

# BODYPUMP HEAVY

# 01



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## INTRODUCTION

BODYPUMP HEAVY™ is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, this powerful class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. Driven by iconic music and group energy, it turns lifting into a fun, social and addictive experience. Every session floods your system with feelings of confidence and vitality – it's challenging, energizing and keeps you coming back for more. This is the new workout of the decade.

This track will build strength and power. Next is Hip Thrusts and Chest Presses, aiming to increase posterior chain, glute strength and push power. The third big track is Squats and Lunges, heavy and slow to build deep leg strength and muscle. Slow Biceps and Rows, then heavy Shoulders complete the workout. A Core track and cool down will finish the class.

## WHAT'S THE DIFFERENCE BETWEEN BODYPUMP AND BODYPUMP HEAVY?

While BODYPUMP™ builds strength endurance and lean muscle using THE REP EFFECT™ (over 1,000 reps in a single class), BODYPUMP HEAVY takes the proven psychology of group training and combines it with slower weightlifting. You focus on the same foundational lifts, but the slower speeds and recoveries allow for increased focus on technique and the ability to lift heavier weights.

## TEAM MESSAGE

BODYPUMP HEAVY is simple weight training in time to powerful uplifting music.

In this class, we use key compound exercises to build strength and muscle; the focus is on heavy weights, slow tempo and long rests.

After a functional Warm-up where we use a light weight to target all the major muscle groups, our first main track is heavy Deadlifts and Cleans.

# **BODYPUMP HEAVY 01**

## **TEACHING BODYPUMP HEAVY**

## **GLOSSARY**

## **MUSIC**

## **EXPRESS FORMATS**

### **01. WARM-UP**

### **02. DEADLIFTS & POWER CLEANS**

### **03. CHEST PRESS & HIP THRUSTS**

### **04. SQUATS & LUNGES**

### **05. BACK & BICEPS**

### **06. SHOULDERS**

### **07. CORE**

### **08. COOLDOWN**

## **DECLARATION OF INTENT**

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# TEACHING BODYPUMP HEAVY

Welcome to teaching BODYPUMP HEAVY with confidence.

If you've been teaching BODYPUMP for a little while, this is the class for you and your members, and we promise it's not a huge jump.

It will challenge your strength, has great music and easy to follow exercises. Trust us, you can do it!

So, what's different to BODYPUMP?

Let's look at this with our 5 key elements

## Starting with choreography

It's easy to learn.

It's tempo training with the music but with slow tempos. There are usually 8 reps per set, 3 sets.

There are lots of recovery periods built in which help ensure you can lift again with good form.

## Our 2nd key element is Technique

In this class we are encouraging members to lift heavy, with great technique. If using a SMARTBAR™, the maximum load is 45kg/99 pounds

The SET Position becomes crucial as weight loads increase. It also sets you up for successful reps.

What do you feel when you stand in the SET Position with these loads, and how can you describe this to your class?

This becomes more important as their weights increase.

## To pick the bar up from the floor:

Step forward so feet come under the bar

Feet are hip width apart

Aligning the bar across the middle of the foot

Bend your knees and push hips back

Flexing the upper body over thighs

Strong overhand grip on the bar – hands outside the shins

Knees flex to 90 degrees and track forward in line with toes

Maintain a straight back and lifted chest by bracing the core

Press through the feet and extend legs to lift the bar, keeping bar close to your body

## Lift the bar into the SET Position

Heels under hips

Toes turned out slightly

Knees soft

Hands thumb-distance from thighs

Gently draw the belly in and brace the abs

Chest lifted

Lift the shoulders up, roll them back and draw the blades down towards the spine

Chin tucked in

## To put down the bar:

Bending the knees and pushing hips back

Slowly lower the bar to the floor, keeping the bar close to the body

Maintain a straight back and lifted chest by bracing the core

## Our 3rd key element is our Coaching

There is more time to coach because of the recovery periods and more focus on correct technique under load.

Plan your coaching of each track in two phases

1. Position set up, then execution of each move
2. Safe lowering of the bar to the floor then the Recovery phase

It's great to know your correct weights and then coach to help everyone in your class determine what is right for them.

It's important to do this class about 4 times before you teach, to feel what your correct weights are.

Start by coaching your participants to use a little more weight than what they would use in BODYPUMP. Then they can add or remove weight after each set.

After each set reassess what you felt. Could you have done more reps? If so maybe add some more weight.

If you were struggling to get 8 reps, then decrease weight.

Most people should feel they had 1 to 2 reps in reserve, this will ensure they finish with good form.

People who are brand new to weight training (haven't done BODYPUMP) start light and adjust after each block, they need to progress slowly.

The other part of coaching is the recoveries.

Teach people how to put the bar down safely, then rest and reload the bar.

Script your recoveries. This is a good time to bring in a Layer 2 Technique focus.

Refer to your notes and the MASTERCLASS for ideas.

Remember your basics! Coach NETT, Name of Exercise, Target zones and Timing.

Always begin each set with positive reassurance and encouragement.

Our biggest objective with Layer 3 is to motivate and educate.

Instil confidence in your participants. Celebrate their efforts and tell them they have got this!



# TEACHING BODYPUMP HEAVY

## **Our 4th key element is Connection**

We believe this is a friendly non intimidating workout. Welcome everyone!

Anyone can do this class and everyone deserves to be strong and learn to lift well.

## **Finally the 5th key element is Performance**

Always start with the music.

Feel the tempos and enjoy the incredible music.

Use your voice to enhance the experience, both a conversational and motivating voice!

Show your enjoyment of the experience and of lifting weights.

When you have your weight choices right, you will feel the workout and this will help drive your teaching and your participants experience.

## **And remember:**

1. Before you teach BODYPUMP HEAVY, do the class about 4 times to know your correct weights.
2. Teach strong SET Position at the start of each set to establish body control to lift heavy.
3. Understand how to coach people to find their correct weights.
4. Coach each track in two parts, position set up/execution then safe lowering of the bar for the recoveries.
5. Enjoy the incredible workout! So go on, give BODYPUMP HEAVY a go and feel the difference for yourself!



# GLOSSARY

## SET POSITION

### Position Set-up

- **Heels under hips**
- **Toes turned out slightly**
- **Knees soft**
- **Hands thumb-distance from thighs**
- **Gently draw the belly in and brace the abs**
- **Lift the chest**
- **Lift the shoulders up, roll them back and draw the blades down towards the spine**
- **Chin tucked in**

## DEADLIFT

### Position Set-up

- **SET Position**
- **Slight bend in the knees** (20 degrees)
- **Chest lifted, abs braced**
- Elbows to rear – slight pinch between the shoulder blades
- **Chin tucked in**

### Execution Set-up

- **Abs braced tightly**
- **Tip forward from the hips, keeping the chest lifted**
- **Hips back**
- **Barbell to knees**
- **Chin tucked in** – eye gaze forward, 6½ feet (2 meters) in front

### Layer 2

- Tension between shoulder blades all the way through
- Squeeze your hamstrings and glutes on the way up
- Heels grounded into the floor

## HIGH PULL

### Position Set-up

- **SET Position**
- **Chest lifted, abs braced**

### Execution Set-up

- **Abs braced tightly**
- **Hinge forward from the hips – chest lifted, hips back**
- **Bar to mid-thigh**
- **Drive out of the legs and hips**
- **Bar to lower chest**
- **Bar close to the body**
- **Elbows above the bar**
- Squeeze glutes

### Layer 2

- Drive the hips forward and up to power the bar

## POWER CLEAN

### Position Set-up

- **SET Position**
- **Chest lifted, abs braced**
- **Knees bent**

### Execution Set-up

- **Abs braced strongly**
- **Hinge forward from the hips – chest lifted, hips back**
- **Bar to mid-thigh**
- **Drive out of the legs and hips**
- **Bar close to the body**
- **Elbows above the bar**
- **Catch bar high on collarbones**
- **Elbows forward and up**

### Layer 2

- Bend knees and drive hips back as you catch
- Fast elbows under the bar



# GLOSSARY

## HIP THRUST

### Position Set-up

- Slide legs under the barbell
- Roll the barbell onto the hip crease
- Lie down on back
- Barbell over the hip crease**
- Arms extend long and wide
- Feet close to butt
- Abs braced**

### Execution Set-up

- Drive through heels, lift hips up
- Squeeze glutes**
- Keep the core tight**

## CHEST PRESS

### Position Set-up

- Hands wide on the bar**
- Bar above shoulders**
- Abs braced – lower back towards the floor**
- Feet hip-width apart and close to the hips

### Execution Set-up

- Bar to middle of the chest**
- Elbows to the floor**
- Bar over shoulders (top position)**

### Layer 2

- Squeeze shoulder blades together on the way down, to open the chest
- Drive upper back into the floor, to stabilize the upper body

## SQUAT

### Position Set-up

- Bar on meaty part of upper back**
- Feet outside hip-width with toes turned out slightly**
- Chest lifted, light pinch between the shoulder blades**
- Belly in and abs braced**
- Bring your elbows forward under the bar to create strength through the upper back

### Execution Set-up

- Sit the butt back and down
- Knees track forward, in line with toes**
- Brace the abs tighter**
- Butt stops just above knee at 90 degrees**

### Layer 2

- Finish with hips under shoulders
- Feel the pressure in your quads and glutes
- Drive your feet apart
- Knees out over toes

## LUNGE

### Position Set-up

- Feet hip-width apart**
- Hips and shoulders even and square to the front**
- Belly in, abs braced and chest lifted**

### Execution Set-up

- Take a long stride back**
- Bend knees – back knee moves towards the floor
- Knees in line with toes**
- Front thigh parallel to the floor**

### Layer 2

- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes



# GLOSSARY

## FRONT SQUAT

### Position Set-up

- Wide Stance, feet outside hip-width
- Bar at collarbones
- Elbows forward, chest lifted
- Squeeze shoulder blades together
- Abs braced

### Execution Set-up

- Sit the hips back and down
- Knees track in line with middle of foot
- Butt stops just above knee level – 90 degrees

### Layer 2

- Keep lifting the elbows to maintain a high chest position to engage the posterior chain

## FARMERS CARRY LUNGE

### Position Set-up

- SET Position
- One weight plate in each hand
- Long step back
- Feet hip-width apart
- Hips and shoulders even and square to the front
- Knees in line with toes
- Abs braced, chest lifted

### Execution Set-up

- Bend knees – back knee moves towards the floor
- Front thigh parallel to the floor

### Layer 2

- Focus on maintaining mid-line to engage gluteus medius

## WIDE DEADROW

### Position Set-up

- Hands wide
- Bend the knees
- Chest lifted, abs braced

### Execution Set-up

- Tip forward from the hips keeping the chest lifted
- Chin tucked in
- Bar to knees
- Bar to ribs
- Squeeze between shoulder blades

## BICEP CURL

### Position Set-up

- Knees soft – Split Stance or SET Position
- Chest lifted
- Abs braced

### Execution Set-up

- Curl the bar to just in front of the shoulders
- Extend all the way down to your thighs
- Lock elbows under shoulders

### Layer 2

- Elbows by the sides of your body
- Keep the body still

## STANDING SIDE RAISE

### Position Set-up

- SET Position
- Elbows at 90 degrees
- Chest lifted, abs braced

### Execution Set-up

- Lift the elbows to just below shoulder level
- Elbows slightly forward of shoulder line
- Lead the movement with the elbows
- Chin tucked in

### Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ears
- Option: To increase intensity, widen the arms

## SHOULDER PRESS

### Position Set-up

- SET Position
- Bar starts at chin

### Execution Set-up

- Drive bar upwards
- Keep elbows soft and slightly forward at the top of the Press
- Abs braced as the bar moves above your head

### Layer 2

- Integrating lower and upper body



# GLOSSARY

## CRUNCH / C-CRUNCH

### Position Set-up

- Lie down on back
- Weight plate to forehead
- **Chin tucked in**
- **Eye gaze at knees**

### Execution Set-up

- Lift shoulders off floor
- **Slide ribs to hips**
- **Lift knees over hips, shins parallel**
- **Lower back close to the floor as your legs lower**
- Stay with the C-Crunch Shootout, legs to 45 degrees, arms over head
- Head touches down on the floor
- Return to C-Crunch and down

### Layer 2

- Upper and lower abs firing as one unit to strengthen
- Tune into your lower back; you want to keep it close to the floor to keep the abs engaged

## C-CRUNCH WITH SHOOTOUT COMBINATION

### Position Set-up

- Lie down on back
- Fingertips to temples

### Execution Set-up

- C-Crunch up, twist to front, extending back leg long or toe-tap the floor
- **Rotate from the center of the chest as you twist**
- **Opposite shoulder to knee**

### Layer 2

- Feel your obliques getting stronger

## HIP BRIDGE

### Position Set-up

- Lie down on back
- Knees bent, feet close to butt

### Execution Set-up

- **Squeeze butt to lift hips**
- **Abs braced to support lower back**



# MUSIC

## **Jamming (FISHER Rework)** (3:24)

**01** Bob Marley & The Wailers  
Courtesy of the Universal Music Group.  
Written by: Marley

## **Jamming (FISHER Rework)** (3:25)

Bob Marley & The Wailers  
Courtesy of the Universal Music Group.  
Written by: Marley

## **Titanium (David Guetta & MORTEN**

**02** **Future Rave Extended Mix** (4:44)  
David Guetta & MORTEN feat. Sia  
© 2021 What A Music Ltd.  
Written by: Furler, Guetta

## **Titanium (David Guetta & MORTEN**

**Future Rave Extended Mix** (2:25)  
David Guetta & MORTEN feat. Sia  
© 2021 What A Music Ltd.  
Written by: Furler, Guetta

## **Until There's Nothing Left** (5:47)

**03** LP Giobbi feat. Alabama Shakes  
© 2024 Counter Records.  
Written by: Chisholm, Howard, Benson, Cockrell, Fogg, Johnson

## **Wings (Nu:Logic Remix)** (3:16)

**04** Birdy  
© 2023 Jasmine Van Den Bogaerde, Under Exclusive Licence to Warner Music UK Limited.  
Written by: Van Den Bogaerde, Tedder

## **Wings (Nu:Logic Remix)** (6:13)

Birdy  
© 2023 Jasmine Van Den Bogaerde, Under Exclusive Licence to Warner Music UK Limited.  
Written by: Van Den Bogaerde, Tedder

## **Are You Gonna Go My Way** (2:18)

**05** Lenny Kravitz  
Courtesy of the Universal Music Group.  
Written by: Kravitz, Ross

## **Are You Gonna Go My Way** (2:17)

Lenny Kravitz  
Courtesy of the Universal Music Group.  
Written by: Kravitz, Ross

## **Are You Gonna Go My Way** (2:24)

Lenny Kravitz  
Courtesy of the Universal Music Group.  
Written by: Kravitz, Ross

## **Valerie (Extended Mix)** (5:40)

**06** CASSIMM  
© 2024 Toolroom Productions Ltd.  
Written by: Winwood, Jennings

## **Generation Love** (3:04)

**07** AR/CO x Punctual x NewEra  
© 2025 Central Station Records under exclusive license from Helix Records, a division of Payday Records, Inc. Licensed courtesy of Central Station Records.  
Written by: Hood, Stannard, Morgan, Lansley, Williams, Durkan

## **Blind Faith** (3:57)

**08** Chase & Status feat. Liam Bailey  
Courtesy of the Universal Music Group.  
Written by: Rafferty, Egan

## **Be Strong** (7:10)

**ALT 02** NIGHTCAP  
Courtesy of Epidemic Sound.  
Written by: Unknown



# WORKOUT SET-UP

Each workout is uniquely structured and requires a variety of weights. We recommend a selection of light – medium and heavier weights.

**Note:** This is only a recommendation. Do not exceed the SMARTBAR's maximum weight of (45kg/99lb).

# RECOVERY TIMES

Please take a minute more recovery after each track than is shown on the Masterclass footage. Use this time to demonstrate weight selection and technique without audience participation.

# KEY

<b>Alt</b>	Alternating	<b>R</b>	Right
<b>Instr</b>	Instrumental	<b>O/H</b>	Over head
<b>Intro</b>	Introduction	<b>Outro</b>	Last few bars of music
<b>B up</b>	Build up	<b>PC</b>	Pre-Chorus
<b>Br</b>	Bridge (non-chorus)	<b>QC</b>	Quiet Chorus
<b>Rep</b>	Reprise (part of the chorus repeated)	<b>Ref</b>	Refrain (recurring phrase or number of song lines)
<b>Cts</b>	Musical counts	<b>C</b>	Chorus
<b>F or B</b>	Forward or back	<b>ROM</b>	Range of motion
<b>L</b>	Left	<b>V</b>	Verse
<b>M</b>	Middle		

# COUNTS

<b>1/1</b>	2 counts down, 2 counts up	<b>1/3</b>	2 counts down, 6 counts up
<b>1/1/2</b>	2 counts down, 2 counts hold, 4 counts up	<b>1/1/1/1</b>	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B
<b>2/2</b>	4 counts down, 4 counts up	<b>2/2/2/2</b>	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B
<b>3/1</b>	6 counts down, 2 counts up	<b>4/4</b>	8 counts down, 8 counts up
<b>1/2/1</b>	2 counts down, 4 counts hold, 2 counts up	<b>8/8</b>	16 counts down, 16 counts up

# EXPRESS FORMATS

## 30-MINUTE FORMAT

<b>Track 01</b>	Warm-up
<b>Track 02</b>	Deadlifts & Power Cleans
<b>Track 03</b>	Chest Press & Hip Thrusts
<b>Track 04</b>	Squats & Lunges
<b>Track 07</b>	Core
<b>Total Time</b>	<b>32:18</b>

## 45-MINUTE FORMAT

<b>Track 01</b>	Warm-up
<b>Track 02</b>	Deadlifts & Power Cleans
<b>Track 03</b>	Chest Press & Hip Thrusts
<b>Track 04</b>	Squats & Lunges
<b>Track 05 OR</b>	Back & Biceps OR
<b>Track 06</b>	Shoulders
<b>Track 07</b>	Core
<b>Total Time</b>	<b>39:17/37:58</b>

# TECHNICAL TEAM CREDIT

**Technical Consultant** – Bryce Hastings MPhil

## RELEASE FEEDBACK

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# 01. WARM-UP

## TRACK FOCUS

This is your opportunity to set clear Position and Execution of some of the exercises that will follow in this class. Be super clear on the NETT – Name of Exercise, Timing and Target zones – throughout the track, connecting everyone into the workout so your participants can transition smoothly through all the changes.

## WEIGHT SELECTION

1x light barbell with extra weight to add on during track

## DEMONSTRATE

Safe lifting of bar and SET Position

MUSIC	SEQUENCE/EXERCISE	REPS
0:05 Intro /	4x8 <b>Set up SET Position</b> <b>SHOULDER ROLL</b>	1x
0:20 We're jammin'	8x8 2/2 <b>DEADLIFT</b> SET Stance	8x
0:50	4x8 2/2 <b>UPRIGHT ROW</b> Use the last 4cts to transition to <b>SHOULDER PRESS</b> , barbell to front rack	4x
1:06 We're jammin'	9x8 2/2 <b>SHOULDER PRESS</b> After last rep, transition to Underhand Grip	8x
1:40 And I hope	8x8 2/2 <b>BICEP CURL</b> After last rep, hinge forward from the hips, bar to knees	8x
2:11 We're jammin'	9x8 1/3 <b>BICEP ROW</b> Use the last 4cts to stand up and put the bar down, set up for <b>PUSHUP</b>	8x
2:45	8x8 2/2 <b>PUSHUP</b> OPTIONS: On knees or toes	8x
3:15 _ Jammin' too	2x8 <b>CHILDS POSE</b>	1x
3:23 (Silence)	4x8 <b>RECOVERY:</b> Load the bar with a medium weight and set up SET Position	
3:39 We're jammin'	8x8 2/2 <b>DEADLIFT</b> SET Stance	8x
4:09	4x8 <b>HIGH PULL</b>	4x
4:25 We're jammin'	8x8 <b>POWER CLEAN</b>	8x
4:55	2x8 <b>TRANSITION:</b> Barbell to back rack position on the upper back for <b>SQUAT</b> WIDE Stance	
5:03 We're jammin'	6x8 2/2 <b>SQUAT</b> WIDE Stance	6x
2 5:26	1x8 <b>TRANSITION:</b> Step feet hip-width apart and step back, set up <b>LUNGE L</b>	
5:29 We're jammin'	7x8 2/2 <b>LUNGE</b> L, R leg B Use the last 4cts to change sides	7x
5:56	7x8 2/2 <b>LUNGE</b> R, L leg B Use the last 4cts to put the bar down	7x
6:27 We're jammin'	4x8 <b>HOVER</b> <b>RECOVERY:</b> Stand up, shake out arms and legs	1x



# 01. JAMMING (FISHER REWORK) 6:49mins

## TECHNIQUE AND COACHING

### SET POSITION

#### LAYER 1

Before you begin, coach your participants to find SET Position, setting them up into a strong lifting position.

- **Heels under hips, turn the toes out slightly**
- **Soften the knees**
- **Hands thumb-distance from thighs**
- **Chest lifted**
- **Shoulders up, back and down towards the spine**
- **Gently draw in and brace the core**

### NETT

#### BLOCK 1

#### LAYER 1

We start the first block of the Warm-up with just the barbell, clearly coaching Position and Execution. For each exercise, coach **NETT** – NAME OF EXERCISE, TIMING and TARGET ZONES.

This makes your coaching clear and easy to follow.

- **DEADLIFT – Hinge forward from the hips, slide the bar to the top of the kneecaps**
- **UPRIGHT ROW – Bar stops at lower chest, elbows wide**
- **SHOULDER PRESS – Drive bar upward, target from chin towards ceiling. Keep the elbows soft and slightly forward at the top; abs braced as the bar moves above your head**
- **BICEP CURL – Curl the bar to just in front of shoulders, extend to thighs; lock elbows under shoulders, core braced, chest lifted**
- **BICEP ROW – Hinge hips forward, bar from knee to lower ribs, chest lifted, abs braced**
- **PUSHUP – Hands just outside shoulder-width, back straight, abs braced to support the mid-section, chin tucked in, chest to elbow level**

### BLOCK 2

#### LAYER 1 / LAYER 2

Coach to add load to the barbell with a medium weight for this block. The second block is focused on developing good lifting technique with the High Pulls, Power Cleans, Squats, Lunges and the Hover to finish the block of work. Clear coaching of Position and Execution is needed so your participants can follow easily. Layer 2 cues are designed to help them achieve more from the workout; we do this through Improving Execution and Manipulating the Intensity by coaching how it should feel, helping them to feel ready for the workout ahead.

- **DEADLIFT – Press the bar into the thighs to enhance the mind-body connection, preparing us for our big working set**
- **HIGH PULL – Hinge hips forward, pull the bar to lower chest, elbows lead the movement**
- **POWER CLEAN – Hinge hips forward, bar to mid-thigh, high pull the bar, catch bar high on collarbones, elbows forward and up, abs braced on Squat, keep bar close to body**
- **SQUAT (Wide Stance) – Feet outside hip-width, heel-toe wider, hips go back and down, knees track out over toes, chest lifted, core braced, 90 degrees**
- **LUNGE – Long step back, back knee down, front thigh parallel to the floor**
- **HOVER – Elbows under shoulders, knees outside hip-width, toes tucked under, hips in line with shoulders, back long and straight, abs braced to support mid-section**

### CONNECTION

Welcome your participants to the workout by being engaging and showing your love of heavy strength training. Connect with everyone in the room.



# 02. DEADLIFTS & POWER CLEANS

Please note this track contains explicit content. The alternative song can be used in its place. Please use *Be Strong* with the same choreography when teaching Track 02.

## TRACK FOCUS

Coach your class through the Deadlift, High Pull and Power Clean blocks: 3 rounds to maintain alignment to increase intensity and build muscular strength. Encourage extra weight plates close by to add in between the blocks of work.

## WEIGHT SELECTION

**Deadlift:** 1x heavy barbell

**Power Clean:** 1x medium-heavy barbell

## MUSCLE FOCUS

Posterior chain: Glutes, hamstrings, upper and lower back

	MUSIC	SEQUENCE/EXERCISE	REPS
	0:00 Intro /	4x8 Set up SET Position	
	0:23 _ You shout it out	8x8 3/1 <b>DEADLIFT</b> SET Stance	8x
	0:53 I'm bulletproof	8x8 <b>RECOVERY:</b> Bar down, shake out arms and legs and remove some weight from the bar	
1	1:24 Titanium	8x8 <b>HIGH PULL</b> SET Stance <i>After last rep, set up for <b>POWER CLEAN</b> (8cts)</i>	7x
	1:54	8x8 <b>POWER CLEAN</b> SET Stance	8x
	2:25 Titanium	8x8 <b>RECOVERY:</b> Bar down, shake out arms and legs and add some weight to the bar	
	3:10 I'm bulletproof	8x8 3/1 <b>DEADLIFT</b> SET Stance	8x
	3:41 Titanium	8x8 <b>RECOVERY:</b> Bar down, shake out arms and legs and remove some weight from the bar	
2	4:11	8x8 <b>POWER CLEAN</b> SET Stance	8x
	4:42 Titanium	12x8 <b>RECOVERY:</b> Bar down, shake out arms and legs and add some weight to the bar	
	5:29 I'm bulletproof	24x8 <b>REPEAT BLOCK 2</b>	8x
3		<b>RECOVERY:</b> Bar down, torso twists, forearm stretch (arm extended, gently pull fingers back), lower back stretch (elbows to thighs, chin tucked in, lift up spine)	



## 02. TITANIUM (DAVID GUETTA & MORTEN FUTURE RAVE EXTENDED MIX) 7:09mins

### TECHNIQUE AND COACHING

#### 1. DEADLIFT / HIGH PULL / POWER CLEAN

##### LAYER 1

Coach how to execute the Deadlift, High Pull and Power Clean movements in this block using Position and Execution set-up cues for clarity. This brings focus to developing great lifting technique to start the track strongly. Simple language and pre-cues are essential for participants' success. Heavy weight for the Deadlifts and medium weight for the Cleans.

##### DEADLIFT

- Stand up with the barbell
- Feet hip-width apart
- Bar sits over the mid-line of the feet
- **Bend knees, hips low, chest lifted**
- Drive feet into the floor as you pick up the barbell
- **SET Position** to find our strong posture
- Roll the shoulders back and down to set the lats
- Elbows to the rear for shoulder blade engagement
- 3/1 Deadlift
- **Hinge forward from the hips**
- **Abs braced and chest lifted**
- **Bar to top of knees**
- Drive out of the heels to engage the glutes
- Keep the bar close to the body to keep the back engaged
- Bend knees, chest lifted to put the bar down

##### HIGH PULL

- Decrease the weight to a medium-heavy barbell, team
- We move faster and more explosively
- **Bend knees, strong Overhand Grip on the bar to pick up**
- Strong **SET Position**
- Timing – hinge forward, pull and set
- Objective is to float the bar
- **Hip hinge forward, bar at mid-thigh**
- **Bar stops at lower chest**
- **Elbows lead the movement**
- **Barbell stays close to the body**
- **Feel the chest lift high and core brace**

##### POWER CLEAN

- Hold and set shoulders back and down
- We are moving into our Power Cleans
- Hinge forward from the hips
- **Bar to mid-thigh**
- High Pull the bar
- **Catch bar high on collarbones**
- **Elbows forward and up**
- **Abs braced on the Squat**
- **Keep bar close to body**
- **Bend knees and drive hips back as you catch**
- Reset slowly
- Take your time to put the barbell down



# 02. TITANIUM (DAVID GUETTA & MORTEN FUTURE RAVE EXTENDED MIX) 7:09mins

## TECHNIQUE AND COACHING

### 2. DEADLIFT / POWER CLEAN

#### LAYER 2

Round 2: Coach to weight selection for the Deadlift to help your participants understand if they should put more weight on the barbell. A great way to do is to reflect on the last block and how they were feeling; if they feel they have more than 2 reps in reserve, encourage them to add more load in the recovery periods. Coach your participants to get equipment ready, then step away, stretch, shake out their arms and legs. Coach to Layer 2 focuses of Improving Execution and Manipulating Intensity to help develop good lifting technique.

- Strong Overhand Grip on the barbell
- Stand tall and come into SET Position
- Not only does the load of the barbell dictate intensity the tempo creates the intensity as well
- We have a slow eccentric tempo to load with time under tension
- As we stand it's a controlled concentric lift
- We are keeping the load into the posterior chain
- Hold, set your barbell down safely
- Great work everyone
- Back to the Power Cleans, no High Pulls
- If you had some reps in reserve you can go a little heavier
- Strong Overhand Grip
- Shoulder SET
- Can we inject more power into the bar with a strong Triple Extension
- We do that by fully extending at the knees and hips to slingshot the bar up
- Feel the power in your movements

### 3. DEADLIFT / POWER CLEAN

#### LAYER 3

This final block is your time to access your maximum load. Coach your participants to check in with how they are feeling; this is an opportunity to add more weight on the barbell if they want to, giving them control over their workout. Remind your participants the recoveries are designed so you can stretch, shake it out then regain energy to work hard on the final block of work. Layer 3 cues that Educate and Motivate are needed to get everyone to the finish line.

- 8 reps in the Deadlift
- Anchor, set and brace
- Final set of Deadlifts
- We have strategically placed the heaviest compound lifts at the start of the workout. This is no mistake
- We are bulletproofing and firing up the posterior chain
- This translates into strength in all your other lifts
- Bar down safely; take your time here team
- Final set of Power Cleans
- Find your max weight
- Step up to your bar
- Let's 'gas' this one up
- 30 seconds to unleash your best effort today
- Stay strong
- Stay in the work

#### COACHING TIP:

Beginning the High Pull and Cleans with the bar at mid-thigh, allows the use of explosive hip extension to initiate the lift.



# 03. CHEST PRESS & HIP THRUSTS

## TRACK FOCUS

Clearly communicate we have 3 rounds of Hip Thrusts and Chest Presses on the floor with a medium to heavy weight on your barbell. Encourage to have extra weight plates close by to add on in between the blocks of work. Coach great Timing and Target zones for precise Execution for the Hip Thrust and Chest Press.

## WEIGHT SELECTION

1x medium-heavy barbell, with extra weight plates to add on during track

## MUSCLE FOCUS

**Hip Thrust:** Posterior chain, gluteus maximus, hamstrings and the muscles of the back

**Chest Press:** Pectorals, triceps and deltoids

	<b>MUSIC</b>	<b>SEQUENCE/EXERCISE</b>	<b>REPS</b>
1	0:00 Intro /	8x8 <b>Set up HIP THRUST</b>	
	0:31 Attacking	8x8 <b>1/3 HIP THRUST</b>	8x
	1:03 (Synth)	2x8 <b>RECOVERY:</b> Set up <b>CHEST PRESS</b> position OPTION: Weight plates instead of barbell	
	1:11 Don't wanna fight	8x8 <b>2/2 CHEST PRESS</b>	8x
2	1:43 My hands	8x8 <b>RECOVERY:</b> Set up <b>HIP THRUST</b> position OPTION: Add more weight	
	2:15 Don't wanna fight	26x8 <b>REPEAT BLOCK 1</b>	
3	3:58 Don't wanna fight	26x8 <b>REPEAT BLOCK 1</b>	
	5:09	8x8 <b>RECOVERY:</b> Barbell down, <b>CHEST/SHOULDER STRETCH</b> on knees; stand up and torso twists to release the back	1x



# 03. UNTIL THERE'S NOTHING LEFT 5:47mins

## TECHNIQUE AND COACHING

### 1. HIP THRUST / CHEST PRESS

#### LAYER 1

Coach your class into the Position set-up for the Hip Thrust and Chest Press on the floor. Be super clear on the transition from Hip Thrust to Chest Press and return. Use **NETT** to coach Timing and Target zones so your participants are moving well with Execution, and they can follow the timing successfully with the music.

#### HIP THRUST

- Barbell side-on
- Slide your legs under the barbell
- Grab wide on the barbell
- Roll the barbell into the hip crease
- Lie down, side-on
- Anchor the heels close to the butt
- **Brace the core before you start**
- Shoulders are down away from ears
- 1/3 Hip Thrust
- **Squeeze the butt to lift the hips**
- **Drive out of the heels**
- **Abs braced to support the back**
- Arms are long and straight
- Keep the ribs close to the hips

#### CHEST PRESS

- Pause, lift hips and pop the bar to chest level
- **Hands wide on the bar**
- Feet flat and connected to the floor
- 2/2 Chest Press
- **Full range, elbows touch the floor**
- Shoulders away from the ears
- **Target middle of the chest**
- **Abs braced, lower back towards the floor**
- Lift the hips up to assist the lowering of the barbell

### 2. HIP THRUST / CHEST PRESS

#### LAYER 2

Now is the time to help your participants Improve their Execution and Manipulate their Intensity. Option to increase load as well as recover, then reset the foundation to bring them back into the work. Encourage your participants to work for quality reps with good Execution, no matter what their level is. We build strength from the ground up and this superset will be challenging. Let's help make everyone feel successful.

- Keep your arms long and wide to find the correct alignment for Hip Thrusts
- Feel the timing of the 1/3
- Now we can feel the glutes accessing and driving the movement
- The whole posterior chain is lighting up
- Important to keep the ribs locked down to keep spine neutral and glutes switched on more
- Big breath as you move
- Transition to Chest Press; imagine the floor absorbs the elbows, taking out any momentum
- That way we work twice as hard
- Deep mechanical tension to build strength in your body
- Working triceps, shoulders and chest
- You're doing so great everyone
- Lift hips and lower bar; sit up



# 03. UNTIL THERE'S NOTHING LEFT 5:47mins

## TECHNIQUE AND COACHING

### 3. HIP THRUST / CHEST PRESS

#### LAYER 3

This recovery is the perfect time to coach to the next focus for the final set. Allow space for your participants to explore their own Execution. Empower them by Educating the benefits of the movements and giving positive motivators to take everyone to the finish line strongly.

- Again, roll back down
- Arms straight
- Anchor and brace
- Hip Thrust 1/3 again
- *Feel the muscles work with control; this is helping our Squats get stronger*
- Driving out of the heels
- Pushing the upper back into the floor
- Don't switch off now, this is the final block
- Push hard
- Lock it in
- Finish together strongly
- Lift the hips, assist the bar down
- Sit up and roll the bar away from you

#### COACHING TIP:

Hip Thrusts train horizontal drive. This is apparent when you replicate the Hip Thrust action in standing. This exercise has been shown to improve sprinting ability.



# 04. SQUATS & LUNGES

## TRACK FOCUS

Focus on coaching alignment of the Squat and Lunge to help your participants set great Technique from the start of the track. Once they have good Execution encourage experimenting with extra weight, depending on how they felt at the end of the set. Demonstrate the options of staying with back rack or front rack Squat position and weight plates for Lunges in the final set.

## WEIGHT SELECTION

1x heavy barbell with extra weight plates to add on during track

## MUSCLE FOCUS

Glutes and quads

	MUSIC	SEQUENCE/EXERCISE	REPS
1	0:00 Intro /	8x8 Set up bar to back rack position on the upper back, WIDE Stance	
	0:45 Sunlight comes creeping in	8x8 4/4 <b>SQUAT</b> WIDE Stance	8x
	1:28 Oh, lights go down	8x8 4/4 <b>LUNGE</b> L NOTE: On first 8cts, step R leg B into LUNGE position	7x
	2:11 Oh	8x8 4/4 <b>LUNGE</b> R NOTE: On first 8cts, step L leg B into LUNGE position	7x
	2:54 (Beat into silence)	4x8 <b>RECOVERY:</b> Bar down, shake out legs OPTION: Add more weight	
2	3:16 Sunlight comes creeping in	36x8 <b>REPEAT BLOCK 1</b> OPTION: Add more weight	
	6:31 I'm in a foreign state	4x8 Set up <b>FRONT SQUAT</b> WIDE Stance OPTION: Stay with BACK SQUAT WIDE Stance	
3	6:52 Oh, lights go down	8x8 4/4 <b>FRONT SQUAT</b> WIDE Stance	8x
	7:35 Lights	4x8 <b>RECOVERY:</b> Bar down, shake out legs Set up <b>FARMERS CARRY LUNGE</b> with a weight plate in each hand, step R leg B	
	7:56 Oh, lights go down	6x8 2/2 <b>FARMERS CARRY LUNGE</b> L NOTE: On last 8cts, switch legs OPTION: Use barbell in back rack position	12x
	8:34 Tonight	6x8 2/2 <b>FARMERS CARRY LUNGE</b> R <b>RECOVERY:</b> Step in, weight plates down, shake it out, quad stretches	12x

## SMART START

Acknowledge your new participants and let them know they can leave now if they choose to.



# 04. WINGS (NU:LOGIC REMIX) 9:29mins

## TECHNIQUE AND COACHING

### 1. SQUAT / LUNGE

#### LAYER 1

Coach Layer 1 Position and Execution set-up of the Squats and Lunges to get the class moving well. Use **NETT** to coach solid Technique – referring to Timing, Target zones and leg alignment, along with precise pre-cues to help your participants follow easily.

#### SQUAT

- We have so much time with the slower tempo that we can make the mind-body connection even deeper
- Stand up with the barbell
- Feet hip-width apart
- **Bend knees, hips low, chest lifted**
- **SET Position**
- Clean the bar to the front rack
- Transition the bar to the meaty part of the upper back
- **Feet outside hip-width, heel-toe for Wide Squat Stance, toes turned out slightly**
- 4/4 Squat slowly
- **Hips back and down to initiate the Squat**
- **Abs braced, chest lifted**
- Bring your elbows forward under the bar and create strength through the upper back
- **Knees push out over toes to load the glutes and for good alignment**
- **Push your knees through the center of the feet to load the muscles perfectly**
- **Butt stops just above knee line**, that's your range
- Squeeze shoulder blades towards the spine for good alignment

#### LUNGE

- **Feet hip-width apart**
- **Hips and shoulders even and square to the front**
- **Belly in, abs braced and chest lifted**
- **Long stride back**
- Bend knees – back knee moves towards the floor
- **Knees in line with toes**
- **Front thigh parallel to the floor, 90 degrees**
- **Step in and hold**
- **Switch legs**
- **7 slow reps**
- **Long stance and feet hip-width apart to anchor**
- **Anchor the heel of the front foot and the ball of the back foot to stabilize**
- **Pop the bar up, catch and set**
- **Place the bar down safely**



# 04. WINGS (NU:LOGIC REMIX) 9:29mins

## TECHNIQUE AND COACHING

### 2. SQUAT / LUNGE

#### LAYER 2

In Block 2's Squat and Lunge combination we focus on coaching vertical drive for great squatting and lunging Technique. Layer 2 cues are designed to help participants achieve more from the workout; we do this through Improving Execution and Manipulating the Intensity and Educating them on what they are doing and how it should feel, helping them to achieve. Encourage your participants to check back in with the load, shake out their arms and legs and recover before the 2nd block.

- *The music is making us slow down and create mental toughness*
- *Same form every rep*
- *Safely clean the barbell*
- *Feet outside hip-width*
- *Pull the elbows under the barbell*
- *Chest lifted*
- *We work slowly to get stronger*
- *This encourages the growth stimulus in your body*
- *We are activating every muscle fiber*
- *Feel the connection to the floor, barbell and the movement*
- *Feet under hips for Lunges*
- *Long step back*
- *Drop the back knee down*
- *Driving out of the front foot*
- *Working for the full range for full activation*
- *Feel the timing of the 4/4 Lunge*
- *The unique challenge of this is taking the load of a bilateral movement into a unilateral stance*
- *If you are shaking, you're in the right place*
- *Welcome to BODYPUMP HEAVY*
- *Don't let the knees collapse under pressure*
- *Stay in alignment, knee in line with middle of the foot*
- *Lower barbell with control*
- *Great work everyone*

### 3. SQUAT / LUNGE

#### LAYER 1 / LAYER 3

The final block has the option to stay with the back rack Squat position or transition to the front rack Squat position and finish with weight plates for the Farmers Carry Lunges. Option to drop load for the front rack Squat position. The Intensity builds fast so focus on core engagement to build more stability and strength in the whole body. As you Educate, you Motivate and, most importantly, this connects your participants into their bodies and the work.

- ***SET Position, hinge forward and clean the bar into the front rack position***
- ***Bar high on the collarbones***
- ***Elbows forward, chest lifted***
- *Same principles apply*
- *Feet outside hip-width*
- *Feel the whole foot drive into the floor*
- *Core super strong*
- *Every rep is a good rep*
- *As we go to the bottom, feel the pause and drive the floor away*
- *More demand on the quads and core*
- *Safely put the barbell down or stay with it*
- *Heavy weight plates in each hand*
- *Farmers Carry Lunge 12 reps each leg*
- *Focus is on bending the back knee*
- *Keeping the upper-body posture activated and lifted*
- *Core strong for alignment all the way to the end as body is getting fatigued*
- *Higher volume, faster pace – use this as confidence*
- *Change legs – set before you start moving*
- *Squeeze every last second out of the time under tension*
- *I'm shaking like a leaf and I love it!*

#### COACHING TIP:

Taking a big step back before we Lunge allows us to keep the weight evenly distributed in the front and back leg, it also helps maintain a vertical movement pattern.



# 05. BACK & BICEPS

## TRACK FOCUS

Focus on coaching stability to find the tension, isolation and control in the Deadrows and Bicep Curls. Clearly coach timing to hook your participants into the feel, tension and music to create the mind-muscle connection.

## WEIGHT SELECTION

1x medium-heavy barbell

## MUSCLE FOCUS

**Rows:** Latissimus dorsi, trapezius, rhomboids and rear deltoids

**Curls:** Biceps

	<b>MUSIC</b>		<b>SEQUENCE/EXERCISE</b>	<b>REPS</b>
1	0:00 Intro /	4x8	<b>Set up WIDE DEADROW SET Stance</b> OPTION: Weight plates instead of barbell Slide bar to the knees to prepare	
	0:15 I don't know why	8x8	1/3 <b>WIDE DEADROW SET Stance</b>	8x
	0:44 (Guitar)	7½x8	<b>RECOVERY:</b> Bar down, release upper body. Remove some weight, ready for <b>BICEP CURL</b>	
	1:12 (Instr)	16½x8	4/4 <b>BICEP CURL SET Stance</b> NOTE: Pause after 4 reps with the music	8x
	2:13 (Silence)	1x8	<b>RECOVERY:</b> Bar down, release upper body. Add weight onto the bar for <b>WIDE DEADROW</b>	
2	2:17 I don't know why	37x8	<b>REPEAT BLOCK 1</b> OPTION: Add more weight to the bar	
3	4:34 I don't know why	37x8	<b>REPEAT BLOCK 1</b> OPTION: Add more weight to the bar <b>RECOVERY:</b> Shake out arms, biceps stretches	



# 05. ARE YOU GONNA GO MY WAY 6:59mins

## TECHNIQUE AND COACHING

### 1. WIDE DEADROW / BICEP CURL

#### LAYER 1

Use Layer 1 Position and Execution cues for the Wide Deadrows and Bicep Curls to get your participants moving with great Timing, Target zones and range, hooking them into the feel and strength of the song.

#### WIDE DEADROW

- Set up Wide Deadrow
- Overhand Grip
- Pick up the barbell
- SET Position**
- Slide the bar to the knee**
- Hips back**
- Chest lifted**
- Abs braced tightly**
- Pull it fast and release slowly
- Bar to lower ribs**
- Target the mid upper back**
- SET Position, bar down**

#### BICEP CURL

- Take some weight off for Bicep Curls
- Rest and recover
- Pick up your barbell
- Underhand Grip
- SET Position**
- 4/4 timing for 8 reps
- Take a pause
- Target shoulders and thighs**
- Elbows under shoulders**
- Chest lifted**
- Abs braced**
- Keep the elbow under shoulder to feel isolation training
- Feel the lengthening as you lower the bar

### 2. WIDE DEADROW / BICEP CURL

#### LAYER 2

Add your back weight on for the Rows. We 'copy and paste' Block 1. Focus on the foundation of the SET Position and elbow placement along with your Layer 2 focuses to achieve isolation and strength gains. This keeps the load in the target muscles and creates a strong platform from which to load effectively.

- We focus on the upper back
- Strong SET position
- We want the stable base to move from
- Keep the upper body still so we can isolate
- We want to feel the squeeze of the shoulder blades
- Take some weight off the bar for Bicep Curls
- Option with weight plates
- Keep the elbows under the shoulders
- Pause, anchor, set
- Use your lower-body foundation to dig a little deeper

### 3. WIDE DEADROW / BICEP CURL

#### LAYER 3

Muscular overload and tension is building, and your participants will need you to Motivate and Educate them to the finish line. The final set is a repeat and they will be fatiguing now. What will you say and do to help them get over the finish line?

- Last focus team – slow the lowering of the bar on the Rows
- Keep the chest lifted
- Pick up the barbell
- Just like the back work – focus on the slow descend
- Last 4 – keep the tempo, team
- Final rep – slow it down

#### COACHING TIP:

Wide Rows allow us to target the mid / upper back. This is often the weakest link in the posterior chain which can cause issues with stability when lifting.



# 06. SHOULDERS

## TRACK FOCUS

Let your participants know the exercises they will be executing to help advise weight selection. Clearly coach the Position and Execution set-up of all the exercises for good Technique so they can create Precision and tension on the muscles for the entire track.

## WEIGHT SELECTION

**Side Raise:** 2x medium weight plates

**Shoulder Press:** 1x heavy barbell

## MUSCLE FOCUS

**Side Raise:** Lateral deltoids

**Shoulder Press:** Deltoids, trapezius, muscles of the upper back

	<b>MUSIC</b>	<b>SEQUENCE/EXERCISE</b>	<b>REPS</b>
1	0:00 Intro /	4x8 Set up SET Position	
	0:15 (Drumbeat)	7x8 4/4 <b>SIDE RAISE</b> SET Stance	7x
	1:08 Valerie	8x8 <b>RECOVERY:</b> Weight plates down, pick up barbell	
	1:38 (Heavy beat)	8x8 1/3 <b>SHOULDER PRESS</b> SET Stance	8x
	2:08 Intro /	8x8 <b>RECOVERY:</b> Bar down, shake out arms, stretch shoulders OPTION: Add more weight onto the bar	
2	2:39 Valerie / (Heavy beat)	8x8 1/3 <b>SHOULDER PRESS</b> SET Stance	8x
	3:09 Instr /	8½x8 <b>RECOVERY:</b> Bar down, shake out arms, stretch shoulders OPTION: Add more weight onto the bar	
3	3:41 Valerie / (Heavy beat)	8x8 1/3 <b>SHOULDER PRESS</b> SET Stance	8x
	4:11 Intro /	8x8 <b>RECOVERY:</b> Bar down, shake out arms, stretch shoulders, pick up weight plates	
	4:41 Valerie / (Heavy beat)	4x8 1/3 <b>SIDE RAISE</b> SET Stance	4x
	4:56	4x8 1/3 <b>WIDE SIDE RAISE</b> SET Stance	4x
	5:12 (Fade)	<b>RECOVERY:</b> Weight plates down, shake out arms, shoulder stretches	



# 06. VALERIE (EXTENDED MIX) 5:40mins

## TECHNIQUE AND COACHING

### 1. SIDE RAISE / SHOULDER PRESS

#### LAYER 1

We start the first block with the standing Side Raise with weight plates, building into Shoulder Press with the barbell. Clearly coach the Position and Execution to help everyone be successful. Use **NETT** to coach Timing and Target zones so your participants are moving well with Execution and alignment.

#### SIDE RAISE

- **SET Position**
- 4/4 Side Raise
- 8 repetitions slowly, to isolate the lateral deltoids
- **Elbows lead the movement**
- Let's create a strong foundation
- Anchor the feet into the floor
- **Elbows stop under shoulder line**
- **Chest lifted, abs braced**

#### SHOULDER PRESS

- Place the weight plates on the floor
- Bend knees, strong Overhand Grip on the bar
- Clean the bar up in line with the chin
- 1/3 strict Shoulder Press
- **Targets – chin to ceiling**
- **Brace core and soften knees**
- **Elbows stay in tight**

### 2. SHOULDER PRESS

#### LAYER 2

Second block of work is with the barbell for Shoulder Press again. Quickly remind your participants of alignment and timing, as fatigue will be kicking in fast. Encourage them to finish strongly!

- Remember, if you had more than 2 reps in reserve you can go for a heavier weight
- Take your time to set up
- Breathe, shake out arms
- Strong Overhand Grip
- Clean the bar in line with the chin
- Now a strong strict Press
- It's all about the strong foundation to create a strong Press
- Stable positioning every time we press

### 3. SHOULDER PRESS / SIDE RAISE

#### LAYER 3

A quick shake out – this block of work is the final set of Shoulder Presses, finishing with Side Raises with an extra challenge of the Wider Raises. Encourage your participants to challenge themselves and add extra load if they are feeling good. Remind them of alignment and timing, as fatigue will be kicking in fast!

What will you say and do to bring them to the finish line?

- Shake it out crew
- Strong set before we start moving again
- Use your breath to power hard
- Control the down phase, the eccentric phase
- Last one, best one
- We circle back to the weight plates
- 1/3 Side Raises
- Up quickly and down slowly
- No pause at the top and the bottom
- Here is the challenge: Wide Raise, straightening the arms if you can

#### COACHING TIP:

Keeping the chest lifted and shoulder blades slightly retracted when executing a lateral Side Raise helps maintain stability and control throughout the movement.



# 07. CORE

## TRACK FOCUS

Simple coaching of the Position and Execution – think one cue at a time allowing your participants to hear it and apply it. Once they know how to do the exercises help them understand how to increase or decrease intensity so everyone is successful.

## WEIGHT SELECTION

1x medium weight plate

## MUSCLE FOCUS

Lower and upper abs

MUSIC	SEQUENCE/EXERCISE	REPS
0:00 Intro /	2x8 <b>Set up CRUNCH</b>	
0:07 Life's so good	8x8 <b>2/2 CRUNCH</b>	8x
0:37	4x8 <b>C-CRUNCH FEET UP</b>	4x
0:52 (Heavy beat)	8x8 <b>C-CRUNCH + SHOOTOUT</b> OPTIONS: Tap toes to floor; hold weight plate above chest	8x
1:22 Life's so good	12x8 <b>2/2 C-CRUNCH FEET UP</b> OPTION: Keep feet on floor NOTE: After last rep, put weight plate down	12x
2:07 (Heavy beat)	8x8 <b>C-CRUNCH + CROSS CRAWL COMBO F&amp;B</b>	4x
2:37 (Quiet)	4x8 <b>HELD HIP BRIDGE</b>	1x

1



# 07. GENERATION LOVE 3:04mins

## TECHNIQUE AND COACHING

### 1. CRUNCH / C-CRUNCH + SHOOTOUT / C-CRUNCH + CROSS CRAWL COMBINATION

#### LAYER 1 / LAYER 2 / LAYER 3

Coach Layer 1 Position and Execution of all the exercises in this short track to get your participants moving well. Once they are moving well help them move better by Improving their Execution and Manipulating their Intensity. Motivate and Educate them on core training.

- Medium weight plate for challenge
- Lie down side-on
- Feet close to butt
- Weight plate close to forehead
- Crunch 2/2 timing
- Lift shoulders off the floor
- **Ribs to hips**
- You can stay with the Crunch or make it a C-Crunch
- Lifting feet off floor
- **Knees in line with hips**
- **Shins parallel to the floor**
- Add on the Shootout
- Legs to 45 degrees or toe tap
- Head down as you extend
- **Core braced strongly**
- **Lower back close to the floor**
- We lose the weight plate for the final combination
- C-Crunch and Cross Crawl
- **Twist from the center of the chest**
- Lift into a Hip Bridge
- Releasing the hips after the core work



# 08. COOLDOWN

## TRACK FOCUS

Connect your members through music and movement to stretch each worked muscle group.

MUSIC	SEQUENCE/EXERCISE
0:00 Intro /	8x8 <b>CHILDS POSE</b>
0:27 _ I am a man	8x8 <b>KNEELING HIP FLEXOR STRETCH</b> R, R leg back OPTION: Fingers on floor, inside front foot
0:55 _ Sensation	8x8 <b>KNEELING HAMSTRING STRETCH</b> L
1:22 _ I am a man	9x8 <b>KNEELING HIP FLEXOR STRETCH</b> L, L leg back
1:53 _ Sensation	8x8 <b>KNEELING HAMSTRING STRETCH</b> R
2:20 _ I am a man	9x8 <b>STANDING QUAD STRETCH</b> L, R
2:51 _ Sensation	4x8 <b>UPPER BACK STRETCH</b>
3:05 _ Sensation	4x8 <b>CHEST STRETCH / SHOULDER STRETCH</b>



# 08. BLIND FAITH 3:57mins

## TECHNIQUE AND COACHING

### COACHING TIPS

- Be descriptive in how to stretch and where your participants should feel it
- Acknowledge the effort that's gone into the workout today and congratulate them on completing it!

# 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.

