Entertainment.
Written by: Tobella, Díaz-Reixa, Dukes

A Palé (2:22)
ROSALÍA
© 2019 Columbia Records, a Division of Sony Music Entertainment.
Written by: Tobella, Díaz-Reixa, Dukes

12

Calm Down (2:38)
Rema and Selena Gomez
Courtesy of the Universal Music Group.
Written by: Ikubor, Hunter, Uwaifo

ALT 01

My Friends Are Brutal (Instrumental Version) (3:34)
Paisley Pink
Courtesy of Epidemic Sound.
Written by: Unknown

ALT 07

New Ways (3:40)
El Neón
Courtesy of Epidemic Sound.
Written by: Unknown

ALT 11

Bogotá (4:42)
Autohacker
Courtesy of Epidemic Sound.
Written by: Unknown



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



LES MILLS TONE 23



Back Row L-R: Mark Nu'u-Steele, Lula Slaughter, Michal Okmianski, Khiran Huston, Katie Kneupper, Vivian Gill, Mariana Almeida, Jackie Barron, Kaylah-Blayr Fitzsimons-Nu'u, Martine Matapo-Kolisko
Front Row L-R: Julia Scheve, Bram Prima Halim, Des Helu, Vili Fifita

What a special release, filming live in Los Angeles with incredible instructors from across the globe; they really brought the workout to life!

LES MILLS TONE 23 is packed with innovation and the freshest music. We have evolved the Lateral Lunge with the addition of a thoracic rotation – this combo is the highlight movement pattern of the release. In this release, we have focused on showcasing 'progressions'. As the program has evolved, we've shifted from "train your way" to "choose the progression/level that's right for you".

You'll see the demonstration of three clear progressions on the Masterclass footage: grounded, moderate and high. Our grounded option is where participants are provided with a low-impact athletic modification of the move. The high option is the most athletic version of the move, showcasing where you can progress to in a LES MILLS TONE workout.

Finally, the moderate option is where participants can mix between grounded and high. This is a great opportunity for them to take the challenge where they can and reduce if needed. Regardless of the progression, all should be taught and demonstrated with athleticism. When we create and test LES MILLS TONE releases, we run through the entire class for each level to ensure our participants get a great athletic workout at the progression they choose.

Remember, LES MILLS TONE is the complete workout. We combine the world's best music with cutting-edge movement innovation. LES MILLS TONE seeks not only to improve our participants' strength and fitness, but every release also targets their coordination, agility, fitness levels, balance and explosive power. LES MILLS TONE builds their overall athleticism.

Enjoy the workout!
Diana and Khiran xx



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 3 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

Please note: This track contains explicit content. The alternative song can be used in its place.

Please use *My Friends Are Brutal* with the same choreography.

Unleash your ‘inner athlete’ with TONE 23! Create excitement for the workout ahead with this banger of a track.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	1x8		Set up Bottom-Range Squat <i>Hands O/H</i>	8	1x
0:08	(Repeating voice)	1x8	A	Side Bend L <i>Hands O/H</i>	8	1x
0:12		1x8	A	Side Bend R <i>Hands O/H</i>	8	1x
0:16		1x8		Reset to Bottom-Range Squat <i>Hands O/H</i>	8	1x
0:23	Nigerian hair	5x8	B	Squat Pulse 4x Pulse Squat – <i>Arms circle down</i> 4x Pulse Squat – <i>Arms circle up</i>	8 8	2½x
0:43	A million here	6x8	C	Lateral Shift L&R Lateral Lunge L – <i>Palms together</i> (knee height) Hold Lateral Lunge L – <i>L arm down, R arm opens O/H</i> Hold Lateral Lunge – <i>Palms together</i> (knee height) to R side Lateral Shift Combo on last 16 cts	2 2 2 6	3x
1:05	Goon to a goblin	8x8	C¹	Lateral Shift Combo L&R 3x Lateral Lunge (L, R, L) – <i>Palms together</i> (knee height) Hold Lateral Lunge L – <i>L arm down, R arm opens O/H</i> Hold Lateral Lunge – <i>Palms together</i> (knee height) to R side	4 2 2 8	4x
1:35	_ I’m ill, I’m ill	4x8	D	7x Lateral Run (slow) L&R RA	16	2x
1:49	_ a milli, a milli	4x8	D¹	7x Lateral Run (fast) L&R RA	8	4x
2:05	(Beat drop)	8x8	D²	Lateral Run Combo 7x Lateral Run (fast) L&R – RA 4x Skater L&R – <i>Natural Arms</i>	8 8	4x
2:35	(Music fades out)	2x8		Jog OTS RA	4	4x
2:42	Not sick and I’m OK	2x8		Squat Hold Inchworm (slow) while participants hold Squat	16	1x
2:52	Million aire	6x8	E	Inchworm (slow) Squat – <i>Hands clasped in front</i> Walk out to Plank Walk Back to Squat Stand – <i>Hands clasped O/H</i>	4 4 4 4	2x
3:07	(Beat drop)	8x8	E¹	Inchworm (fast)	64	AMRAP



01. A MILLI 3:34mins

COACHING TIPS

TONE is back and better than ever! TONE 23 is about unleashing your 'inner athlete' and this release will challenge even the most seasoned TONE participant.

You will notice that TONE has shifted away from using 'low options' in favor of 'grounded options'. This shift in language recognizes that everyone can experience an athletic workout regardless of the option they choose.

Every move in this Warm-up will feature again during the workout. Set your participants up for success by ensuring they are familiar with the movement patterns. This will help you to move quickly into Layer 2 and 3 coaching later in the class.

It is worthwhile familiarizing yourself with the Lateral Shift Combo. This innovation to TONE appears three times during the workout to help mobilize the body and improve strength and stability.

TECHNIQUE AND COACHING

SIDE BEND

Layer 1

- Feet wide to Squat
- Hands reach towards the ceiling
- Lace the fingers in front
- 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

SQUAT PULSE

Layer 1

- Cue Squat: *Pulse, pulse*
- Cue Arm Circles: 4-3-2-1, 4-3-2-1
- **Feet outside hip-width**
- **Knees press out over toes**
- **Chest lifted**
- **Butt goes back and down – stops just above knee level**

Layer 2

- Keep the tension in the glutes by staying in the bottom range, ie the butt should be pulsing around knee level and an inch above the knees

LATERAL SHIFT

Layer 1

- Cue: *Lunge, open, close, shift*
- Lunge: Transfer body weight from knee to knee. **Feet outside hip-width, knees pressed out over toes, hips square to front, slide hips back and down, chest lifted**
- Arm Opener: Reach hand towards ceiling – **rotate the hips and shoulders in one movement**

Layer 2

- This combo mobilizes our body and major joints, preparing the core, hips and shoulders for the workout ahead

LATERAL SHIFT COMBO

Layer 1

- Cue: *3-2-hold, open and close*
- Lateral Lunge: **Feet outside hip-width, knees pressed out over toes, hips square to front, chest lifted**
- Arm Opener: **Hips and shoulders rotate in one movement**

Layer 2

- The rapid movement continues to mobilize the joints while lifting the heart rate for the workout ahead

LATERAL RUN

Layer 1

- Cue Run: *7-6-5-4-3-2-hold*
- Run: **Feet under hips, chest lifted**, Natural Running Arms
- One-Legged Squat (Hold): **Land whole foot down, knee presses out over toes, squeeze the glutes, quads and core for stability**

Layer 2

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

↑ OPTION: Lift the knees higher

LATERAL RUN COMBO

Layer 1

- Cue: *7-6-5-4-3-2-skate. 8-7-6-5-4-3-2-run*
- Lateral Run: As above
- Skater: **Landing knee pressed out over toes, chest lifted, core braced, slight hinge forward at hips, hips square to front**

Layer 2

- Drop deeper to engage the legs
 - Jump wider to lift the heart rate
- ↓ OPTION: Light bounce, right to left



01. A MILLI 3:34mins

TECHNIQUE AND COACHING

INCHWORM

Layer 1

- Cue: **Squat, walk to Plank, walk back to Squat**, *stand tall and reach*
- **Bend the knees to a deep Squat, chest lifted as you lower**
- **Hips square to floor, core braced strongly**
- Stand tall and reach arms over head to encourage good TONE Posture

Layer 2

- Bend the knees in the Squat to help transition on and off the floor, protecting the back as we move up and down
- Always choose quality movement over quantity of reps

↓ OPTIONS: Move slowly or at your own pace



02. STEADY STATE

TRACK FOCUS

Steady State training is about to pop like bubble-gum! This track is low impact on the joints but big impact for preparing the body for the cardio work ahead.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Side Shuffle	16	1x
0:07		6x8	A Side Shuffle L&R 4x Shuffle L – <i>Guard position</i> 4x Shuffle R – <i>Guard position</i> ⬆️ Option: <i>Outside arm reaches down on last Shuffle</i>	4 4	6x
0:30	Bubble-gum	8x8	A ¹ Side Shuffle/Knee Lift Combo L&R 4x Shuffle L – <i>Guard position</i> 2x Knee Lift R with Thoracic Twist L – <i>hands stacked</i> 4x Shuffle R – <i>Guard position</i> 2x Knee Lift L with Thoracic Twist R – <i>hands stacked</i>	4 4 4 4	4x
1:01	Pop like	4x8	B Palm Throw (slow) L&R	2	16x
1:17	Bubble-gum	4x8	B ¹ Palm Throw (fast) L&R 👁️ Palm Throw Combo on last 16 cts	1	32x
1:39	_ Four on the floor	10x8	B ² Palm Throw Combo Squat facing front – 7x <i>Palm Throw L&R</i> Rotate Squat to face L – 7x <i>Palm Throw L&R</i> Rotate Squat to face F – 7x <i>Palm Throw L&R</i> Rotate Squat to face R – 7x <i>Palm Throw L&R</i> ⬆️ Option: Jump Turn ⬇️ Option: 4x Palm Throw	4 4 4 4	5x
2:10	Pop like	8x8	A ¹ Side Shuffle/Knee Lift Combo L&R ⬆️ Option: 1x Knee and 1x Kick	16	4x
2:42	_ Four on the floor	8x8	B ² Palm Throw Combo	16	4x
3:14	Pop like	5x8	A ¹ Side Shuffle/Knee Lift Combo L&R ⬆️ Option: 1x Knee and 1x Kick ⬆️ Option: 2x Kick (Note: Only one kick on last half rep)	16	2½x



02. BUBBLEGUM 3:32mins

ESSENCE TIPS

This track is super fun and challenging. The focus 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 OK – remember, this track offers options to keep everyone moving.

TECHNIQUE AND COACHING

SIDE SHUFFLE

Layer 1

- Cue: 4-3-2-1. 4-3-2-1
- **Feet outside hip-width**
- **Chest lifted**
- **Hips square to the front**
- **Knees turn out, tracking over toes**

Layer 2

- Start small to find the rhythm. Once you've found it, move wider and drop deeper
- Keep torso and hips square to front when reaching down. This may be facilitated by reaching down with the outside hand

↑ OPTION: Reach towards floor on the last Shuffle. Squatting deeper engages the legs more and helps drive up the heart rate

SIDE SHUFFLE COMBO

Layer 1

- Cue: 4-3-2-1. *Knee. Knee*
- Side Shuffle: As above
- Knee Lift with Thoracic Twist: **Chest lifted, hips square to the front, knee to hip height, slight twist from the chest, core braced**

Layer 2

- Find the option that unleashes your inner athlete
- Drive the knee quickly to lift the heart rate. Catch the knee in the top range by squeezing your core tightly in the top range

↑ OPTIONS: 1x or 2x TONE Kicks – Kick remains below hip height, knee is extended but does not hit full extension, brace core

PALM THROW

Layer 1

- **Feet outside hip-width**, slight knee bend for stability
- Roll through the shoulders
- **Turning through the center chest**
- **Core braced**
- **Chest lifted**

Layer 2

- Increase the cardio demand by extending the arms further while keeping a soft elbow bend at full extension. This requires you to move faster to stay on the beat
- Improve rotational power by widening your base of support. The more stable the lower body, the more you can isolate in the upper body

OPTIONS: Choose the intensity, fast or slow

PALM THROW COMBO

Layer 1

- Cue: *Eight to the front. Eight to the side. Eight to the front. Eight to the side*
- Palm Throw: As above
- **Pivot on the feet as you turn** – protecting the knees and ankles

Layer 2

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

↓ OPTION: 4x Palm Throw (slow)

↑ OPTION: Jump. **Land with soft knees**



03. PEAK 1 CARDIO

TRACK FOCUS

Peak 1 is the name, vertical power is the game! Provide options to motivate participants to unleash their inner athlete.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	12x8	Jog OTS RA  Star Pose (slow) on last 16cts		2	48x
0:34	Oh won't you give me	8x8	A	Star Pose (slow) R&L R Lateral Leg Lift – <i>Hands cross O/H</i> Squat – <i>A-Frame Arms</i> L Lateral Leg Lift – <i>Hands cross O/H</i> Squat – <i>A-Frame Arms</i>	4 4 4 4	4x
0:55	(Beat drop)	16x8	A ¹	Star Pose (fast) R&L ⬆ Option: Heel Lift after 4 reps ⬆ Option: Jump after 8 reps	8	16x
1:40	Ooohhh	4x8	Jog OTS RA		2	8x
1:50	Ohhh	4x8	B	Flight Lunge (slow) R&L R Leg Extension – <i>Bicep Curl</i> Squat – <i>Fists to waist</i> L Leg Extension – <i>Bicep Curl</i> Squat – <i>Fists to waist</i>	4 4 4 4	2x
2:01	Give me	16x8	B ¹	Flight Lunge (fast) R&L ⬆ Option: Heel Lift after 4 reps ⬆ Option: Jump after 8 reps	8	16x
2:44	(Beat drop)	16x8	C	Star Pose/Flight Lunge Combo Star Pose R&L Flight Lunge R&L	8 8	8x
3:30	Take you right there	2x8	Jog OTS RA		2	8x



03. DESIRE 3:35mins

COACHING TIPS

We're keeping it simple in Peak 1. Two moves to train vertical power and it wouldn't be TONE without one spicy combination to 'bring it home'.

The most important thing in this track is options. Participants do not have to jump to unleash their inner athlete. In fact, consistent movement is the best way to improve cardiovascular endurance. Encourage your participants to mix and match options to stay in the workout zone.

Vertical power is achieved through the posterior chain and the triple extension. This is easily achieved through jumping, but you can coach 'non-jumpers' to work their range of motion to get good results (ie, Squats and Heel Lifts).

TECHNIQUE AND COACHING

STAR POSE

Layer 1

- Cue: *Leg Lift. Squat. Leg Lift. Squat*
- Star Pose: Leg lifts laterally. **Lift to where it feels comfortable**
- Squat: **Feet outside hip-width, knees press out over toes, chest lifted, butt to knee level**

Layer 2

- Activate the triple extension (ie, ankles, knees and hips) by exploring contrast, ie, deep Squats to standing tall
- Mobility looks different on everyone. Squeeze the side glutes to lift the leg laterally and stop where it feels good

↑ OPTION: Heel Raise – **Squeeze the glutes, hamstrings and core for stability**

↑ OPTION: Jump – **Bend knees to land and bend knees to take off, landing with knee aligned over the middle of the foot. Brace core to stabilize**

FLIGHT LUNGE

Layer 1

- Cue: *Lift. Squat. Lift. Squat*
- Leg Extension: **Slight turn of hips and shoulders, turning the body 45 degrees. Maintain knee aligned over the middle of the foot, leg lifts directly behind hips, abs braced, pivot on ball of foot**, back leg long, squeeze glutes to lift
- Squat: As above

Layer 2

- Back leg lifts by squeezing the glutes
- Create momentum in the lift by squatting deep. This generates power to jump higher or stand quicker

↑ OPTION: Heel Raise – **Squeeze the glutes, hamstrings and core for stability**

↑ OPTION: Jump – **Maintain knee and foot alignment with turn out. Take off with knee aligned over foot. Land with knee aligned over middle of foot. Land with soft knees; complete landing before turning to other side**

LOW STAR POSE/LEG EXTENSION COMBO

Layer 1

- Cue: *Leg lifts right then left. Extend left then right*
- Low Star Pose: As above
- Leg Extension: As above
- Teaching Tip: Make sure you watch the Masterclass footage to see how to execute the combo clearly. Low Star Pose begins from right to left. Leg Extension begins from left to right

OPTION: Consistent movement is key to cardiovascular endurance. Mix and match options to modulate intensity to keep in the workout



04. PEAK 2 FEATURE CARDIO

TRACK FOCUS

Do you feel the need – the need for speed? This track delivers on high-intensity cardio, low impact and amazing Latin music.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Lateral Shift Combo		16	
0:07	(Distorted voice)	6x8	A	Lateral Shift Combo L&R	16	3x
0:30	(Horns)	12x8	A ¹	Lateral Shift Combo/Double-Arm Lift L&R ⬆ Option: Rear Leg Lift after 2 reps ⬆ Option: Heel Lift after 4 reps	16	6x
1:14	(Beat fades)	4x8	B	3-Step Run OTS (slow) L&R Run L, R, L – RA Run R, L, R – RA	4 4	 4x
1:29	(Horns)	4x8	B ¹	3-Step Run OTS (fast) L&R	4	8x
1:44	(Music builds)	4x8	B ²	Lateral 3-Step Run (fast) L&R	4	8x
1:58	(Beat drop)	4x8	B ³	High Knee 3-Step Run OTS (fast) L&R	4	8x
2:13	(Heavy beat)	3½x8	B ⁴	Lateral High Knee 3-Step Run (fast) L&R	4	7x
2:26		½x8	Pause Set up for Lateral Shift Combo/Double-Arm Lift		4	1x
2:28	(Horns)	8x8	A ¹	Lateral Shift Combo/Double-Arm Lift L&R	16	4x
2:57	(Beat drop)	4x8	B ³	High Knee 3-Step Run OTS (fast) L&R	4	8x
3:12	(Heavy beat)	8x8	B ⁴	Lateral High Knee 3-Step Run (fast) L&R ⬆ Option: Move wider for last 8 reps	4	16x



04. LA SAMBA 3:43mins

ESSENCE TIPS

The Cardio track shines a spotlight on speed and agility training.

We can improve our overall fitness capability by strengthening the muscle groups that support side-to-side movement.

The Lateral Shift Combo prepares the body for moving in the lateral plane – creating mind-muscle connection to muscles that support side-to-side movement.

The 3-Step Run is an innovative way to combine speed with agility.

TECHNIQUE AND COACHING

LATERAL SHIFT COMBO

Layer 1

- Cue: *3-2-hold, open and close*
- Lateral Lunge: **Feet outside hip-width, knees pressed out over toes, hips square to front, chest lifted, knees aligned over toes**
- Arm Opener: **Hips and shoulders rotate in one movement**

Layer 2

- Squeeze shoulder blades together to open wide through the chest
- ↑ OPTION: 2x Arm Lift – Squeeze between the shoulder blades, arm lifts to ceiling, **hips and shoulders rotate in one movement**
- ↑ OPTION: 2x Rear Leg Extension
- ↑ OPTION: 2x Heel Lift

3-STEP RUN

Layer 1

- Cue: *3-2-hold. 3-2-hold*
- Run: **Feet under hips, chest lifted**, natural Running Arms
- One-Legged Squat (Hold): **Land whole foot down, knee presses out over toes, squeeze the glutes, quads and core for stability**

Layer 2

- Use the triple extension to drive laterally
- Push from outside the foot to create more distance
- ↓ OPTION: Run OTS
- ↓ OPTION: No High Knees



05. PEAK 3 CARDIO

TRACK FOCUS

It's business time! Help your participants unlock a new level of fitness through clear and motivating coaching.

WEIGHT RECOMMENDATIONS:

New to Fitness: 2x light weight plates

Regulars: 2x light weight plates and an optional heavy weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up Side Step Combo		32	
0:13	Hit up the plug	14x8	A	Side Step Combo L Side Step – RA R leg steps B – RA R Knee Lift – RA R leg steps B – RA to R side ↑ Option: Lateral Leap after 2 reps ↑ Option: Jump Knee after 4 reps Snatch/Burpee Combo on last 16 cts	2 2 2 2 8	7x
1:03	(Beat drop)	8x8	B	Snatch/Burpee Combo 1x Snatch 1x Burpee	64	AMRAP
1:30	I got that	2x8	Recover Set up Side Step Combo		16	
1:36	I can't stand up	6x8	A	Side Step Combo	16	3x
1:55		2x8	Pause and Snatch/Burpee Combo		16	
2:02	(Beat drop)	8x8	B	Snatch/Burpee Combo	64	AMRAP
2:27	Got a drip	2x8	Recover Set up Side Step Combo		16	
2:33	Got the connect	12x8	A	Side Step Combo	16	6x
3:11		2x8	Pause and Snatch/Burpee Combo		16	
3:18	(Beat drop)	8x8	B	Snatch/Burpee Combo	64	AMRAP
3:44	I can't stand up	8x8	Recover		64	



05. IT'S OK 4:13mins

ESSENCE TIPS

We have two blocks of work, repeated three times.

Simplicity is the key to the Peak 3 Cardio track. Build confidence in round one by introducing participants to the moves. Once they feel confident, they can push their limits in the final two rounds to unleash their inner athlete.

Just like Kaylah-Blayr did in the Masterclass, make sure you encourage quality movement rather than the quantity of reps. This will keep members safe as they move quickly in this track.

TECHNIQUE AND COACHING

SIDE STEP COMBO

Layer 1

- Wide step across
- Long tap back
- **Chest lifted**
- **Hips square to front**
- **Knee to hip height**
- **Soft landing if jumping**

Layer 2

- Roll heel–ball–toe to create momentum in the jump
- Squeeze the glutes to drive from the foot

↓ OPTION: No weights

↑ OPTION: Jump

SNATCH/BURPEE COMBO

Layer 1

- Cue: *1 Snatch, 1 Burpee*
- Snatch: **Feet outside hip-width, squat to pick up weight, keeping chest lifted. Snatch weight in front of shoulder**
- Burpee: **Squat to transition through Burpee, Squat Plank, Squat, stand, hands under shoulders, feet jump back long, butt down, core squeezes tightly**
- **Teaching Tip: Just like Kaylah-Blayr did, encourage participants to 'clear it' (stand all the way up) between Snatches and Burpees. This encourages full-body movement, quality reps and safety for the lower back**

Layer 2

- Snatch: Think one fluid movement. Use the legs to help drive the weight plate upwards

↓ OPTION: No weights

GROUNDED OPTION: Walking Burpee

↑ OPTION: Landing softly with both feet taking off and both feet landing



06. RESISTED CARDIO

TRACK FOCUS

Time to put the ‘cardio’ in Resisted Cardio. We weren’t playing when we said we’re going to unleash our inner athlete!

WEIGHT RECOMMENDATIONS:

New to Fitness: 1x light weight plate

Regulars: 1x medium weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up for Inchworm (slow)		16	
0:07	Close your eyes	8x8	A	Inchworm (slow)	32	2x
0:29	Never knew we	8x8	A ¹	Inchworm (fast)	16	4x
0:53	(Beat drop)	8x8	A ²	Inchworm (AMRAP)	64	AMRAP
1:17	(Piano)	2x8	Transition to Lateral Triple Squat		16	
1:22	Close your eyes	4x8	B	Lateral Triple Squat with Snatch L&R		
				Triple Squat L – Weight plate toward floor	6	
				Step R to stand – Weight plate O/H	2	
				Triple Squat R – Weight plate toward floor	6	
				Step L to stand – Weight plate O/H	2	2x
1:34	Never knew	8x8	B ¹	Lateral Single Squat with Snatch L&R		
				Squat L – Weight plate toward floor	2	
				Step R to stand – Weight plate O/H	2	
				Squat R – Weight plate toward floor	2	
				Step L to stand – Weight plate O/H	2	8x
1:57	(Beat drop)	8x8	C	Squat Snatch OTS (fast)		
				Squat – Weight plate toward floor	2	
				Jump – Weight plate O/H	2	16x
				⬆ Option: Heel Lift		
				⬆ Option: Stand with no Jump		
2:20	(Heavy beat)	2x8	Transition to Inchworm		16	
2:26		6x8	A ²	 Inchworm (AMRAP)	48	AMRAP
				(Note: Counts here differ from the Masterclass footage)		
				Transition to Squat Snatch on last 16 cts		
2:43		16x8	C	 Squat Snatch	128	AMRAP
				(Note: Counts here differ from the Masterclass footage)		



06. ANYWHERE 3:32mins

ESSENCE TIPS

We're trying something a little different in TONE 23 by focusing on the 'cardio' aspect of Resisted Cardio.

Our main focus here is to find our inner athlete. As Khiran says on the Masterclass footage, whether you're grounded or jumping "you are an athlete" and TONE 23 will certainly take you there!

AMRAPs are an excellent way to create a challenging but inclusive workout despite the varied levels in the room. Motivate participants to push outside their comfort zones in this track.

TECHNIQUE AND COACHING

INCHWORM

Layer 1

- Cue: *Squat, walk to Plank, walk back to Squat, stand tall and reach*
- **Bend the knees to transition through a Squat, chest lifted as you lower and rise from the floor**
- **Hands under shoulders as you crawl**
- **Hips square to floor**
- **Core braced**
- Reach arms over head for tall TONE Posture

Layer 2

- Hand positioning creates a strong base of support to counterbalance body weight, reducing the likelihood of injury. Make sure hands are always under the shoulders as you crawl forward and back

OPTION: At your own pace

GROUNDING OPTION: No Jump

SQUAT SNATCH

Layer 1

- Cue: *Squat. Snatch*
- Squat: **Feet outside hip-width, knees press out over toes, chest lifted, butt back and down**
- Snatch: **TONE Posture, weight travels close to the body, weight stays in front of shoulders**

Layer 2

- The Snatch differs from the Overhead Press, requiring more range of motion and muscle activation. This results in more strength development and cardiovascular output
- This move strengthens the posterior chain by using the muscles on the back of the body – from the calves up to the shoulders

↓ OPTION: No Knee Lift

OPTION: No weight



07. RESISTED BALANCE

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use New Ways with the same choreography.

TRACK FOCUS

In this track, we challenge the stabilizers. We hope your calves are ready for the Tiptoe Walk.

WEIGHT RECOMMENDATIONS:

New to Fitness: 2x light weight plates and SMARTBAND™ or no equipment

Regulars: 2x light weight plates and SMARTBAND

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Runners Knee		16	
0:09	_ Wid ah body like that	4x8	A	Runners Knee (slow) L L knee lifts to hip height – RA L knee travels B – RA ↓ Option: Tap down	4 4	4x
0:26	Mi love how you wine	4x8	A ¹	Runners Knee (fast) L L knee lifts to hip height – RA L knee travels B – RA ↓ Option: Tap down	2 2	8x
0:44	_ Wine gyal	4x8	B	C-Skip (slow) L L knee lifts to hip height – <i>Weight plates to chest</i> L knee travels L – <i>Weight plates to chest</i> L knee travels to center – <i>Weight plates to chest</i> L knee travels B – <i>Weight plates to chest</i> ↓ Option: Tap down	4 4 4 4	2x
1:01	(Beat drop)	4x8	B ¹	C-Skip (fast) L L knee lifts to hip height – <i>Weight plates to chest</i> L knee travels L – <i>Weight plates to chest</i> L knee travels to center – <i>Weight plates to chest</i> L knee travels B – <i>Weight plates to chest</i> ↓ Option: Tap down ↑ Option: <i>Extend arms to sides</i>	2 2 2 2	4x
1:19	Real gangsta	4x8	A	 Runners Knee (slow) R	8	4x
1:37	Mi love how you wine	4x8	A ¹	 Runners Knee (fast) R	4	8x
1:53	_ Wine gyal	4x8	B	 C-Skip (slow) R	16	2x
2:10	(Beat drop)	4x8	B ¹	 C-Skip (fast) R	8	4x
2:29	Tip tip tip	4x8	C	Tiptoe Walk (high) Walk L – <i>Weight plates to chest</i> Walk R – <i>Weight plates to chest</i>	1 1	16x
2:46	Mi love how you wine	4x8	C ¹	Tiptoe Walk (low)	2	16x
3:01	_ Wine gyal	4x8	C ²	Tiptoe Walk (low/high) Walk L&R (rise) – <i>Weight plates to chest</i> Walk L&R (Squat) – <i>Weight plates to chest</i>	4 4	4x
3:20	(Beat drop)	4x8	D	Tiptoe Squat Squat – <i>Weight plates together to Pec Dec</i> Stand – <i>Arms open</i> (Drop and hold on last count)	2 2	8x



07. TIP PON IT 3:40mins

ESSENCE TIPS

A track called "Tip Pon It" calls for tiptoe training, doesn't it?

The SMARTBAND provides a 3-in-1 workout, improving stability while challenging hip mobility and strength.

We love a spicy challenge in TONE. We begin the track by isolating the work to each side of the body, ensuring that you even out any imbalances. Then we finish the track with one whole minute of tiptoe work! Your calves and glutes will be screaming after this one.

TECHNIQUE AND COACHING

RUNNERS KNEE

Layer 1

- Cue: *Up. Up. Back. Back*
- **TONE Posture**
- **Hips square to the front**
- Balance on one leg
- **Knee presses out over toes**

Layer 2

- Squeeze the butt to lift from hinge to standing position
- Create a strong base of support by grounding through the heel and pushing the knee out over toes

GROUNDLED OPTION: Tap down

OPTION: No band

OPTION: No weight

C-SKIP

Layer 1

- Cue: *Knee up. Out. In. And down*
- Balance on one leg
- **TONE Posture**
- **Chest lifted, abs braced**
- **Bend standing knee**, squeeze glute tightly
- Weight to chest or arms extended to balance

Layer 2

- The C-Skip is a 3-in-1 exercise, improving balance, hip mobility and hip strength
- Tension is your friend. The more tension you create with the band, the more stable you will feel with balance and the more you will increase the strength of your glutes

GROUNDLED OPTION: Tap down

OPTION: No band

OPTION: No arm extension

TIPTOE WALK

Layer 1

- Cue: *Right. Left*
- **TONE Posture**
- **Hips square to the front**
- **Knees bend in upper range, aligned over middle of foot**
- **Knee presses out over toes if using a band – creating balance and tension to the side glutes**

Layer 2

- Keep the chest lifted, leaning back slightly to counterbalance. Shoulder blades over hips
- Improve ankle and foot stability by keeping the heels lifted as you walk and squat

↓ OPTION: Tap down

TIPTOE SQUAT

Layer 1

- Cue: *Down and up. Arms in and out*
- **Chest lifted**
- **Knees bend to mid range only, restricting the forward tracking of knees and emphasizing the balance challenge**
- **Feet under hips**
- **Hips square to the front**
- **Knee presses out over toes, pushing against the band**
- **Weight below shoulders**

Layer 2

- Spread your toes wide for balance

GROUNDLED OPTION: Heels down

↓ OPTION: No Pec Dec



08. LOWER BODY STRENGTH

TRACK FOCUS

Once we start, we don't stop! So, grab yourself a challenging weight plate and LET'S GO!

WEIGHT RECOMMENDATIONS:

New to Fitness: 1x light weight plate

Regulars: 1x medium to heavy weight plate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Set up Offset Deadlift	32	
0:18	(Piano)	8x8	A	4/4 Offset Deadlift L&R Offset Deadlift L – <i>Weight plate in L hand</i> Offset Deadlift R – <i>Weight plate in R hand</i> ⬆ Option: Single-Leg Offset Deadlift after 32 cts	16 16	2x
0:51	Well I ran to the river	8x8	A ¹	3/1 Offset Deadlift L&R Offset Deadlift L – <i>Weight plate in L hand</i> Offset Deadlift R – <i>Weight plate in R hand</i> ⬆ Option: Single-Leg Offset Deadlift	8 8	4x
1:25	I said power	16x8	B	4x Pulse Lunge L&R 4x Pulse Lunge L – <i>Weight plate in L hand</i> 4x Pulse Lunge R – <i>Weight plate in R hand</i> ⬆ Option: Drop lower after first 32 cts	8 8	8x
2:34	I said power	4x8	C	Duck Walk (slow) F&B 4x Duck Walk F – <i>Weight plate to chest</i> 4x Duck Walk B – <i>Weight plate to chest</i>	16 16	
2:49	Right foot up, down	10x8	C ¹	Duck Walk (fast) F&B 4x Duck Walk F – <i>Weight plate to chest</i> 4x Duck Walk B – <i>Weight plate to chest</i> ⬆ Option: <i>Weight plate O/H after first 32 cts</i>	8 8	5x
3:32	(Beat)	12x8	B	 4x Pulse Lunge L&R	16	6x



08. POWER (REMEMBER WHO YOU ARE) 4:25mins

ESSENCE TIPS

In this track, we focus on consistent movement to create strength and TONE.

Body alignment is super important to ensure that participants are positioned to get optimal results from their workout.

Encourage them to think about walking on train tracks. Having the feet hip-distance apart increases stability which will allow your participants to drop deeper in their Deadlifts, Lunges and Duck Walks.

This track has long working blocks so there is plenty of time to coach them into good alignment.

TECHNIQUE AND COACHING

OFFSET DEADLIFT

Layer 1

- Cue: *Down-down. Up-up*
- **Feet outside hip-width**, one foot slightly behind the other
- 80% of body weight through standing leg
- **Hips square to front**
- **Knees bent, hand to knee height**
- **TONE Posture, core braced**

Layer 2

- Maintain long and strong TONE Posture by hinging forward from the hips
- Squeeze the glutes and hamstrings to lift up from hinge position
- Eye gaze forward (rather than down or towards belly) during Deadlift to keep a neutral spine and help with balance

↑ OPTION: Single-Leg Deadlift

PULSE LUNGE

Layer 1

- Cue: *4-3-2 and switch*
- **Hips square to front**
- **Feet hip-distance apart**
- **Chest lifted, TONE brace**
- **Long step back with back leg**

Layer 2

- Think 90/90: 90-degree knee bend at the front knee (front thigh parallel to floor), 90-degree knee bend at the back knee
- Tall posture keeps the work in the glutes and not the lower back
- Tall posture will let you know how deep you can drop in your Lunge

↓ OPTION: No weight

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**
- **Chest stays lifted when plate raised over head**
- Roll heel–ball–toe to encourage feet and ankle mobility

Layer 2

- Keep the feet wide and the knees pressed out over toes. This will help with weight distribution and to drop lower in the Duck Walk

↓ OPTION: Maintain weight to collarbones (ie, no Overhead Extension)



09. UPPER BODY STRENGTH

TRACK FOCUS

We go ape for Gorilla Rows! We combine fun and strength into one track.

WEIGHT RECOMMENDATIONS:

New to Fitness: 2x light weight plates

Regulars: 2x medium or heavy weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 2/2 Single-Arm Gorilla Row		16	
0:08	Primetime-Seiten, Eingang bin VIP	4x8	A	2/2 Single-Arm Gorilla Row L&R	16	2x
0:26	Halt man spät	2x8	A ¹	Single-Arm Gorilla Row L&R	8	2x
0:36	Po, don man pass	4x8	A ²	Triple Single-Arm Gorilla Row L&R	16	2x
0:54	Yo, poster with my G's	1x8	Transition to Cobra Curl		8	
0:59	bossy. Had to switch it	3x8	B	2/2 Cobra Curl	8	3x
1:12	Gesture. Never do the pass	4x8	B ¹	1/1/2 Cobra Curl	8	4x
1:30	je peut pleujen	4x8	B ²	Triple-Pulse Cobra Curl	8	4x
1:48	(Music pauses)	1x8	Transition to 2/2 Single-Arm Gorilla Row		8	
1:52	bossy. Had to switch it	3x8	A	 2/2 Single-Arm Gorilla Row L&R	16	1½x
2:05	Gesture. Never do the pass	4x8	A ¹	 Single-Arm Gorilla Row R&L	8	4x
2:24	je peut pleujen	4x8	A ²	 Triple Single-Arm Gorilla Row R&L	16	2x



09. DANCA 2:43mins

ESSENCE TIPS

Yes, this track is designed for the upper body BUT we are sharing the love for all the muscles along the posterior chain.

A wide stance in the lower body provides the base of support required to isolate the work in the upper body.

It's important to remember that different muscle groups will be stronger and challenged differently from others when performing certain movements. The Gorilla Row involves isotonic contractions ie, our retracting muscles shorten and lengthen to create the rowing movement. This is different from the Cobra, which is an isometric contraction of our retractors where the muscle stays the same length.

With time, your participants will know what their body needs, so encourage them to mix and match their weight selection to work safely and effectively.

TECHNIQUE AND COACHING

GORILLA ARM ROW

Layer 1

- Cue: *Up and down*
- **Feet outside hip-width**
- **TONE Posture**
- **Chest lifted**
- **Strong core brace**
- **Hinge forward from hips**
- **Elbows travel close to ribcage**

Layer 2

- Maintain a hip hinge as you row – think 'nose over toes'. The body needs to be tilted forward slightly to allow the arm to row to full range
- Tap in to mind and muscle connection by using feeling cues – eg, "feel your shoulder blades squeeze towards your spine" or "feel your elbow brush past your ribcage"

COBRA CURL

Layer 1

- Cue: *Back. Back. Up and curl*
- **Feet under hips**
- **TONE Posture**
- **Abs braced**
- **Elbows pressed against the side body**
- **Hinge forward from the hips to Cobra**

Layer 2

- 'Squeeze not swing' – develop strength through moving the plates by purely contracting the muscles
- Timing is important – the tempo will force the muscles to work slightly differently doing exactly the same movement



10. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

Three awesome moves to work rotation and stability.

WEIGHT RECOMMENDATIONS:

New to Fitness: 2x light weight plates

Regulars: 2x light or medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Set up for Lateral Shift 👁️ Lateral Shift after 16 cts	32	
0:11	(Siren)	24x8	A	Lateral Shift L&R Lateral Shift R Lateral Shift L ⬆️ Option: Leg Lift after 2 reps	16 16	6x
1:13	You know, you know	4x8	B	Washboard (slow) L&R 1 weight plate in each hand	4	8x
1:23	Ba ma wiki wiki	12x8	B ¹	Washboard (fast) L&R 1 weight plate in each hand	2	48x
1:54	You know, you know (high pitched)	8x8	C	Side Bend L&R Side Bend L – Stack weights O/H Side Bend R – Stack weights O/H ⬇️ Option: 1 weight plate instead of 2 ⬇️ Option: Reduce range of O/H extension	8 8	4x
2:13	Ba ma wiki wiki	16x8	C ¹	Triple-Pulse Side Bend L&R Side Bend L – Stack weights O/H Side Bend R – Stack weights O/H ⬇️ Option: 1 weight plate instead of 2 ⬇️ Option: Reduce range of O/H extension	16 16	4x



10. WIKI WIKI 2:57mins

ESSENCE TIPS

Three moves to work rotational core strength and stability. We're doing this track completely in standing/position.

Here are a few quick tips to make sure that participants make the most out of this track:

- Body alignment: Good body alignment will help participants achieve optimal rotational movement and stability
- Weight selection: The aim here is to find a weight that can be maintained without losing TONE Posture and body alignment

TECHNIQUE AND COACHING

LATERAL SHIFT COMBO

Layer 1

- Cue: *3-2-hold, open and close*
- Lateral Lunge: **Feet outside hip-width, knees pressed out over toes, hips square to front, chest lifted**
- Arm Opener: **Hips and shoulders rotate in one movement**

Layer 2

- Transfer the body weight side to side, making sure the body is grounded for stability
- In the Arm Opener, create rotation by bringing the weight plate towards the inner thigh
- Engage the posterior chain to stabilize balance as the body opens and closes

↑ OPTION: Leg Lift

WASHBOARD

Layer 1

- Cue: *1-2, 1-2*
- **Feet outside hip-width**
- **Soft knees**
- **TONE Posture**
- **Hips square to front**
- Moving from the center of the chest

Layer 2

- Drive the weight plates to the mid-line of the body, moving from the center chest to create rotational power
- Squeeze the glutes to stabilize the hips and isolate the movement to the core

↑ OPTION: Washboard (fast)

↑ OPTION: Extend arms further from body

SIDE BEND

Layer 1

- Cue: *Right and left* (Single Side Bend)
- Cue: *3-2-1-stand. 3-2-1-stand* (Triple Pulse Side Bend)
- **Feet outside hip-width**
- **Grounded through feet**
- **Knees bend heaps**
- **TONE Posture**
- Slide ribs towards hips

Layer 2

- It's a small movement to move the ribs towards hips
- Feel the muscles on one side of your body strengthen (engage) as the other side lengthens

↑ OPTION: Stack weights

↓ OPTION: One weight plate

↓ OPTION: Reduce range of extension

↓ OPTION: No weight



11. GLUTES

Please note: This track contains explicit content. The alternative song can be used in its place.

Please use *Bogotá* with the same choreography.

WEIGHT RECOMMENDATIONS:

New to Fitness: 2x light weight plates and SMARTBAND or no equipment

Regulars: 2x light to medium weight plates and SMARTBAND

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	8x8	Set up Lateral Walk		64	
0:29	Do do do	6x8	A	Lateral Walk L&R		
				4x Walk L – <i>Arms to Bicep Curl</i>	8	
				4x Walk R – <i>Arms to Bicep Curl</i>	8	3x
0:53	Taggea'o tu	6x8	B	Lateral Walk/Kick Back Combo L&R		
				4x Walk L, 4x Kick Back L – <i>Arms to Bicep Curl</i>	16	
				4x Walk R, 4x Kick Back R – <i>Arms to Bicep Curl</i>	16	2x
1:24	To' lo que me	14½x8	C	Kick Back R	2	58x
				⬆ Option: Hover foot off the floor		
2:21	(Music fades in)	8x8		Recover		
				Set up for Lateral Walk	64	
2:50	Do do do	6x8	A	 Lateral Walk R&L	16	3x
3:14	Taggea'o tu	8x8	B	 Lateral Walk / Kick Back Combo R&L	32	2x
3:45	To' lo que me	14½x8	C	 Kick Back L	2	58x



11. A PALÉ 4:42mins

ESSENCE TIPS

Welcome to strength endurance training for the glutes.

There is something to be said for keeping the workout simple. Simple moves executed effectively yield amazing results, as is the case with this track.

The blocks of work are long, allowing for space to coach:

Good body alignment

- Tips for improving execution
- Motivation coaching (or commiseration)
- Speaking to health benefits

Just like in the Masterclass footage, you can even include a challenge. Can you keep smiling the entire track?

TECHNIQUE AND COACHING

LATERAL WALK

Layer 1

- Cue: 4-3-2-1. 4-3-2-1
- **Feet outside hip-width**
- **Push knees out over toes**
- **Bend knees – hips back and down**
- **Chest lifted**
- **Core braced**
- Weights to Bicep Curl – waist height

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

OPTION: No weights

KICK BACK

Layer 1

- Cue: *Kick. Kick. Kick. Kick.*
- **TONE Posture**
- **Hips square to front**
- **Soft standing knee**
- **Slight rotation of the back leg – opening slightly through hip**
- Foot travels out and returns to standing heel

Layer 2

- Small pulses created by actively engaging the glutes
- Strong hips are the key to athleticism and staying active for longer
- Drive standing leg into band

↓ OPTION: No band

↓ OPTION: No weights



12. STRETCH

TRACK FOCUS

One more thing to do... let's stretch.

MUSIC			EXERCISE		CTS
0:00	Intro /	2x8	Set up for Baby Back Bend		16
0:08	Vibes	2x8	A	Baby Back Bend	16
0:17	Baby calm down	4x8	B	Forward Fold	32
0:36	Oh-oh-oh	2x8	C	Lunge to Twist L	16
0:45	You got me like	2x8	C	Lunge to Twist R	16
0:54	I see this fine girl	2x8	Transition to standing		16
1:03	Naim I dey find	3x8	D	Quad Stretch R	24
1:16		3x8	D	Quad Stretch L	24
1:30	_ Yeah I know	4x8	E	Standing Glute Stretch L ↓ Option: Hamstring Stretch	32
1:47	Calm down	4x8	E	Standing Glute Stretch R ↓ Option: Hamstring Stretch	32
2:05	No-oh-oh	6x8	Celebrate the workout		48



12. CALM DOWN 2:38mins

ESSENCE TIPS

Just one last thing to do... let's stretch.

As TONE 23 comes to a close, this Stretch track is well needed. Remember that this release is all about finding your inner athlete. Take the time to ask your class if they are feeling more athletic. Praise them for the achievements you have noticed throughout the workout.

This track has five simple moves to reward the body after an epic release. There are roughly 15 to 30 seconds per stretch. Encourage participants to stretch longer after class if their body is needing a little more love.

TECHNIQUE AND COACHING

BABY BACK BEND

Layer 1

- Cue: *Breathe and take the hands to ceiling. Lace the hands in front and lean back slightly. Feel the stretch down the front of the body and through the hips*
- **Feet under hips**
- **Hips square to front**
- **Chest lifted**
- **Tuck chin in**
- **Squeeze glutes**

FORWARD FOLD/FOOT PEDAL

Layer 1

- Cue: *Hinge forward from the hips, soft knees, bringing the hands towards the floor or wherever feels comfortable, gently pedaling the feet. Feel the stretch down the back of the legs*
- **Feet under hips**
- **Hinge forward from hips**
- **Soft knees**
- **Reach to where it feels comfortable**

↓ OPTION: Forward Fold without the Foot Pedal

LUNGE TO TWIST

Layer 1

- Cue: *Long step back, take the hand towards the ceiling and squeeze through the shoulder blades to open through the chest*
- **Spine long**
- **Core braced**
- **Heel naturally lifted from floor**
- **Balance by placing body weight through supporting hand**

QUAD STRETCH

Layer 1

- Cue: *Take one leg behind, holding it in place with same arm as the leg. Hand out for balance*
- **TONE Posture**
- **Chest lifted**
- **Foot under hips**
- **Soft knee bend for balance**
- Hand out for balance

STANDING GLUTE STRETCH

Layer 1

- Cue: *Bring knee up towards chest. Wrap hands around the knee. Tall posture*
 - **Spine long**
 - **Chest lifted**
 - **Foot under hips**
 - **Soft knee for balance**
- ↓ OPTION: Hamstring Stretch – One foot extends long, other knee bends. **Hinge forward from hips, butt back and down, long spine, chest lifted**



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.

