

LES MILLS TONE **UNITED**

MUSIC

FORMATS

01. WARM-UP

02. WARM-UP

03. CARDIO

04. CARDIO

05. CARDIO

06. CARDIO

07. STRENGTH

08. STRENGTH

09. STRENGTH

10. STRENGTH / CARDIO

11. STRENGTH

12. CORE

13. CORE

14. CORE

15. COOLDOWN

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MUSIC

- 01

Revival (Roman Kouder Remix) (3:11)

Gregory Porter

Courtesy of the Universal Music Group.

Written by: Porter, Rockberger, Miller
- 02

Lose Control (2:46)

Meduza, Becky Hill & Goodboys

Courtesy of the Universal Music Group.

Written by: Hill, De Gregorio, Giani, Vitale, Manning, Grimmert
- 03

Strangers (2:47)

Vigiland feat. A7S

Courtesy of the Universal Music Group.

Written by: Linjama, Tidebrink, Remmered, Petersson, Harris
- 04

Drums Of Tobago (4:39)

Sunnery James & Ryan Marciano & Eddie Thoneick

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Written by: Harris, Rechtshaid, E. Haim, D. Haim, A. Haim
- 05

Pray To God (Calvin Harris vs Mike Pickering Hacienda Remix) (3:41)

Calvin Harris feat. HAIM

© 2015 Sony Music Entertainment UK Limited.

Written by: Pinon
- 06

Restless Mind (2:57)

Awoltalk & Holly

© 2016 Otodayo Records.

Written by: Pinon
- 07

The Thrill (3:29)

Nero

Courtesy of the Universal Music Group.

Written by: Pimental, Arthur, Justice, Reilly
- 08

Beautiful (4:34)

Snoop Dogg, Pharrell Williams

Courtesy of the Universal Music Group.

Written by: Williams, Broadus, Hugoy
- 09

Bulgari (4:09)

Daddy's Groove

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Written by: Banda
- 10

Drop It (5:32)

Tujamo & Lukas Vane

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Written by: Moerenhout, Vervloet
- 11

Get Ur Freak On (3:56)

Missy Elliott

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Written by: Mosely, Elliott

- 12

Take Ü There (3:28)

Skrillex & Diplo feat. Kiesza

© 2015 OWSLA / Mad Decent / Atlantic Recording Corporation.

Written by: Ellestad, Pentz, Moore
- 13

Blanco (3:23)

J Balvin

Courtesy of the Universal Music Group.

Written by: Osorio, Cano, Ramirez
- 14

All Of Your Heart (3:41)

Odd Mob

© 2019 Tinted Records.

Written by: Hope, Burnett
- 15

Time (3:33)

Alison Wonderland x QUIX

Courtesy of the Universal Music Group.

Written by: Sholler, Schnell



LES MILLS TONE UNITED

Putting this unique release together was more of a struggle than usual. Going through the process at a time of separation meant that the shared passions for the workout weren't experienced.

Perfecting the choreography took many more iterations but I believe that what has come out of this, is a class all of us around the world can enjoy. It's filled with fun, lightness and options to challenge us both mentally and physically.

I hope this speaks to a certain flow and ease. But let me know! Because we are united! And your opinion means so much more than mine ever could.

Enjoy this release, wherever you are, whoever you're with. And remember, Helen's always available to hang if you're lonely.

x

CREDITS

- Choreography** – Diana Archer Mills
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Directors** – Mark Nu'u Steele, Kylie Gates and Les Mills Jnr.
- Technical Consultants** – Bryce Hastings and Andrew Newmarch
- Production Coordinator** – Amber Pountney

PRESENTER

Diana Archer Mills (New Zealand) is a choreographer for LES MILLS TONE™, CXWORX™ and LES MILLS BARRE™, a Creative Director for BODYPUMP™, BODYJAM™ and RPM™, and a co-Program Director for BODYBALANCE™/BODYFLOW®. She is based in Auckland.

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- Barbara Stroup** (Belgium)
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- Catarina Henriques** (Portugal)
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- Claudio Falletta** (Germany)
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- Sebastián Pérez Aguilera** (Chile)
- Shine Yang** (China)
- Tori Gatherum** (United Kingdom)



FORMATS

It's all about options and choice! You have the freedom to mix and match tracks to enable you to create a unique class for your participants. This allows you to tailor the class to the people in front of you. This is what LES MILLS TONE is all about! The only thing we ask is that when mixing and matching the 45-minute formats, you always remember 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. Have fun and play around with it!

45-MINUTE FORMATS

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.

For a single peak format, your class will have 4 blocks: the Warm-up block – consisting of 2 tracks, the Cardio block – consisting of 3–4 tracks, and the Strength and Core blocks – consisting of 5 tracks. This makes up 10–11 tracks, but add extra tracks if needed to reach approximately 42 minutes.

For a double peak format, your class will have 5 blocks. These are the Warm-up block – consisting of 2 tracks, the Cardio block – consisting of 3 tracks, Strength block – consisting of 2 tracks and then your second Cardio block – consisting of 2 tracks. Finish it all off with Core/Stretch – consisting of 1–2 tracks. This all makes up 10–11 tracks, but add extra tracks if needed to make up to around 42 minutes.

30-MINUTE FORMAT

To create the 30-minute format of LES MILLS TONE, 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)		

RELEASE FEEDBACK

Tell us what you think of this release.
Visit <http://www.lesmills.com/release-feedback>



01. WARM-UP

TRACK FOCUS

I want to set up TONE posture early so that my participants know what to do when I refer to it throughout the workout.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro	2x8		Roll shoulders, prepare to move	16	
0:12	V1/ I try to run	4x8	A	Flight Lunge With Tap L then R. <i>HOH</i> ↓ Option: Tap instead of flying	16	2x
0:27	I long to soar	5x8	A ¹	Flight Lunge With Arms L then R. 👁 Single Rear Extension on last 8cts ↓ Option: Tap instead of flying	16	2½x
0:46	C / But you lift me higher	8x8	A ²	Single Rear Extension L then R. <i>Arms down and then up</i>	8	8x
1:17	V2 / I try to find you	4x8	B	Wide Squat Lateral Lunge Combo Slow L then R. ↓ Option: <i>Hands to thighs</i>	16	2x
1:32	I followed in your footsteps	2x8	B ¹	Wide Squat Lateral Lunge Combo Double time L&R ↓ Option: <i>Hands to thighs</i>	8	2x
1:40	I saw your face	3x8	B ²	Wide Squat Lateral Lunge Combo L&R. <i>Hands Clapsed O/H</i>	8	3x
1:51	C / But you lift me higher	8x8	B ³	Wide Squat Lateral Lunge Combo With Arm Reach L&R. <i>Hands Clapsed O/H then Single Arm down</i> ↓ Option: <i>Hands O/H or to thighs</i>	8	8x
2:22	C / I'm singing revival	4x8	C	Secateur Burpee Standing	8	4x
2:37	You give me meaning	4x8	C ¹	Secateur Burpee Slow	32	1x
2:53	Oh	2x8	C ²	Secateur Burpee Fast	8	2x
3:00	Outro / Oh	2½x8	D	Jog OTS	20	



01. REVIVAL 3:11mins

TECHNIQUE AND COACHING

FLIGHT LUNGE WITH TAP

Layer 1

- Hips and shoulders square to the front
- **Chest lifted**
- **Core braced**
- Squeeze back of body
- **Knees out in line with toes**

↓ Option: Keep the lift small, toes just off the floor

Layer 2

Set good posture early so your participants don't twist or collapse the knee inwards. The earlier they feel muscular engagement, the easier they will be able to return to it

FLIGHT LUNGE, NO TAP

Layer 1

- Add extra focus on squeezing the back of the body as you Fly and as you Squat in order to keep the **chest up**
- **Knees over toes**
- Sit back and down

↓ Option: Tap instead of flying

Layer 2

This release is fast paced, setting up good posture and technique is key for a safe, effective workout. Coaching knee alignment and avoiding knees collapsing inwards, reduces strain on the joint. Good squat technique keeps tension in the areas you want to work

WIDE SQUAT LATERAL LUNGE COMBO

Layer 1

- **Knees over toes**
- **Hips drop to just above knee line**
- **Chest lifted**
- **Core braced**
- Squeeze back of body
- Shoulders back and down

↓ Option: Hands to thighs

Layer 2

Repetition of the key Layer 1 coaching cues will reinforce the message and make the essential cues for the workout clear to the class

WIDE SQUAT LATERAL LUNGE WITH ARM REACH

Layer 1

- Shoulders and **hips stay square to the front**
- **Core braced**

↓ Options: Hands O/H or to thighs

Layer 2

Participants will start to curve the spine, we want to keep it aligned and avoid excessive twisting as this will throw off the brilliant posture you've just set up

SECATEUR BURPEE

Layer 1

- Two foot taps, keep them gentle
- **Hips square to the front**
- **Land softly**

↓ Option: Standing, try two little jumps tapping the feet together

Layer 2

We have to keep up the safety cues, especially now that the participants are fatigued



02. WARM-UP

TRACK FOCUS

I want my participants to stay on the count. Count it out again and again.

	MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2½x8	Run OTS		20	
0:07	V1 / _Why do I	8x8	A	4x Squat Jack & Pedal Run Combo Low ⬆ Option: High	16	4x
0:38	C / Ah-ah-ah	8x8	A¹	4x Squat Jack & Pedal Run Combo ⬇ Option: Low	16	4x
1:09	Rep / When I lose	12x8	B	8x Skater Fast & 4x Lateral Leap L then R ⬇ Option: Low ⬆ Option: High	16	6x
1:56	PC / When I lose	12x8	C	4x Squat Jack / Pedal Run / 8x Fast Skater / 4x Lateral Leap Move Combo ⬇ Option: Low ⬆ Option: High	32	3x
2:42	Outro		Run OTS			



02. LOSE CONTROL 2:46mins

TECHNIQUE AND COACHING

SQUAT JACK & PEDAL RUN COMBO

Layer 1

- **Knees over toes**
- **Chest lifted**
- **Core braced**
- Shoulders back and down
- **Hips square to the front**

↓ Option: Step Squat, Pedal the feet with a big arm swing

Layer 2

To reinforce the basic postural 'rules' during more complex choreography

SKATER & LATERAL LEAP COMBO

Layer 1

- Land softly
- **Knee over toes**
- Push out of side glute
- **Stay square to the front**
- Use the arms to propel

↓ Option: Slide instead of coming off the floor. Use the same coaching cues around arms, knees and glutes

Layer 2

Now your participants are moving laterally and landing on one foot. Coach them to land softly to control the movement and use the side glute and arms to propel, making the movement more functional and adding more power



03. CARDIO

TRACK FOCUS

I want my participants to lift their heart rates and challenge their limits.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8		Run OTS	16	
0:23	V1 / Play me	4x8	A	Squat Tap Back Combo L then R. Bend F at the hips	8	4x
0:23	We're like strangers	4x8	A ¹	Squat Tap Back Combo L then R. Arms O/H then Fly Back	8	4x
0:38	PC / Hold on to me	4x8	A ²	Flight Lunge L then R. Arms O/H then Fly Back	8	4x
0:54		4x8	A ³	Side Leap & Leg Lift Back Combo L then R. Arms O/H then Fly Back	8	4x
1:09	C / Tonight	½x8	B	Energy Push Slow L&R.	4	2x
1:11	(Instr)	4x8	B ¹	Energy Push Fast L&R.	1	32x
1:27	V2 / Take me	2x8	A ¹	 Squat Tap Combo L then R. Arms O/H then Fly Back	8	2x
1:34	Baby	6x8	A ²	 Flight Lunge L then R. Arms O/H then Fly Back	8	6x
1:58	PC / Hold on to me	4½x8	A ³	 Side Leap & Leg Lift Back Combo L then R. Arms O/H then Fly Back	8	4½x
2:15	C / (Instr)	4x8	B ¹	 Energy Push Fast L&R. ↓ Option: Slow Energy Push	1	32x
2:29	(Instr)	4x8	B ²	 Energy Push Fast L&R. ↓ Option: Slow Energy Push ↑ Option: Above Shoulder Energy Push	1	32x
2:44	Outro			Run OTS		



03. STRANGERS 2:47mins

TECHNIQUE AND COACHING

SQUAT TAP BACK COMBO

Layer 1

- **Knees out over toes**
- **Chest lifted**
- **Core braced**
- **Hips square to the front**
- **Hips drop to just above knee line**

Layer 2

Now that the muscles are warm there is a greater range of movement. We want the participants to stay in control of their movements. Remind your class of the basics

↓ Option: Just tap, don't Lift off but still press through the heel

FLIGHT LUNGE

Layer 1

- **Press through the heel**
- **Keep the standing knee soft**

Layer 2

Pressing through the heel engages the back body. Keeping the knee soft stops it from locking out

ENERGY PUSH

Layer 1

- Rotate from the center of your chest
- **Core braced**
- Keep the elbows soft
- **Hips square to the front**
- Stay deep in your squat
- **Knees out over toes**

↓ Option: Push at half speed, this will change the track from being interval-style to steady state

Layer 2

This keeps the work in the core and maintains beautiful alignment



04. CARDIO

TRACK FOCUS

I want my participants to visualize the movement of the hips, use imagery cues to help.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	Run OTS	16	
0:08		10x8 A	Circular Squat Slow L then R. HOH	16	5x
0:46	V1	8x8 A ¹	Circular Squat Slow L then R. Hands Clasped O/H	16	4x
1:16	PC	4x8 B	Circular Squat Slow & 2x Knee Lift Combo L then R. Hands Clasped O/H	32	
1:31	C	4x8 B ¹	Circular Squat Fast & 2x Knee Lift Combo L then R. Hands Clasped O/H	16	2x
1:47		12x8 B ²	Circular Squat & 2x Knee Lift Combo With Hop L then R. Hands Clasped O/H ↓ Option: No Hop	16	6x
2:32	Ref	12x8 A ¹	 Circular Squat Slow L then R. Hands Clasped O/H ↓ Option: Hands on hips	16	6x
3:18	Instr	4x8 B ¹	 Circular Squat Fast & 2x Knee Lift Combo L then R. Hands Clasped O/H	16	2x
3:33	PC	8x8 B ³	Circular Squat & Low Knee Side Kick Combo With Hop L then R. Hands Clasped O/H ↓ Option: No Hop or no Kick	16	4x
4:04	C	8x8 B ⁴	Circular Squat & High Knee Kick Combo With Hop L then R. Hands Clasped O/H ↓ Option: No Hop	16	4x
4:35	Outro		Run OTS		



04. DRUMS OF TOBAGO 4:39mins

TECHNIQUE AND COACHING

CIRCULAR SQUAT

Layer 1

- Use basic imagery to get the participants moving
- Bring the focus to the mobility and strength work in the hips
- **Core braced**
- **Chest lifted**
- **Knees out over toes**

Layer 2

The muscle engagement required to mobilize the hips like this is profound. Strength and mobility in the hips is extremely important as we age because these joints become very vulnerable

CIRCULAR SQUAT AND 2X KNEE LIFT COMBO

Layer 1

- Shift weight to standing leg
- **Knee over toes**, then lift the knee a little
- Bring side ribs to hip, feel the obliques engage

↓ Option: A little lift and a little crunch

Layer 2

This move challenges our muscular balance and abdominal stabilizers. Once we add the hop, cardiovascular output is increased, adding to the challenge!

CIRCULAR SQUAT AND KNEE KICK COMBO WITH HOP

Layer 1

- Start with a low kick, lifting the leg as far as you can
- **Hips square to the front**

↓ Option: Stay with the knee

Layer 2

The high kicks add another level of demand on the stabilizers and increase the cardiovascular output further



05. CARDIO

TRACK FOCUS

Don't get caught up with the 4x8 count timing, if you miss it just keep going.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	8x8	Run OTS Explain the Coaches Call concept, and also quickly demo the exercises in this track		64	
0:31	V1 / And ooh	4x8	A	Fast Pedal Run OTS or Run around the room ↓ Option: Power-walking	32	
0:46	No getting through	4x8	B	Squat & Side Lunge Combo L then R. <i>Both arms up, then 1 arm down</i>	8	4x
1:02	PC / I can't stop	4x8	A	Fast Pedal Run OTS or Run around the room ↓ Option: Power-walking	32	
1:17	C / I'd give it_	4x8	C	Squat & Flight Lunge L then R. <i>Arms up on the Fly back</i>	8	4x
1:33	V2 / Ooh when the	4x8	A	Fast Pedal Run OTS or Run around the room ↓ Option: Power-walking	32	
1:49	In my eyes	2x8	B	Heel Lift Narrow Stance. <i>Press arms O/H</i>	2	8x
1:56	Hold me down	2x8	B ¹	Heel Lift & Tuck Jump Narrow Stance ↓ Option: Heel Lift no Tuck	4	4x
2:04	PC / I can't stop	4x8	A	Fast Pedal Run OTS or Run around the room ↓ Option: Power-walking	32	
2:20	C / I'd give it_	4x8	B	Squat & Side Lunge Combo L then R.	8	4x
3:36	Ref / _Ah-ah	8x8	A ¹	Fast Pedal Run OTS or Run around the room or Sprint	64	
3:07	I'd give it_	4x8	C	Squat & Flight Lunge L then R. <i>Arms up the fly back</i>	8	4x
3:22	I'd give it_	4x8	A ¹	Fast Pedal Run OTS or Run around the room or Sprint	32	
3:38				Run OTS		



05. PRAY TO GOD 3:41mins

TECHNIQUE AND COACHING

FAST PEDAL RUN

Layer 1

- Set the room and space up clearly. Split the room so that nobody will trip up
- Move as fast as feels good
- **If running, upper-body relaxed, land softly**
- **Core braced**

↓ Option: Power-walking - encourage participants to get up as much speed as possible

Layer 2

We don't want anyone's workout compromised by the fact that there are multiple options. If there's clear space for fast runners and clear space for power walkers, then no one gets frustrated or jostled

HEEL LIFT AND TUCK JUMP

Layer 1

- **Land softly on the Tuck**
- **Chest is lifted**

↓ Option: Reach arms high as you lift the heels

Layer 2

We want participants to stay safe in this high impact move



06. CARDIO

TRACK FOCUS

I want my participants to have fun and challenge themselves. Make the standing options accessible for the entire track to give the class somewhere effective to return to rather than stopping.

MUSIC				EXERCISE	CTS	REPS
0:00	Intro	4x8	A	Run OTS Briefly explain the exercises in this track	32	
0:11	Instr	8x8	B	Spiderman Burpee Standing 👁 Spiderman Burpee on the last 16cts	8	8x
0:34	C / (Heavy)	8x8	B ¹	Spiderman Burpee With Pile or Spiderman Burpee With Pile Tuck On or off the beat ↓ Option: Standing Spiderman Burpee	8	8x
0:58	Instr / (Quiet)	4x8	C	Ball Slam Burpee	8	4x
1:09	C / (Heavy)	8x8	C ¹	Ball Slam Burpee On or off the beat ↓ Option: Standing Ball Slam Burpee	8	8x
1:33	Instr / (Quiet)	4x8	A	🔄 Run OTS	32	
1:44	Instr / (Quiet)	4x8	D	Secateur Burpee Standing	8	4x
1:56	Instr / Build Up	4x8	D ¹	Secateur Burpee	8	4x
2:07	C / (Heavy)	8x8	D ¹	Secateur Burpee ↓ Option: Secateur Burpee Standing	8	8x
2:31	Instr / (Quiet)	8x8	A	🔄 Run OTS Class to collect weight plates	64	



06. RESTLESS MIND 2:57mins

TECHNIQUE AND COACHING

SPIDERMAN BURPEE

Layer 1

- Keep great posture in the pile style squat of the standing option
- Add the hop once posture is sound in the standing option
- **Core braced**
- **Knees over toes**

↓ Option: Standing Burpee and Pile Squat/Jump

Layer 2

We want this track to challenge everyone's cardiovascular limit. This is the time to push past where we've been before

BALL SLAM BURPEE

Layer 1

- Mimic throwing a ball at the ground, use the posterior chain and core to catch the movement
- **Knees over toes**
- Squeeze the back body on the jump to open up through the front

↓ Option: Standing, same concept - throw the ball and use your body to catch your movement

SECATEUR BURPEE

Layer 1

- Two foot taps, keep them gentle
- **Hips square to the front**
- **Core braced**
- **Land softly**

↓ Option: Standing, try two little jumps tapping the feet together

Layer 2

We have to keep up the safety cues, especially now that the participants are fatigued



07. STRENGTH

TRACK FOCUS

On the beat - I want my class to get breathless. Demo this track with heavier plate/s than normal.
Off the beat - I want my class to focus on target zones and alignment cues.

MUSIC		EXERCISE		CTS	REPS
0:03	Intro	2x8	Set up Lunge position		
0:10	Instr	6x8	A Triple Lunge/Quad Lunge L then R. Hold weights at collarbone	16	3x
0:28	V1 / _It's impossible	8x8	A ¹ 4x Triple Lunge/Quad Lunge L then R. Hold weights at collarbone	16	4x
0:53	C / _Yes I know	8x8	C Wide Leg High Pull On or off the beat	4	16x
1:19	Instr / (Heavy)	4x8	C ¹ Wide Leg High Pull With heavier weight plate(s) On or off the beat	4	8x
1:31	V2 / _It's impossible	8x8	D Side Plate Squat L&R Hold weights at collarbone  Slow Wide Squat with Clean & Press on last 16cts	8	8x
1:57	C / _Yes I know	12x8	E Wide Drop Squat with Clean & Press	8	16x
2:34	Ref / _Yes I know	4x8	Choose your desired weight, set up the Triple Lunge/Quad Lunge	32	
2:47	Ref / _It was lost	4x8	A  Triple Lunge/Quad Lunge L then R.	16	
3:00	C / _Yes I know	8x8	A ¹  4x Triple Lunge/Quad Lunge L then R. Hold weights at collarbone	16	4x



07. THE THRILL 3:29mins

TECHNIQUE AND COACHING

TRIPLE LUNGE/QUAD LUNGE WITH JUMP

Layer 1

- **Front knee over ankle, pressing out over second and third toes**
- Back leg drops to 90 degrees
- **Chest is lifted**
- Squeeze glutes and thighs

↓ Option: No jump

Layer 2

Poor Lunge technique is very common, correcting this pattern is a key focus. Coaching cues should be directed towards knee alignment, hip position and stability, to address some of the common issues you might see from your participants

WIDE LEG HIGH PULL

Layer 1

- Pull the plate to the lower chest, **shoulder blades squeezing together**
- **Hips under shoulders**
- Lift the heels, maintaining TONE posture throughout
- **Core braced**

↓ Option: On the beat

Layer 2

This keeps the body aligned and the glutes working hard. The more time we spend in perfect posture, the easier it is to return to

SIDE PLATE SQUAT/PLATE C&P

Layer 1

- **Knees over toes**
- Sit the hips back and down to drive the plate up
- **Core braced**
- **Keep plate close to body, keep it forward of the face on the O/H**

↓ Option: Side Plate Squat - go beyond the beat and **keep the chest high**. You can get breathless, just push it hard

Layer 2

Knee alignment becomes difficult when we're breathless. Keeping the plate forward of the face keeps the shoulders safe and works to muscle where we want



08. STRENGTH

TRACK FOCUS

I want my participants to catch their breath after the last cardio track and reset their perfect technique.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	4x8	Choose your desired weight Set up the Static Single Leg Lunge with Single Rows		32	
0:20	C / Beautiful	10x8	A	Static Single Leg Lunge L then R. With 7x Single Rows	32	2x
1:07	C / Mommy don't	2x8	A ¹	Static Single Rear Leg Lift L then R. With 7x Single Rows ↓ Option: Keep rear leg grounded	32	2x
1:17	C / Beautiful	12x8	B	Wide Squat/Lateral Lunge Combo L then R. Weights O/H then Single Arm down ↓ Option: Lower weights to the front of shoulders	8	12x
2:14	C / Beautiful	16x8	C	3x Leg Abduction & Squat Combo L then R.	16	8x
3:30	C / Beautiful	4x8	D	Cobra Bicep Curl & Heel Raise Combo Slow	8	4x
3:49	Rep / Eeh oh yeah	9x8	D ¹	Cobra Bicep Curl & Heel Raise Combo Fast	4	18x



08. BEAUTIFUL 4:34mins

TECHNIQUE AND COACHING

STATIC SINGLE LEG LUNGE WITH SINGLE ROW

Layer 1

- TONE posture, tip from hip
- Draw the elbow directly back
- Pull the shoulder blade back and towards the spine
- **Square the hips and chest to the front**
- **Core braced**
- As the leg lifts, **squeeze the glutes and hips in, keeping them square and aligned**

↓ Option: No leg lift

Layer 2

Drawing shoulder blades in and around the rib cage increases the work of the posterior chain. Maintaining square shoulders/hips demands more out of our postural and stabilizing muscles

WIDE SQUAT/LATERAL LUNGE COMBO

Layer 1

- **Feet outside hip-width**
- **Knees over toes**
- **Chest lifted**
- **Core braced, feel the obliques working**
- Squeeze back of body
- **Weights forward of the face**
- **Hips square to the front**

↓ Option: Reduce the range or lose the plates

Layer 2

This needs to be controlled to maintain alignment. The core and obliques should be engaged, this is felt most when the body is squared

LEG ABDUCTION & SQUAT COMBO

Layer 1

- **Feet under hips**
- Sit back and down
- **Knees over toes**
- **Chest is lifted**
- **Core braced**
- **Keep the hips square through the leg lift**, if the hips become unaligned don't lift the leg so far
- Squeeze the lower body through the lift

↓ Option: Keep the lift small

Layer 2

Narrow Squats can be difficult for a lot of people, set the right posture so participants stay aligned. Squeeze to lift for control and avoid swinging

COBRA BICEP CURL AND HEEL RAISE COMBO

Layer 1

- Keep the spine long from tail bone through to the neck
- **Draw belly to spine**
- **Knees over toes**
- Pull back and shoulders together
- As you rise, lift the heels and curl the plates to the shoulders, twisting the plates as you do so
- Squeeze the glutes
- **Core braced**

↓ Option: No heel lift

Layer 2

To get full occlusion in the curls and to keep great alignment



09. STRENGTH

TRACK FOCUS

I want my participants to push themselves past their comfort zone. The concepts are new but the sets are long, I want to set my class up with a solid understanding of the layer 1 and 2 cues so that I can challenge their stabilizers and core strength.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	Set up Flight Lunge With Swings position, prepare to move		
0:07	Instr / (Upbeat)	12x8 A	Flight Lunge With Swing L then R. With 7x Weighted Alt Swing	32	3x
0:54	Br / (Silence)	½x8	Reset	3	
0:56	Instr / (Horns)	24x8 B	Pistol Squat with Tightrope Walker Arm L&R	32	6x
2:31	Br / (Silence)	1x4	Reset	4	
2:33	Instr / (Horns)	2x8	Lateral Leg Lifts with Arm Drops position	16	
2:41	Instr / (Claps)	20x8 C	4x Lateral Leg Lift With Arm Drop L&R ⬆ Option: Keep the side leg off the floor	32	5x



09. BVULGARI 4:09mins

TECHNIQUE AND COACHING

FLIGHT LUNGE WITH SWING

Layer 1

- Count it out
- Keep the plates controlled, below the body with soft elbows
- **Keep the body square to the front**
- **Bend the standing knee**, reiterate the importance of this
- **Knee out over toes**

↓ Option: Lessen the movement, increase the control and just use this as a regular strength track

Layer 2

If we want this type of track to succeed we need strong foundations! Clear and concise Layer 1 cues will ensure everyone has a safe and effective workout

PISTOL SQUAT WITH TIGHTROPE WALKER ARM

Layer 1

- Focus on the supporting knee
- **Chest lifted**
- **Core braced**
- Squeeze the glute
- **Hips square to the front**
- Arm movement begins from the core, keep the arms straight and tight
- The upper body is creating an unstable environment for the core and lower body

↓ Option: Heel rests on the floor

Layer 2

This instability test will improve our ability to control ourselves while under ever changing movement challenges

LATERAL LEG LIFT WITH ARM DROP

Layer 1

- **Hips square to the front**
- **Soften the standing knee**

↓ Option: Lessen the movement, increase the control, and keep the foot down

Layer 2

Gently drop the plate, reducing the momentum as you are about to catch it. We want to keep the arms and joints safe through this movement



10. STRENGTH / CARDIO

TRACK FOCUS

I want my participants to know the options of this track. Practice giving yourself enough time to get up and down so that everyone knows what to do at all times. If your class are willing floor-goers, I'd consider teaching this only on the floor.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Light Instr)	12x8	A	Standing Option Standing Surfer Burpee Or	8	12x
			B	Floor Option Surfer Burpee Slow L then R.	16	6x
0:47	C / (Heavy)	8x8	A1	Standing Option Standing Surfer Burpee With Jump Or	8	8x
			B ¹	Floor Option Surfer Burpee With Cat Claw Tuck Jump Fast	8	8x
1:18	Br / (Quiet)	1x8		Reset	8	
1:21	Instr / (Light)	12x8	C	Standing Option Standing Caterpillar Or	4	24x
			D	Floor Option Caterpillar Combo	16	6x
2:07	C / (Heavy)	8x8	C ¹	Standing Option Standing Caterpillar Fast Or	2	32x
			D ¹	Floor Option Caterpillar Combo Chase the beat AMRAP		
2:38	Instr / (Quiet)	12x8	E	Standing Option Standing Lizard ⬇ Option: Flat foot with Heel Lift ⬆ Option: Faster Or	8	8x
			F	Floor Option Lizard L then R.	8	8x
3:23	C / (Heavy)	8x8	E	Standing Option Standing Lizard ⬇ Option: Flat foot with Heel Lift ⬆ Option: Faster Or	8	8x
			F	Floor Option Lizard L then R. ⬇ Option: On knees	8	8x
3:54	Br / (Quiet)	1x8		Reset	8	
3:57	Br / (Quiet)	12x8	G	Standing Option Standing Stick Insect Slow L then R. Or	16	6x
			H	Floor Option Stick Insect L then R.	8	12x
4.43	C / (Heavy)	12x8	G ¹	Standing Option Standing Stick Insect Fast L then R. Or	8	12x
			H	Floor Option Stick Insect L then R.	8	12x



10. DROP IT 5:32mins

TECHNIQUE AND COACHING

STANDING SURFER BURPEE

Layer 1

- Squat to the diagonal
- **Draw plates back and stay upright**
- **Knees over toes**
- **Core braced**
- **If jumping land softly**

↓ Option: No jump

Layer 2

Staying upright and focusing on drawing the plates back makes this a great workout for the posterior chain!

SURFER BURPEE

Layer 1

- **Wrists under shoulders**
- Hands face forward from the diagonal
- Jump back to plank
- **Core braced**
- Jump in on the other diagonal and rise
- **Hips just above knee height in the squat**
- **If jumping, land softly**

↓ Option: No jump

Layer 2

We want the hands to be placed in a way that makes the movement possible and effective

STANDING CATERPILLAR

Layer 1

- Walk and press the plates
- Weights above shoulders
- **Core braced**
- Get the heart rate going and feel the core and upper body work

↓ Option: Lessen range of arms and legs

Layer 2

The move is designed to be similar to the floor version

CATERPILLAR COMBO

Layer 1

- Come down to the floor
- Bring belly to thighs
- Walk hands forward into a plank
- **Core braced**
- **Shoulders over wrists**
- Walk feet in and stand
- Walk or jump back

↓ Option: Standing Caterpillar

Layer 2

This is an anti-extension movement to challenge core strength through increasing ranges of movement

STANDING LIZARD

Layer 1

- Lift arm and leg like you're a lizard on a wall
- **Everything stays square**

↓ Option: No heel lift

LIZARD

Layer 1

- Opposite arm and leg come forward and you lower chest to elbow height
- Pull back to crouch
- **Core braced**
- **Hips and shoulders square, resisting rotation**

↓ Option: Drop the knee - encourage this option as the move is very tough

Layer 2

It's easy to twist here and fall out of good alignment

STANDING STICK INSECT

Layer 1

- Squat and **press the heel away**
- Lean back
- **Chin tucked**
- Feel the core and glutes working

↓ Option: Heel down



10. DROP IT 5:32mins

TECHNIQUE AND COACHING

STICK INSECT

Layer 1

- Fingertips face out
- Drive the hips up by squeezing the glutes
- **Knees stay level and pressing out over toes**
- **Chest lifted**
- Take a rest when needed

↓ Option: Rest

Layer 2

Fingers face out to keep wrists comfortable. This move is challenging on the wrists and shoulders so a rest is a good idea to keep everyone safe



11. STRENGTH

TRACK FOCUS

I want my participants to know the importance of pressing the knees out to keep the joint safe, and to use the glutes to maximize the burn.

MUSIC			EXERCISE		CTS	REPS
0:04	Intro / (Instr)	8x8	Set up weights in position to place heel on them Secure the band around the legs, just above the knees		32	
0:26	V1 / _Missy be	4x8	A	Plate-raised Squat Clam. HOH	2	16x
0:37	V1 / _Is you with	12x8	A ¹	Plate-raised Squat Clam. Hands clasped O/H	2	48x
1:09	V2 / Who's that chick	4x8	Reset Pick up weights and prepare for the Weighted Side & Back Tap Combo		32	
1:20	V2 / _Holla	4x8	B	Weighted Side & Back Tap Combo L then R.	32	
1:31	C / _Get your freak	12x8	B ¹	Weighted Side & Back Tap Combo L then R. ↑ Option: Keep foot off the ground	32	3x
2:03	V3 / _Holla	40x8	C	4x Crabwalk With Deadlift & Fly L then R.	64	5x



11. GET UR FREAK ON 3:56mins

TECHNIQUE AND COACHING

PLATE-RAISED SQUAT CLAM

Layer 1

- **Chest lifted**
- **Core braced**
- **Knees pulse out**, this is felt through the side glute

↓ Option: No band

Layer 2

Correct form will target glute med and hip abductors

CRABWALK WITH DEADLIFT AND FLY

Layer 1

- **Knees pressing out maintaining pressure on the band**
- Stay in the squat
- As you Deadlift, tip from the hip and pulse using the glutes to move you
- **Core is braced**
- Squeeze shoulder blades in through the Fly, plates stay under shoulders

↓ Option: No band

Layer 2

This is a big movement for the posterior chain with a massive workload on the glutes and upper-back. Be sure to re-visit safety cues; core braced, encourage the glutes to drive the movement in the pulse



12. CORE

TRACK FOCUS

I want my participants to isolate the core to achieve maximum results.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Quiet)	4x8	Holding weights and optional band still tied around legs. Prepare to move		16	
0:11	V1 / You show me	4x8	A	Washboard Slow L then R. Hold weights just below chest height	4	8x
0:24	PC / _You've got more	4x8	A ¹	Washboard Double time L then R. Hold weights just below chest height	2	16x
0:35	PC / _Ooh babe	4x8	A ²	Washboard Double time. L&R Extend weights F	2	16x
0:47	Instr / (Heavy)	12x8	B	Side Bend L then R. Weights extended O/H	16	6x
1:23	Instr / (Heavy)	8x8	C	Halo L&R	16	4x
1:47	Ref / (Piano)	16x8	C ¹	Halo With Woodchop L then R.	32	4x
2:35	Instr / (Heavy)	14x8	B	 Side Bend L then R. Weights extended O/H	16	7x
3:18	Outro / (Piano)	2x8	Release and collect your mat		16	



12. TAKE Ü THERE 3:28mins

TECHNIQUE AND COACHING

WASHBOARD

Layer 1

- Rotate from the center of the chest
- **Core braced**
- Stay deep in the squat, no hip rotation
- For more, bring the arms away from the body

↓ Option: Keep the plate close

Layer 2

This is an isolated move, increasing the work in the core through rotation as we maintain control over the hip position

SIDE BEND

Layer 1

- Plate overhead and **forward of the face**
- Tip to the side and let your obliques catch the plate's momentum and draw you back up
- **Core braced**

↓ Option: Lessen the range

Layer 2

This is ragdoll-esque - that way your core has to do the work instead of the shoulders

HALO WITH WOODCHOP

Layer 1

- Feel the core move with the plate
- Keep the chest pointing at the plate as you chop
- **Core braced**
- TONE Posture

↓ Option: Lessen the range

Layer 2

Moving the plate around the body will ensure the work remains in the core and out of the shoulders. You may see participants move themselves around the plate, we want to correct this



13. CORE

TRACK FOCUS

I want my participants to focus on the glutes in this track. If you come off of the correct number of counts just even it up on the other side.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8	On hands & knees, optional band still tied around the legs. Prepare to move		16	
0:09	C	8x8	A	Scorpion Lift L	2	32x
				Scorpion Lift R	2	32x
1:26	V	8x8	B	Diagonal Leg Lift L	2	32x
				Diagonal Leg Lift R	2	32x
2:43	C	8x8	A+B	6x Scorpion Lift & 2x Diagonal Leg Lift Combo L then R.	32	2x



13. BLANCO 3:23mins

TECHNIQUE AND COACHING

SCORPION LIFT

Layer 1

- Heel lift to the ceiling
- **Hips and shoulders square to the front**
- Squeeze the glutes
- **Core braced**

↓ Option: No options. No rest. Everyone annihilates their butts together

Layer 2

Lifting the heel rather than pointing the toes brings more work into the hip extensors

DIAGONAL LEG LIFT

Layer 1

- Leg long and straight
- **Hips and shoulders square to the front**
- Squeeze the glutes
- Turn the toes to face the corner

Layer 2

Turning the toes out brings more work into the external hip rotators, the abductors as well as that big extensor, for as more holistic glute burn



14. CORE

TRACK FOCUS

I want my participants to feel a good burn in the thighs on the Press Crunch. Get used to this move, I'll definitely be bringing it back!

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro / _Things have	4x8		Set up lying on the floor, knees bent, feet on the floor, arms to sides with palms up	32	
0:15	V1 / _So put your	12x8	A	Death Drop L then R.	16	6x
1:01	C / _Give me all	8x8	B	Reverse Bicycle L then R.	4	16x
1:32	Instr / (High pitch)	16x8	C	Press Crunch	16	8x
2:17	Instr / (Drum)	12x8	A	 Death Drop L then R.	16	6x
3:18	Instr / (High pitch)	5x8	B	 Reverse Bicycle L then R.	4	10x
3:37	Outro / (Quiet)	1x8		Hold back of your thighs and roll up to sit position	8	



14. ALL OF YOUR HEART 3:41mins

TECHNIQUE AND COACHING

DEATH DROP

Layer 1

- **Lower back towards the floor**, reduce range if it lifts
- **Shoulders stay down**
- Leg drops to the floor forcing the core has to catch it

↓ Option: Reduce the range to keep the core working

Layer 2

When the lower back is lifting, the work is coming out of the core (which isn't in control) and moving into the lower back

REVERSE BICYCLE

Layer 1

- Pedal like you want the bike to go backwards
- **If the lower back is lifting, lift the legs higher**

↓ Option: Reduce the range

Layer 2

Lifting the legs higher will reduce the amount of load the core is bearing

PRESS CRUNCH

Layer 1

- Draw the knees in
- Press hands against thighs and feel the core engage
- Push away and extend arms and legs, **lower back towards the floor**

↓ Option: Don't extend the arms and legs away as low, keep them high

Layer 2

The push is great because the lower abs have to work to keep the legs there - it's resistance training



15. COOLDOWN

TRACK FOCUS

This track doesn't need to be taught with full yoga coaching. Indicate which muscles should be feeling the stretch in each move and make sure participants are safe.

MUSIC		EXERCISE	
0:00	8x8	Childs Pose	
0:35	2x8	A	Downward Facing Dog
0:44	6x8	B	Alt Walking Active Calf Stretch L&R
1:09	6x8	C	Roll through to Down Dog Up Dog Sequence
1:34	2x8	D	Push back to Downward Facing Dog, then lift L leg to Three Legged Dog Bend L
1:44	4x8	E	Sweep through to 90 90 Position L, or Swan Pose L
1:58	4x8	F	Quad Stretch R
2:14	4x8	D	 Push back to Downward Facing Dog, then lift R leg to Three Legged Dog Bend R
2:28	4x8	E	Sweep through to 90 90 Position R, or Swan Pose R
3:39	4x8	F	 Quad Stretch L
2:58	1x8	A	 Push back to Downward Facing Dog
3:03	2x8	B	 Alt Walking Active Calf Stretch L&R
3:08	1x8		Walk feet in towards hands
3:12	3x8	G	Forward Fold Chest toward thighs and hang ↓ Option: Knees soft
3:25	1x8		Bend knees & roll up to Extended Mountain Pose Release arms down by sides



15. TIME 3:33mins

TECHNIQUE AND COACHING

CHILDS POSE

Layer 1

- Knees are wide
- Toes together
- Sit the hips back
- Feel the stretch in the front of the shoulders and the hips

Layer 2

This is a restful pose to begin with. Feels good and gentle

DOWN DOG UP DOG SEQUENCE

Layer 1

- Press into the hands
- Lift the hips high even if you have to bend the knees to do this
- Press the heels towards the floor
- Plank, **brace the core, shoulders over wrists**
- Stop halfway down in your crocodile, elbows close to the body
- Squeeze shoulder blades together and squeeze glutes in the Up Dog

↓ Option: Drop to the knees in the plank

Layer 2

Simple safety cues to get the full body stretch feeling while keeping coaching to a minimum

THREE LEGGED DOG WITH OPEN HIP

Layer 1

- Lift the foot high and open the hip to the side so you feel a stretch through the front of the hip and core
- **Square shoulders to the front**
- Squeeze the glute

Layer 2

Squaring the shoulders here means good alignment and works the hip stretch more

SWAN/90 90 WITH QUAD STRETCH

Layer 1

- Swing the leg through, heel to groin, roll the hip down, back leg can be bent if you feel it in your glute
- Draw the leg towards you by pulling the ankle in. Feel the stretch in the glutes, hips and quad

↓ Option: Bent back knee

Layer 2

This is an awesome way to hit three target zones in a single stretch

FORWARD FOLD

Layer 1

- Chest rests on thighs
- **Belly to spine**
- Feel the stretch up the backs of your legs
- Straighten the legs as you can

↓ Option: Bent knees

Layer 2

We don't want to force the stretch or risk hurting the back. This is a gentle way to Forward Fold



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