

指导教师：傅金伦

LES MILLS BODYPUMP



PRESENTERS FROM NEW ZEALAND, AUSTRALIA, UAE, GERMANY, UK

FEATURES

- Layer 2 Coaching: The Art of Mastery
- Group Fitness: The 3 Elements That Make It Work
- BODYPUMP™: Improving Strength and Gait Speed in Older Adults
- THE REP EFFECT™

RELEASE
94

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.

Visit lesmills.com/BLAH

Hey Instructors! When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and **do not change the choreography**; teach the tracks as they were created but you can apply more modern language and terminology.

CONTENTS

Layer 2 Coaching: The Art Of Mastery Group Fitness: The 3 Elements That Make It Work BODYPUMP™ Improving Strength And Gait Speed In Older Adults THE REP EFFECT™

| TRACK TYPE | SONG TITLE | ARTIST | |
|----------------|--|--|------|
| 1 WARMUP | Heroes (We Could Be) Courtesy of the Universal Music Group. Written by: Lindblad, Lo, Bowie, Eno, Nilsson | Alesso feat. Tove Lo | 3:28 |
| | Heroes (We Could Be) Courtesy of the Universal Music Group. Written by: Lindblad, Lo, Bowie, Eno, Nilsson | Alesso feat. Tove Lo | 2:03 |
| 2 SQUATS | Everybody Go! © 2014 Dim Mak Records Inc. Written by: Aguirre, Bocatija, Olorategui | Vice | 5:36 |
| 3 CHEST | Burnin' Up Courtesy of the Universal Music Group. Written by: Goransson, Lewis, Angelides, Hindlin, Reed, Schuller, Epps, Cornish | Jessie J feat. 2 Chainz | 3:42 |
| | Burnin' Up Courtesy of the Universal Music Group. Written by: Goransson, Lewis, Angelides, Hindlin, Reed, Schuller, Epps, Cornish | Jessie J feat. 2 Chainz | 1:52 |
| 4 BACK | Today (Scooter Remix) © 2014 Sheffield Tunes/Kontor Records GmbH, under exclusive license to Central Station Records. www.centralstation.com.au. Written by: Baxter, Speiser, Simon, Thele, Janssen, Owen, Verdult, Groeneveld, Voermans, van der Zwan | Scooter & Vassy | 5:29 |
| 5 TRICEPS | Lips Are Movin © 2014 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Trainor, Kadish | Meghan Trainor | 3:05 |
| | Lips Are Movin © 2014 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Trainor, Kadish | Meghan Trainor | 1:37 |
| 6 BICEPS | Get 'Em Up Courtesy of the Universal Music Group. Written by: Kroeger | Nickelback | 3:49 |
| | Get 'Em Up Courtesy of the Universal Music Group. Written by: Kroeger | Nickelback | 1:08 |
| 7 LUNGES | We Make It Bounce © 2014 Columbia Records, a division of Sony Music Entertainment. Major Lazer appears courtesy of Mad Decent Protocol, LLC. Stylo G appears courtesy of 3 Beat Music. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Francis, Pentz, McDermott | Dillon Francis feat. Major Lazer & Stylo G | 3:38 |
| | We Make It Bounce © 2014 Columbia Records, a division of Sony Music Entertainment. Major Lazer appears courtesy of Mad Decent Protocol, LLC. Stylo G appears courtesy of 3 Beat Music. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Francis, Pentz, McDermott | Dillon Francis feat. Major Lazer & Stylo G | 1:47 |
| 8 SHOULDERS | This Is How It Goes © 2014 Les Mills Music Licensing Ltd. Written by: Gainsford, Wood, van de Geer, Langeveld | Zylent feat. Katatonic | 5:40 |
| 9 CORE | Baby Don't Lie Courtesy of the Universal Music Group. Written by: Stefani, Levin, Zancanella, Tedder | Gwen Stefani | 3:16 |
| | Baby Don't Lie Courtesy of the Universal Music Group. Written by: Stefani, Levin, Zancanella, Tedder | Gwen Stefani | 1:06 |
| 10 COOLDOWN | Only Love Can Hurt Like This © 2014 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Warren | Paloma Faith | 3:58 |
| ALT 6 CHEST | I Bet My Life Courtesy of the Universal Music Group. Written by: Reynolds, Sermon, McKee, Platzman | Imagine Dragons | 3:11 |
| | I Bet My Life Courtesy of the Universal Music Group. Written by: Reynolds, Sermon, McKee, Platzman | Imagine Dragons | 1:02 |

BODYPUMP™ 94 EXPRESS FORMATS

30-MINUTE FORMAT

| | |
|------------|--------|
| Track 1 | Warmup |
| Track 2 | Squats |
| Track 3 | Chest |
| Track 4 | Back |
| Track 9 | Core |
| Total Time | 26:32 |

45-MINUTE FORMAT




| | |
|------------|-----------|
| Track 1 | Warmup |
| Track 2 | Squats |
| Track 3 | Chest |
| Track 4 | Back |
| Track 7 | Lunges |
| Track 8 | Shoulders |
| Track 9 | Core |
| Track 10 | Cooldown |
| Total Time | 41:35 |

CREDITS

| | |
|------------------------|----------------------|
| Choreography | – Glen Ostergaard |
| Choreography Notes | – Sarah Ostergaard |
| Group Fitness Director | – Dr Jackie Mills |
| Creative Director | – Diana Archer Mills |
| Program Planner | – Carrie Dean |
| Program Coach | – Kylie Gates |
| Technical Consultant | – Bryce Hastings |
| Technical Advisor | – Corey Baird |
| Technical Advisor | – Thomas Cerboneschi |

Please note: The 30 and 45-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

KEY

| | | | | | |
|---------------|---|----------------|--|---|---|
| Alt | alternating | V | verse | 3/1 | 6 counts down, 2 counts up |
| B up | build up | 1/1 | 2 counts down, 2 counts up | 4/4 | 8 counts down, 8 counts up |
| Br | bridge (non-chorus) | 1/1/1/1 | 2 counts F or B, 2 counts down, 2 counts up, | 1/2/1 | 2 counts down, 4 counts hold, 2 counts up |
| C | chorus | | | 8/8 | 16 counts down 16 counts up |
| cts | musical counts | | |  | Increase weight selection |
| F or B | forward or back | | |  | Normal weight selection |
| Instr | instrumental | | |  | Decrease weight selection |
| Intro | introduction | 1/1/2 | 2 counts down, 2 counts hold, 4 counts up | | |
| L | left | | | | |
| O/H | over head | | | | |
| Outro | last few bars of music | 1/3 | 2 counts down, 6 counts up | | |
| PC | pre-chorus | | | | |
| QC | quiet chorus | 2/2 | 4 counts down, 4 counts up | | |
| R | right | | | | |
| Ref | refrain (recurring phrase or number of song lines) | 2/2/2/2 | 4 counts F or B, 4 counts down, 4 counts up, | | |
| Rep | reprise (part of the chorus repeated) | | 4 counts F or B | | |
| ROM | range of motion | | | | |

The Fine Print

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

BODYPUMP™ 94



From L-R: Claudio Falletta, Dave Kyle, Glen Ostergaard, Amir H Behforooz, Kylie Gates

In this release we hit the 1000 repetition mark! HOW? By doing a greater amount of faster movements, heaps of Pulses, Bottom Halves and Singles! What that does is bump up the calorie output by creating more tension and stress in the muscles. You're going to get lean and strong doing this release – that's a promise. We continue to focus on the new participants to BODYPUMP™, letting them know that it's OK if they want to stay for the first 4 tracks, then adding another track the following week and so on – until, after about 5 to 6 weeks, they are able to do an entire release. Keep them coming back by sending them out!

Now, your Training Objectives for this release are:
Continuous tension training: Through limited rest (continuous sets), tempos, range and isometric loading, this creates an oxygen debt that leads to fatigue, which leads to muscular change – it tones, shapes, strengthens and burns calories! This can be found in the Chest, Triceps, Biceps and Lunges tracks.

High-density training: Compound exercises, a high number of reps, short rests, a long time under tension – found in the Squats, Back and Shoulder tracks.

Pushing it to failure or momentary fatigue: When you go to that point of fatigue with a light weight, you get the same hypertrophy gains you get with a heavy weight! We're looking for this in the Chest and Triceps tracks.

The faster movements burn the most calories.

Glen

BODYPUMP™ Presenters

Glen Ostergaard (New Zealand) is Program Director for both BODYPUMP™ and RPM™. He began his group fitness career with BODYATTACK™ and is based in Auckland.

Kylie Gates (New Zealand) is a Les Mills Creative Director and Head Program Coach. She is a Master Trainer for BODYPUMP™, BODYBALANCE™/BODYFLOW® and CXWORX™ and also teaches Yoga. She is based in Auckland.

Amir H Behforooz (United Arab Emirates) is a BODYPUMP™ and RPM™ Instructor and Trainer, a CXWORX™ Instructor and a LES MILLS GRIT™ Series Coach. He is based in Dubai where he is also a Group Fitness Manager.

Claudio Falletta (Germany) is a BODYPUMP™, BODYATTACK™, BODYVIVE™ 3.1 and SH'BAM™ Instructor and Trainer, a BODYBALANCE™/BODYFLOW®, BODYSTEP™ and CXWORX™ Instructor, and a LES MILLS GRIT™ Series Coach. He is also a BORN TO MOVE™ Trainer and the owner of a specialised group fitness facility in Saarouis.

Dave Kyle (United Kingdom) is a BODYPUMP™, BODYVIVE™ 3.1 and CXWORX™ Instructor and Trainer, a LES MILLS GRIT™ Series Coach and Trainer, and a BODYATTACK™, BODYCOMBAT™ and RPM™ Instructor. He is also a Les Mills Training Manager and sports massage therapist, based in Edinburgh.

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LAYER 2 COACHING: THE ART OF Mastery

OUR JOB IS TO GET PEOPLE ADDICTED TO EXERCISE

There are many different elements that contribute to this: the music, amazing choreography, the energy of you the instructor... One of the most powerful tools that you can use is **Layer 2 Coaching**.

WHEN YOU UNDERSTAND HOW TO COACH LAYER 2, YOU TAKE YOUR PARTICIPANTS TO THE NEXT LEVEL – MOVING THEM TOWARDS MASTERY.

Your participants want to move and look like you. Perceived competence – or how good we think we are at something – is a key ingredient to feelings of satisfaction and enjoyment in class. Believing we are getting better at something that matters to us is extremely motivating.

How do we enable people to improve in our classes? Through **Layer 2 Coaching**.

Let's briefly review Layer 1. This provides us with the Setup, and it establishes the rules.

LAYER 1 SETUP: THE SQUAT

The Squat is a complex move. A clear Setup will eliminate the anxiety people may have around the exercise as it gives them some simple rules to follow. We use simple cues like:

- *Sit your hips back and down*
- *Knees move forward in line with toes*
- *Butt stops just above knee level*

Once we have people moving safely and effectively – what next?

THE POWER OF THE PAUSE

In BODYBALANCE™/BODYFLOW®, once we have established the movement pattern, we stop – pause – look at the people in front of us – and ask ourselves what do THEY need next? Do they need more Setup or are they ready for the next level?

Always coach to the people in front of you – do you need to dial up the intensity to give them a challenge, or will this be out of their reach today and make them feel unsuccessful?

LAYER 2: MASTERY

If they are ready for Layer 2, then we can focus on moving towards mastery.

The aim of Layer 2 is to enhance, refine or improve their execution, or to explore how to intensify the workout. Layer 2 enables us to take people from just exercising to training: practising with purpose. It provides us with the opportunity to educate our participants so that they can progress.

THERE ARE 3 PHASES TO DEVELOPING A SKILL...

1. Observation
2. Skill Acquisition
3. Experimentation

Observation

When you are teaching a complex movement, it can be helpful to tell people to focus on just one element that will enable them to 'get it'. For example, "watch my chest... lift your chest UP". Identify the one component of the move that will create the biggest shift in people's technique, and demonstrate it clearly so that they can replicate it.

Skill Acquisition

This is the practice phase: your participants practise this new skill, experiencing what it feels like, so that they can perceive the difference. After all, you don't learn to ride a bike just by watching someone else!

The important thing with skill acquisition is to **avoid cluttering your coaching**. Give people the space to integrate this new skill and practise it so that they can feel it. Layer 2 is not a list of points like Layer 1; people can only process one new concept at a time. Identify your objective, coach it, and give it space to land.

Experimentation

We then allow people to explore and refine their skills. For example, part of achieving mastery in BODYCOMBAT™ is developing speed. Dan Cohen says: "I relax in my Karate punch. I don't try to 'muscle through' the punch – which will slow you down. I soften my knees and I deliberately relax until the point of impact. It's this relaxation phase that is the key to creating speed."

For this type of information to really land we need to give our participants the space and time to explore the new skill and feel the difference – only through repetition can they integrate it into their technique.



Remember: Have one clear Layer 2 objective and nail it. Don't be scared to go back to that same objective in another track or in the next class; it takes time for people to progress – so give them the space and time to do so. Once they've got it, they've got it forever.

GROUP FITNESS: THE 3 ELEMENTS THAT Make It Work

DID YOU KNOW THERE ARE 3 KEY FACTORS THAT AFFECT
A NEW PERSON'S GROUP FITNESS EXPERIENCE?

SMARTSTART

The level of satisfaction that our members experience in class will determine whether or not they come back the following week. Consider this: 50% of people who start a new exercise regime will drop out within the first 6 months. If we understand how we can influence our participants' satisfaction levels, this will help us to get new exercisers addicted to fitness.

THE THREE KEY FACTORS

Past research has highlighted three variables that are key to improving satisfaction during exercise classes. These are: intensity, social connection and competence.

Intensity

Previous research has indicated that exercising at high intensity can result in a level of discomfort that can be associated with reduced satisfaction, particularly for beginners.

Social Connection

Feeling connected to the group and the instructor has been found to be important to achieving satisfaction in class.

Competence

Perceived competence – or the belief that you can execute the moves in a class – has also been shown to influence levels of satisfaction.

THE TEST

To see how these variables affect class satisfaction in LES MILLS™ programs, we completed a 30-week intervention with 25, non-active, but otherwise healthy, adults between the ages of 25 and 40. The participants completed a 6-week familiarization protocol followed by two 12-week blocks of 6 or 7 Les Mills classes per week. After each class, they completed surveys that included questions related to their levels of satisfaction with the class, what they thought of the instructor, the levels of intensity, their connection to the group and the instructor, and their levels of competence.

THE RESULTS

There was a difference between the levels of satisfaction and **Intensity** depending on the type of class. For example, when the participants completed a cardio class such as BODYATTACK™, BODYCOMBAT™, BODYSTEP™, or RPM™ and rated the class as being intense and challenging, they also rated the class as being highly satisfying. On the other hand, if they found a BODYPUMP™ or BODYBALANCE™/BODYFLOW® class to be more intense than anticipated, then they were not as satisfied with the overall experience.

Feeling **Connected** to the group and the instructor was extremely important to the levels of satisfaction in the class, and this was particularly evident during the first 12-week block. This connection allowed participants to cope with the discomfort of exercise, and therefore increased their enjoyment of the workout.

Finally, when we looked at **Competence**, the beginner participants were more satisfied when there was technical and clear instruction, enabling them to execute the movements well. Then, once they felt they had developed the skills required to complete the moves, they were able to focus more on enjoying the energy of the class.

WHAT DOES THIS MEAN FOR YOUR CLASSES?

1. Remember: new participants require a more structured and planned approach than your regulars. They still enjoy being pushed to their limits in the cardio classes, but we need to progress people more slowly in BODYBALANCE™/ BODYFLOW® and BODYPUMP™.
2. Using clear instructions that will enable new people to get comfortable with the moves in the early stages will improve their skill levels, giving them the freedom to enjoy the energy of the class later on.
3. It's vital that your members feel connected to you the instructor, and to the workout. For tips on how to create awesome connection in your classes, check out the Education session with the Program Directors on the previous release!

Don't forget to use the **SMARTSTART template** to introduce them gradually, and provide new people with the option to leave after the first few tracks.

www.lesmills.com/knowledge/smart-start/

BODYPUMP™

Improving Strength and Gait Speed in Older Adults

It's a well-established fact that our strength and speed deteriorate as we age, and this is typically seen once we are into our 40s and 50s. Resistance training is recognized as an effective way to prevent this deterioration; many interventions have successfully utilized heavy loads to counteract these changes. However, less is known about the effects of low-load, high-repetition programs, and there are conflicting reports as to whether this type of training is as effective.

With no conclusive evidence to support high rep/low load training, a team at the University of the Sunshine Coast in Queensland, Australia, decided to put this type of workout to the test, utilizing Les Mills BODYPUMP™. Their objective was to discover whether this class could improve maximal strength and walking speed in healthy and active older adults.

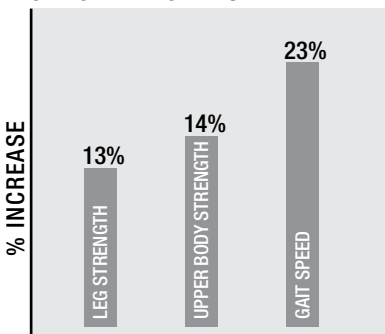
THE STUDY

A total of 68 participants aged 55 plus took part in the study. They were split into two groups – one that completed 26 weeks of BODYPUMP™ training, and one that served as a control. The BODYPUMP™ group trained twice a week for 6 months. The control group did not undertake any training and were instructed to maintain their current level of physical activity during this period.

THE RESULTS

Maximal strength and gait speed were assessed at the beginning and the end of the trial. Researchers saw significant improvements in the BODYPUMP™ group. Participants gained 13% additional leg strength, 14% upper body strength, and improved their gait speed by 23%. They also significantly increased their squat weight during the study.

6-MONTH BODYPUMP™ TRIAL



So how do these results compare to traditional high-load/low-rep programmes? **The most striking outcome was that the increases seen in gait speed were greater than what is typically seen in conventional resistance training programmes.** Gait speed is of particular importance as we age. Walking requires energy and movement control, and demands the integration of multiple systems in the body. A slowed pace of walking can indicate a reduction of efficiency, which can predict impending health issues. Gait speed, therefore, is a simple way to assess a person's vitality.

BODYPUMP™ KEEPS US STRONG AND MOBILE

This study is the first of its kind to demonstrate that high-rep/low-load training programs can improve strength and walking speed in middle-aged and older adults effectively. This is great news for attendees of Les Mills BODYPUMP™ as it proves that this class is an effective way to maintain our health as we age!



BODYPUMP™

THE REP EFFECT™

THE REP EFFECT™ allows us to get all the benefits of resistance training without lifting heavy weights. It's the key to developing long lean muscles, and it's also getting rid of some of those weight-training myths. Unbelievably, findings from the Center of Disease Control and Prevention in the United States report that less than 20% of adults regularly do the recommended two resistance training sessions per week.

The truth is you can develop toned, lean muscle without lifting heavy weights and getting bulky... that's the Les Mills secret formula behind THE REP EFFECT™.

THE REP EFFECT™ is the reason Les Mills' BODYPUMP™ is still the fastest way in the universe to get – and stay – in shape. It uses the effect of high repetitions with much less weight to fatigue the muscles – and it's muscle fatigue, *not muscle load*, that tones and strengthens.

TRADITIONALLY, WE'VE ALWAYS KNOWN THAT HIGH-REP TRAINING IMPROVES STRENGTH

ENDURANCE, CREATING TONED MUSCLE WITHOUT BULK.

High-rep training produces more protein synthesis in muscle (that's how you create muscle tone) than traditional heavy weight training.⁽¹⁾

In your average BODYPUMP™ class, you perform around **800** repetitions in a single workout – *more than four times as many as you would in a regular gym workout!* And we separate the class into tracks, with every 70 to 100 reps per track focused on a different body part.

So this achieves two types of fatigue – isolated fatigue of each track's target muscle group and an accumulation of fatigue by the time you've finished the class. And if you want long lean muscles, fatigue is a good thing. The length of the class and the fact that your heart rate remains elevated, also means you get a cardiovascular workout so you're burning fat at the same time you're shaping and toning muscle – double the bang for your buck!

Les Mills carefully designs each BODYPUMP™ track using things like tempo changes to fatigue the different fibers in your muscles in different ways. This maximizes THE REP EFFECT™ and it's unique.

1. Burd N., Low-Load High Volume Resistance Exercise Stimulates Muscle Protein Synthesis More Than High-Load Low Volume Resistance Exercise in Young Men, PLoS One, August 2010, Volume 5, Issue 8, e12033
2. Wernbom M., Ischemic strength training: a low-load alternative to heavy resistance exercise? Scand J Med Sci Sports 2008; 18: 401–416

Some fibers work better with slow tempos and other fibers work better with faster tempos. By changing the pace up and down we're not just keeping the workout interesting, we're making sure we activate *all* the fiber types in your muscles.

Then we use different ranges of motion – take Bottom Halves, where you're sitting at the bottom of a Squat. They build pressure in the muscle by taking away the release you would normally get at the top of the movement.

This is called occlusion training and it's a great way to generate more fatigue with less load.⁽²⁾ And recently we've added some propulsions into the Lunges track.

Propulsions are an explosive movement using all your fast-twitch muscle fibers and they really push your heart rate up and burn fat.

SO BY THE END OF A BODYPUMP™ CLASS YOU'VE EXHAUSTED EVERY MUSCLE GROUP... AND ALL THE DIFFERENT FIBERS WITHIN EVERY MUSCLE GROUP...

You've pushed your heart rate into a cardiovascular training zone, you've toned and strengthened, you've burned fat, and hopefully you've had some fun along the way.

And that's THE REP EFFECT™. Tone not bulk. High reps not heavy weights. Encouraging not intimidating. Resistance training that anyone at any age and any level of fitness can do – enjoy – and see the effect.



1 WARMUP

WEIGHT SELECTION

Light barbell



DEMONSTRATE

SET Position

TRACK FOCUS

Coach your class to achieve a strong ab brace and to bend the knees when executing the Power Press.

| SET | MUSIC | EXERCISE | REPS | |
|-------------------|---------------------------|----------|---|----|
| 1 | 0:05 Intro | 2x8 | SET Position SHOULDER ROLL | |
| | 0:12 V1 _ We go hide | 4x8 | 4/4 DEADLIFT SET Stance | 2x |
| | 0:27 PC Everyday | 4x8 | 2/2 UPRIGHT ROW | 4x |
| | 0:42 C Heroes | 12x8 | COMBINATION 1x 1/1 DEADROW (8 cts) 1x 2x TOP HALF UPRIGHT ROW – EASY (8 cts) | 6x |
| 2 | 1:26 V2 _ Anybody's | 4x8 | 2/2 DEADLIFT | 4x |
| | 1:41 PC Everybody | 4x8 | 2/2 CLEAN & PRESS (16 cts) | 2x |
| | 1:56 C Heroes | 8x8 | POWER PRESS (16 cts) Use last 8 cts to transition to MID Stance Squat | 4x |
| 3 | 2:25 Instr (Synth) | 4x8 | 1/1 SQUAT MID Stance | 8x |
| | 2:40 C Heroes | 4x8 | 2x Bottom Half (8 cts) Last 2 cts step R foot B | 4x |
| | 2:55 Ref All we're | 4x8 | 4/4 LUNGE L | 2x |
| | 3:09 C Hereos | 4x8 | 1/1 | 8x |
| TRANSITION | 3:24 Br | 1x8 | Transition bar to SET Position | |
| 4 | 3:28 V3 _ Anybody's | 16x8 | Repeat SET 2 Use last 8 cts to transition to WIDE Stance Squat | |
| 5 | 4:27 Instr (Synth) | 4x8 | 1/1 SQUAT WIDE Stance | 8x |
| | 4:42 C Heroes | 4x8 | 2x Bottom Half Last 2 cts, step L foot B | 4x |
| | 4:57 Ref All we're | 4x8 | 4/4 LUNGE R | 2x |
| | 5:12 C Heroes | 4x8 | 1/1 | 8x |

RECOVERY: Shake the arms and legs; light Torso Twists.

SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position to establish a strong platform from which to lift weights.

- **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

LAYER 1

For each exercise, coach **NETT – NAME OF EXERCISE, TEMPO and TARGET ZONES.**

This ensures that your coaching is clear and easy to follow. Eg:

- **Deadlift 2/2** – *Hinge from the hips, slide the bar to the top of the kneecaps*
- **Deadrow 1/1** – *Knees, belly, knees and lift*
- **Upright Row 1/1** – *Bar aims for lower chest*
- **Squat 1/1** – *Aiming for hips to be just above knee level at the bottom*
- **Lunge 4/4** – *Back knee straight down, aim for the front thigh to be parallel to the floor*

SETS 2 & 3

LAYER 1

Focus on the basics, using NETT to get your class executing each exercise correctly.

SETS 4 & 5

LAYER 2

Sets 2 & 3 and 4 & 5 are similar, so now use these sets to help your class improve technique and execution.

- **Clean & Press** – *Keep the bar close to the body*
- **Power Press** – *Bend the legs and push the bar over head*
- **Lunge** – *Drive out of the front heel as you rise, to activate your glutes*

CONNECTION

Using light weights means that you can focus on establishing good technique and creating great connection with your participants. Look around the entire room and make eye contact with your whole class. Use this opportunity to look out for any technical issues that may need to be addressed.

PERFORMANCE

This song is made for BODYPUMP™! Use the lyrics to help your class feel like true heroes. Keep your coaching positive and upbeat to match the energy of the track.

PUMP FACT

The Warmup primes our neuromuscular system for the workout ahead; lifting a light bar provides us with the opportunity to establish good technique, while cueing clear target zones will set us up for a safe and effective workout.

2 SQUATS

WEIGHT SELECTION BARBELL

REGULARS: 3–4x your Warmup weight

NEW PEOPLE: Double your Warmup weight

DEMONSTRATE

The 3 stances: MID, WIDE and WIDER

TRACK FOCUS

Explain how to execute the Squat and coach the difference in muscular recruitment and feel between the 3 stances: MID, WIDE and WIDER.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus / side glutes / posterior chain

| SET | MUSIC | EXERCISE | REPS | |
|----------|---------------------|----------|---|----|
| 1 | 0:05 Intro | 2x8 | Set up MID Stance | |
| | 0:12 Ref _ Go go go | 2x8 | 4/4 SQUAT MID Stance | 1x |
| | 0:19 (Heavy) | 4x8 | 3/1 | 4x |
| 2 | 0:34 (Low) | 4x8 | 4/4 SQUAT MID Stance | 2x |
| | 0:48 (B up) | 4x8 | 3/1 | 4x |
| | 1:03 (Heavy) | 8x8 | SQUAT COMBINATION 4x 1/1 (16 cts) 2x 1/1/2 (16 cts) | 2x |
| | 1:32 (Windup) | 2x8 | 4/4 | 1x |
| | 1:39 (Heavy) | 8x8 | SQUAT COMBINATION | 2x |
| RECOVERY | 2:08 (Bangs) | 2x8 | HOLD, step into WIDE Stance | |
| 3 | 2:16 Ref _ Go go go | 2x8 | 4/4 SQUAT WIDE Stance | 1x |
| | 2:22 (B up) | 4x8 | 3/1 | 4x |
| | 2:38 (Heavy) | 8x8 | SQUAT COMBINATION | 2x |
| | 3:07 (Windup) | 2x8 | 4/4 | 1x |
| | 3:13 (Heavy) | 8x8 | SQUAT COMBINATION | 2x |
| RECOVERY | 3:43 (Bangs) | 2x8 | HOLD, step into WIDER Stance | |
| 4 | 3:51 Ref _ Go go go | 24x8 | REPEAT SET 3 WIDER Stance | |
| | 5:17 Outro (Beat) | 4x8 | 4/4 | 2x |

RECOVERY: Torso Twists, shake the legs, Quadricep Stretches.

1 MID STANCE

LAYER 1

Cue position and execution setup. Use NETT to coach good Squat technique – referring to timing, target zones and leg alignment.

- **Heels just outside hip-width**
- **Turn the toes out slightly**
- **Belly in and braced; lift the chest**
- **Sit your hips back and down**
- **Knees move forward in line with toes**
- **Hips stop just above your knee level**

2 MID STANCE

LAYER 1 / LAYER 2

As Set 1 was short, cue the basic Setup Cues again. Then, clearly coach the combination – warning your class of the upcoming tempo. Intensify the workout by pushing the knees forward to maximize the activation of the quads.

- **Sit the butt back and down**
- **Butt stops just above knee line**
- **Listen – combination, 4 Singles, 2 drop and stops!**
- **Push the knees forward, target the quads**
- **Let's make use of that pause, STOP, then drive up**

3 WIDE STANCE

LAYER 1 / LAYER 2

Set up the execution of the WIDE Stance Squat, then use Layer 2 to enhance and refine the movement. Explain how your participants can feel the exercise more, or how they can improve their technique. The emphasis is on pushing the knees wide to activate the glutes. Use cues that will help your class to stay in the workout as the intensity increases.

- **Heel-toe wider**
- **Push the knees out, to get the glutes into the workout**
- **Lift your chest**
- **Drop and STOP, stay and rise**
- **Abs in and braced**
- **Work the timing – that's where the tension comes from – keeping the muscle under load**

4 WIDER STANCE

LAYER 1 / LAYER 2

Teach your class how to execute the WIDER Squat: new move, new feel. Focus on strengthening the full posterior chain and bringing in the side glutes by pushing the feet apart as you rise.

- **Heel-toe wider**
- **Push your feet apart as you rise**
- **Split the floor with your heels**
- **Keep your abs in and braced**
- **Chest lifted**

LAYER 3

Fatigue will be high at the end of this set, so motivate and drive your class to stay committed to the end. Use extrinsic cues to inspire your class to succeed.

- **Get the legs you came for; strong, toned and lean**
- **We finish this together, right?**
- **Time under tension with range of motion, creates high intensity and a raised metabolism**

INTENSITY

Lifting a heavy weight in a challenging combination – with limited recovery – ensures that intensity remains high throughout this track.

PUMP FACT

The isometric holds in the 1/1/2 tempo remove the 'bounce' from the base of the Squat. Eliminating this recoil action means that the target muscles have to work harder to drive us back up – giving us faster results!

3 CHEST

WEIGHT SELECTION BARBELL

REGULARS: Barbell with about 1/3 off your Squat weight

NEW PEOPLE: Warmup weight

DEMONSTRATE

Set up for Chest Press

TRACK FOCUS

Your class will understand that training with light weights to a fast tempo ensures that we burn lots of calories.

MUSCLE FOCUS

Pectorals, triceps and deltoids

| SET | MUSIC | EXERCISE | REPS |
|----------|------------------------|----------|--|
| 1 | 0:05 Intro | 4x8 | Bench SET Position |
| | 0:20 V1 _ Walking | 4x8 | 4/4 CHEST PRESS 2x |
| | 0:35 Br | ½x8 | HOLD |
| | 0:37 C Burning up | 2x8 | 2/2 2x |
| 2 | 0:45 V2 _ Hot in the | 4x8 | 3/1 CHEST PRESS 4x |
| | 1:01 _ Subliminal | 4x8 | 1/1/2 4x |
| | 1:16 Ref _ Walking | 4x8 | 4/4 2x |
| | 1:31 Br | ½x8 | HOLD |
| | 1:34 C Burning up | 4x8 | 4x BOTTOM HALF PULSE CHEST PRESS (8 cts) 4x |
| 3 | 1:49 V3 _ I've got the | 4x8 | 3/1 CHEST PRESS 4x |
| | 2:04 _ Subliminal | 4x8 | 1/1/2 4x |
| | 2:20 Ref _ Walking | 4x8 | 4/4 2x |
| | 2:35 Br | ½x8 | HOLD |
| | 2:38 Rap Everything | 8x8 | 4x BOTTOM HALF PULSE CHEST PRESS (8 cts) 8x |
| | 3:09 Ref _ Come put | 2x8 | Transition: Bench Pushup |
| | 3:16 _ Come put | 2x8 | 2/2 BENCH PUSHUP 2x Options: Toes, knees or kneeling |
| | 3:24 Rep Burning up | 4x8 | PULSE BENCH PUSHUP (2 cts) 16x Options: 1/1 BENCH PUSHUP x8 |
| RECOVERY | 3:39 V4 _ Light up the | 3½x8 | Shake arms. Transition to Chest Press |
| 4 | 3:53 _ Subliminal | 4x8 | 1/1/2 CHEST PRESS 4x |
| | 4:08 Ref _ Walking | 4x8 | 4/4 2x |
| | 4:24 Br | ½x8 | HOLD |
| | 4:26 Rap Everything | 8x8 | 4x BOTTOM HALF PULSE CHEST PRESS 8x |
| | 4:57 Ref _ Come put | 2x8 | Transition: Bench Pushup |
| | 5:04 _ Come put | 2x8 | 2/2 BENCH PUSHUP 2x Options: Toes, knees or kneeling |
| | 5:12 Rep Burning up | 4x8 | PULSE BENCH PUSHUP 16x Options: 1/1 BENCH PUSHUP x8 |

RECOVERY: Shake the arms, roll the shoulders and Chest Stretch.

1 CHEST PRESS

LAYER 1

Coach basic position/execution Setup Cues to get the class moving with you.

- **Hands wide on the bar**
- *Feet are hip-width apart, close to the bench*
- *Squeeze your shoulder blades together to create a strong platform*
- *Drop your shoulders down*
- **Abs braced**
- **Target is the middle of the chest**
- *Come with me, 1, 2, 3, 4 and slowly rise*
- **Elbows just above the bench at the bottom**

2 CHEST PRESS

LAYER 1

Set 1 is short, so continue to use Layer 1 execution cues: timing, range and target zone. You will need to pre-cue the changes early, especially the HOLD before the chorus.

- *3/1 – slow on the way down, power to the top*
- **Elbows to the top of the bench, that's the range**
- *Bottom Half Pulse – quick release; just get a feel for it the first time*

3 CHEST PRESS / BENCH PUSHUP

LAYER 2

Chest Press

Teach your class how to improve execution and increase intensity; then follow up by reinforcing technique and educating them on the benefits of the exercise.

- *Let's get a little more out of this; take your elbows as wide as you can; really start to feel your chest open and expand*
- *On the way up, squeeze! What are you squeezing? Your chest*
- *Keep your abs braced and shoulders down*
- *Continuous Tension Training!*
- *Driving through the heel of the hand, keep it small, keep it tight*
- *Light weights, fast tempo, big calorie burn*

LAYER 1

Bench Pushup

Explain how to execute the Pushup.

- **Hands wide on the bench**
- **Brace your abs as you lower your chest to elbow level**
- *If you don't want to go fast, you go slowly. Your choice – pump it or pulse it!*

4 CHEST PRESS / BENCH PUSHUP

LAYER 3

Chest Press

Your class will require you to motivate and drive them to stay in the work to the finish. Reinforce the Setup Cues on the bench and remind them how to execute the move to ensure that they're moving safely while under fatigue.

- *Reset so you've got that strong platform; squeeze your shoulder blades, hands wide on the bar*
- *This is your last round – it's going to feel a little tougher after those Pushups!*
- *This is you, you in your moment, in the fire – slowly!*
- *Small and tight – PUMP!*
- *This is how we get the big results – calorie burning!*
- *Last set – you've got it!*

LAYER 2 / LAYER 3

Bench Pushup

Don't let your class opt out of the workout when they are so close to the finish. Keep intensity high by explaining how they can get more out of the Pushup.

- *Start to get that chest lower to the bench*
- *Drive out through the heel of the hand and push that bench away*

MOTIVATION

Hooking into the music and using great vocal contrast are the keys to teaching this track. The music is cool and funky; be careful not to sing all the lyrics as you'll miss the much-needed pre-cues. Create variation in your voice by dragging out the cues in the slow tempos, then using urgency in the fast Pulses. Counting down the reps is a fantastic way to motivate your participants to succeed.

PUMP FACT

The Bottom Half Pulses allow us to sustain load at the point of maximum tension for longer – an efficient method for ensuring maximum results when working with a light bar.

4 BACK

WEIGHT SELECTION

Chest weight

Option: Increase weights after each set

BARBELL ⊖

BARBELL ⊕

DEMONSTRATE

Power Press

TRACK FOCUS

Challenge your class to add extra weight to their bars during the track; this will allow them to refine technique at the start, then develop strength and power towards the end.

MUSCLE FOCUS

Deadlift/Power Press: Posterior chain – glutes, hamstrings, lower and upper back

Deadrow: Lats

| SET | MUSIC | EXERCISE | REPS | |
|----------|-----------------------|----------|---|----|
| 1 | 0:04 Intro | 8x8 | 2/2 DEADLIFT Option: Use 1st rep to set up | 8x |
| | 0:33 Instr (Low) | 4x8 | 4/4 | 2x |
| | 0:47 V1 Today there's | 4x8 | 1/1 DEADROW (8 cts) | 4x |
| | 1:00 Today there's | 4x8 | TRIPLE DEADROW (16 cts) | 2x |
| | 1:15 Instr (B up) | 2x8 | 4/4 DEADLIFT | 1x |
| | 1:22 (Heavy) | 12x8 | COMBINATION 1x POWER PRESS (16 cts) 1x TRIPLE ROW (16 cts) | 3x |
| RECOVERY | 2:04 (Low) | 4x8 | Bar down. Torso Twists Option: Add more weight on the bar | |
| 2 | 2:18 V2 Today there's | 4x8 | 1/1 DEADROW | 4x |
| | 2:32 Today there's | 4x8 | TRIPLE DEADROW | 2x |
| | 2:47 Instr (B up) | 4x8 | 4/4 DEADLIFT | 2x |
| | 3:01 (Heavy) | 12x8 | COMBINATION | 3x |
| RECOVERY | 3:43 (Low) | 4x8 | Bar down. Torso Twists Option: Add more weight on the bar | |
| 3 | 3:57 V3 Today there's | 24x8 | REPEAT SET 2 | |

RECOVERY: Torso Twists, Mid-Upper Back Stretch (clasp hands in front, tuck in chin, spread shoulder blades apart). Lower Back Stretch (elbows to thighs, tuck in chin, lift spine up).

1 DEADLIFT / DEADROW / POWER PRESS

LAYER 1

Explain how to execute the moves by coaching NETT. Starting the track with a lighter weight allows us to focus on developing perfect technique.

Deadlift

- *SET Position*
- *Chest up, abs braced*
- *Bar to top of the knees*
- *Tip from the hip, chest lifted*
- *Keep the bar close to your thighs*

Deadrow

- *Bar to top of knees, belly, knees and rise*
- *Elbows go straight back*
- *Squeeze between your shoulder blades*
- *Belly braced*

Power Press

- *Keep the bar close to your body*
- *Get under the bar, drive through your legs*
- *Bend your knees to absorb the weight*
- *Brace your belly as you push the bar above your head*
- *Elbows forward*

2 DEADROW / DEADLIFT / POWER PRESS

LAYER 2

Option to add more weight to the bar in the recovery. Teach your class how to improve their execution of the moves, and educate them about the benefits of refining the movement. Coach them to stay strong under fatigue as the intensity will be increasing.

Deadrow

- *Be strong and stable in this position: butt back, brace the abs*
- *Isolate through your upper back*

Deadlift

- *Keep the bar close to your body*
- *Give yourself a close shave; try to pull your shorts up*

Power Press

- *Keep the bar close to your body*
- *Use your legs and brace your core*
- *You've got to use your legs to create power*

3 DEADROW / DEADLIFT / POWER PRESS

LAYER 3

Option to add more weight to the bar for the final set. This is your opportunity to inspire and motivate your class with your own athleticism: role-model great strength and fitness in the way YOU move the bar. Your members will require extra motivation in this set, so use your own physicality to push everyone to the end.

- *Short rest, keeps the fatigue high – accelerates the workout and results*

INTENSITY

Beginning the track with a lighter weight than normal allows us to develop great technique right from the start. Then, as you start to increase weight on the bar, the challenge is to develop the strength and power while still maintaining great technique under fatigue.

PUMP FACT

Focusing on keeping the bar close to the body in the Deadlifts and Clean phase of the Clean & Press not only allows us to move safely and effectively, but also enables us to engage the upper back muscles.

5 TRICEPS

ACKNOWLEDGE YOUR NEW PARTICIPANTS
AND LET THEM KNOW THEY CAN LEAVE
NOW IF THEY CHOOSE TO.

WEIGHT SELECTION

2x PLATES

REGULARS: 1x small/medium plate and large plate

NEW PEOPLE: 1x small plate

SMARTSTART

TRACK FOCUS

Coach range of motion to ensure that your class experiences fatigue at the end of the track.

MUSCLE FOCUS

Seated Tricep Dip and O/H Extension: Triceps
Kneeling Tricep Kickback Row: Triceps and upper back

| SET | MUSIC | EXERCISE | REPS |
|------------|--------------------------------|---|------|
| 1 | 0:04 Intro Lips are moving 4x8 | 4/4 TRICEP DIP | 2x |
| | 0:18 V1 Boy look at me 4x8 | 2/2 | 4x |
| | 0:33 PC Buy me diamonds 4x8 | 1/1/2 | 4x |
| | 0:46 C Lie cause you're 4x8 | 1/1 | 8x |
| | 1:00 Bass, 4x8 | BOTTOM HALF PULSE TRICEP DIP (2 cts) | 16x |
| TRANSITION | 1:13 Rep Lips are moving 4x8 | Transition: Kneeling Tricep Kickback Row L | |
| 2 | 1:27 V2 _Hey baby don't 8x8 | 1/1 KNEELING TRICEP KICKBACK ROW L (8 cts) | 8x |
| | 1:55 C Lie cause you're 8x8 | TRIPLE KNEELING TRICEP KICKBACK ROW L (16 cts) | 4x |
| | 2:22 Rep Lips are moving 2x8 | Transition: Seated Overhead Extension | |
| | 2:30 Lips are moving 2x8 | 2/2 SEATED TRICEP OVERHEAD EXTENSION | 2x |
| | 2:37 Rep Lie, lips are 4x8 | 1/1 | 8x |
| | 2:51 Bass, 4x8 | BOTTOM HALF PULSE SEATED TRICEP OVERHEAD EXTENSION (2 cts) | 16x |
| 3 | 3:04 V3 _Hey baby don't 8x8 | Use first 8 cts to transition to a Kneeling Tricep Kickback Row R 1/1 KNEELING TRICEP KICKBACK ROW R | 7x |
| | 3:32 C Lie cause you're 8x8 | TRIPLE KNEELING TRICEP KICKBACK ROW R | 4x |
| | 3:59 Rep Lips are moving 2x8 | Transition: Seated Overhead Extension | |
| | 4:06 Lips are moving 2x8 | 2/2 SEATED TRICEP OVERHEAD EXTENSION | 2x |
| | 4:13 Rep Lie, lips are 4x8 | 1/1 | 8x |
| | 4:27 Bass, 4x8 | BOTTOM HALF PULSE SEATED TRICEP OVERHEAD EXTENSION (2 cts) | 16x |

RECOVERY: Shake the arms and Tricep Stretches.

1 TRICEP DIP**LAYER 1**

Coach position and execution setup for the Tricep Dip using NETT. Be sure to provide options for all levels.

- *Fingers facing forward*
- *Elbows pointing to the back of the room*
- **Brace your abs**
- **Chest lifted**
- *Bottom Half Pulse – it's a small move, where we stay loaded*

2 TRIPLE KNEELING KICKBACK ROW / SEATED TRICEP OVERHEAD EXTENSION**LAYER 1**

Coach the new moves with body position and execution cues.

Triple Kneeling Kickback Row

- *Right angles with the legs, elbow on knee, lean forward*
- **Square the shoulders, chest up, eyes forward**
- **Brace your abs**
- **Pull the arm up and extend it back**
- **Elbow up as high as you can; elbow in tightly**
- *Plate returns back to your hip*
- *Isolation from the elbow to shoulder*

Seated Tricep Overhead Extension

- *Open your knees, elbows forward*
- **Chest lifted, abs braced**
- **Elbows in**
- **Plate right down to the base of your neck, full extension at the top**
- *Bottom Half Pulse, plate comes up just above your head*

3 TRIPLE KNEELING KICKBACK ROW / SEATED TRICEP OVERHEAD EXTENSION**LAYER 2**

Focus on improving technique: coach stability and range in the Kneeling Tricep Kickback Row and achieving full range in the Overhead Extension.

Triple Kneeling Kickback Row

- *Keep your body forward to get stability through your upper body, to keep the isolation in your tricep*
- *How's the range going? Remember: we're working towards fatigue!*
- *Elbow in and back*

Seated Tricep Overhead Extension

- *Plate all the way down, to the base of the neck*
- *Pulses – small moves for a big burn!*

LAYER 3

Celebrate the feel of the intensity during the last set by using cues like 'I love this' or 'How good does this feel!' Use your intense voice in the last set of Pulses and employ inclusive language that will motivate

INTENSITY

The Pulses in this track will make your arms burn! Work your triceps to failure in each exercise by coaching range in the small isolated Pulse.

PERFORMANCE

This is a fun song so match your coaching to the upbeat energy; you don't need to be aggressive – sing along and enjoy the music with your class

PUMP FACT

Pushing the elbows toward the back of the room in the Tricep Dip isolates the triceps by minimizing input from the chest muscles.

6 BICEPS

WEIGHT SELECTION

2x medium plates

Option: Barbell with Warmup weight

2x PLATES

DEMONSTRATE

Mid-Range Pulse and Staggered Plate Curl

TRACK FOCUS

Coach perfect ROM and timing in the Mid-Range Pulse to generate the feeling of a muscular pump.

MUSCLE FOCUS

Biceps

| SET | MUSIC | EXERCISE | REPS |
|-----------------|---------------------------|----------|--|
| 1 | 0:05 Intro | 2x8 | SET Position |
| | 0:13 Instr (Heavy guitar) | 4x8 | 4/4 PLATE CURL <i>SET Stance</i> 2x |
| | 0:31 V1 _ His drivers | 8x8 | 2/2 STAGGERED PLATE CURL (8 cts) <i>Split Stance</i> 8x |
| | 1:05 PC _ This is a | 4x8 | 4x MID-RANGE PULSE (8 cts) <i>SET Stance</i> 4x |
| | 1:23 C 'Em up | 4x8 | 7x MID-RANGE PULSE (14 cts) SLOW DOWN (2 cts) 2x |
| RECOVERY | 1:41 Rep 'Em up | 2x8 | SHOULDER ROLL 1x |
| 2 | 1:50 V2 _ The freshly | 4x8 | 2/2 STAGGERED PLATE CURL <i>Split Stance</i> 4x |
| | 2:07 PC _ This is a | 4x8 | 4x MID-RANGE PULSE <i>SET Stance</i> 4x |
| | 2:25 C 'Em up | 4x8 | 7x MID-RANGE PULSE (14 cts) SLOW DOWN (2 cts) 2x |
| RECOVERY | 2:42 Rep 'Em up | 2x8 | SHOULDER ROLL 1x |
| 3 | 2:51 V3 _ The only | 4x8 | 2/2 STAGGERED PLATE CURL <i>Split Stance</i> 4x |
| | 3:09 PC _ This is a | 4x8 | 4x MID-RANGE PULSE <i>SET Stance</i> 4x |
| | 3:27 C 'Em up | 4x8 | 7x MID-RANGE PULSE (14 cts) SLOW DOWN (2 cts) 2x |
| RECOVERY | 3:44 Rep Em up | 1x8 | HOLD |
| | 3:48 Em up | 2x8 | SHOULDER ROLL 1x |
| 4 | 3:59 V4 _ The only | 4x8 | 2/2 STAGGERED PLATE CURL <i>Split Stance</i> 4x |
| | 4:15 PC _ This is a | 4x8 | 4x MID-RANGE PULSE <i>SET Stance</i> 4x |
| | 4:32 C Em up | 4x8 | 7x MID-RANGE PULSE (14 cts) SLOW DOWN (2 cts) 2x |
| | 4:50 Outro Em up | 1x8 | SET Position |

RECOVERY: Shake the arms. Bicep Stretch. Thumbs in and down, arms back.

1 PLATE CURL

LAYER 1

Clearly coach target, range and tempo.

- *SET Position, feet under your hips*
- **Bend your knees, roll your shoulders back**
- *Stagger: halfway – top – halfway – drop*
- *Bring the plates, one fist from your chest; drop the plates all the way down to the thighs*
- **Lift up your chest, brace abs**
- **Mid-Range Pulse – just above and below the belly button**
- *Elbows point to the floor*

2 PLATE CURL

LAYER 2

Improve your members' technique by focusing on great posture and upper body alignment to ensure that the Biceps are kept under tension for as long as possible.

- *Make sure the chest is lifted and shoulders back. That keeps the elbows down and the biceps loaded*
- *Focus on your range – drop an inch, lift an inch!*

3 PLATE CURL

LAYER 2

Bring your members' awareness to how they are moving the plates; manipulate the intensity to create the full muscular feel.

- *To get more from the workout, take your thumb and turn it right round*
- *Twist the thumbs out on the Curl to turn the plates and to recruit more bicep muscle fibers*

4 PLATE CURL

LAYER 3

Coach the option of either decreasing resistance or adding extra weight. Your role in this final set is to reinforce good technique and motivate everybody to the finish. Just under a minute remaining; use praise and encouragement to keep your class inspired to the end.

- *Bend the knees and brace the abs, a strong foundation for the finish*
- *Get 'em up, reach for the sky!*

INTENSITY

Short recoveries, the Mid-Range Pulse and 147 repetitions will bring on the burn and create a full muscular pump in the biceps.

PERFORMANCE

Match your vocals and coaching to the energy of this track. Create contrast in your voice to complement the highs and lows of the song, bringing a bit of attitude to the stage. In the final set, use the lyrics to really bring it home!

PUMP FACT

Our research tells us that social connection is a key ingredient in a group fitness class. The biceps track offers the perfect opportunity to put this into practice. How many people can you make eye contact with and give meaningful praise?

6 ALTERNATIVE BICEPS

WEIGHT SELECTION

2x medium plates

Option: Barbell with Warmup weight

2x PLATES

DEMONSTRATE

Plate Curl

TRACK FOCUS

Coach your class to increase intensity by focusing on the inward plate rotation at the top.

MUSCLE FOCUS

Biceps

| SET | MUSIC | EXERCISE | REPS | |
|-----|--------------------------|----------|------------------------------------|-----|
| 1 | 0:05 :Intro | 2x8 | SHOULDER ROLL | |
| | 0:14 :V1 _ I know i took | 8x8 | 2/2 PLATE CURL <i>Split Stance</i> | 8x |
| | 0:47 :Br | ½x8 | HOLD SET <i>Stance</i> | |
| | 0:50 :C I bet my | 4x8 | 1/1 | 8x |
| 2 | 1:07 :V2 I've been | 8x8 | 2/2 PLATE CURL <i>Split Stance</i> | 8x |
| | 1:42 :C I bet my | 4x8 | 1/1 SET <i>Stance</i> | 8x |
| 3 | 1:59 :V3 _ Don't tell me | 8x8 | 4/4 PLATE CURL <i>SET Stance</i> | 4x |
| | 2:34 :C I bet my | 8x8 | 1/1 | 16x |
| 4 | 3:08 :Br | ½x8 | HOLD | |
| | 3:10 :V4 Don't tell me | 6x8 | 4/4 PLATE CURL <i>SET Stance</i> | 3x |
| | 3:36 :C I bet my | 8x8 | 1/1 | 16x |

RECOVERY: Shake the arms. Bicep Stretch. Thumbs in and down, arms back.



7 LUNGES

WEIGHT SELECTION

1x PLATE

REGULARS: 1x medium/heavy plate

NEW PEOPLE: Body weight

Option: Use a bar with Bicep/Chest weight for entire the track

DEMONSTRATE

Lunge

TRACK FOCUS

Coach your class to execute the fast movements with the correct ROM to create muscular tension and burn for accelerated results.

MUSCLE FOCUS

Squat & Lunge: Glutes and quads

| SET | MUSIC | EXERCISE | REPS | |
|------------|------------|-------------------|---|----|
| 1 | 0:04 Intro | 8x8 | 2/2 PLATE SQUAT MID Stance Transition: Plate Lunge L on last 2 cts | 8x |
| 2 | 0:33 V1 | You roll it 4x8 | 4/4 PLATE LUNGE L | 2x |
| | 0:48 C | Bounce 8x8 | 3x PULSE LUNGE 6 cts and HOLD 2 cts (8 cts) | 8x |
| | 1:18 Instr | (B up) 4x8 | 4/4 | 2x |
| | 1:31 | (Heavy) 8x8 | 7x BOTTOM HALF PULSE LUNGE 14 cts and HOLD 2 cts (16 cts) | 4x |
| TRANSITION | 2:01 | (Low) 2x8 | Shake legs, switch legs R | |
| 3 | 2:08 V2 | You roll it 4x8 | 4/4 PLATE LUNGE R | 2x |
| | 2:23 C | Bounce 8x8 | 3x PULSE LUNGE 6 cts and HOLD 2 cts (8 cts) | 8x |
| | 2:52 Instr | (B up) 4x8 | 4/4 | 2x |
| | 3:07 | (Heavy) 8x8 | 7x BOTTOM HALF PULSE LUNGE 14 cts and HOLD 2 cts (16 cts) | 4x |
| TRANSITION | 3:36 Br | 1x8 | Transition: MID Stance Plate Squat | |
| 4 | 3:39 V3 | You roll it 4x8 | 4/4 PLATE SQUAT MID Stance | 2x |
| | 3:54 C | Bounce 8x8 | 3x BOTTOM HALF PULSE PLATE SQUAT 6 cts and HOLD 2 cts (8 cts) | 8x |
| | 4:23 Instr | (B up) 4x8 | 4/4 | 2x |
| | 4:37 | (Heavy) 8x8 | 7x BOTTOM HALF PULSE PLATE SQUAT 14 cts and HOLD 2 cts (16 cts) | 4x |
| | 5:07 Outro | 4x8 | 4/4 | 2x |

RECOVERY: Shake the legs. Quadricep Stretches.

1 MID STANCE PLATE SQUAT

LAYER 1

Revisit basic squatting technique, cueing tempo, range and explaining execution.

- **Feet just outside hip-width, MID Stance; turn your toes out slightly**
- **Plate resting at collarbone**
- **Lift the chest, brace the core**
- **Knees tracking forward in line with toes to work the quads**
- **Sit your butt down and back**
- **Butt just above your knee line**

2 PLATE LUNGE

LAYER 1

Coach position and execution of the Lunge to develop good technique.

- **Back knee towards the floor**
- **Hips and shoulders square to the front**
- **Front thigh parallel to the floor to use your glutes more**
- **Lift your chest, brace your core**

LAYER 2

Use the 2x 4/4 to explain how your members can improve their technique and get more out of the exercise.

- *Before you push the button, lift your chest and brace the core*
- *Push through your front heel and squeeze through your butt*
- *Work the Bottom Range Pulse; Continuous Tension training – burn more calories and shape your legs!*
- *OPTION: Put the plate down if needed*

3 PLATE LUNGE

LAYER 2

Revisit technique on the other side, then explain how your class can manipulate the intensity to work harder and experience a greater muscular burn.

- *Your body weight should be even on both legs*
- *Knee above your ankle, feel your quads*
- *Can you feel that burn in your legs? That bounce?*
- *7 Pulse, work with the range – stay low*
- *Work the full range to create the change*

4 MID STANCE PLATE SQUAT

LAYER 2

Remind your class of squatting technique, then use cues that will improve their execution for greater results.

- *Sit your butt back and down*
- *Lift your chest and brace your core*
- *Push your heels into the floor and squeeze your butt as you rise*
- *Here comes the last chance to get results – work the full range!*

LAYER 3

Motivate your class to maintain good ROM to the end. Use intrinsic, extrinsic, dissatisfaction or positive-type Motivational Cues to help everybody to succeed.

- *That full range creates the change*
- *I know you've got more!*
- *I know you can do this!*
- *We'll finish together*

INTENSITY

This track is challenging! It works on the principle of Continuous Tension Training, where we keep the muscles loaded to reach the point of fatigue. If you see members struggling, provide the option to put the plate down during the track.

PUMP FACT

In BODYPUMP™ we lunge to the point where the front thigh is parallel to the floor, or the knee is at 90 degrees. This is the optimal range to maximize muscle pressure, while ensuring there is minimal joint compression at the kneecap.

8 SHOULDERS

WEIGHT SELECTION

BARBELL 

Barbell with Biceps/Chest weight

Option: Use 2x light/medium plates for the entire track

TRACK FOCUS

Coach your class to execute the Overhead Press with perfect form, to enhance strength and muscular tone.

MUSCLE FOCUS

Pushup: Pectoralis, triceps, deltoids and core

Bar work: Deltoids, trapezius

| SET | MUSIC | EXERCISE | REPS |
|----------|--------------------|----------|---|
| 1 | 0:05 Intro | 4x8 | SET UP on the floor for Pushups |
| | 0:20 Instr (Funky) | 12x8 | |
| RECOVERY | 1:04 (Low) | 4x8 | Shake arms, pick up barbell |
| 2 | 1:19 (B up) | 4x8 | 2/2 STANDING UPRIGHT ROW SET Stance |
| | 1:33 (Synth B up) | 4x8 | 3/1 Transition: O/H press position on last 4 cts |
| | 1:49 (Heavy synth) | 4x8 | 1/1 STANDING OVERHEAD PRESS Split Stance |
| | 2:04 (High synth) | 4x8 | 2/2 |
| | 2:19 (Sirens) | 4x8 | 1/1/2 STANDING PUSH PRESS SET Stance |
| | 2:33 (Windup) | 4½x8 | 1/1 Up and HOLD on last rep |
| RECOVERY | 2:51 (Low) | 4x8 | Shake arms, transition to floor |
| 3 | 3:05 (Funky) | 12x8 | PUSHUP COMBINATION |
| RECOVERY | 3:50 (Low) | 4x8 | Shake arms, pick up barbell |
| 4 | 4:04 (B up) | 4x8 | 2/2 STANDING UPRIGHT ROW SET Stance |
| | 4:20 (Synth B up) | 4x8 | 3/1 Transition: O/H Press position on last 4 cts |
| | 4:35 (Heavy synth) | 4x8 | 1/1 STANDING OVERHEAD PRESS Split Stance |
| | 4:50 (High synth) | 4x8 | 2/2 |
| | 5:04 (Sirens) | 4x8 | 1/1/2 STANDING PUSH PRESS SET Stance |
| | 5:19 (Windup) | 4½x8 | 1/1 Up and HOLD on last rep |

RECOVERY: Shake the arms and Deltoid Stretches (arms across front of body).

1 PUSHUP

LAYER 1

Teach your class how to execute the Pushup. Coach the combination with clarity, explaining that the 2/2s are to be performed on the knees and the 1/1s on toes. Remember to offer the option to remain on the knees for the entire combo.

- **Hands wider than shoulders**
- **Bring the chest between arms**
- **Abs braced**
- *Lower towards the floor, chest to elbow height*
- *Elbows to 90 degrees at the bottom, full range*

2 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS / STANDING PUSH PRESS

LAYER 1

Coach NETT for each of the exercises. Focus on coaching your class to execute each move with perfect form, while they are not fatigued.

Standing Upright Row

- **SET Position**
- **Bar to lower chest**
- **Chest lifted**
- **Elbows just above the bar**

Standing Overhead Press

- **Bar from chin to ceiling**
- *Continuous Tension Training, resist the bar on the way down*
- **Brace your core, keep your chest up**
- *Push your front heel through the floor*

Standing Push Press

- *SET Stance, feet together*
- *Up and hold, resist on the way down*
- *Use your legs*
- **Drive through your heels**
- *Brace your abs as the bar moves overhead*

3 PUSHUP

LAYER 2

Explain to your class how they can improve their execution to increase the intensity.

- *Choose your option, on toes or on knees*
- *Squeeze the floor with your hands*
- *Push through the floor*
- *Brace everything – abs, glutes, long back*

4 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS / STANDING PUSH PRESS

LAYER 2 / LAYER 3

Final set: ensure your class maintains the perfect form they established in Set 2, especially in the Overhead Press. Help them to finish with success by using lots of Motivational Cues.

Standing Upright Row

- *Lift your elbows, let them lead the move*

Standing Overhead Press

- *Brace the abs, body still. Isolate the work*
- *Bar just ahead of the shoulders*

Standing Push Press

- *Use your legs for more power*
- *If you believe in yourself you reach higher!*

INTENSITY

This track is all about using Compound Training and short recoveries to build intensity. Compound exercises involve multiple joints and muscles, and the short recoveries ensure the intensity remains high to burn more calories – getting us stronger and leaner!

PUMP FACT

The contrasting effects of the Overhead Press and the Push Press are combined in this track to maximize the training effect. The Overhead Press isolates the deltoids and the trapezius to tone and shape the upper body, while the Push Press recruits a combination of muscles to drive up our heart rate and create fast shifts in our fitness levels.

9 CORE

TRACK FOCUS

Clearly coach the Single Leg Hip Bridge and explain the benefits of this move: improved stability and core strength.

MUSCLE FOCUS

Plate Crunch: Rectus abdominis

Hip Bridge: Posterior chain

| SET | MUSIC | EXERCISE | REPS | |
|-------------------|----------------------|----------|--|----|
| 1 | 0:05 Intro | 4x8 | SET UP for Plate Crunch | |
| | 0:23 V1 _ We've been | 4x8 | 2/2 PLATE CRUNCH Feet on the floor | 4x |
| | 0:42 C _ Baby don't | 6x8 | 3x PULSE PLATE CRUNCH (8 cts) 6 cts Pulse, 2 cts down | 6x |
| 2 | 1:10 V2 _ We've been | 6x8 | 2/2 PLATE CRUNCH | 6x |
| | 1:38 C _ Baby don't | 8x8 | 3x PULSE PLATE CRUNCH Plate down on last 2 cts | 8x |
| 3 | 2:15 Rap _ What you | 4x8 | 2/2 HIP BRIDGE Use last 8 cts to transition to Single Leg Hip Bridge L | 3x |
| | 2:33 C _ Baby don't | 8x8 | 1/1/2 SINGLE LEG HIP BRIDGE L | 8x |
| TRANSITION | 3:11 Br | 1x8 | Both feet on the floor | |
| 4 | 3:16 Rap _ What you | 4x8 | 2/2 HIP BRIDGE Use last 8 cts to transition to Single Leg Hip Bridge R | 3x |
| | 3:34 C _ Baby don't | 8x8 | 1/1/2 SINGLE LEG HIP BRIDGE R | 8x |

1 PLATE CRUNCH

LAYER 1

Set up with clarity, explaining where to hold the plate and how to execute the move.

- *Hold the plate close to your forehead*
- *Shoulders away from your ears*
- **Ribs towards hips, eyes at the thighs**
- *Lift the shoulders and isolate your mid-section*

2 PLATE CRUNCH

LAYER 2

Challenge your class to increase their ROM to experience greater intensity.

- *Lift the shoulders 2 inches higher to bring more isolation into your mid-section, creating that SIX-PACK!*
- *Tuck in your chin*
- *Squeeze your elbows in*

3 HIP BRIDGE / SINGLE LEG HIP BRIDGE

LAYER 1

Switch the focus to the posterior chain. Set up both exercises to enable your class to execute the moves with great technique.

Hip Bridge

- **Squeeze your glutes on the way up**

Single Leg Hip Bridge

- *Opposite ankle to knee*
- **Drive through your heel**
- **Squeeze through the glutes**
- **Push up through the chest**
- **Keep your hips square**
- *Hips towards the ceiling*
- **Chin in, lift the chest above the chin**

4 HIP BRIDGE / SINGLE LEG HIP BRIDGE

LAYER 2

Coach your members to get more out of these two exercises in this repeated effort.

- *Drive the shoulders down towards the floor*
- *What's the benefit of the Hip Bridge? We work on the posterior chain – glutes, calves, lower back and hamstrings to help you run faster, jump higher!*

PUMP FACT

Gluteal Amnesia (the inability to recruit our gluteals) is a common muscle imbalance that affects the hips and lumbar spine. Focusing on an isolated squeeze in the Single Leg Hip Bridge helps to retrain the glutes through isolation. This will help improve all of the standing lifts in BODYPUMP™

10 COOLDOWN

TRACK FOCUS

Use the music and movements to connect to your class as you guide them through the stretches for each muscle group worked.

| SET | MUSIC | | EXERCISE |
|------|-----------------------------|------|---|
| 0:04 | Intro | 3x8 | CHILDS POSE |
| 0:21 | V1 _ I tell myself | 3x8 | KNEELING HIP FLEXOR STRETCH R |
| 0:36 | _ I tell myself | 3x8 | KNEELING HIP FLEXOR STRETCH AND SIDE RELEASE R |
| 0:52 | C This , only love | 3x8 | KNEELING HAMSTRING STRETCH L |
| 1:08 | V2 _ I wouldn't care | 3x8 | KNEELING HIP FLEXOR STRETCH L |
| 1:24 | _ Evertime | 3x8 | KNEELING HIP FLEXOR STRETCH AND SIDE RELEASE L |
| 1:39 | C This , only love | 3x8 | KNEELING HAMSTRING STRETCH R |
| 1:56 | Rep This , only love | 3x8 | STANDING QUADRICEP STRETCH L |
| 2:10 | Br | ½x8 | Feet together, HOLD |
| 2:13 | _ But if the | 3x8 | STANDING QUADRICEP STRETCH R |
| 2:30 | Br _ Only love | 3¾x8 | STANDING UPPER BACK STRETCH <i>Arms crossed, stretched out front</i> |
| 2:49 | Rep This , only love | 3x8 | STANDING ITB STRETCH L |
| 3:05 | This , only love | 3x8 | STANDING ITB STRETCH R |
| 3:21 | This , | 4x8 | STANDING FRONT DELTOID/CHEST STRETCH <i>Clasp hands behind back</i> |
| 3:42 | Outro _ Save | 3½x8 | SHOULDER ROLLS, SHAKE LEGS |

COACHING TIPS

- Clearly explain how to stretch and tell your class where they should feel the release.
- Praise and acknowledge everybody's efforts in the workout. Remind them that they have completed over 1000 reps today – an amazing achievement!

BODYPUMP™ TECHNIQUE COACHING CUES GLOSSARY

SET POSITION

Position Setup

- 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



Overhand Grip

WIDE SQUAT

Position Setup

- Heel-toe wider than Mid Stance

Layer 2

- Sit hips back
- Push through your heels as you rise, to activate glutes
- Push floor apart with your feet
- Squeeze butt on the way up



WIDE Stance

MID STANCE SQUAT

Position Setup

- Bar on meaty part of upper back
- Feet slightly wider than hips with toes turned out
- Chest up, light pinch between the shoulder blades
- Belly in and abs braced

Execution Setup

- Sit the butt back and down
- Knees track forward in line with toes
- Butt stops just above knee level – knees at 90 degrees

Layer 2

- Finish with hips under shoulders
- Feel the pressure in your quads
- Brace the abs harder in the Bottom Halves



MID Stance



Bottom Range

WIDER SQUAT

Position Setup

- Heel-toe wider than Wide Squat

Layer 2

- Drive your feet apart
- Knees out



WIDER Stance

CHEST PRESS

Position Setup

- Hands wider than shoulders
- Bar in the heel of the hands
- Shoulders away from ears
- **Abs in and braced – lower back toward bench**
- Chin tucked IN

Execution Setup

- **Bar down to the center of the chest**
- **Elbows no lower than the top of the bench**
- Elbows slightly bent at the top
- Elbows stay directly under the bar throughout the movement

Layer 2

- Open your chest on the way down and squeeze between your shoulder blades
- On the way down, take the elbows wide
- On the way up, squeeze your elbows in
- Try to bend the bar by squeezing your hands together

Stopping the bar at the level of the bench protects the rotator cuff from excessive strain that could cause injury. Opening the chest and squeezing the shoulder blades together on the way down recruits the scapula stabilizers and also helps to protect the rotator cuff. Aiming the bar towards the mid chest reduces the potential for shoulder impingement.



BENCH PUSHUP

Position Setup

- Hands just outside shoulder-width on bench
- **Back straight – abs braced to support the mid-section**
- Chin tucked in

Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the bench away



DEADLIFT

Position Setup

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

Execution Setup

- **Tip from the hips, keeping the chest lifted**
- **Bar to knees**
- Chin tucked in – eyes forward, 6 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



DEADROW

Position Setup

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

Execution Setup

- Bar to the knees
- Bar into the belly button
- Squeeze between the shoulder blades

Layer 2

- Slide the bar up your thighs
- Shoulder blades squeeze together
- Bend the legs for more stability and sit into the butt
- Keep the shoulders away from the ears

Emphasizing a squeeze between the shoulder blades will ensure that we engage the scapula retractors and reduces the tendency for participants to merely hinge backward from the shoulder joint during the row. These muscles are key stabilizers of the shoulder and help prevent injuries.



CLEAN & PRESS

Position Setup

- SET Position
- Chest up – abs braced
- Knees bent

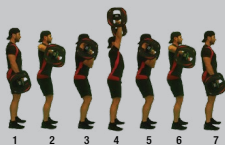
Execution Setup

- Start with more knee bend and use the legs to drive the bar up
- Keep elbows above the bar during Upright Row phase
- Bar close to the body, lift to lower chest
- Drop under the bar, bending the knees
- Clean the bar and hold in front of the collar bones
- Press to the top
- Use the legs to drive the bar up
- Abs braced as you Press above the head
- Elbows slightly forward
- Bend the legs again, return to SET Position
- Bring the elbows up and over to lower the bar

Layer 2

- Use the legs to drive the bar up
- Lift your heels to initiate the move
- Get under the bar as quickly as possible – be explosive!

Using the legs to get under the bar is the key to minimizing the load on the shoulder muscles and generating the most power in the Clean and Press. Focusing on jumping under the bar and explosively driving the bar over head will increase metabolism and spike the heart rate.



POWER PRESS

Position Setup

- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar in front of chin

Execution Setup

- Use your legs to drive the bar upward
- Drive bar up in Overhead Press
- Elbows slightly forward at the top of the Press
- Abs braced as the bar moves over head
- Return bar to chin
- Power the bar up two more times

Layer 2

- Bend the legs to catch the bar
- Hips down and back
- Keep the heels down during the Power Presses
- Drive out of your legs
- Power the bar up



Clean & Catch Power Press up & down Return to SET Position

SEATED TRICEP DIP

Position Setup

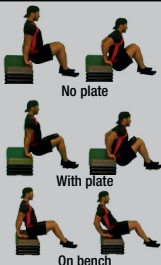
- Feet hip-width apart
- Hands on the bench by your butt – weight in the heel of your hands
- Chest up
- Shoulders away from ears

Execution Setup

- Drop butt close to bench top – butt towards the floor
- Elbows bend toward the back of the room

Layer 2

- Full extension to the top



No plate

With plate

On bench

KNEELING TRICEP KICKBACK ROW

Position Setup

- Kneel with one foot forward, elbow on knee
- Lean forward, chest up, shoulders square, chin tucked in
- Plate hanging vertically under shoulder

Execution Setup

- Row the plate up, squeezing shoulder blade toward spine
- Upper arm parallel to floor – extend the elbow
- Upper arm still as you extend

Layer 2

- Lock the position of the shoulder and upper arm to isolate the tricep



SEATED OVERHEAD TRICEP EXTENSION

Position Setup

- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- Chest lifted – abs braced
- Chin tucked in

Execution Setup

- Lower plate to base of neck
- Full extension to the top

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps

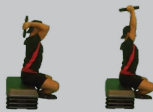


PLATE CURL

Position Setup

- Start with Hammer Grip
- Knees soft – Split Stance or SET Position
- Chest up
- Abs in and braced

Execution Setup

- Curl upward, rotating plates for bottom half and full range
- Plates in front of shoulders in full-range Curl
- Extend down, next to thighs

Layer 2

- Brace abs to stop trunk sway



90/90 SETUP FOR STRIDE LENGTH

- Kneeling
- Hips square with right angles at both knees
- Tuck toes of back foot under and rise; this sets the stride length



PLATE LUNGE

Position Setup

- Feet hip-width and step back to 90/90 stride length
- Hips and shoulders even and square to the front
- Knees in line with toes
- Belly in, abs braced and chest up

Execution Setup

- Bend knees – back knee moves towards the floor
- 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



PLATE FRONT SQUAT

Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel with the floor, in front of collarbones
- Elbows under plate
- Chest up, abs braced

Execution Setup

- Sit the butt down and back
- Knees track forward in line with toes
- Butt stops just above knee level – knees at 90 degrees
- Brace the abs as the plate moves over head
- Elbows slightly forward

Layer 2

- Push through the heel as you rise, to activate your glutes
- Squeeze the butt on the way up



PUSHUP

Position Setup

- Hands just outside shoulder-width
- Back straight – abs braced to support the mid-section
- Chin tucked in

Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the floor away

Dropping the chest no lower than elbow height minimizes rotator cuff stress.



STANDING UPRIGHT ROW

Position Setup

- SET Position
- Chest up – abs braced
- Slight pinch between the shoulder blades

Execution Setup

- Lift bar up to lower chest
- Elbows above the bar
- Keep bar close to body

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades

Keeping the chest lifted and shoulder blades retracted places the shoulder blades in the optimal position to receive load. Lifting the bar no higher than the lower chest reduces the potential for shoulder impingement (compression of the shoulder tissues).



STANDING OVERHEAD PUSH PRESS

Position Setup

- SET Position
- Knees bent
- Chest up – abs braced
- Bar in front of chin

Execution Setup

- Use your legs to drive the bar upward
- Drive bar up in the Overhead Press
- Elbows slightly forward at the top of the Press
- Abs braced as the bar moves over head
- Return bar to chin

Layer 2

- Bend the legs to catch the bar
- Bend and drive
- Power the bar up



STANDING OVERHEAD PRESS

Position Setup

- Split Stance
- Weight even in front and back foot, knees soft
- Chest up – abs braced
- Bar in line with chin, elbows under wrists

Execution Setup

- Press the bar upward
- Keep the elbows soft at the top and elbows slightly forward
- Brace the abs as the bar moves above your head

Layer 2

- Keep your body upright and don't lean back – keep the work in the shoulders



PLATE CRUNCH

Position Setup

- Heels close to butt
- Plate held to forehead

Execution Setup

- Plate and upper body move as one unit
- Slide ribs to hips
- Keep your chin tucked in
- Eyes look between your knees at the top of the move
- Hold the plate like the peak of a cap

Layer 2

- Lift a little higher to increase intensity



HIP BRIDGE

Position Setup

- Squeeze your glutes on the way up

Execution Setup

- Drive through your heels, and lift hips up
- **Squeeze through your glutes**
- Slowly lower



SINGLE LEG HIP BRIDGE

Position Setup

- Squeeze your glutes on the way up

Execution Setup

- Opposite ankle to knee
- Driving through your heel
- **Squeezing through the glutes**
- Pushing up through the chest
- **Keep your hips square**
- Hips towards the ceiling
- Chin in, lift the chest above the chin





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