

# BODYPUMP HEAVY

02



**Presenters (L-R):**

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Levi Farrell (New Zealand)

## 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.

## 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.

The musical contrast is magical in this release!

A great vibe kicks it off with an uplifting song that will connect you to the good training feels.

The Deadlifts/Cleans track is strong and powerful – it will totally inspire great form and control in the strength and power move.

Long recoveries in the Chest/Hips track will encourage you to add the weight to get the

8 reps each round, then you can lift the good vibes in the Squats/Lunges track with APT.. You can sink deep into the training zone with the most beautiful song You Got The Love, for the Biceps/Triceps track. All moves are slow and you need to have to lock in that brace to keep every rep strong and controlled.

Then anchor the feet into the floor and resist the temptation to 'move', with the club/dance feel of the Shoulder track. Your shoulders and mid-upper back will be on fire!

The class finishes with the strong, easy-to-teach-and-learn Core and Cooldown – WOWZA! An INCREDIBLE WORKOUT! ENJOY! This release brings a fun vibe into this Strength Training workout.

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

While BODYPUMP™ builds strength endurance and lean muscle growth 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.



# **BODYPUMP HEAVY 02**

## **TEACHING BODYPUMP HEAVY**

### **GLOSSARY**

### **MUSIC**

### **EXPRESS FORMATS**

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

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

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

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

#### **05. BICEP CURLS & TRICEP EXTENSIONS**

#### **06. WIDE ROWS & SHOULDER PRESS**

#### **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 and it has great music and easy-to-follow exercises. Trust us, you can do it!

So, what's different compared to BODYPUMP?

Let's look at this with our 5 key elements...

## Starting with the 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 helps to 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 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.

Flex 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.

Knees slightly bent.

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 shoulder blades down towards the spine.

Chin tucked in.

## To put down the bar:

Bend the knees and push 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 it, 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.

Using the concept of Reps in Reserve can help with weight selection.

When you get to the end of a set of 8 reps – reflect on whether you felt like you could have completed more reps.

If you only just made it to the end with good form – that's great.

If you maybe could have completed only 1 or 2 more – that's also great.

But if you feel you still had 3, 4 or more reps in the tank – consider putting your weights up.

People who are brand-new to weight training (haven't done BODYPUMP) should start with a light weight 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 footage 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.

Instill 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 correct, 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, try BODYPUMP HEAVY and feel the difference for yourself!



# GLOSSARY

## SET POSITION

### Position Set-up

- **Heels under hips**
- **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

## 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

## HIP THRUST

### Position Set-up

- Slide legs under the barbell
- Roll or lift 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**



# GLOSSARY

## 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

## 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



# GLOSSARY

## 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

## WIDEROW

### 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 OVERHEAD TRICEP EXTENSIONS

### Position Set-up

- **Standing SET Position**
- Plate extended over head
- **Elbows facing forward**
- Shoulders away from the ears
- **Abs braced**
- **Chest lifted**
- **Squeeze glutes**

### Execution Set-up

- **Lower plate back and down to base of neck, keeping elbows facing forward**

### Layer 2

- Lock the position of the shoulders and upper arms to isolate the triceps

## 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

## C-CRUNCH WITH SHOOTOUT

### 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
- 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 close to the floor to keep the abs engaged

# HOVER

### Position Set-up

- **Elbows under shoulders**
- **Knees just outside hip-width, toes tucked under**
- **Hips in line with shoulders**
- Lift knees off floor
- **Back long and straight**
- **Core braced to support mid-section**
- Option: On knees

### Execution Set-up

- **Abs braced to keep the hips and shoulders square to the floor**

### Layer 2

- Squeeze quads, abs and glutes to keep the back long and straight as you fatigue



# MUSIC

## 01 Javelin (Calling Out Your Name) (3:00)

Adelphi Music Factory

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Written by: Dean, Evans, Nockall, Pace

01

## 02 Javelin (Calling Out Your Name) (3:03)

Adelphi Music Factory

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Written by: Dean, Evans, Nockall, Pace

## 02 Set Me Free (0:30)

Sun Lay

Courtesy of Les Mills Music Licensing Ltd.

Written by: Finlay

02

## 03 Love Me Again (Gemini Remix) (2:16)

John Newman

Courtesy of the Universal Music Group.

Written by: Booker, Newman

03

## 04 Love Me Again (Gemini Remix) (2:13)

John Newman

Courtesy of the Universal Music Group.

Written by: Booker, Newman

04

## 05 Love Me Again (Gemini Remix) (1:46)

John Newman

Courtesy of the Universal Music Group.

Written by: Booker, Newman

05

## 06 Over And Over (0:15)

Sun Lay

Courtesy of Les Mills Music Licensing Ltd.

Written by: Finlay

06

## 07 Uprising (2:44)

Muse

© 2009 Warner Music UK Limited.

Written by: Bellamy

07

## 08 Uprising (1:35)

Muse

© 2009 Warner Music UK Limited.

Written by: Bellamy

08

## APT. (2:49)

Bruno Mars & ROSE

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Written by: Allen, Brown, Chahayed, Chapman, Chinn, Fedi, Hernandez, Lawrence II, Park, Thomas, Walter

## APT. (2:49)

Bruno Mars & ROSE

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Written by: Allen, Brown, Chahayed, Chapman, Chinn, Fedi, Hernandez, Lawrence II, Park, Thomas, Walter

## APT. (2:53)

Bruno Mars & ROSE

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Written by: Allen, Brown, Chahayed, Chapman, Chinn, Fedi, Hernandez, Lawrence II, Park, Thomas, Walter

## 05 You Got The Love (New Voyager Radio Edit) (8:55)

The Source & Candi Staton

© 1996 Tortured Artists Ltd.

Written by: Anthony, Arnecia, John

## 06 Song 2 (5:55)

Tookie Tookie

© 2025 Kia Ora.

Written by: Coxon, Rountree, James, Albarn

## 07 Feeling Good (2:59)

Nina Simone & Joel Corry

Courtesy of the Universal Music Group.

Written by: Bricusse, Newley

## 08 Love Will Take You Higher (2:47)

Liaison

© 2023 Liaison under exclusive licence to Sony Music Entertainment UK Limited.

Written by: Whitwam



# 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,<br>2 counts up                   | <b>1/3</b>     | 2 counts down,<br>6 counts up   |
| <b>1/1/2</b> | 2 counts down,<br>2 counts hold,<br>4 counts up | <b>1/1/1/1</b> | 2 counts F or B,<br>2 counts down,<br>2 counts up,<br>2 counts F or B |
| <b>2/2</b>   | 4 counts down,<br>4 counts up                   | <b>2/2/2/2</b> | 4 counts F or B,<br>4 counts down,<br>4 counts up,<br>4 counts F or B |
| <b>3/1</b>   | 6 counts down,<br>2 counts up                   | <b>4/4</b>     | 8 counts down,<br>8 counts up   |
| <b>1/2/1</b> | 2 counts down,<br>4 counts hold,<br>2 counts up | <b>8/8</b>     | 16 counts down,<br>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>28:52</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> | Bicep Curls & Tricep Extensions  |
| <b>Track 06</b>    | OR<br>Wide Rows & Shoulder Press |
| <b>Track 07</b>    | Core                             |
| <b>Total Time</b>  | <b>37:47/34:47</b>               |

# TECHNICAL TEAM CREDIT

**Technical Consultant** – Bryce Hastings MPhil

## BODYPUMP HEAVY 02 RESUPPLY – V1

**Track 1:** Bolded the bullet points in Block 2 on the Technique & Coaching page

## RELEASE FEEDBACK

Tell us what you think of this release.

Visit <http://www.lesmills.com/release-feedback>



# 01. WARM-UP

## TRACK FOCUS

Be super clear on the **NETT** throughout the track, connecting everyone into the workout – Name of Exercise, Target zones and **Timing** – so the class can transition smoothly through all the changes. Take your time transitioning from one move to the next and emphasize the **SET Position**.

## WEIGHT SELECTION

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

## Demonstrate

Safe lifting of bar and **SET Position**

|   |                                  | SEQUENCE/EXERCISE   | REPS |
|---|----------------------------------|---|------|
| 1 | 0:05 Intro /                     | 6x8 <b>Set up SET Position<br/>SHOULDER ROLL</b>  | 1x   |
|   | 0:28 Well it <b>ain't</b> nobody | 8x8 2/2 <b>DEADLIFT</b> SET Stance<br>On last rep, hold at the bottom   | 8x   |
|   | 0:58 (Bass)                      | 8x8 2/2 <b>UPRIGHT ROW</b><br>Use the last 8cts to transition to <b>SHOULDER PRESS</b> ,<br>barbell to front rack position                | 7x   |
|   | 1:28 On and on                   | 8x8 2/2 <b>SHOULDER PRESS</b><br>Use the last 8cts to transition to Underhand Grip  | 7x   |
|   | 1:59                             | 8x8 2/2 <b>BICEP CURL</b><br>Use the last 8cts to put the bar down, come down to the<br>floor and set up for <b>PUSHUP</b>                | 7x   |
|   | 2:29 Calling out                 | 8x8 2/2 <b>PUSHUP</b><br>OPTIONS: On knees or toes  | 7x   |
|   | 3:00 (Intro)                     | 6x8 <b>RECOVERY:</b> Add more weight onto barbell and set up<br>SET Position  |      |
|   | 3:23 Well it <b>ain't</b> nobody | 8x8 2/2 <b>DEADLIFT</b> SET Stance<br>Use the last 8cts to reset <b>SHOULDER ROLL</b>   | 7x   |
| 2 | 3:53 (Bass)                      | 8x8 <b>HIGH PULL</b><br>On last rep, PREVIEW <b>POWER CLEAN</b>   | 8x   |
|   | 4:23 On and on                   | 8x8 <b>POWER CLEAN</b><br>Use the last 8cts, barbell to back rack position on the<br>upper back for <b>SQUAT</b> . Set <b>WIDE</b> Stance | 7x   |
|   | 4:54                             | 8x8 2/2 <b>SQUAT</b> <b>WIDE</b> Stance<br>On last 8cts, step R leg B into <b>LUNGE</b> position  | 7x   |
|   | 5:24 Well it <b>ain't</b> nobody | 4x8 2/2 <b>LUNGE</b> L, R leg B<br>Use the last 4cts to change sides  | 4x   |
|   | 5:39                             | 4x8 2/2 <b>LUNGE</b> R, L leg B<br><b>RECOVERY:</b> Barbell down, shake out arms and legs,<br>torso twists                                | 4x   |



# 01. JAVELIN (CALLING OUT YOUR NAME) 6:03mins

## TECHNIQUE AND COACHING

### SET POSITION

#### LAYER 1

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

- **Heels under hips**
- **Softens 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, TARGET ZONES** and **TIMING**. This makes your coaching clear and easy to follow.

- **DEADLIFT: Hinge forward from the hips, hips back, slide the bar to the top of the kneecaps**
- **UPRIGHT ROW: Hip Hinge, hips back, bar from knee to belly, chest lifted, abs braced**
- **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**
- **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

Encourage adding 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 and Lunges to finish the block of work. Clear coaching of Position and Execution is needed to follow simply. Layer 2 cues are designed to allow participants to follow easily. 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: Hip Hinge, hips back, pull the bar to lower chest, elbows lead the movement**
- **POWER CLEAN: Hip Hinge, hips back, 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**

### CONNECTION

Welcome your class to the workout by being engaging and showing your love of heavy Strength Training. Connect with everyone in the room.



# 02. DEADLIFTS & POWER CLEANS

## TRACK FOCUS

Coach the SET Position before every set of Deadlifts and Cleans. Always focus on this strong position before you pick up the weight and also when lowering the weight to the floor at the end of each set. Use the recoveries to change the weights from the Deadlift with the heavier strength focus – to the power of the Clean.

## WEIGHT SELECTION

**Deadlift:** 1x heavy barbell

**Power Clean:** 1x medium barbell

## MUSCLE FOCUS

Posterior chain: Glutes, hamstrings, upper and lower back

|   | <b>MUSIC</b>             | <b>SEQUENCE/EXERCISE</b>   | <b>REPS</b> |
|---|--------------------------|--|-------------|
| 1 | 0:00 Intro /             | 10x8 Set up SET Position   |             |
|   | 0:38 _ It's unforgivable | 8x8 3/1 <b>DEADLIFT</b> SET Stance   | 8x          |
|   | 1:08 I want              | 8x8 <b>RECOVERY:</b> Bar down, shake out arms and legs and remove some weight from the bar                                       |             |
|   | 1:39 (Instr synth)       | 8x8 <b>POWER CLEAN</b> SET Stance  | 8x          |
|   | 2:10 (Quiet synth)       | 10x8 <b>RECOVERY:</b> Bar down, shake out arms and legs and load weight onto the bar   |             |
| 2 | 2:50 _ It's unforgivable | 24x8 <b>REPEAT BLOCK 1</b>   |             |
|   | 4:22 (Quiet synth)       | 10x8 <b>RECOVERY:</b> Bar down, shake out arms and legs and load weight onto the bar   |             |
| 3 | 5:02 (Quiet synth)       | 24x8 <b>REPEAT BLOCK 1</b><br><br><b>RECOVERY:</b> Bar down, take off the weight load on the bar, stretch and release lower back |             |



# 02. SET ME FREE / LOVE ME AGAIN (GEMINI REMIX)

6:45mins

## TECHNIQUE AND COACHING

### 1. DEADLIFT / POWER CLEAN

#### LAYER 1

Coach how to execute the Deadlift 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 to the barbell
- Feet under hips
- Bar sits over the mid-line of the feet
- **Knees bent, 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**
- **Hips back**
- **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

#### POWER CLEAN

- **We have 8 Cleans so you may want to lighten your weight**
- **Step into the bar**
- **Anchor feet into the floor, core braced**
- **Bend knees**
- **Pick up the barbell**
- Hold and set lats back and down
- We are moving into our Power Cleans
- **Hinge forward from the hips**
- **Hips back**
- **Bar to mid-thigh**
- **Drive out of the legs and hips**
- **Bar close to body**
- **Catch bar high on collarbones**
- **Elbows forward and up**
- **Abs braced on the Squat**
- **Control between each rep**
- **Bend knees**
- **Take your time to put the barbell down**



# 02. SET ME FREE / LOVE ME AGAIN (GEMINI REMIX)

6:45mins

## TECHNIQUE AND COACHING

### 2. DEADLIFT / POWER CLEAN

#### LAYER 2

Round 2: Clearly coach weight selection for the Deadlift to help participants understand if they should put more weight on the barbell. A great way to do this 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. The recovery period is the time to coach participants to get equipment ready, step away, stretch, shake out. In this set, spend time on Layer 2 focusing on 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 but 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 on the posterior chain
- Hold, set, safely put your barbell down
- Great work everyone
- Back to the Power Cleans
- If you had more than 2 reps in reserve, try going a little heavier
- Strong Overhand Grip
- Shoulder SET
- Explode under the barbell
- Reset and brace tightly
- Fast elbows under the bar
- Bend knees and drive hips back as you catch
- Power of the legs to drive under

### 3. DEADLIFT / POWER CLEAN

#### LAYER 3

Coach 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 participants autonomy over their workout. Remind the class the recoveries are designed so you can stretch, shake it out and regain energy to work hard in 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
- Resist the urge to relax the body
- Set the lats, anchor them down to keep the bar close to the mid-line
- Keep the abdominal brace strong
- Bar down safely
- 8 solid reps
- We focus on the power of the legs to explode
- Take your time here, team
- Final set of Power Cleans
- Fast catch and reset
- Strong hinge forward and drive under
- Set, hold and bar down

#### COACHING TIP:

Hip drive is crucial for both these moves. Our most powerful muscles reside in the hips and legs. Effectively engaging these muscles will unlock the ability to safely manage heavier loads.



# 03. CHEST PRESS & HIP THRUSTS

**Note:** In this track Marlon used “Hip Bridge” instead of “Hip Thrust”. You will notice this is different from BODYPUMP HEAVY 1. Moving forward, any bridge movement with a bar (bench or no bench) is called a Hip Thrust. We differentiate a Hip Thrust from a Hip Bridge to ensure instructors coach each move (position set up and execution) differently. For example, a Hip Thrust in a Strength track in BODYPUMP HEAVY versus a Hip Bridge in the Core track or a Hip Bridge in a mind body program.

## TRACK FOCUS

Clearly explain we have 3 rounds of Hip Thrusts and Chest Presses and the opportunity to add weight in the recoveries between each set if needed. Have the extra plates ready to place on the barbell. Coach a strong brace in both the Hip Thrust and the Chest Press.

## WEIGHT SELECTION

1x heavy barbell, with extra weight 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

|   | MUSIC                              | SEQUENCE/EXERCISE   | REPS |
|---|------------------------------------|---|------|
| 1 | 0:00 Intro /                       | 4x8 Set up <b>HIP THRUST</b>  |      |
|   | 0:16 (Bass guitar)                 | 2x8 4/4 <b>HIP THRUST</b>   | 1x   |
|   | 0:23 Interchanging mind control    | 8x8 3/1 <b>HIP THRUST</b>   | 8x   |
|   | 0:53 So come on _                  | 2x8 <b>RECOVERY:</b> Set up <b>CHEST PRESS</b> position   |      |
|   | 1:01 They will not force us        | 8x8 2/2 <b>CHEST PRESS</b> (start from the bottom)  | 8x   |
|   | 1:31 So come on _                  | 2x8 <b>RECOVERY:</b> Set up <b>HIP THRUST</b> position  |      |
| 2 | 1:39 (Bass guitar)                 | 8x8 3/1 <b>HIP THRUST</b>   | 8x   |
|   | 2:08 _ Hey                         | 5x8 <b>RECOVERY:</b> Set up <b>CHEST PRESS</b> position<br>OPTION: Add more weight  |      |
|   | 2:27 <b>They</b> will not force us | 8x8 2/2 <b>CHEST PRESS</b>  | 8x   |
| 3 | 2:57 So come on _                  | 2x8 <b>RECOVERY:</b> Set up <b>HIP THRUST</b> position  |      |
|   | 3:06 (Bass guitar)                 | 23x8 <b>REPEAT BLOCK 2</b><br>OPTION: Add more weight for CHEST PRESS<br><b>RECOVERY: CHEST / SHOULDER STRETCH</b> in seated position |      |



# 03. OVER AND OVER / UPRISING 4:34mins

## 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 Target zones and Timing so participants are moving well, 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 or lift the barbell into the hip crease
- Lie down, side-on
- **Core braced before we start moving**
- Anchor the heels close to the butt
- Shoulders are down away from ears
- Start with 4/4 timing
- **Squeeze the butt to lift the hips**
- Tempo change 3/1
- **Drive out of the heels**
- **Secure the bar into the hip crease**
- **Abs braced to support the back**
- **Rib-to-hip connection** to keep spine in neutral position
- Arms are long and straight

#### CHEST PRESS

- Pause, lift hips and hold the bar at chest level
- **Hands wide on the bar**
- **Bar stacked over the middle of the chest**
- **Elbows line up with ribs**
- **Feet flat and connected to the floor**
- **2/2 Chest Press**
- **Full range, elbows touch the floor**
- Shoulders away from the ears
- **Target – shoulder line at the top of the Press**
- **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 participants Improve their Execution and increase their Intensity in the Hip Thrusts. Before the 2nd set of Chest Presses we offer to stay down and recover or option to add more load. Encourage your class to work for quality reps with good Execution, whether they added load or not, as fatigue is starting to kick in. We build strength from the floor up and this superset will be challenging. Let's help make everyone feel successful.

- Lift the hips to transition the bar down
- Round 2 – Hip Thrust
- Keep your arms long and wide to find the correct alignment for Hip Thrusts
- Feel the timing of the 3/1
- Now we can feel the glutes accessing and driving the movement
- The whole posterior chain is lighting up
- Feel how the heel drive creates power directly into the glutes
- 2 choices: Stay and recover or sit up and add weight for the Chest Press
- You've got 20 seconds, so you have time
- Lie down, roll the barbell down with you
- Lift the hips and lift the barbell for Chest Press
- Whether we went heavier or not we will be starting to fatigue
- Try this: Inhale as you lower the bar
- Big exhale as you press away
- Feel how that gives you an extra boost from the bottom range
- Hold here, lift hips and transition the barbell for Hip Thrusts



# 03. OVER AND OVER / UPRISING 4:34mins

## TECHNIQUE AND COACHING

### 3. HIP THRUST / CHEST PRESS

#### LAYER 3

This set is the same as in the 2nd block. We start with 8x Hip Thrusts then we have the final opportunity to coach to recover and stretch or add weight for the Chest Press. Allow space in your coaching for participants to explore their own Execution. Empower them by Educating the benefits of the movements and use positive Motivators to take everyone to the finish line strongly.

- Last set, best set
- Up 3, down 1
- Anchor and brace
- Feel the muscles work with control
- This is helping our Squats get stronger
- Driving out of the heels
- Well done everyone
- Sit up and recover
- If you want to, add weight or maintain
- Last round for the Chest Press
- Push and press the bar directly away from you
- Shoulders are locked into the floor
- Big effort
- Roll yourself up
- Take a quick stretch

#### COACHING TIP:

Our glutes can be a weak link in the posterior chain. Focusing on initiating the Hip Thrust with strong glute activation can help rectify this.



# 04. SQUATS & LUNGES

## TRACK FOCUS

Clearly explain there are 3 sets of Squats and Lunges. First 2 sets are in back rack position for both exercises – then the last set is in front rack position for the Squats with the option to stay in back rack. Focus on coaching great alignment in the Squats and Lunges and the slow timing of the moves. Encourage the strong BODYPUMP HEAVY SET Position before you begin every set of exercises.

## WEIGHT SELECTION

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

Note: Remind participants that they must be able to safely transfer the bar over their head

## MUSCLE FOCUS

Glutes and quads

|   | <b>MUSIC</b>           | <b>SEQUENCE/EXERCISE</b>  | <b>REPS</b> |
|---|------------------------|---|-------------|
| 1 | 0:00 Intro /           | 12x8 Set up bar to back rack position on the upper back, WIDE Stance  |             |
|   | 0:45 Apateu            | 16x8 4/4 <b>SQUAT</b> WIDE Stance   | 8x          |
|   | 1:36 Hey               | 2x8 <b>RECOVERY:</b> Set up <b>LUNGE</b> , step R leg B into <b>LUNGE</b> position<br>OPTION: Use 2 weight plates for Farmers Carry variation                           |             |
|   | 1:43 Hold on           | 8x8 2/2 <b>LUNGE</b> L, R leg B   | 8x          |
|   | 2:09 Don't you want me | 4x8 <b>RECOVERY:</b> Step to SET Position, set up <b>LUNGE</b> on other side  |             |
|   | 2:22 Apateu            | 8x8 2/2 <b>LUNGE</b> R, L leg B   | 8x          |
|   | 2:48 (Silence)         | 12x8 <b>RECOVERY:</b> Step to SET Position, bar down<br>OPTION: Add more weight onto the bar  |             |
| 2 | 3:33 Apateu            | 50x8 <b>REPEAT BLOCK 1</b><br>OPTION: Stay with barbell in back rack position<br>NOTE: In last recovery, set up and preview Front Squat, barbell on front rack position |             |
|   | 6:21 Apateu            | 16x8 4/4 <b>FRONT SQUAT</b> WIDE Stance   | 8x          |
| 3 | 7:13 Hey               | 2x8 <b>RECOVERY:</b> Bar down, pick up weight plates, set up <b>FARMERS CARRY LUNGE</b> , step R leg B into <b>LUNGE</b> position                                       |             |
|   | 7:19 Hold on           | 8x8 2/2 <b>FARMERS CARRY LUNGE</b> L, R leg B<br>OPTION: Stay with barbell in back rack position  | 8x          |
|   | 7:45 Don't you want me | 4x8 <b>RECOVERY:</b> Step in to SET Position, set up <b>FARMERS CARRY LUNGE</b> on other side   |             |
|   | 7:58 Apateu            | 8x8 2/2 <b>FARMERS CARRY LUNGE</b> R, L leg B<br><b>RECOVERY:</b> Weights down, shake out legs, quad stretches  | 8x          |

## SMARTSTART

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



# 04. APT. 8:31mins

## 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 Target zones, Timing and leg alignment, along with precise pre-cues to help participants follow easily.

#### SQUAT

- Thinking about angles in this track – we are aiming to match the angle of the shin to the torso when we squat
- Stand up to the barbell
- Feet under hips
- Abs braced tightly
- **Knees bent, hips low, chest lifted**
- **SET Position**
- Clean the bar to the front rack position
- 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 to load the glutes and 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

- Last Squat, transition feet under hips
- **Feet hip-width apart**
- **Long stride back**
- **Hips and shoulders even and square to the front**
- **Belly in, abs braced and chest lifted**
- 2/2 Lunge
- 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
- Long stance and feet hip-width apart to anchor
- Anchor the heel of the front foot and the ball of the back foot to the floor to stabilize
- Lift the bar up and catch in front of collarbones – pause – clean the bar down the body
- Place the bar down safely



# 04. APT. 8:31mins

## TECHNIQUE AND COACHING

### 2. SQUAT / LUNGE

#### LAYER 1 / 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. Encourage them to check back in with the load, shake off and recover before the 3rd block.

- How did you go – did you have more than 1 to 2 reps in reserve?
- The intensity in this workout is the load and the tempo
- **Safely clean the bar up and push over head to the back rack**
- **Feet outside hip-width**
- Pull the elbows under the barbell
- **Chest lifted**
- We work slowly to get stronger
- We bring focus to the angles of shins and torso
- We want them to match to bring efficiency to the movement
- Feel the connection to the floor, barbell and the movement
- Last rep for Squats
- If you're transitioning to plates, carefully lower the barbell
- Bend knees and grab your 2 plates
- **Feet under hips for Lunges**
- **Long step back**
- Drop the back knee down
- Chest lifted
- Weight is even in both legs
- Like an escalator – straight down and up
- Step in and set
- Long step back
- Timing is the key
- Moving slowly to keep the muscles under tension
- That's how you get stronger
- **Front knee is out over toes, chest is lifted**
- Step in, bend knees and put bar down

### 3. FRONT SQUAT / FARMERS CARRY LUNGE

#### LAYER 1 / LAYER 3

The final set 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 quickly, 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 workout.

- **Set, hinge forward and clean the bar into the front rack position**
- Same principles apply
- **Feet outside hip-width**
- Feel the whole foot into the floor
- **Core super strong**
- Focus on the elbow lift to keep the torso lifted
- As we go to the bottom of the Squat, 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
- Focus is on bending the back knee
- **Keeping the upper-body posture active and lifted**
- **Core strong for alignment** all the way to the end as body is getting fatigued
- The music will bring us to the finish line
- Top apartment to the bottom apartment
- Feeling the control of the core, keep the brace strong

#### COACHING TIP:

Remember that participants for the back racked Squats and Lunges must select a load that they can safely transition over their head. We compensate for this restriction by supersetting Squats and Lunges to increase fatigue.



# 05. BICEP CURLS & TRICEP EXTENSIONS

## TRACK FOCUS

Focus on coaching the strong SET Position before and during the slow Bicep Curls and the Overhead Tricep Extensions. The challenge is to move through the 4/4 timing of both moves without rushing or losing tension.

## WEIGHT SELECTION

**Bicep Curls:** 1x medium-heavy barbell

**Tricep Extensions:** 1x medium-heavy weight plate

## MUSCLE FOCUS

**Bicep Curls:** Biceps

**Tricep Extensions:** Triceps

|   | <b>MUSIC</b>           | <b>SEQUENCE/EXERCISE</b>   | <b>REPS</b> |
|---|------------------------|--|-------------|
|   | 0:00 Intro /           | 4x8 Set up SET Position  |             |
|   | 0:17 _ Sometimes       | 16x8 4/4 <b>BICEP CURL</b> SET Stance  | 8x          |
| 1 | 1:24 (Quiet keyboards) | 6x8 <b>RECOVERY:</b> Bar down, release upper body. Pick up weight plate  |             |
|   | 1:49 _ Sometimes       | 12x8 4/4 <b>STANDING O/H TRICEP EXTENSION</b> SET Stance   | 6x          |
|   | 2:39 _ You've got the  | 8x8 <b>RECOVERY:</b> Shake out arms, biceps stretches  |             |
|   | 3:13 _ Sometimes       | 34x8 <b>REPEAT BLOCK 1</b>   |             |
| 2 | 5:36 You've got the    | 8x8 <b>RECOVERY:</b> Shake out arms, bicep stretches   |             |
| 3 | 6:09 _ Sometimes       | 36x8 <b>REPEAT BLOCK 1</b><br>NOTE: 8 reps of 4/4 STANDING O/H TRICEP EXTENSION<br><b>RECOVERY:</b> Shake out arms, biceps/triceps stretches |             |



# 05. YOU GOT THE LOVE (NEW VOYAGER RADIO EDIT)

8:55mins

## TECHNIQUE AND COACHING

### 1. BICEP CURL / STANDING OVERHEAD TRICEP EXTENSION

#### LAYER 1

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

#### BICEP CURL

- Rest and recover
- Bend knees to pick up barbell
- Underhand Grip
- **SET Position**
- 4/4 timing for 8 reps
- Feel the music; it's slow
- **Target shoulders and thighs**
- **Chest lifted**
- **Abs braced**
- **Keep the elbow under shoulder** to feel isolation training
- Create the strong platform to move from
- Feel the lengthening as you lower the bar
- Great work, bar down

#### STANDING OVERHEAD TRICEP EXTENSION

- Medium to heavy plates for Tricep Extensions
- Plate extended over head
- **Elbows facing forward**
- **SET Position**
- Shoulders away from the ears
- **Abs braced**
- **Chest lifted**
- Squeeze glutes
- Tricep Extension 4/4 tempo
- **Lower plate back and down to base of neck, keeping elbows facing forward**
- Weight plates down

### 2. BICEP CURL / STANDING OVERHEAD TRICEP EXTENSION

#### LAYER 2

Check in with your participants. If they had more than 1 to 2 reps in reserve, invite them to add weight. 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 targeted muscles and creates a strong platform from which to load effectively.

- 2 more rounds of the same
- Step up to the bar
- Strong Underhand Grip
- SET strongly
- Super slow Curl
- Feel the biceps contract on the way up and release on the way down
- Let's break this Curl down into 2 phases
- On the way up we call this the concentric phase
- Focus on lifting the chest
- On the way down this is the eccentric phase
- Use the out-breath for control and stability on the way down
- Bend the knees to put the barbell down safely
- Weight plates for Tricep Extension
- Challenge yourself; it's only 6 reps
- Do your best to keep the elbows close to body
- Chin tucked in
- Mind muscle connection
- Glutes strong to stabilize



# 05. YOU GOT THE LOVE (NEW VOYAGER RADIO EDIT)

8:55mins

## TECHNIQUE AND COACHING

### 3. BICEP CURL / STANDING TRICEP OVERHEAD TRICEP EXTENSION

#### 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?

- *Final set everyone*
- *If you've found your maximum load, lets go – step up to the bar*
- *8 reps slowly*
- *Time under tension*
- *Fatigue is your friend*
- *This is the kicker*
- *8 reps in this final set*
- *We are building resilience*

#### COACHING TIP:

The prescribed recoveries combined with supersetting opposing muscle groups create a great opportunity to increase load. This helps break through training plateaus.



# 06. WIDE ROWS & SHOULDER PRESS

## TRACK FOCUS

Focus on the body remaining still and locked in place with the shoulders set and the lats engaged before and during every rep in the Rows. Use the recoveries to release any tension and adjust the weight for the Shoulder Press to move through 8 reps with control and the strong BODYPUMP HEAVY SET Position.

## WEIGHT SELECTION

**Widerows:** 1x heavy barbell

**Standing O/H Shoulder Press:**  
1x medium-heavy barbell

**Side Raises:** 2x heavy weight plates

## MUSCLE FOCUS

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

**Standing O/H Shoulder Press:**  
Deltoids, trapezius, muscles of the upper back

**Side Raises:** Deltoids

|   | MUSIC                      | SEQUENCE/EXERCISE  | REPS |
|---|----------------------------|--|------|
| 1 | 0:00 Intro /               | 8x8 Set up <b>WIDEROW</b> SET Stance   |      |
|   | 0:22 I got my head checked | 8x8 4/4 <b>WIDEROW</b> SET Stance  | 4x   |
|   | 0:44 (Pause)               | 1x8 Reset  |      |
|   | 0:48 Meet ya _             | 8x8 1/3 <b>WIDEROW</b>   | 8x   |
|   | 1:09 I got my head done    | 8x8 <b>RECOVERY:</b> Bar down, set up <b>STANDING O/H SHOULDER PRESS</b><br>OPTION: Remove weight from the barbell |      |
|   | 1:35 Meet ya _             | 16x8 4/4 <b>STANDING O/H SHOULDER PRESS</b> SET Stance   | 8x   |
|   | 2:19 Instr /               | 8x8 <b>RECOVERY:</b> Bar down, set up <b>WIDEROW</b> SET Stance  |      |
| 2 | 2:42 Woohoo                | 49x8 <b>REPEAT BLOCK 1</b><br>NOTE: In last RECOVERY, pick up weight plates and set up SIDE RAISES                 |      |
|   | 5:04 Meet ya _             | 8x8 4/4 <b>SIDE RAISES</b> SET Stance<br>OPTION: Extend arms to 45°  | 4x   |
| 3 | 5:26 Woohoo                | 8x8 1/3 <b>SIDE RAISES</b><br><b>RECOVERY:</b> Weight plates down, shake out arms, shoulder/upper back stretches   | 8x   |



# 06. SONG 2 5:55mins

## TECHNIQUE AND COACHING

### 1. WIDEROW / SHOULDER PRESS

#### LAYER 1

We start the first set with the barbell for the Widerows for the rear deltoids and posterior chain. Coach to having a little more than your BODYPUMP Back weight. You have time to make changes to the barbell for the Shoulder Press; again, think of your Shoulder Press weight in BODYPUMP and add a little more. In the final set, we use medium – heavy weight plates for the Side Raises. Clearly coach the Position and Execution to help everyone be successful. Use **NETT** to coach Target zones and Timing so they are moving well with Execution and alignment.

#### WIDEROW

- Set up Widerow
- Step up to the barbell
- Hands outside shoulder-width
- Overhand Grip
- Pick up the barbell
- **SET Position**
- **Hip hinge bar to the knees**
- We start slowly, 4/4 tempo
- **Bar to lower ribs**
- **Control bar straight back to the knee**
- Keep the weight in the forefoot to stay centered
- Reset up then back to the knee
- 1/3 tempo
- Target the mid-upper back
- **SET Position**, bar down

#### SHOULDER PRESS

- Shake out and let's prepare for Shoulder Press
- You may want to go lighter as the tempo is slow
- Bend knees, strong Overhand Grip on the bar
- Clean the bar up in line with the chin
- 4/4 strict Shoulder Press
- **Targets – chin to ceiling**
- **Core braced and soften knees**
- **Elbows stay in sight**
- We are focusing on staying grounded to keep neutral spine

### 2. WIDEROW / SHOULDER PRESS

#### LAYER 2

The 2nd set of work is with the barbell for the Rows and Shoulder Press again. Quickly remind your participants about 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 heavier
- Step under the bar once you're ready
- Strong Overhand Grip
- Bar to knee
- Slow Row – back to control
- Strength comes from control
- You control the bar today
- Stand up, reset
- Hips back
- You should be feeling this in the back of the shoulders and mid-back
- Bend knees and put the bar down
- Reflect on the first set of Presses – do you need to add more load?
- As the barbell moves over head, use the core more to stabilize
- Keep the elbows forward
- Stay strong to the end

### 3. SIDE RAISES

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

Quick shake out; this block of work is the final set. Coach medium weight plates for Side Raises. Remind participants about alignment and timing, as fatigue will be kicking in fast! What will you say and do to bring them to the finish line?

#### SIDE RAISES

- **SET Position**
- Anchor elbows into the side of the body
- 4/4 Side Raise
- 8 reps 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**
- Option to open arms wider
- Fast and slow 1/3 tempo

#### COACHING TIP:

Widerows provide a great opportunity to focus on our scapula muscles. The rhomboids and mid traps stabilize the scapula allowing us to lift heavy weights with good form and control.



# 07. CORE

## TRACK FOCUS

Take your time to coach Position and Execution of each move, highlighting all the ways to increase or decrease the intensity to be successful.

## WEIGHT SELECTION

1x medium weight plate

## MUSCLE FOCUS

Lower and upper abs

| MUSIC                    | SEQUENCE/EXERCISE   | REPS |
|--------------------------|---|------|
| 0:00 Intro /             | <b>HOVER</b><br>OPTION: HOVER on knees  | 1x   |
| 1:14 Feeling <b>good</b> | 1x8 <b>RECOVERY:</b> Pick up weight plate, set up <b>C-CRUNCH + SHOOTOUT</b>                                    |      |
| 1:20 Dragonfly           | 8x8 <b>4/4 C-CRUNCH + SHOOTOUT</b><br>OPTIONS: Tap toes to floor, keep knees bent, perform without weight plate | 8x   |
| 2:18 <b>Me</b>           | 5x8 <b>1/1 C-CRUNCH + SHOOTOUT</b> finisher<br>OPTION: Move at your own pace                                    |      |



# 07. FEELING GOOD 2:59mins

## TECHNIQUE AND COACHING

### 1. HOVER / C-CRUNCH + SHOOTOUT

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

Coach Layer 1 Position and Execution of all the exercises in this short track to get the class moving well. Medium to heavy weight plate for the C-Crunch. Once they are moving well help them move better by Improving their Execution and Manipulating their Intensity. Motivate and Educate them on core training.

#### HOVER

- Come down to the floor for the Hover
- **Elbows under shoulders**
- **Knees just outside hip-width, toes tucked under**
- **Hips in line with shoulders**
- Lift knees off floor
- **Back long and straight**
- **Core braced to support mid-section**
- Option: On knees
- **Abs braced to keep the hips and shoulders square to the floor**
- Squeeze quads, abs and glutes to keep the back long and straight as you fatigue

#### C-CRUNCH + SHOOTOUT

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



# 08. COOLDOWN

## TRACK FOCUS

Coach your members through music and movement to stretch each muscle group and congratulate them for the great training!

| MUSIC          | SEQUENCE/EXERCISE   |
|----------------|---|
| 0:00 Intro /   | 4x8 <b>SUPINE TWIST</b> F&B   |
| 0:22 Oh        | 2x8 <b>HUG KNEES TO CHEST</b>   |
| 0:33 Oh        | 2x8 <b>90/90 STRETCH L</b>  |
| 0:45 Oh        | 2x8 <b>90/90 STRETCH R</b>  |
| 0:56 (Silence) | 3x8 <b>CHILDS POSE</b>  |
| 1:19 Oh        | 1x8 <b>CAT STRETCH</b>  |
| 1:24 Oh        | 2x8 <b>DOWN DOG</b>   |
| 1:36 Oh        | 1x8 <b>KNEELING HIP FLEXOR STRETCH</b> L, R leg B, R arm up             |
| 1:42 Oh        | 1x8 <b>KNEELING HIP FLEXOR STRETCH + TWIST</b> L, R arm across          |
| 1:47 Oh        | 1x8 <b>KNEELING HIP FLEXOR STRETCH</b> R, L leg B, L arm up             |
| 1:53 Oh        | 1x8 <b>KNEELING HIP FLEXOR STRETCH + TWIST</b> R, L leg B, L arm across |
| 1:58 (Sax)     | 4x8 <b>STANDING QUAD STRETCH</b> L, R                                   |
| 2:21 Oh        | 4x8 <b>STANDING SIDE BEND</b> L, R                                      |



# 08. LOVE WILL TAKE YOU HIGHER 2:47mins

## TECHNIQUE AND COACHING

### COACHING TIPS

- Be descriptive in how to stretch and where they 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.

