

LES MILLS TONE 24

MUSIC

FORMATS

01. WARM-UP

02. STEADY STATE

03. PEAK 1 CARDIO

04. PEAK 2 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

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



MUSIC

- 01

Risk It All (3:01)

Truth Tooth

© 2023 Les Mills Music Licensing Ltd.

Written by: Thompson, Haining, Harvey, Henderson
- 02

Follow U (3:14)

STRLGHT

Courtesy of Epidemic Sound.

Written by: Unknown
- 03

How To Love (Boombox Cartel Remix) (2:11)

Cash Cash feat. Sofia Reyes

© 2016 Big Beat Records Inc. for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.

Written by: Juber, j. Makhlouf, A. Makhlouf, Frisch, Decilveo

How To Love (Boombox Cartel Remix) (2:22)

Cash Cash feat. Sofia Reyes

© 2016 Big Beat Records Inc. for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.

Written by: Juber, j. Makhlouf, A. Makhlouf, Frisch, Decilveo
- 04

Famalay (3:20)

Bad & Good

© 2020 Les Mills Music Licensing Ltd.

Written by: Montano, Alvarez, Doyle
- 05

MOMENTUM (3:07)

EVAN GIIA

Courtesy of the Universal Music Group.

Written by: Overton, Chaudhary, Curry, Giarrusso

MOMENTUM (1:08)

EVAN GIIA

Courtesy of the Universal Music Group.

Written by: Overton, Chaudhary, Curry, Giarrusso
- 06

Milkshake (2:37)

LittGloss

Courtesy of the Universal Music Group.

Written by: Williams, Hugo, Rogers
- 07

Hipcats (4:18)

ATFC & David Penn

© 2018 Armada Music B.V.

Written by: Holland Jr., Long, Montilla, Hasirici
- 08

Bola Rebola (2:29)

Iluminante

© 2023 Les Mills Music Licensing Ltd.

Written by: Balvin, Machado, Hailey, Jvzel, Daniel Jr., da Silva, de Pinheiro

- 09

Strength (2:53)

Suedo

Courtesy of Epidemic Sound.

Written by: Unknown
- 10

Adrenaline Rush (3:05)

Sigma feat. MORGAN

Courtesy of the Universal Music Group.

Written by: Ashcroft
- 11

Amor (5:10)

San Pacho

© 2022 Insomniac Records.

Written by: Škalec
- 12

On My Mind (5:55)

INF

Courtesy of Les Mills Music Licensing Ltd.

Written by: Tyson



PRESENTERS

Des Helu (New Zealand)
Kaylah-Blayr Fitzsimons-Nu'u (New Zealand)
Khiran Huston (New Zealand)
Kimi Holm (Finland)
Maddalena Boccella (Switzerland)
Mark Nu'u-Steele (New Zealand)
Vili Fifita (New Zealand)

CREDITS

Creative Leads – Diana Archer Mills and Khiran Huston
Creative Team – Vili Fifita
Creative Directors – Mark Nu'u-Steele and Erin Maw
Coaches – Diana Archer Mills and Rob Lee
Technical Consultant – Rob Lee
Production Coordinator – Kristy Ward

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



LES MILLS TONE 24



L-R: Des Helu, Maddalena Boccella, Vili Fifita, Kimi Holm, Khiran Huston, Kaylah-Blayr Fitzsimons-Nu'u, Mark Nu'u-Steele

THIS ONE WILL BE YOUR NEW “GO TO” RELEASE!

Music – next level. The workout factor – incredible. The team – amazing!

We have two key moves in this release: the Scap Squat and the Knee Lunge Combo.

The Scap Squat is a great way to train posture and control of the torso through the Squat pattern. This “home base” training through the strengthening of the scapula retractors will place the shoulders in a good set position for any task – press or pull. Think of this new move as a dynamic extension of TONE posture!

A hot tip for coaching the essentials of this move – the key is to retract or squeeze the shoulder blades towards the spine. This allows the chest to stay forward and upright and the eyes to gaze ahead through the engagement of the back muscles.

Track 2 highlights the Knee Lunge Combo – the focus is on engaging the muscles used in the major patterns of the Lunge and the Squat. This is a dynamic pre-activation of the key muscles, glutes and hip flexors. A really cool thing about this whole movement combo is the transition between the Lunge and hip flexion, then to the Squat with an Overhead Reach; almost every athletic pattern is incorporated here!

A hot tip for coaching the essentials of this move – when transitioning through the Squat, be sure to coach the turn out of the feet and alignment of toes over the knees. This will help to safeguard the knees and hips against internal rotation.

We loved creating this release for you. Thank you for bringing LES MILLS TONE to life in your clubs and among your members.

Khiran & Diana 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

TONE 24 has arrived and it is serving ‘high energy’ vibes!

This Warm-up has a focus on scapula retraction. Use lots of visual and feeling cues to set up good TONE Posture and movement.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / I heard	1x8	Set up for Side Bend Hands clasped O/H	8	
0:06	V / no longer together	1x8 A	Side Bend L Hands clasped O/H	8	1x
0:09	Forget her	1x8 A	Side Bend R Hands clasped O/H	8	1x
0:12	She never loved you	1x8	Transition – set up Scap Squat	8	
0:18	PC / I wasn’t ready	4x8 B	Scap Squat (slow) Squat – Thumbs to collarbones Hold Squat – Hands reach to floor Rise – Thumbs back to collarbones Stand – Hands reach O/H	4 4 4 4	2x
0:32	C / I think about	4x8 B ¹	Scap Squat (fast)	8	4x
0:48	I think about	4x8 B ²	Scap Squat (faster)	4	8x
1:05	V / Love hurts	4x8 C	Sumo Squat / Lateral Lunge Combo (slow) L&R Squat – Hands on thighs Lunge L – Hands on L thigh Squat – Hands on thighs Lunge R – Hands on R thigh	8 8 8 8	1x
1:19	PC / I wasn’t ready	4x8 C ¹	Sumo Squat / Lateral Lunge Combo (fast) ↑ Option: Reach arm to floor after 16cts	8	4x
1:34	C / I think about love	4x8 D	Lateral Lunge L&R Lunge L – L hand to L thigh. R hand reaches to floor Lunge R – R hand to R thigh. L hand reaches to floor ↑ Option: Thoracic Rotation after 4cts	2 2	8x
1:50	I wasn’t ready	4x8 E	Lateral Shift Combo L&R 3x Lateral Lunge (L, R, L) – Hands clasped together (knee height) Hold Lateral Lunge L – L arm down, R arm opens O/H Hold Lateral Lunge – Hands clasped together (knee height) ⏮️ to R side	4 2 2 8	2x
2:07	Br / For you I would	4x8 F	Slow Walking Burpee Squat – Thumbs to collarbones Hands to floor L foot B – Hands under shoulders R foot B – Hands under shoulders L foot F – Hands under shoulders R foot F – Hands under shoulders Squat – Thumbs to collarbones Rise – A-frame Arms	4 4 4 4 4 4 4 4	1x
2:19	Oh oh oh ohh	½x8	Dramatic pause	4	
2:23	C / I think about love	8x8 F ¹	Burpee Squat – Thumbs to collarbones Plank – Hands under shoulders Squat – Thumbs to collarbones Stand – Arms by sides ↓ Option: Slow Walking Burpee	2 2 2 2	8
2:55	(Music fades)	G	Jog OTS		



01. RISK IT ALL 3:01mins

ESSENCE TIPS

TONE 24 is here and we have an incredible athletic workout ahead!

In this release, you will notice fresh and innovative moves, amazing music, and lots of progressions for participants to choose from.

There is a focus in this release on scapula retraction, which encourages good TONE Posture, body alignment and effective movement.

Visually demonstrate (role-model) good posterior chain activation to participants, using lots of feeling cues to help create mind-muscle connection to scapula retraction.

This track has an uplifting feel. Tap into the good vibes, make connections and create an inclusive atmosphere in your class. This will help to establish a team culture that will keep your participants to fizz with energy from start to finish.

TECHNIQUE AND COACHING

SIDE BEND

Layer 1

- Feet under hips
- Lace the fingers together
- Reach hands high towards the ceiling
- Lean towards the side – roll ribs to hips
- Squeeze the butt and open through the chest

OPTION: Lean as far as it feels comfortable

SCAP SQUAT

Layer 1

- Cue Scap Squat (slow): *Squat hold, reach to feet, thumbs to shoulders, reach to ceiling*
- Cue Scap Squat (fast): *Squat, reach, Squat, stand*
- **Feet outside hip-width**
- **Knees pressing outside hip-width**
- **Core is braced**
- **Chest lifted – squeeze between shoulder blades**
- **Butt stops at knee level**

Layer 2

- Scap Squat is a dynamic extension of our TONE Posture – maintaining engagement through the posterior chain
- Feel your shoulder blades squeeze together in the scapula retraction

SUMO SQUAT / LATERAL LUNGE COMBO

Layer 1

- Cue: *Squat, Lunge, Squat, Lunge*
- Squat: **Feet outside hip-width, chest lifted, stay low in the Squat, knees press out over toes** – “let’s see the inside of the thighs”
- Lateral 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

- The thoracic rotation starts to mobilize the core and hips for all the dynamic movements ahead

↑ OPTION: Reach one hand to floor

↑ OPTION: Thoracic Twist

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: **Arm, shoulder and thoracic rotate as one movement**

Layer 2

- Scapula engagement maintains good TONE Posture in the Lateral Shift (no slouching forward)
- Retract the scapula in the Arm Opener to open and stretch through the chest

WALKING BURPEE

Layer 1

- Cue: *Squat, hands to floor, walk back, walk back, walk in, walk in, Squat, stand*
- **Feet outside hip-width**
- **Chest lifted in Squat position**
- **Hands under shoulders**
- **Long spine**
- **Core braced**

Layer 2

- The Walking Burpee is a great move for beginners to TONE. Coach the benefits of mobilizing the joints (ankles, knees, hips and spine) and strengthening the surrounding muscles



01. RISK IT ALL 3:01mins

TECHNIQUE AND COACHING

BURPEE

Layer 1

- Cue: *Squat, Plank, Squat, stand*
- **Feet outside hip-width**
- **Scapula retraction to keep chest lifted while in the Squat position**
- **Hands under shoulders**
- **Long spine**
- **Strong core engagement when jumping to Plank or Squat**

Layer 2

- Drop deeper to engage the legs
 - Jump wider to lift the heart rate
- ↓ OPTIONS: Fast or Slow Walking Burpee



02. STEADY STATE

TRACK FOCUS

The Knee Lunge Combo is giving main character energy in this Steady State track. Achieve the ‘steady state’ feeling by moving the legs to their full range and intensity.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / I just want to	8x8	A	Knee Lunge Combo (super slow) L&R	
				R knee lifts – RA	8
				R leg B to Lunge – RA	8
				R knee lifts – RA	8
				Squat – Hands clasped in front	8
				other side	32 1x
0:32	V / I just want to	4x8	A ¹	Knee Lunge Combo (slow) L&R	
0:47	(Beat drop)	4x8	A ²	Knee Lunge Combo (fast) L&R	
				Add Arms O/H in the Squat	16 2x
1:02	(Instr)	8x8	A ³	Knee Swing Combo L&R	
				Jump – R knee swings F – RA	2
				Jump – R leg swings B – RA	2
				Jump – R knee swings F – RA	2
				Squat – Hands clasped O/H	2
				other side	8 4x
				↓ Option: Knee Lunge Combo	
				↓ Option: No Jump	
1:33	(Beat fades)	8x8	A ¹	Knee Lunge Combo (slow) L&R	
2:02	(Beat builds)	6x8	A ²	Knee Lunge Combo (fast)	
2:26	(Beat drop)	12x8	A ³	Knee Swing Combo L&R	



02. FOLLOW U 3:14mins

ESSENCE TIPS

Get excited! There is only one movement pattern to learn in this track.

The key to achieving the 'steady state' feeling in this track is via effective muscle activation in the legs.

Remember, the leg muscles are some of the biggest muscles in the body. These muscles require lots of blood flow to move at their full intensity. This is what creates the change in our heart rate and breathing.

The advantage of simple choreography is that you have lots of time to coach quality movement and technique so that participants experience that steady state feeling, regardless of whether they are jumping or not.

TECHNIQUE AND COACHING

KNEE LUNGE COMBO

Layer 1

- Cue: *Knee, Lunge, Knee, Squat*
- Knee Lift: Knee to hip height, **chest tall, abs braced, standing foot under hips**
- Lunge: **Long step back, heel lifted, knee presses over toes**
- Squat: **Hips square to the front, knees turn out, tracking over toes, chest lifted**

Layer 2

- Develop strength and stability of the Lunge by squeezing the glutes
- Press hands against the knees in the Knee Lift to engage the hip flexors
- Knees travel forward of hips – linear movement helps with stability and balance

↑ OPTION: Swing leg back

KNEE SWING COMBO

Layer 1

- Cue: *Knee, Lunge, Knee, Squat*
- Jump Knee: Knee to hip height, **chest tall, strong core braced, land softly**
- Lunge: **With the swing – no hyperextension, no strain to lower back, land softly**
- Squat: **Hips square to the front, knees turn out over toes, chest lifted, hands lift in front of forehead**

Layer 2

- Dynamic movements replicate everyday muscle activation – exercising this way makes us stronger for life
- Big muscle activation (ie the legs) lifts the heart rate into the steady state zone

↓ OPTION: Knee Lunge Combo



03. PEAK 1 CARDIO

TRACK FOCUS

Peak 1 focuses on well-rounded balanced movement as well as cardio intensity. This is another opportunity to coach scapula retraction.
Jazz up this track by matching your coaching with the ebbs and flows of the music.

WEIGHT RECOMMENDATIONS:

- New to Fitness:** No weights
Regulars: 2x light weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / 1, 2, 3	2x8		Set up for Lateral Shift Combo Lateral Shift Combo after 8cts	16	
0:08	V / See my confidence is shaken	10x8	A	Lateral Shift Combo L&R 3x Lateral Lunge (L, R, L) – Hands clasped together (knee height) Hold Lateral Lunge L – L arm down, R arm O/H Hold Lateral Lunge – Hands clasped together (knee height) to R side	4 2 2 8	5x
0:41	(Beat drop)	8x8	A ¹	Lateral Shift Combo with Leg Lift L&R ↓ Option: No Leg Lift	16	4x
1:05	V / I know it's been a while	4x8	B	Scap Squat (slow) Squat – Thumbs to collarbones Hold Squat – Hands reach to floor Rise – Thumbs back to collarbones Stand – Hands reach O/H	4 4 4 4	2x
1:19	PC / You say I can fix	4x8	B ¹	Scap Squat (fast)	8	4x
1:31	But love, pray for me	4x8	B ²	Scap Squat (faster)	4	8x
1:44	(Beat drop)	8x8	B ³	Scap Squat (faster) with Jump	4	16x
2:12	V / I've been running	12x8	A	Lateral Shift Combo L&R	16	6x
2:50	(Beat drop)	8x8	A ¹	Lateral Shift Combo with Leg Lift L&R ↓ Option: No Leg Lift	16	4x
3:16	V / I know it's been a while	4x8	B	Scap Squat (slow) ↑ Option: 2x light weight plates	16	2x
3:28	PC / You say I can fix	4x8	B ¹	Scap Squat (fast)	8	4x
3:41	But love, pray for me	4x8	B ²	Scap Squat (faster)	4	8x
3:54	(Beat drop)	8x8	B ³	Scap Squat (faster) with Jump ↓ Option: No Jump	4	16x



03. HOW TO LOVE (BOOMBOX CARTEL REMIX) 4:33mins

ESSENCE TIPS

Peak 1 focuses on well-rounded, balanced and integrated movement systems, as well as cardio intensity.

To really capture the essence of this track, think about the music as your team-teach partner.

The verses are quiet and restrained, allowing for quality coaching. Get participants moving well, and speak to longevity benefits (such as hip strength, hip mobility and coordination training).

As the music starts to build, begin to lift your energy. Encourage your participants to challenge themselves by role-modeling range of motion and physical intensity – pushing your limits will help them to push theirs.

In the beat drop, strip back your coaching. Clipped statements can help participants focus their attention on driving intensity eg notice how Kaylah-Blayr says “go, go, go” and Des says “jump, JUMP!” This coaching can be really effective at supporting participants to work harder.

TECHNIQUE AND COACHING

LATERAL SHIFT COMBO

Layer 1

- Cue: 3-2-Hold, open and close
- Lateral Lunge: **Feet outside hip-width, knees and toes pressed out, hips square to front, chest lifted**
- Arm Opener: **Arms and shoulders rotate in one movement, scapula retraction to open through the chest**

Layer 2

- Build leg strength by staying low in the Lateral Lunge
- Squeeze your posterior chain to stay long and lifted through the body

↑ OPTION: Leg Lift – Squeeze the glutes to release the back foot; **squeeze core for stability**

SCAP SQUAT

Layer 1

- Cue Scap Squat: *Squat, reach, Squat, stand*
- **Feet outside hip-width**
- **Knees pressing wide over toes**
- **Abs braced**
- **Chest lifted**
- **Butt stops at knee level**

Layer 2

- Keep the shoulders back and squeezed for scapula retraction and TONE Posture
- Hands reaching to floor is a visual prompt to keep the feet wide and knees pressed out over toes

↑ OPTION: Jump – **Both feet take off, both feet land. Land with soft knees, facing square to the front**

↑ OPTION: Weighted Scap Squat



04. PEAK 2 CARDIO

TRACK FOCUS

Don't sleep on this one! This Cardio track is super fun and focuses on coordination. If you get the timing, you get the workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Jog OTS Run F&B after 24cts	32	1x
0:20	C / Famalay -lay-lay	8x8	A	Run F&B Run F – RA Run B – RA ↑ Option: High Knee F&B ↓ Option: Bounce F&B ↓ Option: Jog OTS	8 8	4x
0:45	V / We don't see skin	4x8	B	Double-Pulse Surfer Squat F&B 4x Double-Pulse Squat F 4x Double-Pulse Squat B	16 16	1x
0:58	Man even if we fall out	8x8	B ¹	Surfer Squat F&B (Light Propulsion) 4x Squat Jump F – <i>Natural Arms</i> 4x Squat Jump B – <i>Natural Arms</i> ↑ Option: Tuck Jump ↓ Option: Squat Step F&B	8 8	4x
1:23	C / Jumping up together	4x8	A	Run F&B	16	2x
1:37	V / Ah say wo	4x8	C	Heisman Run (slow) L&R 3-Step Run L, R, L – RA 3-Step Run R, L, R – RA	4 4	4x
1:49	Let me tell you one time	4x8	C ¹	Heisman (fast) L&R	4	8x
2:02	C / Famalay -lay-lay	4x8	C ²	Traveling Heisman (fast) L&R / F&B	16	2x
2:15	Jumping up together	4x8	A	Run F&B	16	2x
2:28	V / We don't see skin	4x8	B ¹	Surfer Squat F&B	16	2x
2:40	C / Famalay -lay-lay	4x8	C ²	Traveling Heisman Run L&R / F&B ↓ Option: Heisman L&R	16	2x
2:53	Jumping up together	4x8	A	Run F&B	16	4x



04. FAMALAY 3:20mins

ESSENCE TIPS

This Cardio track is super fun and focuses on coordination.

If you get the timing, you get the workout. Help your participants to feel successful in this track by knowing your choreography inside and out.

There are some quick changes and tricky speeds, so practice this track to master the choreography and timing.

Reducing the cognitive load for participants will help them focus on timing. Use previews (i.e. visual prompts) and pre-cues (i.e. verbal prompts) to keep them aware of changes. Phonetic coaching (i.e. matching coaching with the rhythm) is also a good way to keep participants on the beat (eg 8-7-6-5...).

Some participants may not feel like they have worked to their full capacity during the first trial of this track. This is completely normal in coordination training. Participants will find they can work harder once they have mastered coordination and timing, so teach this track for a few weeks in a row to help increase mastery.

TECHNIQUE AND COACHING

RUN

Layer 1

- Cue: *8x Knees forward, 8x Butt Kicks back*
- **Feet under hips**
- **Chest lifted – maintain good scapula retraction**
- **Core braced**
- Natural Running Arms

Layer 2

- Squeeze shoulder blades together to keep the chest lifted
- Coordination helps improve mind-muscle connection

↑ OPTION: High Knee Run

↓ OPTION: Light Bounce – **soft knees**

↓ OPTION: Walk

SURFER SQUAT

Layer 1

- Cue: *4x Squats forward, 4x Butt Kicks back*
- **Feet outside hip-width**
- **Knees and toes press out**
- **Core is braced**
- **Butt stops at knee level**
- **Soft knees if jumping**
- **Hips and shoulders turn as one**

Layer 2

- Push through the toes to lift out the floor – more calf and glute activation and momentum makes it easier to turn the body right to left

↓ OPTION: Double Pulse Squat

HEISMAN AKA 3-STEP RUN

Layer 1

- Cue: *3-2-Hold, 3-2-Hold*
- **Feet under hips**
- **Chest lifted**
- Natural Running Arms
- One-legged Squat ('Hold'): **Land whole foot down, align knee over middle of foot, squeeze body tight for stability**

Layer 2

- Build strength in the lateral glute muscles by pushing hard on the outside foot – this also creates more distance

↓ OPTION: Run OTS

↓ OPTION: No High Knees



05. PEAK 3 CARDIO

TRACK FOCUS

Play time is over... period! Use the first 30 seconds to set up the AMRAP Combo so that participants can push their limits when the beat drops.

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8		Jog OTS	32	1x
0:29	V / <i>I got my direction</i>	8x8	A	AMRAP Combo (slow) 8x Lunge – Natural Arms 2x Thruster Burpee ↓ Option: Walking Thruster 2x Scap Squat	64	AMRAP
1:23	(Beat drop)	4x8	A ¹	AMRAP Combo (fast) 8x Lunge ↑ Option: Plyometric Lunge 2x Thruster Burpee 2x Scap Squat ↑ Option: Jump	32	AMRAP
1:45	V / Say you're gonna hit	2x8		Recover	16	
1:56	_ gotta keep it moving	6x8	A	AMRAP Combo (slow)	48	AMRAP
2:31	(Beat drop)	6x8	A ¹	AMRAP Combo (fast)	48	AMRAP
3:04	(Music fades)	2x8		Recover	16	
3:15	PC / Don't stop	4x8	A	AMRAP Combo (slow)	32	AMRAP
3:37	(Beat drop)	6x8	A ¹	AMRAP Combo (fast)	48	AMRAP



05. MOMENTUM 4:15mins

ESSENCE TIPS

Play time is over and we're shifting the focus to AMRAP training. This style of training allows people to train as a team as well as an individual. The track set-up is important. In the first 30 seconds ensure you have:

- Refocused the class to prepare for their final Cardio peak
- Described AMRAP training and the AMRAP Combo e.g. 8x Lunge, 2x Thruster Burpee, 2x Scap Squat
- Oriented the class to moving slowly/recovering in the verses, and moving as fast as possible during the chorus

There are three blocks of work in this track. Consider using Block 1 on Layer 1 (technique and safety), Block 2 on Layer 2 (increasing intensity and improving execution) and Block 3 on Layer 3 (motivation).

TECHNIQUE AND COACHING

AMRAP COMBO

Layer 1

- Cue: 8x Lunge, 2x Thruster Burpee, 2x Scap Squat (see below for technique and coaching)

LUNGES

Layer 1

- Long step back
- Chest lifted
- Hips square to front
- Knees push out over toes

Layer 2

- Lunge: Keep lowering the body until the front thigh is parallel with the floor
- Plyo Lunge: Like a spring, load and explode. Coil up by bending the knee, and then drive from the floor, pushing through the toes

↑ OPTION: Plyometric Lunges – Drive through toes, **land whole foot, soft knees to land, strong glute squeeze to stabilize**

THRUSTER BURPEE

Layer 1

- Cue: *Squat, Plank, Thruster, Plank, Thruster, stand*
- **Feet outside hip-width, butt low to squat**
- **Knees bend to transition through a squat**
- **Chest lifted – squeeze shoulder blades together for scap retraction**
- **Hands under shoulders**
- **Long jump back – strong core brace**

Layer 2

- Explode from the Plank into the Squat. This will help maintain lower back safety and increase speed

↓ OPTION: Walking Burpee

↑ OPTION: Jump

SCAP SQUAT

Layer 1

- Cue: *Squat, reach, Squat, stand*
- **Feet outside hip-width**
- **Knees pressing wide over toes**
- **Core is braced**
- **Chest lifted – squeeze between shoulder blades**
- **Butt stops at knee level**

Layer 2

- Create vertical drive with the Triple Extension – creating explosive movement by driving through the ankles, knees and hips

↑ OPTION: Jump



06. RESISTED CARDIO

TRACK FOCUS

This track slaps! Get a little playful but remember to coach the importance of scapula retraction and TONE Posture.

WEIGHT RECOMMENDATIONS:

New to Fitness: 2x light weight plates

Regulars: 2x light or medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1½x8	Set up for Knee Lunge Combo		4	
0:02	My milkshake	8x8	A	Knee Lunge Combo (Grounded) L&R		
				R knee lifts – RA	2	
				R leg B to Lunge – RA	2	
				R knee lifts – RA	2	
				Squat – <i>Hands clasped in front</i>	2	
				other side	8	4x
				↑ Option: Add O/H Press on Squat after 32cts		
0:32	(Instr beat)	8x8	A¹	Knee Swing Combo L&R		
				Jump – R knee swings F. RA	2	
				Jump – R leg swings B. RA	2	
				Jump – R knee swings F. RA	2	
				Squat – <i>Hands clasped O/H</i>	2	
				other side	8	4x
				↓ Option: Knee Lunge Combo		
				↓ Option: No Jump		
1:04	C / La la la la la	1x8		Transition to Heel Lift/Bounce	8	
1:07	La la la la la	3x8	B	Heel Lift/Bounce	24	
1:18	My milkshake	5x8	C	Bounce Combo		
				8x Half-Range Bicep Curl	16	
				8x Forward Shoulder Press	16	5x
				↓ Option: No Heel Lift / Jump		
				↑ Option: Add Vertical Jump to Forward Shoulder Press		



06. MILKSHAKE 2:37mins

ESSENCE TIPS

Resisted Cardio will bring all the folks to the yard!

This is an opportunity to get playful with the music and connect with your participants. The music really sells the Bounce Combo so allow space in your coaching for them to connect with the song.

As fun as this track is, remember that the goal of Resisted Cardio is to gently bring down the heart rate and activate the accessory muscles. Use Layer 2 coaching to help your participants understand the benefits of this type of training and movement.

TECHNIQUE AND COACHING

KNEE LUNGE COMBO

Layer 1

- Cue: *Knee, Lunge, Knee, Squat*
- Knee Lift: Knee to hip height, **chest tall, abs braced, standing foot under hips**
- Lunge: **Long step back, heel lifted, knee presses over toes**
- Squat: **Hips square to the front, knees turn out, tracking over toes, chest lifted**
- Overhead Press: **Keep a high chest for good posture, press plates forward of face**

Layer 2

- Activate the glutes in the Lunge by pushing down through the front heel. Strong glute activation increases stability and can improve Lunge depth and control

KNEE SWING COMBO

Layer 1

- Cue: *Knee, Lunge, Knee, Squat*
- Jump Knee: Knee to hip height, **chest tall, strong core braced, land softly**
- Lunge: **With the swing – no hyperextension, no strain to lower back, land softly**
- Squat: **Hips square to the front, knees turn out over toes, chest lifted, hands lift in front of forehead**
- Overhead Press: **Keep a high chest for good posture**

Layer 2

- This is a 3-in-1 combo; increasing cardiovascular output, muscular strength and joint mobility
- Triple Extension exercises improve joint health by using movement in the ankles, knees and hips and strengthening the surrounding muscles

↓ OPTION: Knee Lunge Combo

BOUNCE COMBO

Layer 1

- Bounce: Heels release from floor, **TONE Posture, scapula retraction, abs braced**
- Bicep Curl: **Half-range Bicep Curl, elbows tucked close to body, TONE Posture, scapula retraction, abs braced**
- Front Shoulder Press: **Weights below shoulder, TONE Posture, scapula retraction, abs braced, elbows stay soft at the end of the press**

Layer 2

- Engage the back to create a platform for strengthening the arms and shoulders. Scapula retraction supports TONE Posture, which enables full range of motion in the arms
- Light impact is good for bone density – embrace the bounce to improve the health of your bones

↓ OPTION: No Jump

↑ OPTION: Jump the Shoulder Press



07. RESISTED BALANCE

TRACK FOCUS

Can we get a vibe check on this track? Once again, we combine balance training with integrated strength training and hip mobility. Yes, yes and YASS!

WEIGHT RECOMMENDATIONS:

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

Regulars: 2x light or medium weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1/2x8	Set up Around The World Tap Combo		4	
0:02	V / All you soul brothers	4x8	A	Around The World Tap Combo L 8x Tap R foot F – <i>Bicep Curl</i> 8x Tap R foot B – <i>Bicep Curl</i>	16 16	1x
0:18	All you soul brothers	4x8	B	2/2 Open Star L	8	4x
0:33	C / _ Hip cats	12x8	C	Combined Combo L 4x Tap Around The World F 4x Tap Around The World B 4x Single Open Star ⬆ Option: Float the foot in Around The World ⬆ Option: Release back foot in Open Star	8 8 16	3x
1:20	Br / Fascinatin' devastating	12x8	D	Single-Leg Squat with Cleopatra L&R 7x Single-Leg Squat L 7x Single-Leg Squat R ⬆ Option: Add Cleopatra after 32cts	16 16	3x
2:08	(Instr)	1/2x8	Transition to Around The World Tap Combo		4	
2:11	V / All you soul brothers	4x8	A	 Around The World Tap Combo R	32	1x
2:26	All you soul brothers	4x8	B	 2/2 Open Star R	8	4x
2:42	C / _ Hip cats	12x8	C	 Combined Combo R	32	3x
3:28	Br / Fascinatin' devastating	12x8	D	 Single-Leg Squat with Cleopatra R&L	32	3x



07. HIPCATS 4:18mins

ESSENCE TIPS

Resisted Balance is a TONE favorite, particularly for those participants who are searching for a balanced workout.

This particular Balance track focuses on combining single-leg stability with joint mobility. The Cleopatra movement adds an additional balance challenge as you fight for stability when your center of gravity shifts.

Encourage participants to select manageable weights. The focus should be on exploring range and maintaining balance, which is often more manageable with a lighter weight selection.

TECHNIQUE AND COACHING

AROUND THE WORLD TAP

Layer 1

- **TONE Posture**
- **Strong core brace**
- **Chest lifted**
- **Standing knee aligns with the toes**
- **Soften standing knee** – squeeze glute tightly
- Moving leg extends long

Layer 2

- Take the challenge to float the foot because when it comes to balance “if we don’t use it, we lose it”

↑ OPTION: Float the foot

OPEN STAR

Layer 1

- Cue: *Up, up. Down, down*
- Back leg extends long
- **Chest lifted, abs braced**
- **Shoulder, ribs and hips turn as one**
- **Squeeze the shoulder blades together**
- **Bend top arm on the way up, keep arm long on the way down**
- Squeeze glute to release the back foot

Layer 2

- Maintain your eye gaze to the floor to assist with balance
- Fight gravity and move with control, on the way up and on the way down

↑ OPTION: Release back foot

SINGLE-LEG SQUAT

Layer 1

- **TONE Posture**
- **Chest lifted**
- **Abs braced**
- **Hips square to front**
- **Soften standing knee** – squeeze glute to balance
- Front leg extends – heel taps
- Cleopatras: Elbows close to body, rotate through forearms to push plates away

Layer 2

- Notice how the core works harder as the plates shift further from the body
- Scapula retraction helps with posture, and TONE Posture helps with balance

↑ OPTION: Float the foot, don't tap down



08. LOWER BODY STRENGTH

TRACK FOCUS

We enjoy lower body workouts that pack a punch. Offset movements help to even out any imbalances in muscular strength or tone. This track is shorter than in previous releases so encourage participants to lift a heavier weight this time.

WEIGHT RECOMMENDATIONS:

New to Fitness: 2x light or medium weight plates / No SMARTBAND™ or SCULPTBAND™

Regulars: 2x medium or heavy weight plates / SMARTBAND or SCULPTBAND

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8	Set up for Offset Squat L		8	
0:03	(Instr)	7x8	A	2/2 Offset Squat L ↑ Option: <i>Weights in both hands</i> ↓ Option: <i>1x weight in R hand</i>	8	7x
0:29	V / E aê?	4x8	A ¹	3/1 Offset Squat L	8	4x
0:44	(Instr)	4x8	A ²	Triple-Pulse Offset Squat L	8	4x
0:59	V / <i>Dale ahí</i>	1x8	Transition to Offset Squat R		8	
1:03	<i>Solo pa' mí</i>	7x8	A	2/2 Offset Squat R	8	7x
1:29	PC / <i>Ave María</i>	4x8	A ¹	3/1 Offset Squat R	8	4x
1:44	(Instr)	4x8	A ²	Triple-Pulse Offset Squat R	8	4x
1:58	C / Bola rebola, rebola	8x8	B	Walking Pulse Squat L&R Narrow 4x Pulse Squat – <i>Weights to collarbones</i> L foot steps out for Wide 4x Pulse Squat – <i>Weights to collarbones</i> L foot steps in for Narrow 4x Pulse Squat – <i>Weights to collarbones</i> R foot steps out for Wide 4x Pulse Squat – <i>Weights to collarbones</i> (R foot steps in for Narrow 4x Pulse Squat to repeat combo)	8 8 8 8 8	2x



08. BOLA REBOLA 2:29mins

ESSENCE TIPS

This track is short, sweet and effective. In fact, this is possibly the shortest Lower Body Strength track we've ever had in TONE.

The joy of a short track is that you can challenge participants to level up their weight selection. Reassure them that Offset Training allows one side of the body to work harder than the other as the other side does not completely recover.

Body positioning is important, in particular the placement of the feet. Once participants have correctly set up the Offset Squat, make sure they are also placing the majority of their body weight through the front foot. These tips will ensure that they achieve the alignment that will maximize the benefits of their training.

TECHNIQUE AND COACHING

OFFSET SQUAT

Layer 1

- Cue: *Down-down. Up-up*
- Split Stance, weight in front foot, **back heel lifted**, toes of back foot aligned with the heel of the front foot
- **Feet hip-distance apart**, mid-stance
- 80% of body weight through standing leg
- **Hips square to front**
- **Chest lifted**
- **TONE Posture – scapula retraction and abs braced**
- Hips back and knees bend to Squat

Layer 2

- Squeeze the glutes to rise
- Keep the chest lifted with scapula retraction – squeeze the shoulder blades together
- Offset Training helps to even out any imbalances and improve the strength of each leg

↓ OPTION: No weight, no SMARTBAND

WALKING PULSE SQUAT

Layer 1

- **Hips square to front**
- **Feet hip-distance apart**
- **Butt back and down**
- **Chest lifted, TONE brace**
- **Knees track over toes – ensure tracking as you transition from Wide to Narrow Squats**
- **Butt back and down**

Layer 2

- Keep the tension on the band by pushing your knees outwards over toes
- Changing stances of the Squats allows us to vary the demand on our stabilizers

↓ OPTION: No weight, no SMARTBAND



09. UPPER BODY STRENGTH

TRACK FOCUS

Scapula retraction is back in this track but this time it hits differently. Strong engagement of the back muscles will support good postural alignment and strength development.

WEIGHT RECOMMENDATIONS:

New to Fitness: 2x medium weight plates

Regulars: 2x medium or heavy weight plates

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8	Set up for Scorpion Pushup		8	
0:03	(Music fades in)	4x8	A	4/4 Scorpion Pushup L&R ↓ Option: No Scorpion Tail ↓ Option: Knees under hips ↑ Option: On toes	32	1x
0:18	I feel something growing strong	4x8	A ¹	2/2 Scorpion Pushup L&R	16	2x
0:33	Feel something growing strong	12x8	A ²	Triple Scorpion Pushup L&R	16	6x
1:19	(Beat fades)	2x8		Transition to Kneeling Cobra Curl	16	
1:27	(Quiet instr)	2x8	B	2/2 Kneeling Cobra Curl	8	2x
1:35	Strong	7x8	B ¹	Triple-Pulse Kneeling Cobra Curl	8	7x
2:00	I feel something growing strong	1x8		Transition to Hip Bridge / Chest Fly	8	
2:03	/ Feel something growing strong	4x8	C	Hip Bridge / Chest Fly	4	8x
2:20	Feel something growing strong	8x8	C ¹	Triple-Pulse Hip Bridge / Chest Fly	8	8x



09. STRENGTH 2:53mins

ESSENCE TIPS

In TONE 24, we really wanted to sell the benefits of scapula retraction. Strong engagement of the back muscles is super important in upper body strength training to help with:

- Good postural alignment
- Protection of the spinal column
- Stabilizing of the trunk, allowing you to work the targeted muscle group more effectively

You will notice that each exercise is a combination of two moves. Not only does this help with coordination training and integrated strength training, but it also ensures that participants get a total-body workout in 45 minutes.

TECHNIQUE AND COACHING

SCORPION PUSHUP

Layer 1

- **Hands under shoulders**
- **Elbows travel backwards – staying close to ribcage**
- **Shoulders stay above elbow height as you drop**
- **Knees behind hips**
- **Long spine – core braced**
- Scorpion – knee bends and hovers slightly above the floor

Layer 2

- Grounded glute squeeze hard and strong core brace to negotiate wobbles in the Pushup
- Push the hands firmly into the floor to help lift from the floor – engaging the triceps
- Make your body feel weightless by squeezing the posterior chain muscles. Muscular tension will help support the body as you move down and up

↓ OPTION: Knees under hips in Pushup

↓ OPTION: No Scorpion (both knees on floor)

↑ OPTION: Pushup on toes

KNEELING COBRA CURL

Layer 1

- **Knees slightly wider than hips**
- **TONE Posture**
- **Abs braced**
- **Scapula retraction**
- **Elbows close to side body**
- **Hinge forward from the hips to Cobra**
- **Long straight back**
- **Chest lifted for Bicep Curl**

Layer 2

- Scapula retraction engages the posterior chain, encouraging good TONE Posture and protecting the spine through the movement
- Any time you feel like you're losing technique, reduce the range but stay with the tension

HIP BRIDGE / CHEST FLY

Layer 1

- **Hip Bridge: Feet close to butt, squeeze glutes to lift hips**, drive through feet, **shoulders connect with floor, strong ab brace**
- Chest Fly: Arms long, **elbows soft, weight plates stay higher than elbows**, squeeze chest to bring weight plates together
- We are working in opposites – as the glutes lift, the plates drop. As the plates lift, the glutes drop

Layer 2

- Use the floor as an anchor – ground your shoulders and feet to assist the Hip Bridge
- Engaging the trunk stabilizers sets a strong foundation, making us stronger in the Chest Fly



10. FUNCTIONAL CORE STRENGTH

TRACK FOCUS

IT’S BACK! The Needlepoint has been missing from TONE for a hot minute. The quick tempos and changes in this track are designed to challenge the core and stabilizing muscles.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 3-Point Mountain Climber		16	
0:11	V / Lately , I’ve been feeling differently	4x8	A	3-Point Mountain Climber L&R L knee travels F, across, F R knee travels F, across, F	8 8	2x
0:32	C / You’re my adrenaline rush	8x8	A ¹	3-Point Mountain Climber with Needlepoint Extension L&R L knee travels F, across, F L leg extends up to 45° for Needlepoint R knee travels F, across, F R leg extends up to 45° for Needlepoint ⬆ Option: Jump the Needlepoint after 32cts	4 4 4 4	4x
1:17	V / I been fightin’	1x8	Transition to Leg Extension		8	
1:22	Every taste of you	3x8	B	Leg Extension (slow) L&R L Leg Extension R Leg Extension ⬇ Option: Bent knee toe tap ⬆ Option: Leg extends to ceiling	2 2	6x
1:39	C / You’re my adrenaline rush	4x8	B ¹	Leg Extension (fast) L&R	2	16x
2:01	You’re my adrenaline rush	5x8	B ²	Criss-Cross Double Leg Extension L&R (fast or slow) 4x Criss-Cross Double Leg Extension Down 4x Criss-Cross Double Leg Extension Up ⬇ Option: Bend legs	40	AMRAP
2:28	Br / Oh my, I ain’t gonna give it up	1x8	Transition		8	
2:34	C / You’re my adrenaline rush	8x8	A ¹	3-Point Mountain Climber with Needlepoint Extension L&R ⬆ Option: Double Needlepoint	16	2x
2:55	You’re my adrenaline rush	1x8	C	Plank	8	1x



10. ADRENALINE RUSH 3:05mins

ESSENCE TIPS

This track truly is an ‘adrenaline rush’. We keep the core and stabilizing muscles active in this track by quickly transitioning through various exercises.

Familiarize yourself with the choreography so that you are prepared for the quick changes and various tempos.

Participants often like to know ‘the why’ behind unfamiliar moves and innovations. Sell the Needlepoint and Criss-Cross to your participants by understanding ‘the why’ and then use Layer 2 Coaching to manipulate intensity and improve execution.

TECHNIQUE AND COACHING

3-POINT MOUNTAIN CLIMBER

Layer 1

- Cue: *Forward, across, forward, and set*
- **Hands directly under shoulders**
- **Long flat back – scapula retraction to engage the back**
- **Core braced tightly**
- **Hips square to floor**

Layer 2

- Hip flexors and core engaged to pull the knee towards the elbow

↓ OPTION: Knees to floor

NEEDLEPOINT

Layer 1

- **Hands directly under shoulders**
- **Long flat back – scapula retraction to engage the back**
- **Core braced tightly**
- **Hips square to floor**
- **Leg extends to 45 degrees** – strong glute squeeze to lift

Layer 2

- Hands drive hard into the floor to engage the back muscles
- Scapula retraction helps to maintain long posture as you leap from the floor
- Brace the core strongly to maintain a stable core as you leap from the floor
- **Always double-check Plank positioning after landing, setting good alignment of the upper body to protect your shoulders**

↑ OPTION: Jump the Needlepoint (small Jump)

LEG EXTENSION

Layer 1

- **Lower back pressed firmly to floor**
- **Shoulder blades lifted from floor**
- **Chin gently tucks towards chest**
- **Hips square to ceiling**
- Grab above knee or behind the thigh
- One leg extends long

Layer 2

- Draw the belly in to stabilize the core – this anchors the body to the floor, taking away the rocking
- Increase the intensity by lifting the leg to the ceiling
- The core needs to work harder when the leg is extended further from the body

↓ OPTION: Knee bends to 90 degrees for Toe Taps

↑ OPTION: Leg extends to ceiling

↑ OPTION: Hands extend to side of the body

CRISS-CROSS DOUBLE LEG EXTENSION

Layer 1

- **Lower back pressed firmly to floor**
- **Chin gently tucks towards chest**
- **Hips square to ceiling**
- **Legs to 45 degrees**
- Both legs extended – criss-crossing over one another

Layer 2

- The Criss-Cross creates wobbles, meaning you need to engage the core harder to stabilize
- The faster you go, the harder the challenge

↓ OPTION: Criss-Cross with knees bent to 90 degrees

↓ OPTION: Neck and shoulders resting on floor
OPTION: Slow or fast



11. GLUTES

TRACK FOCUS

The math is simple in this track: Time + Tension = Snatched Glutes.

WEIGHT RECOMMENDATIONS:

New to Fitness: No SMARTBAND or SCULPTBAND

Regulars: SMARTBAND or SCULPTBAND

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up for Clam	16	
0:10	C / encontrado el amor	8x8	A	2/2 Clam L	8	8x
0:33	Encontrado el amor	8x8	A ¹	Pulse Clam L ↓ Option: Lay low ↑ Option: Hips lifted	2	32x
1:03	Acá, tú	4x8	A ²	Single Clam L	4	8x
1:18	V / Todo empezó	8x8	B	Single-Leg Hip Abduction L	4	16x
1:48	Todo empezó	4x8	B	Pulse-Leg Hip Abduction L	2	16x
2:04	C / encontrado el amor	8x8	A ³	Floating Clam Pulse L	2	32x
2:35	V / Todo empezó	2x8		Transition to R side	16	
2:44	C / encontrado el amor	8x8	A	 2/2 Clam R	8	8x
3:07	Encontrado el amor	8x8	A ¹	 Pulse Clam R	2	32x
3:37	Acá, tú	4x8	A ²	 Single Clam R	4	8x
3:52	V / Todo empezó	8x8	B	 Single-Leg Hip Abduction R	4	16x
4:22	Todo empezó	4x8	B	 Pulse Single-Leg Hip Abduction R	2	16x
4:38	C / encontrado el amor	8x8	A ³	 Floating Clam Pulse R	2	32x



11. AMOR 5:10mins

ESSENCE TIPS

This track is a love letter to the glutes.

Many of us spend a lot of our time sitting, which does not activate our glutes. This track focuses on enhancing glute strength via consistent movement and long blocks of work.

‘TONE innovation’ means that we look for movement patterns that increase ‘longevity’ and ‘athleticism’ benefits. By enhancing the strength of the glutes, we can improve hip health (longevity) and physical performance (athleticism).

Professional tip for instructors: Make sure you try the Floating Clam before teaching it to your class. It's 'hot and spicy', so familiarize yourself with the intensity to enable you to role-model good form to your participants.

TECHNIQUE AND COACHING

CLAM

Layer 1

- **Elbow, hips and feet in alignment**
- **Keep hips stacked**
- **Knees forward of body**
- **Brace core**
- **Lift chest**
- **Feet stay together**
- Lift knee towards ceiling

Layer 2

- Keep constant tension on the band and in the legs as you lift and lower

↓ OPTION: No band

↓ OPTION: Manipulate the range

↓ OPTION: Propped up on elbow or lying on the floor

↑ OPTION: Hips lifted

SINGLE-LEG HIP ABDUCTION

Layer 1

- **Elbow, hips and feet in alignment**
- **Bottom knee forward of body**
- **Top leg extends long**
- **Keep hips stacked**
- **Abs braced – prevent from rolling backwards**
- **Long spine**
- Leg lifts and pushes behind the body

Layer 2

- Breathe through the workout. A long exhale can relax the body and take some of the intensity out of the workout

↓ OPTION: No band

↓ OPTION: Manipulate the range

↓ OPTION: Propped up on elbow or lying on the floor

FLOATING CLAM PULSE

Layer 1

- **Elbow, hips and feet in alignment**
- **Keep hips stacked**
- **Knees forward of body**
- **Brace core**
- **Lift chest**
- **Feet stay together**
- Lift knee towards ceiling

Layer 2

- Stronger glutes help with everyday movement and athletic performance
- Stay in the top range to increase the challenge for the glutes

↓ OPTION: No band

↓ OPTION: Manipulate the range

↓ OPTION: Propped up on elbow or lying on the floor

↑ OPTION: Hips lifted



12. STRETCH

TRACK FOCUS

Feeling worked out? Take a moment to stretch the body. You have plenty of time, so there is no need to rush. Just enjoy the moment with your participants.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	8x8		Set up for Childs Pose	64	
0:37	V / I'll be standing outside	4x8	A	Childs Pose (Passive)	32	1x
0:55	PC / Hanging out the window	8x8	A ¹	Childs Pose (Deeper) Lift high on fingertips, deep exhale, sit back more	64	1x
1:31	Br / I've got what you want babe	4x8	A ²	Childs Pose (Walk The Hands) Walk hands L Walk hands R	16 16	1x
1:50	V / I wanna be with you	4x8		Transition to Hip Mobilization Combo L	32	
2:09	PC / Things you need in everyday	4x8	B	Hip Mobilization Combo (slow) L Hip Flexor Stretch L Hamstring Stretch L	16 16	1x
2:27	C / On my mind	4x8	B ¹	Hip Mobilization Combo (fast) L Hip Flexor Stretch L Hamstring Stretch L	8 8	2x
2:45	Br / I've got what you want babe	4x8	C	Hip Flexor Stretch / Thoracic Twist L	32	1x
3:03	C / On my mind	3x8		Transition to R side	24	
3:17	On my mind	4x8	B	Hip Mobilization Combo (slow) R	32	1x
3:35	On my mind	4x8	B ¹	Hip Mobilization Combo (fast) R	16	2x
3:53	Br / I've got what you want babe	4x8	C	Hip Flexor Stretch / Thoracic Twist R	32	1x
4:12	V / I wanna be with you	4x8	D	Standing Forward Fold	32	1x
4:30	PC / Things you need in everyday	4x8	D ¹	Standing Forward Fold (Squeeze and Release)	32	1x
4:49	C / On my mind	4x8	E	Wide Squat Glute Stretch	32	1x
5:07	Br / I've got what you want babe	8x8		Side Lunge L&R Side Lunge L Side Lunge R ⬆ Option: Add a Thoracic Rotation	8 8	4x
5:42	Outro /	2x8	F	Chest Stretch	16	1x



12. ON MY MIND 5:55mins

ESSENCE TIPS

An epic workout deserves an epic stretch.

This track is nearly 6 minutes long so enjoy the long holds to really stretch and release the body.

This release has had a huge focus of posterior chain activation, so we have devoted time to the Childs Pose to stretch out the back muscles, as well as the chest and thighs.

The song is upbeat but relaxed. Allow your coaching to match this vibe so that your participants leave the room feeling calm and replenished.

TECHNIQUE AND COACHING

CHILDS POSE

Layer 1

- Cue: *Knees outside hip-width, toes together, stretch the arms long and slide the butt towards heels*
- **Knees outside hip-width**
- **Toes together**
- **Butt towards heels**
- **Arms extend long**
- **Chest naturally falls towards floor**

OPTION: Passive

OPTION: Deeper

OPTION: Walk The Hands

HIP MOBILIZATION

Layer 1

- Cue: *Slide the hips forward and slide the hips back* (see individual moves for verbal cues and safety technique)
- Hip Flexor Stretch: **One knee under hip, long step forward, hips push forwards, front knee tracks over toes, spine long, core braced**
- Hamstring Stretch: **Hips slide back, extending long in front knee, hinge forward from hips, chest lifted, abs braced**

OPTION: Hands to floor

HIP FLEXOR STRETCH / THORACIC ROTATION

Layer 1

- Cue: *Chest nice and lifted, one knee under hip, the other leg steps forward – 90 degrees bend at knee, rotate from center of chest, opposite arm rests outside opposite knee*
- **Knee under hip, other leg steps forward – 90-degree bend at knee**
- **Squeeze back glute**
- **Chest lifted – core braced**
- **Rotation from center of chest – opposite arm crosses opposite knee**

STANDING FORWARD FOLD

Layer 1

- Cue: *Hinge forward from the hip, bend the knees as much as you can, walk your hands down your body, hands reach towards floor, relax the head and neck*
- **Feet under hips**
- **Soft knees**
- **Hinge forward from hips**
- **Relax the head and neck**

OPTION: Squeeze and Release – squeeze the glutes and hamstrings

WIDE SQUAT GLUTE STRETCH

Layer 1

- Cue: *Take your feet much wider than hips, slide the butt back and down, press the knees out over toes, hands to thighs for support*
- **Chest lifted**
- **Core braced**
- **Slide butt back and down**
- **Hinge forward from hips**
- **Feet outside hip-width – knees and toes track out**

OPTION: Move side to side – stretch the muscles on the outside of the hips as well as the inner thighs



12. ON MY MIND 5:55mins

TECHNIQUE AND COACHING

SIDE LUNGE

Layer 1

- Cue: *Feet outside hip-width, slide body weight over to one leg, open up through the inner thigh*
- **Feet outside hip-width**
- **Hinge forward from hips**
- **Chest lifted**
- **Knee presses out over toes**

OPTION: Thoracic Twist

CHEST STRETCH

Layer 1

- Cue: *Feet under hips, stand tall, hands behind back, squeeze your back, glutes and hamstrings*
- **Spine long**
- **Chest lifted**
- **Core braced**
- **Feet under hips**
- **Big squeeze between shoulder blades**



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.

