

BODYPUMP

108

信息

音乐

小节设置

01. 热身

02. 深蹲

03. 胸部

04. 背部

05. 肱三头肌

ALTERNATIVE

05. 肱三头肌

06. 肱二头肌

ALTERNATIVE

06. 肱二头肌

07. 弓步下蹲

08. 肩部

09. 核心训练

10. 放松

45-MIN FORMAT

05. 肱三头肌/肱二头肌

45-MIN FORMAT

06. 弓步/肩部

嗨，教练们，我们期待您对新的内容做出反馈！
请点击此处填写一份快速调查[https://lesmills.
qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF](https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF)

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信息

准备动作

准备动作

- 双腿站直
- 脚尖微微朝外
- 膝盖放松
- 双手位于大腿外侧
- 轻轻收腹，收紧腹肌
- 上抬至胸部
- 肩膀打开，肩胛下收
- 下巴收紧



双手正握

宽距深蹲

准备动作

- 双脚距离宽于身体

动作执行

- 臀部向下坐
- 膝盖朝外
- 挺胸
- 收紧腹肌
- 臀部保持与膝盖成90度



宽距深蹲

双脚前后分立

同样的准备动作

- 双脚与髋部同宽，前后平行分立
- 后脚的脚跟离地
- 膝盖稍稍弯曲
- 两条腿平均受力



正距深蹲

准备动作

- 杠铃放在背上部的肉上
- 双脚比髋部略宽，脚尖朝外
- 挺胸，肩胛轻夹
- 收腹，收紧腹肌

动作执行

- 臀部向下坐
- 膝盖与脚尖同方向顺势向前
- 臀部保持与膝盖同高，膝盖成90度

第二层

- 以臀部在身体正下的姿势完成
- 感受臀部上的压力
- 下半部分腹肌收的更紧



正距



臀部范围

准备动作

准备动作

- 同样的宽距姿势预备
- 双脚比宽距深蹲分的更开

动作执行

- 臀部向下坐
- 膝盖朝外
- 挺胸
- 收紧腹肌
- 臀部保持与膝盖同高，膝盖成90度



超宽距深蹲

第二层

- 双脚分立
- 膝盖朝外



信息

从窄到宽，杠铃片推举

准备动作

- 双脚与髋部同宽
- 收紧腹肌，挺胸
- 双肩远离双耳
- 杠铃片两边对称

动作执行

- 放低肘部至踏板上
- 肘部内收
- 杠铃片外推，做宽距推举
- 肘部稍稍弯曲
- 肘部与踏板顶部齐高

第二层

- 刺激全部的胸肌
- 感受宽窄运动的差别



胸部飞鸟

准备动作

- 杠铃片两边对称
- 与肩同宽
- 肘部稍稍弯曲
- 收紧腹肌，放低背部到踏板上

动作执行

- 杠铃片向外张开
- 肘部与踏板同高时停止
- 保持肘部稍稍弯曲

第二层

- 在肘部下落时扩胸



踏板高位俯卧撑

准备动作

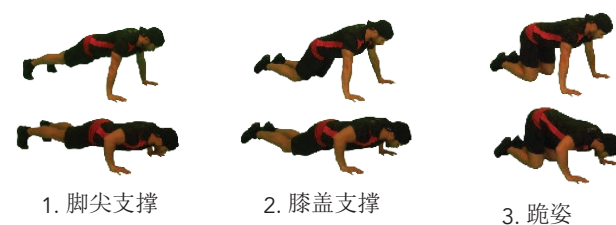
- 双手宽距
- 收紧腹肌
- 背部挺直

动作执行

- 降低胸部，与肘部同高

第二层：

- 离地或离凳



宽距硬拉

准备动作

- 准备动作
- 双手宽握杠铃杆
- 收紧腹肌，挺胸

动作执行

- 杠铃拉到膝盖的位置

第二层

- 杠铃拉到大腿位置





信息

宽距杠铃划船

准备动作

- 准备动作
- 双手宽距
- 收紧腹肌，挺胸
- 挺胸，肩胛轻夹
- 肘部展开，宽而高
- 下巴收紧
- 双肩远离双耳

动作执行

- 从膝盖到最下方的肋骨
- 挤压肩胛之间

第二层

- 滑动杠铃至大腿
- 肩胛挤到一起
- 腿部弯曲保持稳定，臀部坐下
- 保持肩膀与耳朵分开

强调肩胛挤到一起，这保证了我们使用肩部牵引动作，避免学员在划船动作中肩关节后倾。这些肌肉是肩膀稳定和避免受伤的关键。



硬拉

准备动作

- 准备动作
- 膝盖稍稍弯曲（20度）
- 挺胸，收紧腹肌
- 肘部抬起，肩胛轻夹
- 下巴收紧

动作执行

- 从臀部开始前倾，保持挺胸
- 杠铃拉到膝盖的位置
- 下巴收紧，眼睛看前方约两米的位置

第二层

- 要一直保持肩胛夹紧
- 要一直挤压股二头肌和大腿
- 脚后跟着地



信息

推举

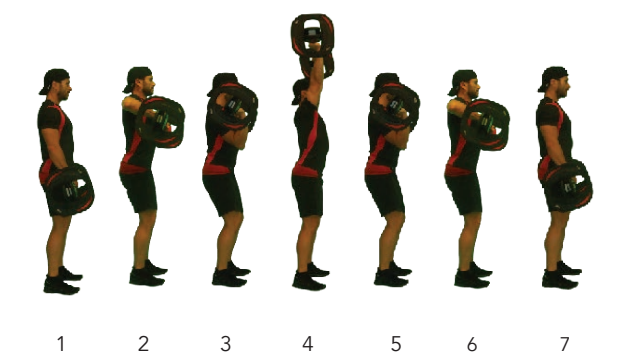
准备动作

- 准备动作
- 挺胸，收紧腹肌
- 膝盖稍稍弯曲

动作执行

- 开始动作膝盖弯曲较多，腿部发力拉起杠铃
- 在上提过程中，保持肘部高于杠铃
- 杠铃杆靠近身体，拉至下胸位置
- 拉变成推，弯曲膝盖
- 推举杠铃到锁骨前方
- 推举到头顶
- 用大腿发力推到头顶
- 在推举到头顶时，收紧腹肌
- 肘部微微向前
- 再次弯曲退步，回到准备动作
- 把胳膊肘抬起来，往上伸，把杠铃放低。

快速调整肘部在杠铃下，推举杠铃时腿部发力，把杠铃推举到胸前。



杠铃划船

准备动作

- 准备动作
- 膝盖稍稍弯曲（20度）
- 挺胸，收紧腹肌
- 肘部抬起，肩胛轻夹
- 下巴收紧

动作执行

- 杠铃拉到膝盖的位置
- 杠铃拉至肚脐位置
- 挤压肩胛之间

第二层

- 滑动杠铃至大腿
- 肩胛挤到一起
- 腿部弯曲保持稳定，臀部坐下
- 保持肩膀与耳朵分开

强调肩胛挤到一起，这保证了我们使用肩部牵引动作，避免学员在划船动作中肩关节后倾。这些肌肉是肩膀稳定和避免受伤的关键。





信息

负重推举

准备动作

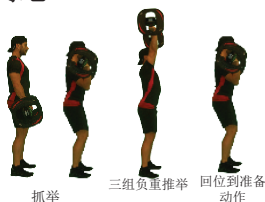
- 准备动作
- 弯曲膝盖半蹲
- 挺胸，收紧腹肌
- 杠铃在锁骨前

动作执行

- 在上提过程中，保持肘部高于杠铃
- 杠铃杆靠近身体，拉至下胸位置
- 拉变成推，弯曲膝盖
- 用大腿发力向上推举
- 推举过头
- 推至头顶，肘部微微前倾
- 在推举到头顶时，收紧腹肌
- 回到锁骨部位附近
- 再重复两次

第二层

- 腿部弯曲，抓住杠铃
- 臀部向后下坐
- 在整个过程中，脚跟不能离地
- 从大腿发力
- 支撑杠铃



后撤步脚尖点地和单手杠铃片划船

准备动作

- 准备动作
- 挺胸，收紧腹肌

动作执行

- 身体从臀部开始前倾
- 肩膀放平
- 鼻子超过脚尖
- 臀部绷紧
- 杠铃片划船至低的肋骨
- 肩胛骨朝向脊椎收紧

第二层

- 保持重心前倾，臀肌受力
- 保持胸部的正中与大脚趾方向一致



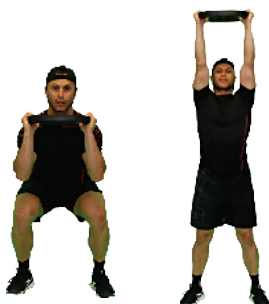
下蹲杠铃片推举

准备动作

- 双脚比髋部略宽，脚尖朝外
- 杠铃片在锁骨前方
- 肘部低于杠铃片
- 挺胸，收紧腹肌

动作执行

- 臀部向下坐
- 膝盖与脚尖同方向顺势向前
- 半下蹲
- 收腹，将杠铃片推过头顶
- 肘部微微向前



站姿杠铃片过头三头肌屈伸

准备动作

- 双脚前后分立——膝盖放松，重心居中双脚
- 肩膀下沉
- 收腹，收紧腹肌
- 挺胸
- 杠铃片高举过头，手臂微微朝前，能看到肘部

动作执行

- 降低杠铃片至脖子根部
- 向上完全伸展
- 肘部内收

第二层

- 下蹲，保持核心紧绷
- 保持肩部下沉收紧，只有三头肌在发力





信息

三头肌踏板俯卧撑

准备动作

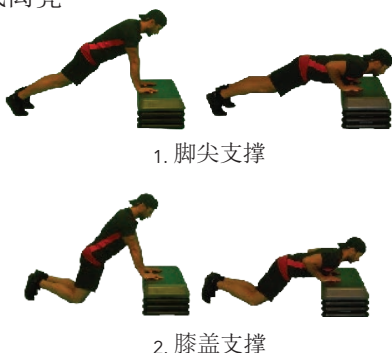
- 双手位于肩膀下方
- 收紧腹肌
- 背部挺直

动作执行

- 杠铃片举到最高
- 从肋骨滑至臀部

第二层

- 离地或离凳



三头肌踏板向后伸臂

准备动作

- 铰链从臀部朝前，挺胸，收肩
- 肘部高抬，靠近身体

动作执行

- 上方的手与平行——伸展肘部
- 上方的手保持伸展

第二层

- 保持肩部不动，抬高手臂刺激三头肌



二头肌杠铃片弯举

准备动作

- 手臂在身体两侧，掌心朝内，杠铃片弯举
- 膝盖放松，双脚分立或准备动作
- 挺胸
- 收紧腹肌

动作执行

- 向上弯举，将杠铃片从底部向上半弯举或全弯举
- 杠铃片在肩膀前做全弯举
- 向下伸展至大腿

第二层

- 收腹避免身体倾斜



二头肌杠铃片弯举

准备动作

- 做二头肌杠铃片弯举

动作执行

- 身体从臀部开始前倾
- 杠铃片对着膝盖骨
- 杠铃片拉至胸廓，低于胸的位置，杠铃片划船
- 肘部向后高抬

第二层

- 前臂向二头肌弯曲
- 挤压二头肌





信息

二头肌弯举

准备动作

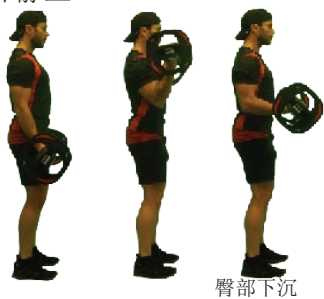
- 膝盖放松，双脚分立或准备动作
- 挺胸
- 收紧腹肌

动作执行

- 弯举杠铃片到肩膀前方
- 向下伸展至大腿

第二层

- 肘部位于身体两侧
- 保持和身体静止



杠铃片前下蹲—双脚分开中等距离

准备动作

- 双脚比髋部略宽，脚尖朝外
- 杠铃片与地面平行，在锁骨前方
- 肘部低于杠铃片
- 挺胸，收紧腹肌

动作执行

- 臀部向下坐
- 膝盖与脚尖同方向顺势向前
- 臀部保持稍高于膝盖，膝盖成90度

第二层

- 起身时从脚跟发力，刺激大腿
- 在起身过程中刺激臀部



交替后撤弓步下蹲

准备动作

- 向后退一大步
- 双脚与髋部同宽
- 臀部和肩部平直，正面朝前
- 膝盖与脚尖同方向
- 收腹，收紧腹肌，挺胸

动作执行

- 弯曲膝盖——后腿膝盖朝向地面
- 前腿的大腿与地面平行

第二层

- 杠铃片举至胸前
- 重心放低，腿部受力



杠铃片弓步下蹲

准备动作

- 双脚与髋部同宽，向后退一大步成弓步
- 臀部和肩部平直，正面朝前
- 膝盖与脚尖同方向顺势向前
- 收腹，收紧腹肌，挺胸

动作执行

- 弯曲膝盖——后腿膝盖朝向地面
- 前腿的大腿与地面平行

第二层

- 重心下沉刺激臀部
- 两条腿平均受力
- 推动前腿脚跟，刺激臀部





信息

站姿反向飞鸟

准备动作

- 准备动作
- 身体从臀部开始前倾
- 身体前倾45度
- 挺胸，收紧腹肌
- 保持下巴收紧，颈后部位挺直，眼睛注视前方3步（1米）远的位置

动作执行

- 肘部带动
- 肘部稍稍弯曲
- 挤压肩胛之间
- 为了保持平衡

第二层

- 顺着肘部运动
- 保持挺胸；肩部不要耷拉着
- 双肩远离双耳



跪姿宽距直立划船

准备动作

- 膝盖着地，手臂张开
- 挺胸，收紧腹肌
- 挺胸，肩胛轻夹

动作执行

- 杠铃拉至胸部下方
- 肘部高于杠铃
- 使杠铃靠近身体

第二层

- 肘部带动
- 挤压肩胛之间

保持挺胸，并且收紧肩胛，使肩胛骨处于最佳位置以承受载荷。划船时，杠铃位置不高于下胸部，以减少对肩部的潜在冲击（对肩部组织的压迫）。

站姿或跪姿反向飞鸟转动手臂

准备动作

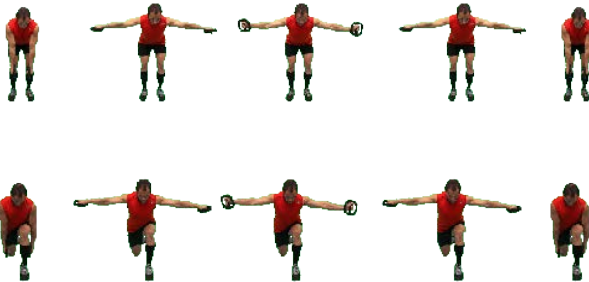
- 杠铃片彼此相对
- 身体从臀部开始前倾
- 挺胸
- 肩部下沉，收紧。
- 收紧腹肌

动作执行

- 杠铃片向两侧张开。
- 肘部稍稍弯曲
- 肘部稍低于肩膀高度。
- 挤压肩胛
- 杠铃片向上抬
- 二头肌朝上，肘部朝下

第二层

- 使用上背部肌肉让肩部保持稳定并驱动杠铃片。



俯卧撑

准备动作

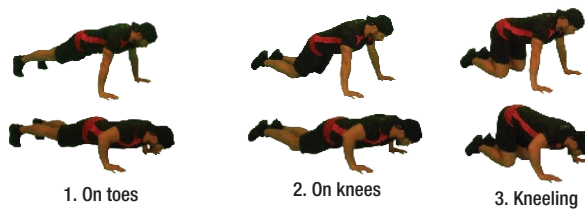
- 双手张开，比肩宽
- 背部挺直 - 收紧腹肌来支撑躯干
- 下巴收紧

动作执行

- 身体下沉，使肩部和胸部落到肘部的高度

第二层

- 将身体撑起来
- 胸部下沉不低于肘部高度，减小对手腕的压力





信息

臀桥

准备动作

- 杠铃片放在大腿上，双手握住杠铃片
- 双脚与肩部同宽

动作执行

- 脚跟发力，臀部向上抬起
- 挤压你的臀部
- 慢慢地落下



杠铃片卷腹

准备动作

- 杠铃片举于额头前
- 双脚靠近臀部
- 下巴收紧

动作执行

- 从肋骨滑至臀部

第二层

- 肩膀稍稍抬离地面。



平板支撑

准备动作

- 肘部位于肩部下方
- 膝盖分开稍宽于髋部，脚尖内收
- 臀部与肩部同一平面
- 膝盖离地
- 背部挺直
- 背部挺直膝盖着地

第二层

- 在你感受到疲劳时，挤压腹肌、股四头肌和臀部，保持背部挺直



平板侧支撑转体

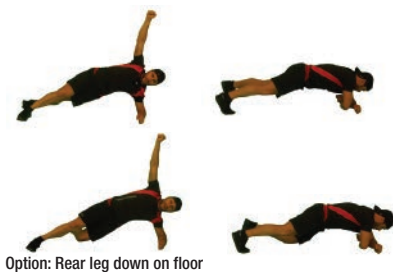
准备动作

- 肘部位于肩部下方
- 摆正臀部正对前方
- 双腿交叉，上腿在前
- 臀部和肩部同时运动

第二层

- 整体去运动身体
- 臀部向下沉
- 下方的支撑肘部发力

或者：后腿的膝盖着地



跪姿过头三头肌屈伸

准备动作

- 杠铃片伸展过头
- 肘部朝前
- 双肩远离双耳
- 收紧腹肌，挺胸

动作执行

- 杠铃片向下沉至颈后位置，保持肘部朝前





信息

弓步下蹲和单手推举

准备动作

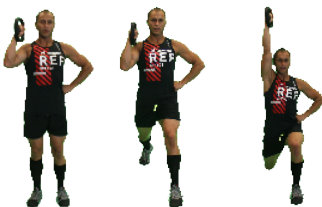
- 双脚与髋部同宽
- 肘部位于肩部下方
- 收腹，挺胸

动作执行

- 向后退一大步
- 双脚与髋部同宽
- 臀部和肩部平直，正面朝前
- 后腿膝盖下沉，前腿膝盖朝外
- 前腿的大腿与地面平行
- 杠铃片举到最高
- 保持肘部在面部前方

第二层

- 收回后脚时轻踩地板，以此来保持前腿膝盖稳定和股四头肌受力



弓步下蹲和双手推举

准备动作

- 双脚与髋部同宽
- 挺胸
- 肘部弯曲90度
- 杠铃片朝前

动作准备

- 向后退一大步
- 弯曲后腿膝盖，朝向地面
- 前腿的大腿与地面平行
- 臀部和肩部平直，正面朝前
- 挺胸，收紧腹肌
- 向上推举杠铃片



第二层

- 弓步做到位
- 将杠铃片推至最高

后撤弓步下蹲和双手前举

准备动作

- 双脚臀部同宽
- 挺胸，收紧腹肌
- 杠铃片在大腿前方

动作执行

- 向后退一大步
- 前腿的大腿与地面平行
- 后腿膝盖下沉，前腿膝盖朝外
- 臀部绷紧
- 向前举起杠铃片
- 肘部位于肩部下方

第二层

- 上身和下身同时运动，像一个整体，加快心率



后撤弓步下蹲和双手侧举

准备动作

- 双脚与髋部同宽
- 挺胸
- 肘部弯曲90度

动作执行

- 向后退一大步
- 弯曲后腿膝盖，朝向地面
- 前腿的大腿与地面平行
- 臀部和肩部平直，正面朝前
- 挺胸，收紧腹肌
- 肘部向两侧抬起 - 稍低于肩部
- 肘部微微向前

第二层

- 保持弓步下蹲动作到位 - 整体训练





信息

01

Panic Room (5:33)
Au/Ra & CamelPhat
© 2018 Loudmouth Music Limited.
Written by: Benjamin, Frampton, Stenzel, Farrar

02

Pump It Up (Extended Mix) (5:43)
Nari, Pain, Tava & Luciana
© 2018 Ego a brand of Vae Victis Srl.
Written by: Zoffoli, Caldarella, Tavani, Tesini

03

Great Wide Open (4:36)
Thirty Seconds to Mars
Courtesy of the Universal Music Group.
Written by: Leto

04

Great Wide Open (1:26)
Thirty Seconds to Mars
Courtesy of the Universal Music Group.
Written by: Leto

Therapy (Extended Club Mix) (6:15)
Armin van Buuren feat. James Newman
© 2018 Armin Audio B.V. under exclusive license to Armada Music B.V.
Written by: Newman, Busbee

05

Say Amen (Saturday Night) (3:12)
Panic! At The Disco
© 2018 Fueled By Ramen LLC for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Urie, Greene, Hollander, Pritchard, Wincorn, Peyton, El-Amine, Foder, Deller, Brenneck, Shinn, Abshire, Tankel, Profilio, Sinclair

06

Say Amen (Saturday Night) (2:09)
Panic! At The Disco
© 2018 Fueled By Ramen LLC for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Urie, Greene, Hollander, Pritchard, Wincorn, Peyton, El-Amine, Foder, Deller, Brenneck, Shinn, Abshire, Tankel, Profilio, Sinclair

Make It Rain (Explicit) (3:42)
Fat Joe & Lil Wayne
Courtesy of the Universal Music Group.
Written by: Storch, Carter, Cartagena

07

Make It Rain (1:12)
Fat Joe & Lil Wayne
Courtesy of the Universal Music Group.
Written by: Storch, Carter, Cartagena

Ready For It (5:04)
Carmada feat. Tribes
© 2018 Insomniac Records.
Written by: Carmody, Armata, Ramirez

08

Boomshakalak (Extended Mix) (5:40)
MR.BLACK & Diego Miranda feat. The
Kemist
© 2018 Revealed Music B.V.
Written by: Unknown

09

Let You Be Right (3:00)
Meghan Trainor
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Written by: Trainor, Kasher, Wells

10

Let You Be Right (0:57)
Meghan Trainor
© 2018 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, Kasher, Wells

Remind Me To Forget (3:42)
Kygo & Miguel
© 2018 Kygo AS under exclusive license to Sony Music Entertainment International Ltd / Ultra Records, LLC.
Written by: Plested, Gorvell-Dahll, Pimentel, Phelan, Oriet

45-MIN FORMAT

05

BaBaBa (Vete Pa’Ya) (5:40)
Dillon Francis feat. Young Ash
© 2018 IDGAFOS.
Written by: Francis, Bautista, Rushent

06

I Wanna Know (4:15)
RL Grime feat. Daya
© 2018 WeDidIt Records.
Written by: Nigro, Salimando, Steinway

ALTERNATIVE

05

Chamomile Breath (5:21)
Quantic
Black Lotus 2018.
Written by: Gainsford, van de Geer, Langeveld

06

Manera (4:54)
SilverShadow
Black Lotus 2018.
Written by: Conrad, van de Geer, Langeveld



L-R: Glen Ostergaard, Marlon Woods, Scott Martin (Shadow), Ben Main, Kayla Atkins-Gordine and Jackie Kellogg

BODYPUMP 108做出了一些创新，将经典的杠铃操动作和最新的流行音乐完美地融合在一起。

Panic Room创造了一种冰冷的氛围，但又包罗万象，调动起每位学员的积极性，让学员BODYPUMP 108训练的准备。让你的声音和节拍融入这首歌曲，营造训练环境。下蹲训练强度大、节拍快。我们选用了鼓舞人心的歌曲Pump It Up，通过三种站姿的训练给学员带来持续的肌肉紧绷感，是学员最喜欢的歌曲。胸部训练增加了新动作，从窄到宽的杠铃片推举，完全地训练了胸部的肌肉。伴随着Great Wide Open激动人心的旋律，这个新动作感觉非常棒。背部小节的训练由一大块杠铃训练开始，然后以杠铃片训练画上句点，塑造身体的平衡性，加快了心率！我们继续采用了功能性弓步小节，通过杠铃片负重或自重的蹲跳组合动作训练，来激活身体肌肉，增加肌肉协调性。肩部训练有新的创新：反向飞鸟转动手臂，在Boomshakalak的音乐声中，有效地训练了后肩部、上背部和稳固肩胛的肌肉群，让我们的身体避免受伤。

享受这次的训练！Glen



致谢

- 动作编排 - Glen Ostergaard
- 首席创意总监 - Dr. Jackie Mills
- 创意总监 - Diana Archer Mills
- 技术指导 - Bryce Hastings & Corey Baird
- 项目教练 - Kylie Gates
- 制片协调 - Monique Whareumu

展示者

Glen Ostergaard（新西兰人）是BODYPUMP、RPM和LES MILLS SPRINT的项目总监。他从BODYATTACK开始团体健身教授，住在奥克兰。

Ben Main（新西兰人）是BODYPUMP、BODYATTACK和LES MILLS GRIT的培训师，住在奥克兰。

Marlon Woods（美国人）是BODYPUMP和LES MILLS TONE的教练员，也是BODYCOMBAT的培训师。他住在佐治亚州，他还是一位分析员。

Jacki Kellogg（美国人）是BODYPUMP、BODYBALANCE 和 BODYCOMBAT 的培训师和展示者。她也是CXWORX的教练员和LES MILLS GRIT的项目教练，住在田纳西州的诺克斯维尔。

Kayla Atkins-Gordine（新西兰人）是BODYPUMP和BODYBALANCE的教练员，还是LES MILLS GRIT和LES MILLS SPRINT的项目教练，住在奥克兰。



小节设置

NEW 45-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05	Triceps/Biceps
(45)	
Track 06	Lunges/Shoulders
(45)	
Track 09	Core
Track 10	Cooldown
Total Time	41:07

请注意：这个新的45分钟课程安排包括了定制的第五小节（三头肌和二头肌的组合训练）和第六小节（弓步下蹲和肩部的组合训练）。在为期12周的训练中，请使用第五、第六小节和原先的45分钟课程安排，给学员带去新的体验。让我们了解你的反馈，请点击链接完成调查：<http://bit.ly/2tHeThM>

30-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	27:30

45-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 07	Lunges
Track 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	41:56

致教练员

在准备混编以往套路时，请从最近的材料中选择小节，来适应目前的动作、音乐风格和训练原则。如果你教的是以前编排的动作，一定要混合现在的小节动作，但不要改变编排动作；

在他们训练的时候教授小节动作，但是你可以运用更多的现代语言和术语。

让我听到你们的声音

告诉我们你多这次新套路的看法。访问lesmills.com/BLAH

缩略语

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

节拍

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

SMARTSTART

感谢新加入的学员，告知新加入的学员他们有权离开。



01. 热身

重量选择
轻的杠铃

演示
准备动作

小节焦点
在本节训练中，要清楚的了解NETT的含义。
- Name: 名称; Exercise: 动作; Timing: 节拍; Targets: 目标区域 —— 让这节课顺利地
完成

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Pulsing cymbal)	2x8	SET Position, Shoulder Roll	1x
	0:12	V1 / _ Hell raising	4x8	2/2 DEADLIFT SET Stance	4x
	0:27	My phone	4x8	3/1	4x
	0:43	C / Panic room	4x8	2/2 DEADROW (16cts)	2x
	0:58	Rep / Panic room	4x8	1/1	4x
	1:13	Panic room	4x8	TRIPLE DEADROW	2x
2	1:28	V2 / _ Still waiting	4x8	4/4 DEADLIFT SET Stance	2x
	1:43	My phone	4x8	3/1	4x
	1:58	C / Panic room	4x8	2/2 UPRIGHT ROW	4x
	2:13	Instr / (Bup)	4x8	2/2 CLEAN & PRESS (16cts)	2x
	2:29	Rep / Panic room	4x8	1/1	4x
				Use last 4cts to transition bar ready for SQUAT MID Stance	
	2:44	Panic room	4x8	1/1 SQUAT MID Stance	8x
				Use last 2cts to transition R foot B for LUNGE L	
2:59	Ref / Crying wolf now	4x8	4/4 LUNGE L	2x	
3:14	Instr / (Beat)	4x8	1/1	7x	
			Use last 4cts to transition to SET Stance		
3	3:29	V3 / _ Still waiting	4x8	4/4 DEADLIFT SET Stance	2x
	3:44	My phone	4x8	3/1	4x
	4:00	C / Panic room	4x8	2/2 UPRIGHT ROW	4x
	4:15	Instr / (Bup)	4x8	2/2 CLEAN & PRESS (16cts)	2x
	4:30	Rep / Panic room	4x8	1/1	4x
				Use last 4cts to transition bar ready for SQUAT WIDE Stance	
	4:45	Panic room	4x8	1/1 SQUAT WIDE Stance	8x
				Use last 2cts to transition L foot B for LUNGE R	
	5:00	Ref / Crying wolf now	4x8	4/4 LUNGE R	2x
	5:15	Instr / (Beat)	3½x8	1/1	7x
5:28	Outro /	½x8	Transition to SET Stance		



01. PANIC ROOM 5:33mins

技术与教授

准备动作

第一层

在开始之前，教你的学员做准备动作，做好高强度拉举的准备。

- *脚跟*在臀部下方，脚尖微微朝外
- *放松*膝盖
- *双手*位于大腿外侧
- *挺胸*
- 肩膀下沉，肩胛向脊椎收紧
- *慢慢地*收紧核心肌群

第一块训练

第一层

每次训练中，教授学员NETT - NAME：名称、EXERCISE：动作、TEMPO：节拍、TARGET ZONES：目标区域

这能够让你的教授清晰明了，容易接受。

- *硬拉* - 身体从臀部开始前倾，将杠铃拉至膝盖上
- *杠铃划船* - 膝盖、腹部、膝盖和拉举杠铃
- *三次杠铃划船* - 挤压肩胛

第二块训练

第一层/第二层

第二部分从硬拉开始训练，注意感受这些技巧，然后结合直立划船和慢速推举锻炼上半身。我们以更快的速度进行推举，并且以深蹲和弓步下蹲结束。在第一层的教授中注意清晰地提示姿势和动作，教授这些复杂的动作套路，帮助学员更好地掌握技巧。

- *硬拉* - 把杠铃拉到大腿上，肘部向后，锻炼背部肉。
- *直立划船* - 把杠铃拉到下胸部，肘部打开
- *推举* - 向上拉杠铃并且抓住，弯曲膝盖，收腹，挺胸，杠铃靠近身体
- *正距深蹲* - 双脚宽于髋部，臀部向后下坐，膝盖朝前，臀部成90度
- *弓步下蹲* - 后撤一大步，后腿膝盖下沉，前腿大腿与地面平行

第三块训练

第一层/第二层

我们重复了第二块中的所有动作；可以利用这个机会提醒你的学员记住这些技巧，让他们为接下来的训练做好准备，可以和学员交流感情，了解他们的目标区域。思考一下你该怎么和学员交流这些事情。

- *硬拉* - 身体的背部打开，为接下来的训练做好准备
- *直立划船* - 保持杠铃靠近身体，保持平稳
- *推举* - 进行快速训练，肘部在杠铃下方，抓握杠铃时臀部向后
- *正距深蹲* - 双脚宽于髋部，臀部向后下坐，膝盖朝外，膝盖成90度
- *弓步下蹲* - 感受弓步下蹲对肌肉的压力，感受节拍

互动

欢迎来到你的课程，展现你们的热情，持续地训练。尝试和屋子里的每个人互动，不要只和你面前的学员交流。



02. 深蹲

挑选重量

老学员：使用热身重量的2到4倍
新学员：双倍热身重量

小节焦点

预先提示你的学员，不要错过动作的变换，好的动作会带来好的效果。

肌肉训练重点

双脚中等距离分开：股四头肌
双脚宽距分开：臀大肌
双脚超宽距分开：臀大肌，侧臀

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Pulse)	2x8	Set up SQUAT : find SET Stance and take a heel – toe wider to find MID Stance	
	0:12	Instr / (Cymbal)	6x8	2/2 SQUAT MID Stance	6x
	0:34	Rep / Know pump it	8x8	3/1	8x
	1:03	Instr / (Heavy synth)	8x8	COMBO (16cts) 2x 1/1 SQUAT (8cts) 1x TRIPLE PULSE SQUAT (8cts)	4x
2	1:32	V1 / My graffiti	4x8	2/2 SQUAT MID Stance	4x
	1:46	PC / Show me	4x8	1/1/2	4x
	2:01	Instr / (Heavy synth)	8x8	COMBO (16cts) Use last 2cts to transition heel – toe wider to WIDE Stance	4x
3	2:30	V2 / Woah woah	4x8	2/2 SQUAT WIDE Stance	4x
	2:45	PC / Show me	4x8	4/4	2x
	2:59	Rep / Know pump it	4x8	1/1/2	4x
	3:14	Instr / (Heavy synth)	8x8	COMBO (16cts)	4x
	3:43	Ref / Ooo ha ee ha	4x8	1/1 Use last 2cts to transition heel – toe wider to WIDER Stance	8x
4	3:58	Rep / Woah woah	4x8	2/2 SQUAT WIDER Stance	4x
	4:12	PC / Show me	4x8	4/4	2x
	4:27	Rep / Know pump it	4x8	1/1/2	4x
	4:41	Instr / (Heavy synth)	8x8	COMBO (16cts)	4x
	5:11	Ref / Ooo ha ee ha	8x8	1/1	16x
				RECOVERY : Shake out the legs. Quadricep Stretches	



02. PUMP IT UP 5:43mins

技术与教授

1 正距深蹲

第一层

教授正距站姿的姿势和动作，让学员掌握。使用是NETT来教授深蹲技巧 - 通过节拍、目标区域区域和大腿位置 —— 通过这一块训练让每位学员熟悉节拍和旋律的组合。

- **双脚宽于髌部，脚尖微微朝外**
- 收紧腹肌，支撑下背部
- 保持**挺胸**
- 让肘部朝前，在杠铃下方，下背部发力。
- **臀部向下坐**
- 找到旋律 - 节拍非常地重要
- **肘部弯曲90度**
- **膝盖与脚尖同方向朝前**，让肌肉完全承受压力。
- **臀部正好高于膝盖**，这就是动作范围。
- 组合动作：两次单个动作，三次连续小幅度运动
- 单次动作做到位，连续动作小幅度完成。

2 正距深蹲

第二层

保持正距站姿，注意关注股四头肌，教导学员从这个姿势中获得更好的效果。第二层的提示是帮助学员在训练中有更多的收获。

我们通过改进演示动作，控制训练强度和教授学员，让他们了解正在做的训练和了解正确的感觉。记住，这首歌的歌词也能够帮助学员体会到动作和节拍。

- *训练四头肌的站姿*
- *让膝盖向前，让前腿发热*
- *下沉，停止动作。*
- *准备好做组合动作了吗？*
- *你们做得很对。现在你们应该能感受到心率加快。重复效能是有效的。*
- *我们已经学习了节拍，学会了动作幅度，现在要挑战一个新的站姿。*

3 宽距深蹲

第一层/第二层

中间没有休息时间，要早一点提示学员接下来的动作——脚跟和脚尖向外，宽距站姿。教授第一层动作的提示，让学员在实践中体会到正距站姿和宽距站姿的区别。注意力要放在大腿的激活上，臀部后坐，让膝盖向外。没有休息时间可以带来持续的肌肉紧绷感。因此，效果会很快开始

出现。使用第二层的提示，改善学员的技巧，告诉学员训练的重点，并让他们自己去体会。你会怎么样和学员交流，去了解他们的状态，保证他们跟住训练不掉队？

- **一只脚的脚跟和脚尖外移， 做宽距深蹲**
- *感觉很棒，对吗？*
- *欢迎来到宽距站姿*
- *让我们用一种新的方式训练肌肉*
- **臀部向下坐**
- **让你的膝盖朝外**
- **锁住你的核心**
- *聊一聊你的臀部，可以吗？*
- *下沉并停住，下蹲到底的时候感受臀部的肌肉，再脚跟发力起身时挤压臀部*
- *保持这种感觉。现在进行组合训练*
- *你应该能感受到大腿的紧绷感，对吗？*
- *我们需要加强这种肌肉紧绷的感觉*
- *双腿练起来，开始单次动作*



02. PUMP IT UP 5:43mins

4 超宽距深蹲

第一层/第二层/第三层

超宽距站姿，快速转换站姿，让肌肉感觉更为清晰。快速教授超宽距站姿的基本技巧，注意让臀部下沉更深，保持膝盖与脚尖同一方向。开始感到力竭，学员需要你的鼓励去完成高强度的动作。我们有四种鼓励方式：从内在角度鼓励，从外在角度鼓励，使用激将法和说鼓励的话。在准备和演练讲稿上花些时间，注意一些关键的激励性的话语，让每位学员都跟上训练。在教授的时候，注意要和学员有眼神交流，在课堂上做真实的自己。

- 最后一次，最后一种站姿，脚跟和脚尖外移
- 超宽距深蹲站姿：臀部向后坐，成90度
- **臀部坐的深一些，保持膝盖朝外**
- 在膝盖向外时，我们能够刺激到臀部
- 好的，伙计们，你们看起来很棒，你们做的也很正确，这意味着你们能体会到那种感觉
- 组合动作，连续慢慢地
- 当你们的动作正确，感觉到疲惫时，收紧肌肉，每一次动作都做到位
- 我们陪着你，你也陪着我们；一起加油
- 这首歌的主题就是你在街上闲逛，你的腿部曲线非常迷人

强度

下蹲时动作做到位，塑造你的腿部，注意节拍，通过快速小节训练给腿部带来紧绷感

训练效果

莱美的研究表明，BODYPUMP深蹲小节的关键是可以增加骨骼密度。在训练中，深蹲重量有所增加的学员都在臀部和脊椎上有了巨大的改善。



03. 胸部

重量选择

老学员：两个中等到大的杠铃片

新学员：两个小杠铃片

演示：从窄到宽杠铃片推举

小节焦点

教授从窄到宽杠铃片推举的节拍、训练目标区域、具体动作和身体的感受。

肌肉训练重点

胸肌、三头肌和三角肌

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Low)	4x8	Set up new move: NARROW TO WIDE PLATE PRESS	
	0:19	Rep / Woah	12x8	4/4 NARROW TO WIDE PLATE PRESS (32cts) Lower plates down by sides (8cts) Push plates out wide (8cts) Return plates back in by sides (8cts) Press plates back to top (8cts)	3x
	0:59	PC / Into the great	8x8	2/2 (16cts)	4x
	1:27	Rep / Free	2x8	1/1 (8cts)	2x
2	1:34	Swear to god	8x8	4/4 NARROW TO WIDE PLATE PRESS (32cts)	2x
	2:01	PC / Into the great	8x8	2/2 (16cts)	4x
	2:29	Rep / Free	8x8	1/1 (8cts)	8x
	2:56	Ref / Let it out	8x8	COMBO (16cts) 2x 1/1 NARROW PLATE PRESS (8cts) 1x 1/1 NARROW TO WIDE PLATE PRESS (8cts)	4x
3	3:23	Woah	4x8	TRANSITION: Pick up lighter plates for CHEST FLY	
	3:37	PC / Into the great	8x8	8/8 CHEST FLY (32cts)	2x
	4:05	C / Set me free	8x8	2x SLOW BOTTOM HALF CHEST FLY (8cts)	8x
	4:32	Instr / (Low)	4x8	TRANSITION: Plates down, behind bench for BENCH TOP CHEST PUSHUP	
4	4:46	PC / Into the great	8x8	8/8 BENCH TOP CHEST PUSHUP (32cts) Options: Toes, knees or kneeling	2x
	5:13	C / Set me free	8x8	2x SLOW BOTTOM HALF CHEST PUSHUP (8cts)	8x
	5:41	Rep / Woah woah	4x8	8/8 BENCH TOP CHEST PUSHUP (32cts) RECOVERY: CHILDS POSE, shake out arms and legs and open arms wide for Chest Stretch	1x



03. GREAT WIDE OPEN 6:02mins

技术与教授

1 从窄到宽，杠铃片推举

第一层

教授从窄到宽杠铃片推举的姿势和动作。使用NETT来教授训练目标区域、节拍，让学员顺利地进行训练，理解和感受音乐。

从窄到宽，杠铃片推举

- 双脚与髋部同宽，靠近踏板
- **杠铃片两边对称**
- 双肩远离双耳
- **收腹，下背部贴着踏板**
- 杠铃片下沉做窄距推
- 肘部外展做宽距推
- 从两侧收回，再向上推
- 做窄距推时，**肘部与踏板同高**
- 做宽距推时，**肘部与踏板同高**
- 窄距推刺激胸部肌肉
- 宽距推刺激上胸部肌肉
- 重要的组合运动
- 感受单次运动的所有力量

2 从窄到宽，杠铃片推举

第一层/第二层

第一块训练是短促的，能够继续帮助学员感受节拍和动作幅度。接下来帮助学员在训练中收获更多

通过使用第二层中的提示，向学员解释怎么让从窄到宽杠铃片推举更加有效。当我们做从窄到宽杠铃片过头推举时，这套组合动作会塑造强烈的肌肉紧绷感。

从窄到宽，杠铃片推举

- 双脚着地，收紧核心
- 在杠铃片下沉时保持肘部内收
- 手臂外展，做飞胸动作
- 控制时间，获得肌肉紧绷感
- 声调和线条感觉非常棒
- 让它自由
- 你能做到什么程度？
- 你能变得多强壮？
- 组合动作，两次窄距推，手臂外展
- 感受这个组合动作给胸部带来的效果

3 飞胸运动

第一层

在新的训练中，使用第一层中的动作演示提示，教授学员在飞胸运动注意节拍、活动幅度和目标区域。接下来鼓励学员动作做到位，感受肌肉的紧绷感。

飞胸运动

- 快速转换，拿起你的杠铃片
- **杠铃片彼此相对**
- 以非常慢的速度
- 肘部展开再下沉，体会胸部打开的感觉
- **肘部稍稍弯曲**
- 使肌肉紧绷感最大化
- **保持肘部稍高于踏板的高度**
- 臀部慢速下沉
- 让BODYPUMP给你自由

4 踏板俯卧撑

第一层/第二层/第三层

此次俯卧撑训练非常短，因此可以非常好的鼓励学员做俯卧撑时脚尖着地。快速教授俯卧撑第一层的姿势和动作

提供选择，让每位学员都获得成就感臀部感觉到紧绷并且疲劳感很快袭来。你会说些什么让你的学员紧跟训练呢？

你是否需要教育他们，让他们互相沟通，并激励他们坚持训练，还是需要表扬或者指导他们更多？不管你說什麼，考虑一下你要怎们表达……

紧跟这段非常酷的音乐，完成密集的训练！

- 回到踏板边准备做俯卧撑
- **双手宽距**
- 膝盖着地或者脚尖着地
- 记录每一次动作，每一次重复都至关重要
- **胸部落到肘部高度**
- **背部挺直**
- **收紧腹肌**
- 身体落下来，再挺起来
- 把身体支撑起来
- 身体尽可能地下沉
- 全面激活肌肉
- 最后一个，以非常慢的速度激活每一寸肌肉



03. GREAT WIDE OPEN 6:02mins

强度

通过结合不同的练习和最少的休息时间，交替肌肉训练，可以最大限度地提高训练效果，使我们能够保持强度，更快地获得收益。

训练效果

在窄距推的压力下，肘部的低位置能有效刺激胸骨和肋骨间较低的胸肌。宽距推和飞鸟运动能够锻炼锁骨以下的胸肌，特别是上胸肌。组合训练让我们加强了胸部的肌群。



04. 背部

重量选择

老学员：杠铃至胸部高度或更高，一个中等到大的杠铃片

新学员：杠铃拉到胸部高度，一个小到中等的杠铃片

演示者：负重推举

肌肉训练重点

宽距硬拉/推举/负重推举锻炼部位 - 臀肌、腿筋、下背部和上背部

杠铃划船：背阔肌和上背部：

单手杠铃片划船背阔肌、上背部和后三角肌

小节焦点

注意上背部的肌肉，每个杠铃运动都要保持正确的姿势，单手杠铃片划船时注意保持身体稳定性。

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low clap)	4x8 Set up for WIDE DEADLIFT Shoulder Roll	
	0:19	Instr / (Heavy beat)	4x8 2/2 WIDE DEADLIFT SET Stance	4x
	0:33	Instr / (Pulsing synth)	10x8 1/1 WIDE DEADROW	10x
	1:10	Br / (Low)	2x8 TRANSITION: Reset hands, normal grip on bar	
	1:18	V1 / _ I can't dance	4x8 2/2 DEADLIFT SET Stance	4x
	1:32	Came here	4x8 3/1	4x
	1:47	Rep / _ You look like	5x8 2/2	5x
	2:05	Instr / (Synth melody)	8x8 COMBO 1 (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	4x
	2:34	(Heavy melody)	8x8 1/1 CLEAN & PRESS	8x
	3:03	Rep / _ You look like	12x8 COMBO 2 (32cts) 1x POWER PRESS (16cts) 1x TRIPLE DEADROW (16cts)	3x
2	3:47	Instr / (Low)	4x8 TRANSITION: Bar down, pick up plate in L hand. R hand to hip or extends out	
	4:01	(Heavy synth)	8x8 BACKWARD-STEP TAP L with 1x 1/1 SINGLE-ARM PLATE ROW L (8cts), R hand to R hip Step L leg B (2cts), 1x 1/1 SINGLE-ARM PLATE ROW L (4cts), step L leg F to SET Stance (2cts)	8x
	4:30	(Heavy synth)	4x8 BACKWARD-STEP TAP L with 3x 1/1 SINGLE-ARM PLATE ROW L (16cts), R hand to R hip Step L leg B (2cts), 3x 1/1 SINGLE-ARM PLATE ROW L (12cts), step L leg F to SET Stance (2cts) Plate to collarbone on last 4cts. Step to MID Stance after last rep	2x
	4:45	Instr / (Heavy synth)	4x8 1/1 SQUAT PLATE PRESS MID Stance	8x



04. 背部

	MUSIC		SEQUENCE/EXERCISE	REPS
3	4:59 Instr / (Low)	4x8	TRANSITION: Shake out and prepare for other side	
	5:14 (Heavy synth)	8x8	BACKWARD-STEP TAP R with 1x 1/1 SINGLE-ARM PLATE ROW R (8cts), L hand to L hip Step R leg B (2cts), 1x 1/1 SINGLE-ARM PLATE ROW R (4cts), step R leg F to SET Stance (2cts)	8x
	5:43 (Heavy synth)	4x8	BACKWARD-STEP TAP R with 3x 1/1 SINGLE-ARM PLATE ROW R (16cts), L hand to L hip Step R leg B (2cts), 3x 1/1 SINGLE-ARM PLATE ROW R (12cts), step R leg F to SET Stance (2cts) Plate to collarbone on last 4cts. Step to MID Stance after last rep	2x
	5:58 Instr / (Heavy synth)	4x8	1/1 SQUAT PLATE PRESS MID Stance RECOVERY: Torso twists, upper and lower back stretches	8x



04. THERAPY 6:15mins

技术与教授

1 宽距硬拉/宽距杠铃划船/硬拉/推举/杠铃划船/负重推举

第一层/第二层

杠铃训练的第一块任务比较重，当学员在几次课后掌握了训练技巧，鼓励他们使用重一些的杠铃。使用姿势和动作教授学员正确动作，用NETT提示让学员清楚的了解动作；在训练开始时，要注意拉和举的技巧。随着训练的深入，你可以教授学员第二层中的训练重点：例如保持动作标准，（挤压肩胛，通过收紧肩胛让上背部的肌肉绷紧），帮助学员提高对动作的掌握，提高训练强度。在使用训练技巧时，保持标准的动作会带来更大的挑战，也能带来更好的训练效果。养成保持动作标准的习惯会对生活带来长期的收益，所以教授和鼓励学员养成这个好习惯。

宽距硬拉

- 双脚与髋部同宽，准备姿势，双手张开
- 收紧腹肌，挺胸
- 沉肩
- 硬拉，采用2/2
- 杠铃拉到膝盖的位置
- 身体从臀部开始前倾

宽距杠铃划船

- 杠铃从膝盖拉到肋骨，再落回到膝盖
- 肘部外展抬高
- 核心紧绷
- 在做杠铃划船动作时收紧肩胛

硬拉

- 双手靠拢，转动肩部
- 保持肘部向后
- 保持挤压肩胛
- 臀部、脚跟和大腿
- 臀部向下坐
- 让脚跟向下，挤压大腿
- 把杠铃杆拉到大腿的顶部，沿着腿向上拉向下沉
- 在站起来时打开胸部，收紧肩胛
- 保持标准动作，激活肌肉

推举

- 一组推举，一组杠铃划船
- 握住杠铃时收紧腹部
- 杠铃靠近身体
- 推举杠铃高过身体
- 臀部向下坐
- 用大腿发力推到头顶

杠铃划船

- 杠铃从膝盖拉到肋骨，落回到膝盖，再拉起
- 肘部向后内收
- 背部挺直
- 下巴收紧，眼睛看前方约两米的位置
- 挺胸，收腹
- 挤压肩胛之间

负重推举

- 负重推举 - 一次抓握，三次推举
- 每次抓握杠铃的时候要弯曲膝盖
- 三次杠铃划船
- 利用好你的下蹲 - 感受发力
- 臀部向后坐。
- 收腹，挺胸

2 后撤弓步和单手杠铃片划船/杠铃片蹲举

第一层/第二层

我们对单手杠铃片划船训练有新的调整；将单手杠铃片划船与后撤弓步结合在一起，锻炼身体的稳定肌肉，在训练中增加新一级的强度。逐一地教授学员这些动作，让学员清晰地了解和掌握。让学员先开始第一层的训练，教授他们节拍、训练目标区域和动作幅度，让每个学员获得成就感。教授学员，鼻子要超过脚尖，目标区域是让身体以臀部为中心向前倾，使杠铃片拉至胸廓位置，同时要保持肩部平直，避免上背部发力。

这部分训练的结尾要做八次杠铃片蹲举，加快心率；预先提示学员，快速的转换动作，鼓励学员下蹲动作到位，高质量地完成这部分训练。



04. THERAPY 6:15mins

后撤步脚尖点地和单手杠铃片划船

- 用右手拿起你的杠铃片，单手杠铃片划船
- 肩部向后收。
- 同时右脚后撤
- **以臀部为中心，**
- **鼻子超过脚尖**
- 锻炼上背部的肌肉并且肩膀平直
- **挺胸，收腹**
- **杠铃片拉到胸廓位置**
- 三次划船。
- **向后挤压肩胛**

杠铃片蹲举

- 正距站姿
- 杠铃片与锁骨齐高 - 蹲举
- 八次重复
- **臀部向后下坐**
- **臀部稍高于膝盖**
- **挺胸，收紧腹肌**

3 后撤弓步和单手杠铃片划船/杠铃片蹲举

第二层/第三层

第二层的教授重点是提高学员对动作的掌握，控制整个训练的强度。单手杠铃片训练可以让学员很好的感受到身体两侧的肩胛收缩肌。隔离开这些肌肉的关键是保持躯干的稳定。可以通过身体从臀部向前倾、挺胸和平直肩部来实现。使用第二层和第三层的混合训练，通过训练强度和激励性的话语使效果最大化。

通过表扬和鼓励提高学员积极性，继续努力训练，挑战性的暗示能够促使他们训练，投入更多精力到训练中。使用音乐激发学员的热情，让他们尽最大的努力训练。你会怎么让每位学员坚持到最后呢？

- 左手握住杠铃片，单手杠铃划船
- 在这个阶段中，注意观察学员的动作
- 鼻子超过脚尖
- 站立时，重心压在前腿上，挤压右侧臀部
- 保持肩胛收紧
- 让我们完成接下来的训练
- 后撤一步，保持这个姿势
- 把杠铃片拉到肋骨位置。
- 动作不错，伙计们
- 中等距离站姿 - 8次深蹲
- 伸展肩部

表现

这一小节与其他模块的训练有许多不同点。不要过度指导；让音乐推动训练。保持你的提示简短、清晰、准确，让学员感受音乐

将音乐，你的语调语速和身体动作融入你的教授过程中！用你自己的方式……

强度

本节训练中，通过将隔离训练和组合训练相结合，获得训练强度。单手划船训练的隔离肌肉，可以很好地给肌肉带来绷紧感。推举、负重推举和杠铃片过头推举的组合训练，加快了心率。

训练效果

在弓步后撤单手杠铃片划船中，鼻子超过脚尖，可以额外增加臀部和脚筋的训练。这个姿势使我们的重心移动到我们的支撑基础上。这意味，为了保持姿势，身体背部的肌肉必须用力地收紧。

SMARTSTART

感谢新加入的学员，告知新加入的学员他们有权离开。



05. 肱三头肌

重量选择

老学员：一个中等到大的杠铃片 新学员：一个小到中等的杠铃片

肌肉训练重点

三头肌俯卧撑：三头肌、前三角肌、胸肌
站姿过头三头肌屈伸，向后伸臂：三头肌

小节焦点

清晰地教授学员三头肌训练的准备姿势和动作演示，在单次节拍中给学员重点、选择和挑战。

这个小节的内容明确。有一个替代小节。

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Beat)	2x8	Set up STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	
	0:12	Instr / (Distorted vocals)	6x8	2/2 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	6x
	0:30	And if I try to	4x8	3/1	4x
	0:42	C / Pray for the	8x8	1/1 SET Stance	16x
2	1:05	Instr / (Distorted vocals)	4x8	TRANSITION: To L side of bench for TRICEP BENCH PUSHUP	
	1:16	V2 / Every morning	4x8	2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	1:28	Give everything	4x8	3/1	4x
	1:39	C / Pray for the	8x8	1/1	16x
3	2:02	Br / _ If I had one	2x8	TRANSITION: Pick up smaller weight plate in L hand for TRICEP BENCH KICKBACK L	
	2:08	_ To be better	6x8	2/2 TRICEP BENCH KICKBACK L (Plate in L hand)	6x
	2:25	C / Pray for the	8x8	1/1	16x
	2:48	Rep / It's Saturday	8x8	1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate	14x
4	3:10	Instr / (Distorted vocals)	4½x8	TRANSITION: Plate down, back to R side of bench for TRICEP BENCH PUSHUP	
	3:23	V3 / Every morning	4x8	2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	3:35	Give everything	4x8	3/1	4x
	3:46	C / Pray for the	8x8	1/1	16x
5	4:09	Br / _ If I had one	2x8	TRANSITION: Pick up smaller weight plate in R hand for TRICEP BENCH KICKBACK R	
	4:16	_ To be better	6x8	2/2 TRICEP BENCH KICKBACK R (Plate in R hand)	6x
	4:32	C / Pray for the	8x8	1/1	16x
	4:55	Rep / It's Saturday	8x8	1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate RECOVERY: Shake out the arms. Tricep stretches	14x



ALTERNATIVE

05. 肱三头肌 5:21mins

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	2x8 Set up STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	
	0:12	Instr / (Synth)	6x8 2/2 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	6x
	0:30	(Bup)	4x8 3/1	4x
	0:42	(Heavy)	8x8 1/1 SET Stance	16x
2	1:05	(Lower)	4x8 TRANSITION: To L side of bench for TRICEP BENCH PUSHUP	
	1:16	(Synth)	4x8 2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	1:28	(Bup)	4x8 3/1	4x
	1:39	(Heavy)	8x8 1/1	16x
3	2:02	(Low)	2x8 TRANSITION: Pick up smaller weight plate in L hand for TRICEP BENCH KICKBACK L	
	2:08	(Low build)	6x8 2/2 TRICEP BENCH KICKBACK L (Plate in L hand)	6x
	2:25	(Heavy)	8x8 1/1	16x
	2:48	(Heavy melody)	8x8 1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position. Option: to pick up larger weight plate	14x
4	3:10	(Guitar)	4½x8 TRANSITION: Plate down, back to R side of bench for TRICEP BENCH PUSHUP	
	3:23	(Melody)	4x8 2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	3:35	(Melody Bup)	4x8 3/1	4x
	3:46	(Heavy)	8x8 1/1	16x
5	4:09	(Low)	2x8 TRANSITION: Pick up smaller weight plate in R hand for TRICEP BENCH KICKBACK R	
	4:16	(Low build)	6x8 2/2 TRICEP BENCH KICKBACK R (Plate in R hand)	6x
	4:32	(Heavy)	8x8 1/1	16x
	4:55	(Heavy melody)	8x8 1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position. Option: to pick up larger weight plate RECOVERY: Shake out the arms. Tricep stretches	14x



05. SAY AMEN 5:21mins

技术与教授

第一层

使用NETT教授学员三头肌伸展训练第一层的姿势和动作演示。每次只给出一个提示，给学员留出一点时间，这样学员就能理解具体的训练动作。

1 杠铃片过头站立三头肌屈伸运动

- 双脚前后分立
- 双手过头伸展
- 弯曲膝盖
- **收紧腹肌**
- **挺胸**
- **降低杠铃片至脖子根部**
- **向上完全伸展**
- **挤压肘部内收**
- 肩部下沉后收，收紧肩胛使肩部平衡稳定
- 肘部向前，核心打开

2 三头肌俯卧撑。

第一层/第二层

教授学员三头肌俯卧撑训练第一层的姿势和动作演示，注意在教授中提供选项，帮助每位学员掌握正确的姿势。接下来，当每位学员顺利训练的时候，挑战一下脚尖着地的俯卧撑，获得更健康的身体。第二层的提示能够帮助学员完善训练动作，控制训练强度。我们想要通过核心保持稳定，避免身体中部向下弯，挑战脚尖着地的俯卧撑！

三头肌俯卧撑

- *到踏板的一侧*
- *双手紧紧地贴在踏板上*
- *肩部下沉后收*
- *膝盖着地或者脚尖着地*
- **收紧腹肌**
- **降低胸部，与肘部同高**
- **肘部向后内收**
- *选择 - 可以膝盖着地或者让膝盖靠近踏板*
- *挤压臀部，准备做俯卧撑*
- *确保你的肘部内收，增加对手臂后部肌肉的刺激*

3 三头肌踏板向后伸臂/站姿杠铃片过头三头肌屈伸

第一层/第二层

在过渡和准备新动作时，教授向后伸臂的准备姿势，包括目标区域、节拍和动作幅度。当采用二二节拍单次训练时，学员会感觉肌肉在燃烧，增加了对三头肌的刺激。关键是保持肘部较高并靠近身体；动作幅度小和肌肉刺激强。慢慢地让学员站起来来做过头伸展单次

组合，完成这块的训练。重点是要隔开上臂的肌肉，沉肩保持肩部稳定。

三头肌踏板向后伸臂

- *向后伸臂，拿起你的杠铃片*
- *身体从臀部开始前倾*
- **挺胸**
- **上臂与地面平行——伸展肘部**
- **保持肩部平直**
- *关键是保持肘部较高并靠近身体*

杠铃片过头站立三头肌屈伸运动

- *站起来，拿起你的大杠铃片*
- *双手过头伸展*
- *动作非常好*
- *肩膀下沉*
- *挺胸，收腹*
- *挤压肘部内收*

4 三头肌俯卧撑。

第二层/第三层

在另一个俯卧撑环节，疲乏会很快袭来。不管是什么训练难度，鼓励你的学员把动作做到位，高质量地完成训练。现在你需要激励他们坚持完成训练，你会对学员说些什么，怎么帮他们度过这个时光？

三头肌俯卧撑

- *任何时候，都可以膝盖着地，追求训练质量，特别在疲劳的时候*
- *在肘部发热的时候，努力保持肘部靠近身体*
- *向下推踏板，用力撑起身体*
- *胸部发热，肩部发热*
- *三头肌火辣辣*



05. SAY AMEN 5:21mins

5三头肌踏板向后伸臂/站姿杠铃片过头三头肌屈伸 第二层/第三层

我们一起完成了向后伸臂和站姿过头三头肌屈伸的训练，塑造我们的肌肉。记住，这都是为了庆祝我们的训练成果，让音乐表达出我们的感受！你会怎么样让你的学员坚持到最后？

- 拿起小的杠铃片
- 向后伸臂 - 2/2
- 如果你有机会变得比昨天更好，你会把握它吗？
- 挤压手臂的后部
- “Mama, can I get another...”
- 过头伸展
- 我们一起完成训练，手臂向后沉

训练效果

三头肌有三个“头”。其中之一是长头，长头起自肩胛骨，外侧头和内侧头均起自上臂。当我们在向后伸臂训练中将上臂与地面平行时，三头肌的长头在保持上臂的位置方面起着关键的作用。



06. 肱二头肌

重量选择

杠铃重量与热身重量相同或者少一些 两个小到大的杠铃片

肌肉训练重点

二头肌弯举：二头肌
二头肌杠铃片划船：上背部和二头肌

小节焦点

清晰地教授组合动作的节拍。准确提示二头肌弯举的动作，通过反握来隔开肌肉，获得成果。

这个小节的内容明确。有一个替代小节。

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Thunder)	4x8	Set up for BICEP PLATE CURL SET Stance
	0:20	C / _ Yeah I'm in this	8x8	PLATE COMBO SET Stance (16cts) 4x 1x ALT SINGLE-ARM BICEP PLATE CURL L, R (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
2	0:45	V1 / Cr , cr, crack	8x8	2/2 BICEP PLATE CURL SPLIT Stance 8x
	1:11	C / _ Yeah I'm in	8x8	PLATE COMBO (16cts) SET Stance 4x
	1:35	Ref / _ Clap clap clap	4x8	1/1 BICEP PLATE ROW (8cts) 4x
3	1:48	V2 / Why's everybody so	4x8	2/2 BICEP PLATE CURL SPLIT Stance 4x
	2:00	Lil mama try	4x8	1/1/2 SET Stance 4x
	2:13	That couple bricks	4x8	2/2 SPLIT Stance 4x
	2:26	C / _ Yeah I'm in	8x8	PLATE COMBO SET Stance 4x
4	2:50	V3 / _ Mami's body	1x8	TRANSITION: Plates down. Pick up barbell
	2:53	Rep / _ I make it	7x8	2/2 BICEP CURL SPLIT Stance 7x
	3:15	C / _ Yeah I'm in	8x8	BARBELL COMBO (16cts) SET Stance 4x 2x 1/1 BICEP CURL (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
5	3:40	Instr / (Low)	1/2x8	HOLD
	3:42	V4 / _ Mami's body	8x8	2/2 BICEP CURL SPLIT Stance 8x
	4:07	C / _ Yeah I'm in	8x8	BARBELL COMBO SET Stance 4x
	4:32	Ref / _ Calca, TS	4x8	1/1 BICEP CURL 8x
	4:44	Outro	2x8	RECOVERY: Bar down, shake out arms



ALTERNATIVE

06. 肱二头肌4:54mins

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	4x8	Set up for BICEP PLATE CURL SET Stance
	0:20	Instr / (Melody rhythm)	8x8	PLATE COMBO SET Stance (16cts) 1x ALT SINGLE-ARM BICEP PLATE CURL L, R (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
2	0:45	(Low synth)	8x8	2/2 BICEP PLATE CURL SPLIT Stance
	1:11	(Melody rhythm)	8x8	PLATE COMBO (16cts) SET Stance
	1:35	(Windup)	4x8	1/1 BICEP PLATE ROW (8cts)
3	1:48	(Melody)	4x8	2/2 BICEP PLATE CURL SPLIT Stance
	2:00	(Melody)	4x8	1/1/2 SET Stance
	2:13	(Melody)	4x8	2/2 SPLIT Stance
	2:26	(Melody rhythm)	8x8	PLATE COMBO SET Stance
4	2:50	(Melody)	1x8	TRANSITION: Plates down. Pick up barbell
	2:53	(Melody)	7x8	2/2 BICEP CURL SPLIT Stance
	3:15	(Melody rhythm)	8x8	BARBELL COMBO (16cts) SET Stance 2x 1/1 BICEP CURL (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
5	3:40	Br / (Low)	1/2x8	HOLD
	3:42	(Melody)	8x8	2/2 BICEP CURL SPLIT Stance
	4:07	(Melody rhythm)	8x8	BARBELL COMBO SET Stance
	4:32	(Melody rhythm)	4x8	1/1 BICEP CURL
	4:44	Outro	2x8	RECOVERY: Bar down, shake out arms



06. MAKE IT RAIN 4:54mins

技术与教授

1 二头肌杠铃片弯举 第一层

使用第一层的姿势和动作提示，让学员正确地节拍，保持组合动作的正确性。

- **双脚臀部同宽**
- **收腹**，绷紧
- **挺胸**，肩部下沉向后收紧
- 交替弯举，连续三次小幅度摆动
- **一直把杠铃片弯举至肩部位置**
- **大腿降低**
- 保持在肘关节高度连续小幅度摆动

2 二头肌杠铃片弯举/二头肌杠铃片划船

第一层/第二层

第一块训练非常短，所以第一层的动作提示要让学员做好基本准备。使用第二层的提示能够帮助学员提高技巧。在二头肌杠铃片弯举中，注意肘部的位置，以保持负荷在目标区域肌肉，把保持动作标准，让目标区域肌肉受到更多负荷。

二头肌杠铃片弯举

- 从大腿开始，杠铃片举至身体中线
- **肘部位于肩部下方**
- 肩部下沉，弯曲膝盖
- 感受这个动作带来的难度，肩部下沉向后收紧
- 单次动作和连续摆动
- 保持肘部在下，增加肌肉负荷
- 开始让杠铃片举得再高一些

二头肌杠铃片弯举

- 接下来做划船动作；二头肌杠铃片划船
- **杠铃片至膝盖位置**
- **在胸廓下方**
- 真正地做到转动杠铃片

3 二头肌杠铃片弯举 第二层/第三层

疲乏很快袭来，第二层的教授重点是提高学员的参与度。在你准备教授重点的时候，思考一下：要说些什么；并且思索一下应该怎样去表达你的说话风格是什么？

你可以很好地互动音乐或者音乐会带给你动力吗，或两者都是？我们向学员传递信息的方式非常重要，它能使学员掌握并且在训练中带来改善。

二头肌杠铃片弯举

- 注意反握
- 真正地做到弯举杠铃片
- 让我们感受到肌肉发胀
- 努力保持
- 保持肘关节弯曲
- 你能感受到肌肉受到负荷吗？
- 大幅度弯举，让肌肉燃烧起来。
- 开始单次动作和连续摆动
- 保持弯举杠铃片，让膝盖弯曲

4 & 5 二头肌杠铃片弯举

第二层/第三层

最后两块训练的比较辛苦，能够真切的感受到肌肉在燃烧……第四块训练，让学员使用杠铃进行训练，因此训练会非常辛苦。第三层的提示要鼓励学员完成训练。向学员证明训练也可以非常快乐，从内在激励学员，让学员爱上训练的感觉，获得成就感。

在这酷炫的音乐中，你怎么带领学员坚持到最后？

- 使用杠铃
- 反握
- 从大腿开始
- 弯举到肩部以下
- 放松膝盖，顺着胸部举高
- 开始向外伸展手臂
- 保持在肘关节高度连续小幅度摆动；动作要正确
- 一起来高质量地完成
- 向后挤压肩胛，保持动作标准，坚持到最后
- 我们将要结束此次训练
- 现在感觉非常强烈，还有30秒
- BODYPUMP，挥汗如雨。
- 八次弯举，坚持到最后



06. MAKE IT RAIN 4:54mins

强度

本节训练的强度是通过二头肌弯举训练中反握杠铃片的动作实现的。

训练效果

在二头肌弯举的训练中保持肩胛稍稍收紧，教授学生在保持标准动作有困难的时候，保持胸椎稳定。



07. 弓步下蹲

重量选择

一个中等到大的杠铃片 选择：身体自重

肌肉训练重点

深蹲和弓步：臀部和股四头肌

小节焦点

清晰地教授学员深蹲和后撤弓步下蹲组合动作的节拍，注意关注姿势，增加对肌肉的刺激和负荷。

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Don't fail me	4x8 Set up PLATE FRONT SQUAT	
	0:16	_ Don't hold it in	4x8 4/4 PLATE FRONT SQUAT MID Stance Plate to collarbone	2x
	0:27	_ Through the night	8x8 4/4 ALT BACKWARD-STEPPING LUNGE L, R (32cts) Step R leg B first	2x
	0:49	PC / No time to	8x8 SLOW SQUAT-LUNGE COMBO (64cts) 1x 4/4 SQUAT (16cts) 1x 4/4 LUNGE L (16cts), R leg steps B 1x 4/4 SQUAT (16cts) 1x 4/4 LUNGE R (16cts), L leg steps B	1x
	1:10	Rep / Ready for this	12x8 FAST SQUAT-LUNGE COMBO (16cts) 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE L (4cts), R leg steps B 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE R (4cts), L leg steps B Note: First 2 reps easy range	6x
2	1:44	V2 / _ As I make	1x8 TRANSITION to PLATE LUNGE L (R foot B). Plate in R hand	
	1:47	I stand here	7x8 3/1 PLATE LUNGE L (R foot B) Plate to collarbone on last 4cts	7x
	2:05	Instr / (Distorted synth)	8x8 SQUAT-LUNGE L COMBO (8cts) 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE L (4cts)	8x
	2:27	No time to	1x8 TRANSITION to PLATE LUNGE L (R foot B). Plate in R hand	
	2:30	_ Cause I	7x8 3/1 PLATE LUNGE L	7x
	2:49	Rep / Ready , ready	4x8 1/1 Plate to collarbone on last 4cts	8x
	3:00	Instr / (Distorted synth)	8x8 SQUAT-LUNGE L COMBO (8cts)	8x



07. 弓步下蹲

3

	MUSIC		SEQUENCE/EXERCISE	REPS
	3:23 V3 / _ As I make	1x8	TRANSITION to PLATE LUNGE R (L foot B). Plate in L hand	
	3:25 I stand here	7x8	3/1 PLATE LUNGE R (L foot B) Plate to collarbone on last 4cts	7x
	3:44 Instr / (Distorted synth)	8x8	SQUAT-LUNGE R COMBO (8cts) 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE R (4cts)	8x
	4:06 No time to	1x8	TRANSITION to PLATE LUNGE R (L foot B). Plate in L hand	
	4:09 _ Cause I	7x8	3/1 PLATE LUNGE R	7x
	4:28 Rep / Ready, ready	4x8	1/1 Plate to collarbone on last 4cts	8x
	4:39 Instr / (Distorted synth)	8x8	SQUAT-LUNGE R COMBO (8cts) RECOVERY: Shake legs, Quadricep Stretches	8x



07. READY FOR IT 5:04mins

技术与教授

1 杠铃片前蹲举/交替后撤弓步下蹲/弓步下蹲组合动作

第一层

本节训练从杠铃片前蹲举开始，到交替后撤弓步下蹲，再到弓步下蹲组合动作，从慢到快。清晰地教授学员怎么移动腿部（想一下身体的部位和方向），通过良好的节拍提示让学员动作一致。每次只做一次提示，让学员跟上节拍。可以让学员早一些放下杠铃片，降低训练强度，保持标准动作！

杠铃片前蹲举

- 前深蹲
- 杠铃片高举到胸部
- 双脚宽于髋部
- 肘部低于杠铃片
- 挺胸，收腹
- 臀部向下坐
- 臀部稍高于膝盖

交替后撤弓步下蹲

- 向后退一大步
- 后腿膝盖下沉，前腿膝盖朝外
- 收回后腿，转换
- 挺胸，收紧腹肌
- 前腿的大腿与地面平行

弓步下蹲组合动作

- 慢速做组合动作
- 双脚宽于髋部
- 慢速下蹲，慢速弓步下蹲
- 臀部至膝盖的高度
- 在弓步下蹲中，我们尝试让前腿的大腿与地面平行
- 准备好加快一点速度了吗
- 仔细感受。
- 这就是你们的组合动作
- 现在动作做到位
- 向后退一大步
- 任何时候都能选择身体自重训练

2 杠铃片弓步/弓步下蹲组合动作

第二层/第三层

在这部分，我们从静止的弓步训练开始，然后回到弓步下蹲组合动作，使用同一条腿，让肌肉燃烧感最大化。先教授基本的节拍、目标区域和动作幅度，让每位学员顺利地感受音乐。完美弓步的关键是后撤一大步，保持上身直立的姿势。在第二部分训练中，要注意第二层和第三层的提示，增加训练强度，动作做到位，把握节拍，鼓励每位学员坚持到最后。告诉学员这次训练的好处：让肌肉产生燃烧感，塑造腿部曲线。如果训练中不得不放下杠铃片，这也是一种成功。

杠铃片弓步

- 左脚后撤，杠铃片在左手
- 保持住，采用3/1
- 重复两次这个动作。
- 臀部端正，肩部平直。
- 收腹，挺胸
- 正确的姿势，充分给腿部压力。
- 我觉得我们已经准备好迎接更多
- 的单次动作，训练你的身体，保持住

弓步下蹲组合动作

- 即将迎接一次下蹲和一次弓步下蹲
- 上抬杠铃片
- 一次下蹲和一次弓步下蹲
- 同一条腿
- 我们在塑造强健有力的腿部
- 我们知道这个动作。
- 感受节拍，下沉你的臀部
- 腿部在燃烧



07. READY FOR IT 5:04mins

3 杠铃片弓步/弓步下蹲组合动作

第二层/第三层

第三块训练是对第二块训练的重复。使用第二层的训练强度和第三层中的激励性提示，帮助你的学员完成训练。试着使用内在的激励，例如好的训练带来的感受，带领学生完成训练！

- 杠铃片在右手中
- 疲劳开始涌上来了
- 你住你可以选择放下杠铃片
- 组合动作：一次下蹲和一次弓步下蹲
- 同一侧
- 挺胸
- 如果你拿着杠铃片，举起它。
- 最后一轮，伙计们
- 没有时间多虑了
- 还有一次
- 大肌群的锻炼消耗卡路里
- 大量卡路里在消耗
- 单次运动- 结束这次训练
- 重踩你的脚后跟，就像要留下脚印一样
- 你们准备好了吗？
- 感受到疲乏后坚持训练肯定会有效果
- 保持腿部慢慢运动
- 更强壮，更可靠
- 我们要完成了。

强度

弓步下蹲组合动作的强度可以给固定腿带来持续的紧绷感。若要使训练效果最大化，在回到深蹲姿势时，我们要保持腿部微微弯曲，要确保我们膝盖的方向和脚尖一致。

训练效果

在弓步训练时，双脚分开的距离和与髋部同宽。在这个组合动作训练中，教授学员两个动作间的区别可以让学员选择最优的动作幅度和控制自身。



08. 肩部

重量选择

老学员：杠铃重量与热身重量相同，两个小到中等的杠铃片

小节焦点

清晰地教授反向飞鸟转动身体训练的姿势和动作，让学员更好地掌握技巧和快速地进行转换。告诉学员这次训练的好处。

肌肉训练重点

杠铃训练：三角肌、斜方肌和肩外旋转肌群

杠铃片训练：上背部的肌肉、后三角肌

俯卧撑：胸肌、三头肌、三角肌和核心肌群

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Clap)	4x8	Set up STANDING REAR DELTOID FLY SET Stance
	0:19	Instr / (Beat)	4x8	2/2 STANDING REAR DELTOID FLY SET Stance
	0:35	V1 / _ Yeah we a big	4x8	4/4
	0:50	PC / Big song	4x8	2/2
	1:05	Rep / Explode	4x8	1/1/2
	1:20	Instr / (Heavy)	8x8	1/1 STANDING REAR DELTOID FLY WITH ROTATION (8cts)
2	1:50	Instr / (Low)	2x8	TRANSITION: Plates down, kneeling position, pick up bar, WIDE Grip, ready for KNEELING UPRIGHT ROW
	1:57	(Bup)	2x8	2/2 KNEELING WIDE-GRIP UPRIGHT ROW
	2:05	V2 / _ No we no little	4x8	4/4
	2:20	PC / Big song	4x8	2/2
	2:35	Rep / Explode	4x8	1/1/2
				Use last 8cts to transition from bar to plates for KNEELING REAR DELTOID FLY WITH ROTATION L leg F
3	2:50	Instr / (Heavy)	8x8	1/1 KNEELING REAR DELTOID FLY WITH ROTATION (8cts)
	3:20	Rep / Explode	4x8	1/1 PUSHUP
				Use first 4cts to transition to PUSHUP
				Options: Toes, knees or kneeling
	3:35	Instr / (Low)	2x8	TRANSITION: Plates down kneeling position, pick up bar, WIDE Grip, ready for KNEELING UPRIGHT ROW
	3:42	(Bup)	2x8	2/2 KNEELING WIDE-GRIP UPRIGHT ROW
	3:50	V3 / _ No we no little	4x8	4/4
	4:05	PC / Big song	4x8	2/2
	4:20	Rep / Explode	4x8	1/1/2
				Use last 8cts to transition from bar to plates for KNEELING REAR DELTOID FLY WITH ROTATION R leg F
	4:35	Instr / (Heavy)	8x8	1/1 KNEELING REAR DELTOID FLY WITH ROTATION
	5:05	Rep / Explode	4x8	1/1 PUSHUP
				Use first 4cts to transition to PUSHUP
	5:20	Outro	4x8	TRIPLE PULSE PUSHUP
				RECOVERY: Shake arms, roll shoulders, shoulder stretches



08. BOOMSHAKALAK 5:40mins

技术与教授

1 站姿反向飞鸟/站姿反向飞鸟转动手臂

第一层/第二层

注意节拍，目标区域和动作幅度，让你的学员掌握动作，理解这个新动作，反向飞鸟转动手臂。锻炼后三角肌的关键是身体躯干从臀部开始前倾，在连续摆动中用强壮的核心肌群保持身体稳定。

站姿反向飞鸟

- 拿起你的杠铃片
- 准备动作
- 身体从臀部开始前倾
- 杠铃片朝内
- 收紧核心，挺胸
- 肩部下沉，收紧
- 肘部带动
- 肘部稍低于肩膀高度。
- 挤压肩胛
- 收紧下巴，目光朝前
- 保持躯干前倾45度，隔离后三角肌

站姿反向飞鸟，转动手臂

- 反向飞鸟，转动手臂
- 向上张开，转动手臂
- 转动手臂
- 二头肌朝上，肘部朝下
- 试着把杠铃片转过来，使它们朝前
- 保持挺胸，收紧腹肌
- 深度锻炼稳固肩胛的肌肉群

2 跪姿宽距直立划船/跪姿反向飞鸟转动手臂

第一层动作/第二层动作

调整训练会帮助学员坚持得更久一点。跪姿杠铃训练会给学员带来更大的挑战。先教授基本的节拍、目标区域和动作幅度，让每位学员顺利地掌握直立杠铃划船。再回到反向飞鸟转动手臂训练，提示要准确，让学员快速转换。当你让学员继续训练时，教授第二层的提示能帮助学员掌握新动作，告诉学员训练的好处，鼓励他们坚持训练。再做七个俯卧撑就能完成这块训练，鼓励学员尽最大的努力。

跪姿宽距直立划船

- 握住你的杠铃
- 宽距直立划船
- 杠铃靠近身体
- 目标区域部位 - 下胸部
- 稳定住肩膀
- 收腹，挺胸
- 肩部下沉后收，挤压臀部
- 肘部外展抬高
- 当稳定住身体，你会肩部被隔开
- 我能看出你的肩膀在经受磨练 - 你看起来不错
- 躁起来
- 快速转换，放下杠铃

跪姿反向飞鸟转动手臂

- 放下杠铃
- 上抬杠铃片
- 一条腿向前
- 身体从臀部开始前倾
- 反向飞鸟，转动手臂
- 挺胸，鼻子超过或脚尖
- 稳定你的身体，向后挤压肩胛
- 向后挤压肩胛，转动杠铃片
- 肩部的稳定让我们变强壮和保证安全

俯卧撑

- 双手宽距张开，俯卧撑
- 膝盖着地或脚尖着地 - 只有7个
- 双肩远离双耳
- 收紧腹肌
- 胸部落到肘部高度
- 支撑起身体



08. BOOMSHAKALAK 5:40mins

3 跪姿宽距直立划船 /跪姿反向飞鸟转动手臂 第二层/第三层

最后一块训练是对第二块训练的重复，在最后有一些连续三次小幅度俯卧撑。教授第二层的内在和外在提示，帮助学员更好地掌握技巧。训练强度很大，要用激励性的语言鼓励学员，让他们更好地完成训练；这就是目标区域！告诉学员训练的好处，教授和鼓励学员完成这最后一节训练！

- 宽距正握，直立杠铃划船
- 控制杠铃沿着身体向下
- 带着肌肉紧绷感训练
- 就是这样 – 向上再向上
- 训练你自己
- 杠铃靠近身体
- 发力 – 快速上拉杠铃
- 你能感受到肩部的力量吗
- 放下杠铃，抓起杠铃片
- 顺着肘部运动
- 转动手臂
- 记住：二头肌向上。肘部朝下。
- 以俯卧撑来结束
- 三次连续俯卧撑
- 最后一次，躁起来
- 我们要怎么完成了，伙计们？

强度

这个小节的训练强度源于对内在的肩部肌肉和肩胛肌群的关注。直立杠铃划船和反向飞鸟转动手臂的组合动作能够让肌肉达到一定程度的疲劳。经过这推拉的训练，可以帮助提高我们的力量和控制身体。

训练效果

训练肩部外侧旋转肌群，就像我们在反向飞鸟转动手臂时做的那样，可以训练小圆肌和冈下肌。这些肌肉负责保持肱骨在运动中的中心，如侧向平举和过头推举。控制肱骨是训练上身时避免冲击的重要组成部分。



09. 核心训练

重量选择

一个小到中等的杠铃片

演示

负重卷腹组合动作

小节焦点

注意清晰地教授新组合动作，在所有这些核心训练中，让学员掌握控制训练强度，告诉学员这些训练所能带来的好处。

肌肉训练重点

臀桥：臀部

平板和侧平板：腹直肌、腹斜肌

负重卷腹组合动作：腹直肌、腹斜肌

	MUSIC			SEQUENCE/EXERCISE	REPS
1	0:05	Intro	2x8	Set up for HIP BRIDGE , plates on lap	
	0:14	V1 / Love me	6x8	2/2 HIP BRIDGE Use last 4cts to transition plates to extended O/H	6x
	0:41	C / _ I don't wanna	6x8	PLATE CRUNCH COMBO (8cts) Crunch up, plates extend O/H (2cts) Lower body down, plates open wide (2cts) Crunch up, plates press up over shoulders (2cts) Lower body down, plates go back O/H (2cts)	6x
	1:09	V2 / Trust me	6x8	2/2 HIP BRIDGE Use last 4cts to transition plates to extended O/H	6x
2	1:36	C / _ I don't wanna	6x8	PLATE CRUNCH COMBO	6x
	2:03	Ref / Love me	4x8	HOVER Option: On knees Use first 8cts to transition to HOVER	
3	2:22	C / _ I don't wanna	4x8	2/2 ROTATING SIDE HOVER R Option: On knees	4x
	2:40	Rep / _ I don't wanna	4x8	15x PULSE SIDE HOVER R L arm extends up Use first 2cts to transition to SIDE HOVER	1x
4	2:59	Ref / Love me	4x8	HOVER Use first 8cts to transition to HOVER	
	3:18	C / _ I don't wanna	4x8	2/2 ROTATING SIDE HOVER L	4x
	3:36	Rep / _ I don't wanna	4x8	15x PULSE SIDE HOVER L R arm extends up Use first 2cts to transition to SIDE HOVER	1x



09. LET YOU BE RIGHT 3:57mins

技术与教授

1. 臀桥/负重卷腹组合动作

第一层

教授第一层训练的姿势和动作，使用清晰的节拍提示。清晰地教授负重卷腹组合动作的方向和目标区域部位，确保学员训练顺利进行。这的动作具有挑战性，即使不用杠铃片，也是非常好的开始动作。

臀桥

- 杠铃片放于大腿根部
- 保持杠铃片在臀部前方
- 挤压臀部，抬起杠铃片
- 让脚跟朝外，感受臀部发力

负重卷腹组合动作

- 杠铃片高过头顶准备做组合动作
- 杠铃片向上，向两侧张开，再向上，再回到高于头顶的位置
- 在卷腹时，肋骨向臀部靠近
- 下巴内收，目光朝前
- 杠铃片高于肩部



2 臀桥/负重卷腹组合动作

第二层

我们再一次重复第二块的动作。当学员掌握了基本的技巧，使用第二层的提示，让学员挺高技巧，并帮助他们感受目标区域肌肉部位的紧绷感。对于新的负重卷腹组合动作，在做卷腹时我们希望把重点关注上腹肌，在做飞胸时，重点要关注腹斜肌。

- 杠铃片在大腿前方
- 回到臀桥的动作
- 从脚跟发力，尝试更多地挤压臀部
- 这将会塑造出一个更好看的臀部
- 肩胛部位离地
- 塑造一个更强壮的核心

3 平板/侧平板转体

第一层/第二层

我们接下来做平板和侧平板转体，训练核心肌群。准确地教授这两个动作的姿势和动作，让每个学员都跟上。示范膝盖着地时的正确动作，降低训练强度。

平板支撑

- 放下你的杠铃片
- 转身做平板支撑的动作
- 前臂交叠支撑
- 肘部位于肩部下方
- 膝盖着地或者脚尖着地
- 收紧腹肌
- 背部挺直

做侧平板转体

- 向前方转体，做侧平板转体
- 同一侧
- 可以用膝盖着地替代脚尖站地
- 臀部下方抬离地面
- 整体去运动身体
- 臀部端正，肩部平直
- 快速向上并且连续摆动臀部
- 保持动作做到位

4 平板/侧平板转体

第二层/第三层

最后一块训练是对第三块内容的重复；记住，学员快要感觉到疲惫了，让他们的注意保持收紧腹部和整体运动身体。告诉学员这个训练的好处，教育和鼓励学员坚持到最后。

- 换到另一侧
- 前臂交叠支撑
- 平稳的运动 - 整体地转动身体
- 尽量做到运动无缝互动
- 快速向上并且连续摆动臀部
- 我们把臀部举得越高，腰线就会变的越漂亮



10. 放松

小节焦点
让你的学员跟上音乐旋律，伸展训练过的肌肉群

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	1x8	Set up CHILDS POSE . Get your participants to transition to kneeling position
	0:08	V1 / Never fades away	4x8	CHILDS POSE
	0:28	C / Hit so hard	4x8	UPPER BACK STRETCH L, R Switch side at halfway point
	0:49	Rep / _ Scars	2x8	CAT STRETCH
2	0:58	C / Your burn	2x8	KNEELING HIP FLEXOR STRETCH R (L leg F, R hand extends up)
	1:07	Your mark	2x8	KNEELING HIP FLEXOR STRETCH R with TWIST (R hand to L knee)
	1:17	Your burn	2x8	KNEELING HIP FLEXOR STRETCH L (R leg F, L hand extends up)
	1:27	Your mark	2x8	KNEELING HIP FLEXOR STRETCH L with TWIST (L hand to R knee)
3	1:37	V2 / _ There's no room	8x8	SEATED HURDLER STRETCH L, R Switch side at halfway point
	2:18	C / Your burn	4x8	STANDING QUADRICEP STRETCH L, R Switch side at halfway point
	2:38	_ Remember I told	4x8	STANDING O/H STRETCH (Both arms reach above head, hands together)
	2:59	C / Hit so hard	4x8	SHOULDER STRETCH L, R Switch side at halfway point
	3:19	Outro / Your mark	4x8	Roll and shake out. Congratulate the class for their efforts



10. REMIND ME TO FORGET 3:42mins

技术与教授

指导要点

- 描述一下伸展的动作，让学员感受肌肉的部位。
- 感谢学员参加今天的训练，祝贺他们完成了训练！



45-MIN FORMAT

05.肱三头肌/肱二头肌

重量选择

三头肌：一个中等到大的杠铃片 二头肌：两个中等到大的杠铃片

肌肉训练重点

二头肌杠铃片弯举：二头肌
跪姿过头伸展：三头肌
三头肌俯卧撑：三头肌、胸肌和三角肌

小节焦点

高质量地教授动作转换，让学员轻松地互动各种不同的训练。对所有动作的准备动作来说，使用第一层的提示，清晰地教授学员动作的具体执行步骤。第二点是把握时间，让学员的训练有强度有效果，并鼓励他们。

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 V1 / Soy mala	2x8	Set up SET Position, SHOULDER ROLL	1x
	0:16 Dominicana	2x8	1/1 ALT BICEP PLATE CURL L,R SET Stance (8cts)	2x
	0:25 Basta	4x8	2/2 BICEP PLATE CURL (8cts)	4x
	0:44 Instr / (Rhythmic synth)	8x8	BICEP COMBO (32cts) 1x 8 MID-RANGE PULSE (16cts) 4x 1/1 FAST ALT BICEP PLATE CURL L, R (16cts)	2x
	1:21 V2 / Soy mala	1x8	TRANSITION: One plate only, to the floor into kneeling position for KNEELING TRICEP O/H PLATE EXTENSION	
2	1:26 Pa' la playa	3x8	1/1 KNEELING TRICEP O/H PLATE EXTENSION (4cts)	6x
	1:39 Basta	4x8	2/2 (8cts)	4x
	1:57 Instr / (Rhythmic synth)	8x8	TRICEP COMBO (32cts) 1x 7 KNEELING PULSE BOTTOM HALF TRICEP O/H PLATE EXTENSION (16cts) Use last 4cts to transition to TRICEP PUSHUP 1x 7 PULSE BOTTOM HALF TRICEP PUSHUP (16cts) Option: Toes, knees or kneeling	2x
	2:33 (Low drum)	4x8	1/1 TRICEP PUSHUP	8x
	2:50 V3 / Soy mala	1x8	TRANSITION: Pick up 2 plates, stand, SET Stance for ALT BICEP PLATE CURL L, R	
3	2:56 Pa' la playa	3x8	1/1 ALT BICEP PLATE CURL L, R SET Stance	3x
	3:10 Basta	4x8	2/2 BICEP PLATE CURL (8cts)	4x
	3:28 Instr / (Rhythmic synth)	8x8	BICEP COMBO (32cts)	2x
	4:05 V4 / Soy mala	1x8	TRANSITION: One plate only, to the floor into kneeling position for KNEELING TRICEP O/H PLATE EXTENSION	
	4:09 Pa' la playa	3x8	1/1 KNEELING TRICEP O/H PLATE EXTENSION (4cts)	6x
4	4:23 Basta	4x8	2/2	4x
	4:41 Instr / (Rhythmic synth)	8x8	TRICEP COMBO (32cts)	2x
	5:18 (Low drum)	4x8	1/1 TRICEP PUSHUP	8x
			RECOVERY: Shake arms, tricep and bicep stretches	



45-MIN FORMAT

05. BABABA 5:40mins

技术与教授

1 二头肌杠铃片弯举

第一层

教练准确提示姿势和动作，并且能过抓住训练目标区域，把控节拍以及训练强度。

- 准备动作
- 交替卷曲，从右侧开始
- 收紧腹肌
- 以非常慢的速度
- 杠铃片举至肩部
- 沿着身体下沉至大腿
- 肘部位于肩部下方
- 挺起胸部
- 连续做八次
- 高于肘部约3厘米，低于肘部约三厘米，这就是动作的幅度

2 跪姿三头肌杠铃片过头伸展/三头肌俯卧撑

第一层

使用NETT教授学员跪姿三头肌屈伸训练第一层的姿势和动作。俯卧撑的互动非常快，要提前提示学员，确保学员跟上进度。因为超负荷很快就会开始，提前给学员提供选项，这点比较难。

跪姿三头肌杠铃片过头屈伸

- 靠近地板
- 放下一个杠铃片
- 膝盖位于臀部下方
- 双手过头伸展
- 挺胸，收紧腹肌
- 下沉到下颈部
- 向上完全伸展
- 挤压肘部内收，训练三头肌
- 连续做七次
- 连续小幅度俯卧撑
- 快速转换到俯卧撑动作

三头肌俯卧撑

第一层

教授学员三头肌俯卧撑训练第一层的姿势和动作演示，注意在教授中提供选项，

- 双手位于肩膀下方
- 膝盖着地或者脚尖着地
- 连续小幅度训练
- 降低胸部，与肘部同高
- 收紧核心
- 选项：脚尖着地或者膝盖着地
- 动作做到位

3 & 4 二头肌杠铃片弯举/跪姿三头肌过头伸展/三头肌俯卧撑

第二层/第三层

训练强度很快提升，本节训练的下半部分是超负荷训练。这一块训练非常短暂，鼓励学员挑战重量。

第二层的内在和外在的教授提示能帮助学员快速提升训练强度，感受肌肉的隔开，特别是在连续训练中。给学员提供选择，让他们感受到成就感。用第三层的激励性提示表扬你的学员，促使他们高质量地完成训练。

- 快速转换双脚着地
- 拿起杠铃片做二头肌训练
- 交替弯举
- 如果杠铃片不够重，就拿

重一点的 – 我们希望从短的小组训练中感受到效果

- 我们感觉到了吗？
- 完全转动杠铃片变成反握
- 高质量地完成训练，伙计们
- 快速转换膝盖着地
- 双手过头伸展
- 锁住你的核心
- 感受音乐，让我们做最后一轮训练
- 挤压你的臀部，以此保持稳定
- 挤压肘部内收隔开肌肉
- 下落时快一点
- 撑起身体，保持核心肌群紧绷
- 漏掉一些没有关系 – 结合自身实际情况尽量地跟上
- 你们可以脚尖着地吗？继续做

训练效果

交替训练主动肌和对抗肌可以让我们保持训练的高强度。相较于二头肌和三头肌训练小节，这可能也要允许学员选择重一些的杠铃片。



45-MIN FORMAT

06. 弓步/双肩

重量选择

两个小到中等的杠铃片

小节焦点

每个训练动作的清晰教授和预先提示非常重要，可以让学员更好的理解和掌握。教授重点放在动作幅度上，加快心率，整体训练上身和下身，重复训练，即使学员需要放下杠铃片训练。

肌肉训练重点

弓步：臀部和股四头肌

杠铃片训练：上背部的肌肉、肩外旋转肌群、斜方肌、三角肌

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Guitar strum)	4x8	Set up for LUNGE L with SINGLE-ARM O/H SHOULDER PRESS R , take R foot B, R arm plate to shoulder height, ready to press O/H, L arm plate hangs at side	
	0:16	V1 / On your skin	8x8	2/2 LUNGE L with SINGLE-ARM O/H SHOULDER PRESS R (8cts)	8x
	0:40	PC / On a miracle	4x8	3/1 Use last 2cts to raise L arm plate to shoulder height, ready for LUNGE L with DOUBLE-ARM O/H SHOULDER PRESS	4x
	0:52	QC / I wanna know	8x8	1/3 LUNGE L with DOUBLE-ARM O/H SHOULDER PRESS (8cts) TRANSITION: Use last 8cts to set up the combination. Preview the moves	7x
	1:15	C / I wanna know	16x8	COMBO L (8cts) 1x 1/1 BACKWARD-STEPPING LUNGE L with FRONT RAISE (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE L with SIDE RAISE (4cts) Option: No plates	16x
2	2:01	QC / I wanna know	1x8	TRANSITION: Set up opposite side for LUNGE R with SINGLE-ARM O/H SHOULDER PRESS L	
	2:04	V2 / Never a no	8x8	2/2 LUNGE R with SINGLE-ARM O/H SHOULDER PRESS L (8cts)	8x
	2:27	PC / On a miracle	4x8	3/1 Use last 2cts to raise R arm plate to shoulder height, ready for LUNGE R with DOUBLE-ARM O/H SHOULDER PRESS	4x
	3:39	QC / I wanna know	8x8	1/3 LUNGE R with DOUBLE-ARM O/H SHOULDER PRESS TRANSITION: Use last 8cts to set up the combination. Preview the moves	7x
	3:02	C / I wanna know	16x8	COMBO R (8cts) 1x 1/1 BACKWARD-STEPPING LUNGE R with FRONT RAISE (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE R with SIDE RAISE (8cts) Option: No plates	16x
	3:49	Outro /		RECOVERY: Plates down, shake out legs and arms. quadricep and shoulder stretches	



45-MIN FORMAT

06. I WANNA KNOW 4:15mins

技术与教授

1 弓步下蹲和单手过头杠铃片肩部推举/弓步下蹲和双手过头杠铃片肩部推举/后撤弓步和双手前举或侧举

第一层

关注节拍、动作幅度和动作准确度，教授第一层的姿势和动作。保持同一条腿，进行超负荷训练。加强姿势和动作幅度提示，使学员感觉到从腿到肩膀的整合，给肌肉带来负荷，最大化训练结果。

弓步下蹲和单手推举

- 左手握住杠铃片
- 双脚与髋部同宽。**
- 左腿后撤，举起杠铃片
- 肘部位于肩部高度**
- 挺胸**
- 收腹**，使肩部和臀部平直
- 弓步下蹲，向上举起杠铃片
- 后腿膝盖下沉，前膝盖弯曲微微朝外**
- 前腿的大腿与地面平行**
- 保持肘部在面部前方**
- 让杠铃片和身体分别向上和向下

弓步下蹲和双手过头杠铃片肩部推举

- 举起另一个杠铃片
- 下落时快一点，举起时慢一点
- 双肩远离双耳
- 检查肘部，保持肘部在肩部高度，让前三角肌受力

后撤弓步和双手前举或侧举

- 快速地转换
- 收回后腿，仔细看
- 前举，侧举
- 和我们一起做
- 同一条腿
- 前举时，杠铃片停在稍低于肩膀处**
- 侧举时，杠铃片停在稍低于肩膀处**
- 顺着肘部运动**
- 开始更大的弓步
- 任何时候你都可以放下杠铃片，但要继续跟着做动作
- 后撤一大步，下蹲的更深
- 开始感觉到你的前腿发胀
- 正是这些肌肉让你的膝盖保持稳定
- 坚持住
- 脚后跟牢牢踩住，挤压你的臀部

2. 弓步下蹲和单手过头杠铃片肩部推举/弓步下蹲和双手过头杠铃片肩部推举/后撤弓步和双手前举或侧举

第二层/第三层

现在我们换一条腿，重复上述动作……注意使用提示，每次给出一条提示。在这块组合训练的尾声，感觉开始涌上来。这个动作会对协调力和身体素质带来挑战，会迅速的燃烧卡路里，整合肌肉群。让学员挑战一下后撤一大步，每个动作做到位。通过完美的示范传达你对这个训练的热爱，能够鼓励你的学员，让他们和你坚持到最后。

- 后腿后撤
- 开始训练另一侧
- 前腿的大腿与地面平行
- 整合下身和上身作为一个整体
- 核心紧绷
- 节拍把握得不错，伙计们
- 我们感受到了紧绷感，我们也在加快获得成效
- 后腿膝盖向下，杠铃片向上举
- 我们一开始就作为一个整体快速地运动
- 收回后腿，仔细看组合动作：前举和侧举
- 开始训练另一条腿
- 每一次你的腿向后撤，让肩部超过臀部的位置，前脚跟发力，挤压你的臀部
- 我想知道 - 你们的臀部感觉怎么样？你们的股四头肌感觉怎么样？

训练效果

我们同时训练了上身和下身，很大程度地激活了核心肌群。就是这样，我们的核心肌群起着基础性的作用。因此，这种训练能极大地增强肌肉力量。



我们是莱美部落

我们是一个全球性的领导者大家庭，热情地致力于创造一个健康的星球。

我们勇敢地激励人们爱上运动，从而发掘自身真实的潜力。

锻炼是我们全球性的运动。每天有数百万向我们这样的人通过汗水团结在一起。我们的运动震撼着整个世界。

音乐是我们的灵魂。它驱使着我们，聚焦在我们身上，为我们带来激情。

我们的意向声明

莱美全球大家庭由17500家健身俱乐部组成，有来自全球100个国家的13万名指导师和数以百万的参与者。

不同的地域、民族、种族、肤色和信仰共同组成了我们对运动、音乐的热爱以及对健康生活的追求，这不仅代表我们自己，也代表我们这个星球。

在莱美国际，我们相信我们的社区内每个个体的尊严，并努力尊重所有人的权利和自由。

在我们对角色模型、音乐和运动的选择中，我们理解不同的群体和社会对于穿着、流行文化和舞蹈都有着不同的标准。

我们还知道某些情境下我们认为适合的东西在别人看来可能并不适合。

我们消除了评判的界限，使所有人都能享受运动带来的独特益处。在尊重传统的同时，我们也为未来设定了方向。希望尽可能人性地去启发，去革新，去创造。

我们完全相信，我们能改变世界。

我们就是莱美部落。

作为一家每天为数以百万的人带来全民健身体验的龙头企业，我们走在传递尖端、创新产品支持和尊重的正途上。.

选择、许可和匹配编舞，并配上合适的音乐是一个巨大的挑战！我们精挑细选我们所使用的音乐，并尝试避免可能引起冒犯的语言和指示。如果我们能做得到的话，有时候也会有一个替代动作（在动作清单下方）供你使用。

我们拥护与我们的全球大家庭敞开心扉交流，这样可以表达各个观点之间的不同之处，并达成折中方案。

最重要的是，我们热衷于随时随地传递改变人生的健身体验。



BODYPUMP

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GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARMUP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

ALTERNATIVE

05. TRICEPS

06. BICEPS

ALTERNATIVE

06. BICEPS

07. LUNGES

08. SHOULDERS

09. CORE

10. COOLDOWN

45-MIN FORMAT

05. TRICEPS/BICEPS

45-MIN FORMAT

06. LUNGES/SHOULDERS

Hey instructors, we'd love your feedback on our new notes. Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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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



SPLIT STANCE

Same as SET Position

- Feet hip-width apart and parallel
- Rear heel lifted
- Knees slightly bent
- Body weight even in both legs



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-degree angle

Layer 2

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



MID Stance



Bottom Range

WIDE-STANCE SQUAT

Position Setup

- Heel-toe wider than Mid Stance



WIDE Stance

Execution Setup

- Hips sit back and down
- Knees out
- Chest up
- Abs braced
- Butt stops just above knee at 90 degrees

Layer 2

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

WIDER-STANCE SQUAT

Position Setup

- Same as for WIDE Stance
- Heel-toe wider than Wide Squat

Execution Setup

- Hips sit back and down
- Knees out
- Chest up
- Abs braced
- Butt stops just above knee at 90-degree angle



WIDER Stance

Layer 2

- Drive your feet apart
- Knees out



GLOSSARY

NARROW TO WIDE PLATE PRESS

Position Setup

- Feet hip-width apart
- **Abs braced, chest up**
- Shoulders away from ears
- **Plates facing each other**

Execution Setup

- **Lower elbows to top of bench**
- **Elbows in**
- Push plates out to Wide Press
- **Elbows slightly bent**
- **Elbows level with the top of the bench**

Layer 2

- Hitting all of the pec muscles
- Feel the contrast in the narrow and wide movements



CHEST FLY

Position Setup

- **Plates facing each other**
- **Shoulder-width apart**
- **Elbows slightly bent**
- **Abs in and braced – lower back towards the bench**

Execution Setup

- Open the plates out
- Elbows stop in line with the bench
- Maintain slight bend in the elbows

Layer 2

- Open the chest on the way down



BENCH-TOP CHEST PUSHUP

Position Setup

- **Hands wide**
- **Abs braced**
- Back long and straight

Execution Setup

- **Lower chest to elbow level**

Layer 2

- Drive the floor/bench away



WIDE DEADLIFT

Position Setup

- SET Position
- **Hands wide on the bar**
- **Abs braced, chest lifted**

Execution Setup

- Bar to the knees

Layer 2

- Pull bar into thighs





GLOSSARY

WIDE DEADROW

Position Setup

- SET Position
- **Hands wide**
- **Abs braced, chest up**
- **Light pinch between the shoulder blades**
- Elbows wide and high
- Chin tucked in
- Shoulders away from ears

Execution Setup

- **From knees to lower ribs**
- **Squeeze between the shoulder blades**

Layer 2

- Slide the bar up your thighs
- Squeeze the shoulder blades 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.



DEADLIFT

Position Setup

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

Execution Setup

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



GLOSSARY

CLEAN & PRESS

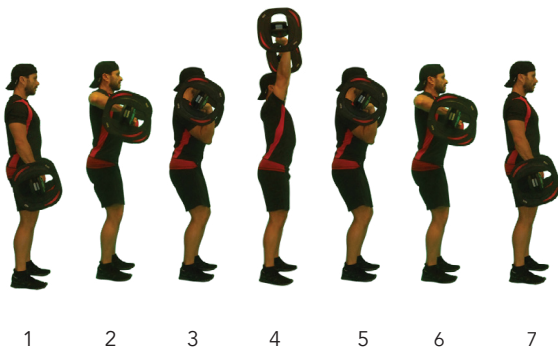
Position Setup

- **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 collarbones
- 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

Fast elbows under the bar. Lift your T-shirt with the bar. Catch bar high on the chest and drive out of the legs.



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 in**

Execution Setup

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

Layer 2

- Slide the bar up your thighs
- Squeeze the shoulder blades 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 merely to hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.





GLOSSARY

POWER PRESS

Position Setup

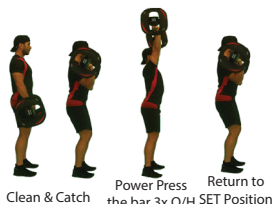
- **SET Position**
- **Bend to Half Squat**
- **Chest up, abs braced**
- Bar in front of collarbones

Execution Setup

- 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**
- 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 collarbones
- Power the bar up 2 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



BACKWARD-STEP TAP WITH SINGLE-ARM PLATE ROW

Position Setup

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

Execution Setup

- **Tip from the hip**
- **Square the shoulders**
- **Nose over toes**
- **Hips square**
- **Row plate to lower ribs**
- **Squeeze shoulder blade to spine**

Layer 2

- Keep the weight forward to load the glutes
- Keep the mid-line of your chest just inside the big toe



SQUAT PLATE PRESS

Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel 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
- Half Squat
- Brace the abs as the plate moves over head
- Elbows slightly forward



STANDING OVERHEAD TRICEP PLATE EXTENSION

Position Setup

- Split Stance – knees soft, weight even in both feet
- Shoulders down
- **Belly in, abs braced**
- **Chest up**
- Hold the plate over head, arms slightly forward, so you can just see your elbows

Execution Setup

- **Lower plate to base of neck**
- Full extension to the top
- **Elbows in**

Layer 2

- Sink into the legs and keep a strong core
- Keep the shoulders back and down, to keep the work in the triceps





GLOSSARY

TRICEP BENCH PUSHUP

Position Setup

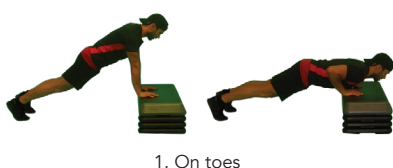
- **Hands under shoulders**
- **Abs braced**
- Back long and straight

Execution Setup

- **Lift plate towards ceiling**
- **Slide ribs to hips**

Layer 2

- Drive the floor/bench away



1. On toes



2. On knees

TRICEP BENCH KICKBACK

Position Setup

- **Hinge forward from hips, chest up, shoulders square**
- Elbow high and close to the body

Execution Setup

- **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



BICEP PLATE CURL

Position Setup

- Arms by side, palms face in, Plate Curl
- 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 to thighs**

Layer 2

- Brace abs to stop trunk sway



BICEP PLATE ROW

Position Setup

- As Bicep Plate Curl

Execution Setup

- **Tip forward from the hips**
- **Plate to kneecaps**
- **Pull the plate to ribcage, just under chest, rotate plates as you Row**
- Elbows pull high to the back

Layer 2

- Pull the forearms into the biceps
- Squeeze the biceps
- Squeeze the shoulder blades together





GLOSSARY

BICEP CURL

Position Setup

- Knees soft – Split Stance or SET Position
- Chest up
- Abs in and braced

Execution Setup

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

Layer 2

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



PLATE FRONT SQUAT – MID STANCE

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

Layer 2

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



ALTERNATING BACKWARD-STEPPING LUNGE

Position Setup

- Long step back
- Feet stay hip-width apart
- 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

- Plate to chest
- Stay low to isolate the legs



PLATE LUNGE

Position Setup

- Feet hip-width apart 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





GLOSSARY

STANDING REAR DELTOID FLY

Position Setup

- **SET Position**
- **Tip forward from the hips**
- Body leans on a 45-degree angle
- **Chest lifted, abs braced**
- **Keep the chin tucked in and the back of the neck long, eye gaze about 3 feet (1 meter) in front**

Execution Setup

- **Lead with the elbows**
- **Elbows slightly bent**
- **Squeeze between the shoulder blades**
- Aiming for stability

Layer 2

- Lead the movement with the elbows
- Keep the chest lifted; try not to drop the shoulders forward
- Shoulders away from ears



KNEELING WIDE UPRIGHT ROW

Position Setup

- Kneeling, hands wide
- **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/KNEELING REAR DELTOID FLY WITH ROTATION

Position Setup

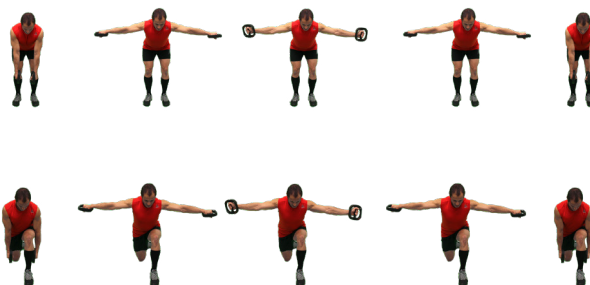
- Plates facing inward
- **Tip forward from the hips**
- **Chest up**
- Shoulders back and down
- **Abs braced**

Execution Setup

- Lift plates to side
- **Elbows slightly bent**
- **Elbows just under shoulder-height**
- **Squeeze shoulder blades together**
- Turn the plates up
- **Biceps up, elbows down**

Layer 2

- Use the upper back to stabilize the shoulders and turn the plates



PUSHUP

Position Setup

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

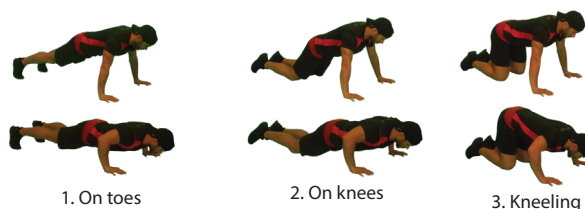
Execution Setup

- **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.





GLOSSARY

HIP BRIDGE

Position Setup

- Plate rested on lap, hands supporting plate
- Feet shoulder-width apart

Execution Setup

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



PLATE CRUNCH

Position Setup

- Plate to forehead
- **Feet close to butt**
- **Chin tucked in**

Execution Setup

- **Slide ribs to hips**

Layer 2

- Lift shoulder blades a little further off the floor



HOVER

Position Setup

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

Layer 2

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



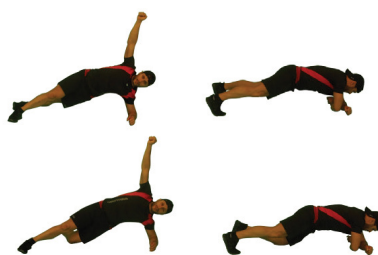
ROTATING HOVER

Position Setup

- **Elbow under shoulder**
- Square your hips to the front
- Legs in scissors position, top leg forward
- **Hips and shoulders move together**

Layer 2

- Body moves as a block
- Hips down
- Press down through bottom elbow
- **Option:** Rear leg down on the floor



KNEELING OVERHEAD TRICEP EXTENSION

Position Setup

- Plate extended over head
- Elbows facing forward
- Shoulders away from the ears
- **Abs braced, chest up**

Execution Setup

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





GLOSSARY

LUNGE WITH SINGLE ARM OVERHEAD PLATE SHOULDER PRESS

Position Setup

- Feet under hips
- Elbow just under shoulder line
- **Brace abs and lift the chest**

Execution Setup

- **Long step back**
- Feet stay hip-width apart
- **Hips and shoulders even and square to the front**
- Back knee down, front knee out
- **Front thigh parallel to the floor**
- Press plate towards ceiling
- **Keep the elbow in front of the face**

Layer 2

- When you step back in, tap the foot so you stabilize the front knee position and keep the quad loaded



LUNGE WITH DOUBLE ARM OVERHEAD SHOULDER PRESS

Position Setup

- Feet hip-width apart
- Chest lifted
- Elbows at a 90-degree angle
- Plates forward

Execution Setup

- **Long step back**
- **Bend rear knee towards floor**
- **Front thigh parallel**
- **Hips and shoulders square to the front**
- **Chest lifted, abs braced**
- Press plates up



Layer 2

- Full range in the Lunge
- Punch the plates through the ceiling

BACKWARD-STEPPING LUNGE WITH FRONT RAISE

Position Setup

- Feet under hips
- Chest up, abs braced
- Plates in front of thighs

Execution Setup

- **Long step back**
- **Front thigh parallel**
- **Back knee down, knee out**
- **Hips square**
- Raise the plates forward
- **Plates just under shoulder-line**

Layer 2

- Integrating the upper and lower body to drive up the heart rate



BACKWARD-STEPPING LUNGE WITH SIDE RAISE

Position Setup

- Feet hip-width apart
- Chest lifted
- Elbows at a 90-degree angle

Execution Setup

- **Long step back**
- **Bend rear knee towards floor**
- **Front thigh parallel**
- **Hips and shoulders square to the front**
- **Chest lifted, abs braced**
- **Elbows lift to side – just under shoulder level**
- **Elbows slightly forward**

Layer 2

- Maintain full range in the Lunge – integrated training





MUSIC

01

Panic Room (5:33)
Au/Ra & CamelPhat
© 2018 Loudmouth Music Limited.
Written by: Benjamin, Frampton, Stenzel, Farrar

02

Pump It Up (Extended Mix) (5:43)
Nari, Pain, Tava & Luciana
© 2018 Ego a brand of Vae Victis Srl.
Written by: Zoffoli, Caldarella, Tavani, Tesini

03

Great Wide Open (4:36)
Thirty Seconds to Mars
Courtesy of the Universal Music Group.
Written by: Leto

04

Great Wide Open (1:26)
Thirty Seconds to Mars
Courtesy of the Universal Music Group.
Written by: Leto

Therapy (Extended Club Mix) (6:15)
Armin van Buuren feat. James Newman
© 2018 Armin Audio B.V. under exclusive license to Armada Music B.V.
Written by: Newman, Busbee

05

Say Amen (Saturday Night) (3:12)
Panic! At The Disco
© 2018 Fueled By Ramen LLC for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Urie, Greene, Hollander, Pritchard, Wincorn, Peyton, El-Amine, Foder, Deller, Brenneck, Shinn, Abshire, Tankel, Profilio, Sinclair

06

Say Amen (Saturday Night) (2:09)
Panic! At The Disco
© 2018 Fueled By Ramen LLC for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Urie, Greene, Hollander, Pritchard, Wincorn, Peyton, El-Amine, Foder, Deller, Brenneck, Shinn, Abshire, Tankel, Profilio, Sinclair

Make It Rain (Explicit) (3:42)
Fat Joe & Lil Wayne
Courtesy of the Universal Music Group.
Written by: Storch, Carter, Cartagena

07

Make It Rain (1:12)
Fat Joe & Lil Wayne
Courtesy of the Universal Music Group.
Written by: Storch, Carter, Cartagena

Ready For It (5:04)
Carmada feat. Tribes
© 2018 Insomniac Records.
Written by: Carmody, Armata, Ramirez

08

Boomshakalak (Extended Mix) (5:40)
MR.BLACK & Diego Miranda feat. The
Kemist
© 2018 Revealed Music B.V.
Written by: Unknown

09

Let You Be Right (3:00)
Meghan Trainor
© 2018 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, Kasher, Wells

10

Let You Be Right (0:57)
Meghan Trainor
© 2018 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, Kasher, Wells

Remind Me To Forget (3:42)
Kygo & Miguel
© 2018 Kygo AS under exclusive license to Sony Music Entertainment International Ltd / Ultra Records, LLC.
Written by: Plested, Gorvell-Dahll, Pimentel, Phelan, Oriet

45-MIN FORMAT

05

BaBaBa (Vete Pa’Ya) (5:40)
Dillon Francis feat. Young Ash
© 2018 IDGAFOS.
Written by: Francis, Bautista, Rushent

06

I Wanna Know (4:15)
RL Grime feat. Daya
© 2018 WeDidIt Records.
Written by: Nigro, Salimando, Steinway

ALTERNATIVE

05

Chamomile Breath (5:21)
Quantic
Black Lotus 2018.
Written by: Gainsford, van de Geer, Langeveld

06

Manera (4:54)
SilverShadow
Black Lotus 2018.
Written by: Conrad, van de Geer, Langeveld



L-R: Glen Ostergaard, Marlon Woods, Scott Martin (Shadow), Ben Main, Kayla Atkins-Gordine and Jacki Kellogg

BODYPUMP 108 has some new innovations and a great mix of old Pump classic moves and fresh new music.

Panic Room creates a ‘chilled’ yet very inclusive atmosphere to get everybody warmed up and ready for the BODYPUMP 108 workout. Match your vocal tone and pace to the feel of this song to set the scene. Squats come in hard and fast with the driving sounds of *Pump It Up*, building continuous muscle tension through the 3 stances proving to be a class favorite. Chest training has a new move; the Narrow To Wide Plate Presses, to fully work pectoral muscles. This new move feels sensational with the deeply emotive sounds of *Great Wide Open*. The Back track, *Therapy*, starts with a giant block with the barbell and finishing with plate work to create balance in the body and lift heart rates! We continue our functional Lunge tracks with the Squat-Lunge Combination great for muscle activation and coordination using plates or body weight. Shoulder training has a new innovation: Rear Deltoid Fly with Rotation, which integrates the rear shoulders, upper back and shoulder stabilizers helping to keep us injury free to the cool sounds of *Boomshakalak*.

Enjoy this workout!

Glen

CREDITS

- Program Director** – Glen Ostergaard
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Diana Archer Mills
- Technical Consultant** – Bryce Hastings & Corey Baird
- Program Coach** – Kylie Gates
- Production Coordinator** – Monique Whareumu

PRESENTERS

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

Ben Main (New Zealand) is a BODYPUMP, BODYATTACK and LES MILLS GRIT Trainer, based in Auckland.

Marlon Woods (USA) is a BODYPUMP and LES MILLS TONE Instructor and BODYCOMBAT Trainer. He lives in Georgia, where he also works as an intelligence analyst.

Jacki Kellogg (USA) is a BODYPUMP, BODYBALANCE and BODYCOMBAT Trainer/Presenter. She is also a CXWORX Instructor and a LES MILLS GRIT Coach. She is based in Knoxville, Tennessee.

Kayla Atkins-Gordine (New Zealand) is a BODYPUMP and BODYBALANCE Instructor and LES MILLS GRIT and LES MILLS SPRINT Coach. She is based in Auckland.



EXPRESS FORMATS

NEW 45-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05	Triceps/Biceps
(45)	
Track 06	Lunges/Shoulders
(45)	
Track 09	Core
Track 10	Cooldown
Total Time	41:07

Please note: This NEW 45-minute format includes customized Tracks 5 (a combination of Triceps and Biceps) and 6 (a combination of Lunges and Shoulders). Create variety in your classes during this 12-week cycle by using this option, as well as the original 45-Minute Format. Let us know your feedback via the survey at this link: <http://bit.ly/2tHeThM>

30-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	27:30

45-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 07	Lunges
Track 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	41:56

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.

BE LOUD AND HEARD

Tell us what you think of this release. Visit lesmills.com/BLAH

KEY

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

COUNTS

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

SMARTSTART

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



01. WARMUP

WEIGHT SELECTION

Light barbell

DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on the **NETT** throughout the track – **N**ame of **E**xercise, **T**iming and **T**argets – so the class can transition smoothly through all the changes.

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Pulsing cymbal)	2x8	SET Position, Shoulder Roll	1x
	0:12	V1 / _ Hell raising	4x8	2/2 DEADLIFT SET Stance	4x
	0:27	My phone	4x8	3/1	4x
	0:43	C / Panic room	4x8	2/2 DEADROW (16cts)	2x
	0:58	Rep / Panic room	4x8	1/1	4x
	1:13	Panic room	4x8	TRIPLE DEADROW	2x
2	1:28	V2 / _ Still waiting	4x8	4/4 DEADLIFT SET Stance	2x
	1:43	My phone	4x8	3/1	4x
	1:58	C / Panic room	4x8	2/2 UPRIGHT ROW	4x
	2:13	Instr / (Bup)	4x8	2/2 CLEAN & PRESS (16cts)	2x
	2:29	Rep / Panic room	4x8	1/1	4x
				Use last 4cts to transition bar ready for SQUAT MID Stance	
	2:44	Panic room	4x8	1/1 SQUAT MID Stance	8x
				Use last 2cts to transition R foot B for LUNGE L	
3	2:59	Ref / Crying wolf now	4x8	4/4 LUNGE L	2x
	3:14	Instr / (Beat)	4x8	1/1	7x
				Use last 4cts to transition to SET Stance	
	3:29	V3 / _ Still waiting	4x8	4/4 DEADLIFT SET Stance	2x
	3:44	My phone	4x8	3/1	4x
	4:00	C / Panic room	4x8	2/2 UPRIGHT ROW	4x
	4:15	Instr / (Bup)	4x8	2/2 CLEAN & PRESS (16cts)	2x
	4:30	Rep / Panic room	4x8	1/1	4x
				Use last 4cts to transition bar ready for SQUAT WIDE Stance	
	4:45	Panic room	4x8	1/1 SQUAT WIDE Stance	8x
			Use last 2cts to transition L foot B for LUNGE R		
	5:00	Ref / Crying wolf now	4x8	4/4 LUNGE R	2x
	5:15	Instr / (Beat)	3½x8	1/1	7x
	5:28	Outro /	½x8	Transition to SET Stance	



01. PANIC ROOM 5:33mins

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, 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 engage the core**

BLOCK 1

LAYER 1

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

This makes your coaching clear and easy to follow.

- **Deadlift – hinge forward from the hips, slide the bar to the top of the kneecaps**
- **Deadrow – knees, belly, knees and lift**
- **Triple Deadrow – squeeze shoulder blades together**

BLOCK 2

LAYER 1 / LAYER 2

Block 2 starts with Deadlifts again with a focus on feeling the technique, then to the upper body with Upright Rows which connect to the slow Clean & Press. We build into faster Clean & Presses and finish the set with Squats and lunges. Focus on coaching clear Layer 1 Position and Execution cues with these more complex movement patterns, to help the class achieve good lifting Technique.

- **Deadlift** – *press the bar into the thighs and turn the elbows to the rear to engage the back muscles*
- **Upright Row** – *bar stops at lower chest, elbows wide*
- **Clean & Press** – *pull and catch, bend knees, brace abs, chest up, bar close to body*
- **Mid Stance Squat** – *feet outside hips, hips go back and down, knees press forward, hips to 90 degrees*
- **Lunge** – *long step back, back knee down, front thigh parallel to the floor*

BLOCK 3

LAYER 1 / LAYER 2

We repeat all the exercises again that were in Block 2; so it's the perfect opportunity to coach your class on technique reminders to get their bodies ready for the workout ahead as well as using this time to connect with your participants and what their goals for the class might be. Think of how you can communicate this to them.

- **Deadlift** – *back of the body is turned on and ready for the work ahead*
- **Upright Row** – *keep the bar close to the body, keep it smooth*
- **Clean & Press** – *let's practise fast elbows under the bar and really pushing the hips back as you catch*
- **Wide-Stance Squat** – *feet outside hips, hips go back and down, knees press out, knees to 90 degrees*
- **Lunge** – *feel the Lunge, feel the timing*

CONNECTION

Welcome your class to the workout by being engaging and showing your love of resistance training. Try to connect with everyone in the room, not just your regular participants in the front row.



02. SQUATS

WEIGHT SELECTION

REGULARS: 2 to 4 times your Warmup weight

NEW PEOPLE: Double Warmup weight

TRACK FOCUS

Coach your class with early pre-cues to not miss a stance change and to ensure good execution to drive results.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Pulse)	2x8	Set up SQUAT : find SET Stance and take a heel – toe wider to find MID Stance	
	0:12	Instr / (Cymbal)	6x8	2/2 SQUAT MID Stance	6x
	0:34	Rep / Know pump it	8x8	3/1	8x
	1:03	Instr / (Heavy synth)	8x8	COMBO (16cts) 2x 1/1 SQUAT (8cts) 1x TRIPLE PULSE SQUAT (8cts)	4x
2	1:32	V1 / My graffiti	4x8	2/2 SQUAT MID Stance	4x
	1:46	PC / Show me	4x8	1/1/2	4x
	2:01	Instr / (Heavy synth)	8x8	COMBO (16cts) Use last 2cts to transition heel – toe wider to WIDE Stance	4x
3	2:30	V2 / Woah woah	4x8	2/2 SQUAT WIDE Stance	4x
	2:45	PC / Show me	4x8	4/4	2x
	2:59	Rep / Know pump it	4x8	1/1/2	4x
	3:14	Instr / (Heavy synth)	8x8	COMBO (16cts)	4x
	3:43	Ref / Ooo ha ee ha	4x8	1/1 Use last 2cts to transition heel – toe wider to WIDER Stance	8x
4	3:58	Rep / Woah woah	4x8	2/2 SQUAT WIDER Stance	4x
	4:12	PC / Show me	4x8	4/4	2x
	4:27	Rep / Know pump it	4x8	1/1/2	4x
	4:41	Instr / (Heavy synth)	8x8	COMBO (16cts)	4x
	5:11	Ref / Ooo ha ee ha	8x8	1/1	16x
RECOVERY: Shake out the legs. Quadricep Stretches					



02. PUMP IT UP 5:43mins

TECHNIQUE AND COACHING

1 MID STANCE SQUAT

LAYER 1

Coach Position and Execution setup of the Mid Stance to get the class moving well. Use NETT to coach good Squat technique – referring to Timing, Target zones and leg alignment – and use this block to coach timing and rhythm of the combination so everyone gets familiar with it.

- **Feet outside hips, toes turned out slightly**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- *Bring your elbows forward under the bar and create strength through the upper back*
- **Hips sit back and down**
- *Find the rhythm – timing is what this track is all about*
- **Knees to a 90-degree angle**
- **Push your knees forward in line with the center of the feet** to load the muscles perfectly
- **Butt stops just above knee-line** – that's your range
- *Combo: 2 Singles and Triple Pulse*
- *Full range on the Singles and bottom range on the Pulse*

2 MID STANCE SQUAT

LAYER 2

We stay in the Mid Stance bringing more focus to the quads; coach participants on how to achieve more from this stance. Layer 2 cues are designed to help them achieve more from the workout; we do this by improving execution, manipulating the intensity and also through educating them on what they are doing and how it should feel. Remember, the lyrics of this song will help motivate participants to find their range and timing as well.

- *Quad-dominant stance*
- *Push your knees forward to create heat in the front of the legs*
- *Drop and stop*
- *You ready for the combo?*
- *You're all doing it correctly so now you should be feeling the heart rate lift = THE REP EFFECT™ is working*
- *We've got the tempo, we've got the range, we need a new stance to challenge us*

3 WIDE STANCE SQUAT

LAYER 1 / LAYER 2

There is no break so be sure to pre-cue the new stance early – heel – toe wider for Wide Stance. Coach Layer 1 Execution cues to get everyone moving and feel the difference between the Mid and Wide Stance. Bring focus to glute activation, through sitting hips back and pressing the knees out. No recovery creates the effects of Continuous Tension Training so the effects will start to kick in fast. Use Layer 2 cues to refine the movement of your participants' Technique by giving them a focus and allowing them time to experience and feel the focus. How will you communicate with your participants to see how they are doing as you coach to keep them engaged in the workout?

- **One heel – toe wider – Wide Squat**
- *Feels good, doesn't it?*
- *Welcome to your Wide Squat Stance*
- *Let's recruit the muscles in a new way*
- **Hips sit back and down**
- **Push your knees out wide**
- **Lock in your core**
- *Let's talk about your glutes, shall we?*
- *Drop and stop – feel how the muscles in your butt catch at the bottom and then squeeze as you drive out of your heels and push the floor away*
- *Hold that feeling now for the combo*
- *You should be feeling tension in the legs, right?*
- *That's the muscular tension we need to get stronger*
- *Let the legs go – find your Singles*



02. PUMP IT UP 5:43mins

4 WIDER STANCE SQUAT

LAYER 1 / LAYER 2 / LAYER 3

Wider Stance – again the stance change comes in quick so be super clear. Quickly coach the basics for the Wider Stance focusing on sitting hips back more and maintaining knee alignment. Fatigue is kicking in so participants will need your help to motivate them to finish strong – we motivate in four ways – Intrinsic, Extrinsic, Challenging and Positive language. Take some time to script (prepare and practise) some key motivational language so you capture everyone in the room... then when you deliver it: be in the moment with your class and look into people's eyes when you teach so you bring your authentic self into the room!

- *One last chance, **one last stance, heel – toe wider***
- *The Wider Squat Stance; let's get the range back – 90 degrees*
- ***Hips sit further back and knees keep pressing out***
- *When we push the knee out we hit the side glutes*
- *Alright team, you look fantastic, you're doing it correctly, which means you're feeling it*
- *Combo, pulse low*
- *When you're doing it correctly, fatigue kicks in; brace hard, and hit the full range every rep*
- *We're with you, you're with us; let's pump it up*
- *This is the theme song as you saunter down the street with your good-looking legs*

INTENSITY

Hitting the full depth in the Squat creates the pressure that shapes and tones the legs. Focusing on the timing in the combination builds tension in the muscles to fast-track our results.

PUMP FACT

Les Mills' research suggests that the Squats track is key to increasing bone density in a BODYPUMP class. Participants in our study who had the greatest increase in their Squat weight – experienced the most improvements in hip and spine.



03. CHEST

WEIGHT SELECTION

REGULARS: 2x medium to large plates

NEW PEOPLE: 2x small plates

DEMONSTRATE: Narrow To Wide Plate Press

TRACK FOCUS

Coach great Timing and Targets of the Narrow To Wide Plate Press for precise Execution and Feel.

MUSCLE FOCUS

Pectorals, triceps and deltoids

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Low)	4x8	Set up new move: NARROW TO WIDE PLATE PRESS	
	0:19	Rep / Woah	12x8	4/4 NARROW TO WIDE PLATE PRESS (32cts) Lower plates down by sides (8cts) Push plates out wide (8cts) Return plates back in by sides (8cts) Press plates back to top (8cts)	3x
	0:59	PC / Into the great	8x8	2/2 (16cts)	4x
	1:27	Rep / Free	2x8	1/1 (8cts)	2x
2	1:34	Swear to god	8x8	4/4 NARROW TO WIDE PLATE PRESS (32cts)	2x
	2:01	PC / Into the great	8x8	2/2 (16cts)	4x
	2:29	Rep / Free	8x8	1/1 (8cts)	8x
	2:56	Ref / Let it out	8x8	COMBO (16cts) 2x 1/1 NARROW PLATE PRESS (8cts) 1x 1/1 NARROW TO WIDE PLATE PRESS (8cts)	4x
	3:23	Woah	4x8	TRANSITION: Pick up lighter plates for CHEST FLY	
3	3:37	PC / Into the great	8x8	8/8 CHEST FLY (32cts)	2x
	4:05	C / Set me free	8x8	2x SLOW BOTTOM HALF CHEST FLY (8cts)	8x
	4:32	Instr / (Low)	4x8	TRANSITION: Plates down, behind bench for BENCH TOP CHEST PUSHUP	
4	4:46	PC / Into the great	8x8	8/8 BENCH TOP CHEST PUSHUP (32cts) Options: Toes, knees or kneeling	2x
	5:13	C / Set me free	8x8	2x SLOW BOTTOM HALF CHEST PUSHUP (8cts)	8x
	5:41	Rep / Woah woah	4x8	8/8 BENCH TOP CHEST PUSHUP (32cts)	1x
			RECOVERY: CHILDS POSE, shake out arms and legs and open arms wide for Chest Stretch		



03. GREAT WIDE OPEN 6:02mins

TECHNIQUE AND COACHING

1 NARROW TO WIDE PLATE PRESS

LAYER 1

Coach Position and Execution setup cues for the Narrow To Wide Plate Press. Use NETT to coach Targets and Timing so participants are moving well and understand the feel of the music.

NARROW TO WIDE PLATE PRESS

- Feet hip-width apart, close to bench
- **Plates facing each other**
- Shoulders away from the ears
- **Brace abs, lower back towards the bench**
- Lower plates to Narrow Press
- Elbows out wide to Wide Press
- Pull back in and press up
- **Elbows top of the bench** on the Narrow Press
- **Elbows top of the bench** for Wide Press
- Narrow press deep into the chest muscles
- Wide press into the upper chest
- Big compound move
- Let's feel the full power in the Singles

2 NARROW TO WIDE PLATE PRESS

LAYER 1 / LAYER 2

First block is short so continue to help participants move with good timing and range with this new exercise. Then help your class to get more out of this move by using Layer 2 cues that explain how to execute the Narrow To Wide Plate Press to build more intensity. Big tension builds in the combination where we stay narrow and build to narrow – wide press to overload.

NARROW TO WIDE PLATE PRESS

- Feet on the floor and brace the core
- Keep the elbows tucked in as you lower
- Push the arms out to finish in a Fly position
- Get the timing to get the tension
- Tone and shape and feel fantastic
- Set it free
- How big can you go?
- How strong can you become?
- Combo – 2 narrow, 1 narrow – wide
- Feel the big compound movements working fully into the chest

3 CHEST FLY

LAYER 1

New exercise so quickly coach Layer 1 Execution cues – Timing, range and Target zones for the Chest Fly. Then motivate participants for range and tension in the Bottom Halves for isolation.

CHEST FLY

- Quick transition – grab your light plates
- **Plates face inwards**
- Super super slow
- **Elbows go wide and down** so you feel the chest open
- **Slight bend in the elbows**
- Maximize tension to isolate
- **Keep your elbows just above the bench at the bottom**
- Slow Bottom Halves
- Let BODYPUMP set you free

4 BENCH PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

There is only one block of Pushups so it's a perfect time to encourage your participants to try some Pushups on their toes. Quickly coach Layer 1 Position and Execution of the Pushup with clear options so everyone feels successful. In the Bottom Halves the tension builds and fatigue is kicking in fast; what will you say to keep your participants from checking out of the workout? Do you need to educate them to connect and motivate them into their bodies or praise and coach for more? Whatever you say, think about how you will say it... Stay inside this very cool piece of music for an intense finish!

- Back of the bench for Pushups
- **Hands wide**
- On Knees or toes
- Every count counts, every rep matters
- **Chest to elbow-height**
- **Back long and straight**
- **Abs braced**
- Pull it down and push it away
- Pull the bench into the body
- Stay in the bottom range for as long as you can
- Full muscle activation
- Last one – super slow. Push every last ounce of muscle activation



03. GREAT WIDE OPEN 6:02mins

INTENSITY

Mixing up the muscular recruitment by using different exercises – combined with minimal rest periods – maximizes the training effect and allows us to maintain a high level of intensity to achieve gains faster.

PUMP FACT

The low elbow position in the Narrow Press fires up the lower pecs that arise from the sternum and ribs. The Wide Press and Flys access the pecs that arise from the collarbones, ie the upper pecs. The combination allows us to strengthen the full pectoralis group.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more
1 medium to large plate

NEW PEOPLE: Barbell with Chest weight
1 small to medium plate

DEMONSTRATE: Power Press

TRACK FOCUS

Focus on the muscles of the upper back to maintain great posture in every movement with the barbell and focus on stability in the Single-Arm Plate Row for isolation.

MUSCLE FOCUS

Wide Deadlift / Clean & Press / Power Press:
Posterior chain - glutes, hamstrings, lower and upper back

Deadrow: Lats and upper back

Single-Arm Plate Row: Lats, upper back and posterior deltoids

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low clap)	4x8 Set up for WIDE DEADLIFT Shoulder Roll	
	0:19	Instr / (Heavy beat)	4x8 2/2 WIDE DEADLIFT SET Stance	4x
	0:33	Instr / (Pulsing synth)	10x8 1/1 WIDE DEADROW	10x
	1:10	Br / (Low)	2x8 TRANSITION: Reset hands, normal grip on bar	
	1:18	V1 / _ I can't dance	4x8 2/2 DEADLIFT SET Stance	4x
	1:32	Came here	4x8 3/1	4x
	1:47	Rep / _ You look like	5x8 2/2	5x
	2:05	Instr / (Synth melody)	8x8 COMBO 1 (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	4x
	2:34	(Heavy melody)	8x8 1/1 CLEAN & PRESS	8x
2	3:03	Rep / _ You look like	12x8 COMBO 2 (32cts) 1x POWER PRESS (16cts) 1x TRIPLE DEADROW (16cts)	3x
	3:47	Instr / (Low)	4x8 TRANSITION: Bar down, pick up plate in L hand. R hand to hip or extends out	
	4:01	(Heavy synth)	8x8 BACKWARD-STEP TAP L with 1x 1/1 SINGLE-ARM PLATE ROW L (8cts), R hand to R hip Step L leg B (2cts), 1x 1/1 SINGLE-ARM PLATE ROW L (4cts), step L leg F to SET Stance (2cts)	8x
	4:30	(Heavy synth)	4x8 BACKWARD-STEP TAP L with 3x 1/1 SINGLE-ARM PLATE ROW L (16cts), R hand to R hip Step L leg B (2cts), 3x 1/1 SINGLE-ARM PLATE ROW L (12cts), step L leg F to SET Stance (2cts) Plate to collarbone on last 4cts. Step to MID Stance after last rep	2x
	4:45	Instr / (Heavy synth)	4x8 1/1 SQUAT PLATE PRESS MID Stance	8x



04. BACK

	MUSIC		SEQUENCE/EXERCISE	REPS
	4:59 Instr / (Low)	4x8	TRANSITION: Shake out and prepare for other side	
	5:14 (Heavy synth)	8x8	BACKWARD-STEP TAP R with 1x 1/1 SINGLE-ARM PLATE ROW R (8cts), L hand to L hip Step R leg B (2cts), 1x 1/1 SINGLE-ARM PLATE ROW R (4cts), step R leg F to SET Stance (2cts)	8x
3	5:43 (Heavy synth)	4x8	BACKWARD-STEP TAP R with 3x 1/1 SINGLE-ARM PLATE ROW R (16cts), L hand to L hip Step R leg B (2cts), 3x 1/1 SINGLE-ARM PLATE ROW R (12cts), step R leg F to SET Stance (2cts) Plate to collarbone on last 4cts. Step to MID Stance after last rep	2x
	5:58 Instr / (Heavy synth)	4x8	1/1 SQUAT PLATE PRESS MID Stance RECOVERY: Torso twists, upper and lower back stretches	8x



04. THERAPY 6:15mins

TECHNIQUE AND COACHING

1 WIDE DEADLIFT / WIDE DEADROW / DEADLIFT / CLEAN & PRESS / DEADROW / POWER PRESS

LAYER 1 / LAYER 2

The barbell work starts with one giant block so encourage your participants to go a little heavier once they master the technique after a few classes. Coach how to execute the moves using Position and Execution setup and NETT cues for clarity; this brings focus to developing great lifting technique from the start. As the block progresses, you have opportunities to bring in Layer 2 focuses; like maintaining great posture, (squeezing shoulder blades together creates scapula engagement for intensity the upper back) to help improve their execution and add intensity to their workout. It is always more challenging to maintain perfect posture as you execute technique and this is where the results live. Postural training has a carry-over effect into everyday life so educate and motivate your participants for results.

WIDE DEADLIFT

- *Feet under hips, SET Position, hands wide*
- **Abs braced and chest lifted**
- *Set the shoulders back and down*
- *Deadlift 2/2*
- **Bar to top of the knees**
- **Tip from the hips**

WIDE DEADROW

- **Bar to knees, ribs, knees and SET**
- **Elbows high and wide**
- **Core strong**
- **Squeeze shoulder blades together as you row**

DEADLIFT

- *Hands come in, roll the shoulders*
- *Keep the elbows to the rear*
- *Keep the squeeze in the shoulder blades*
- *Hips, heels, and glutes*
- *Push the hips back*
- *Drive the heels down and squeeze the glutes*
- *Push the bar into the thighs on the way up and on the way down*
- *Squeeze shoulder blades together to open chest as you stand*
- *Keep the postural muscles activated*

CLEAN & PRESS

- *1 Clean & Press, 1 Deadrow*
- **Brace abs when you catch**
- **Bar close to the body**
- **Pull your body under the bar**
- *Hips go back and down*
- **Use the legs to drive the bar over head**

DEADROW

- **Bar to knees, belly, knees and rise**
- **Elbows in and back**
- *Long straight back*
- **Chin tucked in, eyes look 6½ (2 meters) ahead**
- **Lift chest and brace abs**
- **Squeeze between the shoulder blades**

POWER PRESS

- *Power Press – 1 Catch, 3 Presses*
- **Bend your knees** every time you catch
- *Triple Deadrow*
- *Use your Squat – there's your power*
- **Hips sit back**
- **Brace abs and lift chest**

2 BACKWARD STEP TAP WITH SINGLE-ARM PLATE ROW / SQUAT WITH PLATE PRESS

LAYER 1 / LAYER 2

We have a new variation on the Single-Arm Plate Row; this is performed with a Backward-Step tap to challenge the stabilizing muscles, adding another layer of intensity to the workout. Set your participants up well with clarity by coaching one thing at a time. Get them moving with basic Layer 1 coaching of Timing, Targets and range so everyone feels successful. Coach nose over toes target to ensure participants achieve the hip hinge and Plate to Ribcage, along with squaring shoulders to front, to isolate the upper back. At the end of the block there are 8 Squat Plate Presses to spike the heart rate; they come in quick so pre-cue well and motivate for full Squat range to finish the block strongly.



04. THERAPY 6:15mins

BACKWARD STEP TAP WITH SINGLE-ARM PLATE ROW

- *Grab your plate, right hand, Single-Arm Row*
- *Set the shoulders back*
- *Right leg steps back, single time*
- **Hinge from the hips**
- **Nose over toes**
- *Engage the upper back muscles and **square your shoulders***
- **Chest up, brace abs**
- **Plate to ribcage**
- *Triple Row*
- **Squeeze shoulder blade into the back ribs**

SQUAT PLATE PRESS

- *Mid Stance*
- *Plate to collarbones – Squat Press*
- *8 reps*
- **Hips back and down**
- **Butt just above knee-line**
- **Chest up, abs braced**

3 BACKWARD STEP TAP WITH SINGLE-ARM PLATE ROW / SQUAT PLATE PRESS

LAYER 2 / LAYER 3

Layer 2 coaching focuses improve participants' Execution of the movements and manipulate the intensity of their workout. Single-arm plate work is a great way to focus on the scapula retractor muscles on each side of the body. The key to isolating these muscles is setting up a stable trunk position. This is achieved by hinging forward from the hips with the chest lifted and squaring the shoulders. Use a mix of Layer 2 and 3 Intensity and Motivational cues to maximize results. Positive motivators push people to keep working hard by using praise and encouragement, while challenging cues demand that they step up and give just a little bit more. Using the music can help to motivate everyone to give their best and allows you to show your love of the workout. How will you keep everyone in the zone until the end?

- *Plate in the left hand, Single-Arm Row*
- *This round, let's focus more on the posture*
- *Nose over toes*
- *Weight in the front heel and squeeze right glute when you stand*
- *Keep the shoulder blade squeeze on*
- *Let's finish off the back*
- *Step back and stay back*
- *Bring the plate to the ribs*
- *Great posture everyone*
- *Mid Stance – 8 Squats*
- *Stretch through the shoulders*

PERFORMANCE

This track has great contrast with many builds in the giant block. Don't be tempted to over-coach; allow the music to drive the workout. You do this by keeping your cues short, clear and precise and hooking into the feel and emotion of the song; bring performance into your coaching that's music, voice (tone and pace), and actions (body and face)! Do it your way...

INTENSITY

The intensity in this track comes from the combination of isolated and compound movements. Isolation in the Single-Arm Row patterns develops accumulating tension in the target muscles. The compound bar work with the Clean & Press and Power Press, combined with the Squat with Overhead Plate Press, spikes the heart rate.

PUMP FACT

Keeping the nose over the toes in the Single-Arm Plate Row with Backward Tap requires extra input from the glutes and hamstrings. This position moves our center of gravity forward of our base of support. This means the muscles at the back of the body have to contract extra hard to maintain our position.

SMARTSTART

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



05. TRICEPS

WEIGHT SELECTION

REGULARS: 1x medium to large plate
NEW PEOPLE: 1x small to medium plate

TRACK FOCUS

Clearly coach Position and Execution setup for all the tricep exercises bringing focus, options and challenge to the single timing.

MUSCLE FOCUS

Tricep Pushup: Triceps, anterior deltoids, pectorals
Standing Overhead Tricep Extension, Kickback: Triceps

This track contains explicit content. There is an alternative track available.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Beat)	2x8 Set up STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	
	0:12	Instr / (Distorted vocals)	2/2 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	6x
	0:30	And if I try to	3/1	4x
	0:42	C / Pray for the	1/1 SET Stance	16x
2	1:05	Instr / (Distorted vocals)	TRANSITION: To L side of bench for TRICEP BENCH PUSHUP	
	1:16	V2 / Every morning	2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	1:28	Give everything	3/1	4x
	1:39	C / Pray for the	1/1	16x
3	2:02	Br / _ If I had one	TRANSITION: Pick up smaller weight plate in L hand for TRICEP BENCH KICKBACK L	
	2:08	_ To be better	2/2 TRICEP BENCH KICKBACK L (Plate in L hand)	6x
	2:25	C / Pray for the	1/1	16x
	2:48	Rep / It's Saturday	1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate	14x
4	3:10	Instr / (Distorted vocals)	TRANSITION: Plate down, back to R side of bench for TRICEP BENCH PUSHUP	
	3:23	V3 / Every morning	2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	3:35	Give everything	3/1	4x
	3:46	C / Pray for the	1/1	16x
5	4:09	Br / _ If I had one	TRANSITION: Pick up smaller weight plate in R hand for TRICEP BENCH KICKBACK R	
	4:16	_ To be better	2/2 TRICEP BENCH KICKBACK R (Plate in R hand)	6x
	4:32	C / Pray for the	1/1	16x
	4:55	Rep / It's Saturday	1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate RECOVERY: Shake out the arms. Tricep stretches	14x



ALTERNATIVE

05. TRICEPS - CHAMOMILE BREATH 5:21mins

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	
	0:12	Instr / (Synth)	6x8	2/2 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	6x
	0:30	(Bup)	4x8	3/1	4x
	0:42	(Heavy)	8x8	1/1 SET Stance	16x
2	1:05	(Lower)	4x8	TRANSITION: To L side of bench for TRICEP BENCH PUSHUP	
	1:16	(Synth)	4x8	2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	1:28	(Bup)	4x8	3/1	4x
	1:39	(Heavy)	8x8	1/1	16x
3	2:02	(Low)	2x8	TRANSITION: Pick up smaller weight plate in L hand for TRICEP BENCH KICKBACK L	
	2:08	(Low build)	6x8	2/2 TRICEP BENCH KICKBACK L (Plate in L hand)	6x
	2:25	(Heavy)	8x8	1/1	16x
	2:48	(Heavy melody)	8x8	1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate	14x
4	3:10	(Guitar)	4½x8	TRANSITION: Plate down, back to R side of bench for TRICEP BENCH PUSHUP	
	3:23	(Melody)	4x8	2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	3:35	(Melody Bup)	4x8	3/1	4x
	3:46	(Heavy)	8x8	1/1	16x
5	4:09	(Low)	2x8	TRANSITION: Pick up smaller weight plate in R hand for TRICEP BENCH KICKBACK R	
	4:16	(Low build)	6x8	2/2 TRICEP BENCH KICKBACK R (Plate in R hand)	6x
	4:32	(Heavy)	8x8	1/1	16x
	4:55	(Heavy melody)	8x8	1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate RECOVERY: Shake out the arms. Tricep stretches	14x



05. SAY AMEN 5:21mins

TECHNIQUE AND COACHING

LAYER 1

Coach Layer 1 Position and Execution setup for the Tricep Extension using NETT. Think one cue at a time, allowing space for each cue to land so participants understand the execution of the exercise.

1 STANDING OVERHEAD TRICEP PLATE EXTENSION

- *Split Stance*
- *Overhead Extension*
- *Bend knees*
- **Brace abs**
- **Lift chest**
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- *Shoulders are back and down to retract the scapula and stabilize the shoulders*
- *Keep the elbows forward and the core switched on*

2 TRICEP PUSHUP

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution setup of the Tricep Pushup with a focus on coaching options to help everyone achieve good execution. Then, once everyone is moving well, challenge some Pushups on the toes for an athletic body. Layer 2 cues help improve execution and manipulate the intensity. We want to maintain stability through the core to avoid buckling through the mid-section, and the challenge is to get up on your toes!

TRICEP PUSHUP

- *Come to the side of the bench*
- *Corkscrew hands on bench*
- *Shoulders down and back*
- *On Knees or toes*
- **Brace abs**
- **Chest to elbow level**
- **Elbows in and back**
- *Option – knees on the floor or bring the knees closer*
- *Squeeze the glutes and get ready for Singles*
- *Make sure the elbows are close to the body to isolate the back of the arms*

3 TRICEP BENCH KICKBACK / STANDING TRICEP OVERHEAD PLATE EXTENSION

LAYER 1 / LAYER 2

Coach Position setup for the Kickback in the transition and Execution setup (Targets, Timing and range) in the 2/2 so when the Singles hit, participants feel the burn creating isolation in the tricep. The key is to keep the elbow up high and keep it close to the body; small move and big burn. Take your time to get participants up and standing for the Overhead Extension single tempo to finish the block. The focus is to keep the upper arm still for isolation, keeping the shoulders down for shoulder stability.

TRICEP BENCH KICKBACK

- *Kickbacks, grab your small plate*
- *Hinge forward from hips*
- **Chest up**
- **Upper arm parallel to the floor – extend the elbow**
- **Keep shoulders square**
- *The key is to keep the elbow high and close to the body*

STANDING OVERHEAD TRICEP PLATE EXTENSION

- *Stand up and grab your large plate*
- *Overhead Extension*
- *Posture is proud*
- *Shoulders down*
- *Lift chest and brace abs*
- *Squeeze elbows in*

4 TRICEP PUSHUP

LAYER 2 / LAYER 3

Another round of Pushups and fatigue will set in fast; encourage your class to work for quality reps with good execution, no matter what the level is... Right now, they need your help to motivate them to the finish line – what will you do and say to help participants cross that line?

TRICEP PUSHUP

- *Anytime, go to the knees for quality, especially when fatigue sets in*
- *As the elbows flare, fight to bring them close to the body*
- *Drive the bench away, really push down hard*
- *Chest is warm, shoulders are warm*
- *Triceps are hot!*



05. SAY AMEN 5:21mins

5 TRICEP BENCH KICKBACK / STANDING TRICEP O/H PLATE EXTENSION

LAYER 2 / LAYER 3

We finish the block with Kickbacks and Standing Overhead Tricep Extensions together, to shape and tone. Remember; It's all about celebrating the workout and allowing the music to speak! What will you say to bring your class with you?

- *Grab the small plate*
- *Kickback 2/2*
- *If you had one chance to be better than yesterday, would you take it?*
- *Squeeze the back of the arm*
- *Mumma, can I get another?*
- *Overhead Extensions*
- *Finish with us, dig deep*

PUMP FACT

The triceps muscle has three heads. One of those heads, the long head, crosses the back of the shoulder while the other two originate in the upper arm. When we hold the upper arm parallel to the floor in the Kickback, the long head of the tricep plays a key part in maintaining the position of the upper arm.



06. BICEPS

WEIGHT SELECTION

Barbell with Warmup weight or less
2x small to large plates

TRACK FOCUS

Clearly coach the timing of the combination. Cue the execution of the Bicep Curl with precision to achieve isolation through supination and sell the benefits.

MUSCLE FOCUS

Bicep Curl: Biceps
Bicep Row: Upper back and biceps

This track contains explicit content. There is an alternative track available.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Thunder)	4x8	Set up for BICEP PLATE CURL SET Stance
	0:20	C / _ Yeah I'm in this	8x8	PLATE COMBO SET Stance (16cts) 4x 1x ALT SINGLE-ARM BICEP PLATE CURL L, R (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
2	0:45	V1 / Cr , cr, crack	8x8	2/2 BICEP PLATE CURL SPLIT Stance 8x
	1:11	C / _ Yeah I'm in	8x8	PLATE COMBO (16cts) SET Stance 4x
	1:35	Ref / _ Clap clap clap	4x8	1/1 BICEP PLATE ROW (8cts) 4x
3	1:48	V2 / Why's everybody so	4x8	2/2 BICEP PLATE CURL SPLIT Stance 4x
	2:00	Lil mama try	4x8	1/1/2 SET Stance 4x
	2:13	That couple bricks	4x8	2/2 SPLIT Stance 4x
	2:26	C / _ Yeah I'm in	8x8	PLATE COMBO SET Stance 4x
4	2:50	V3 / _ Mami's body	1x8	TRANSITION: Plates down. Pick up barbell
	2:53	Rep / _ I make it	7x8	2/2 BICEP CURL SPLIT Stance 7x
	3:15	C / _ Yeah I'm in	8x8	BARBELL COMBO (16cts) SET Stance 4x 2x 1/1 BICEP CURL (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
5	3:40	Instr / (Low)	1/2x8	HOLD
	3:42	V4 / _ Mami's body	8x8	2/2 BICEP CURL SPLIT Stance 8x
	4:07	C / _ Yeah I'm in	8x8	BARBELL COMBO SET Stance 4x
	4:32	Ref / _ Calca, TS	4x8	1/1 BICEP CURL 8x
	4:44	Outro	2x8	RECOVERY: Bar down, shake out arms



ALTERNATIVE

06. BICEPS - MANERA 4:54mins

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	4x8	Set up for BICEP PLATE CURL SET Stance
	0:20	Instr / (Melody rhythm)	8x8	PLATE COMBO SET Stance (16cts) 1x ALT SINGLE-ARM BICEP PLATE CURL L, R (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
2	0:45	(Low synth)	8x8	2/2 BICEP PLATE CURL SPLIT Stance 8x
	1:11	(Melody rhythm)	8x8	PLATE COMBO (16cts) SET Stance 4x
	1:35	(Windup)	4x8	1/1 BICEP PLATE ROW (8cts) 4x
3	1:48	(Melody)	4x8	2/2 BICEP PLATE CURL SPLIT Stance 4x
	2:00	(Melody)	4x8	1/1/2 SET Stance 4x
	2:13	(Melody)	4x8	2/2 SPLIT Stance 4x
	2:26	(Melody rhythm)	8x8	PLATE COMBO SET Stance 4x
4	2:50	(Melody)	1x8	TRANSITION: Plates down. Pick up barbell
	2:53	(Melody)	7x8	2/2 BICEP CURL SPLIT Stance 7x
	3:15	(Melody rhythm)	8x8	BARBELL COMBO (16cts) SET Stance 4x 2x 1/1 BICEP CURL (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
5	3:40	Br / (Low)	1/2x8	HOLD
	3:42	(Melody)	8x8	2/2 BICEP CURL SPLIT Stance 8x
	4:07	(Melody rhythm)	8x8	BARBELL COMBO SET Stance 4x
	4:32	(Melody rhythm)	4x8	1/1 BICEP CURL 8x
	4:44	Outro	2x8	RECOVERY: Bar down, shake out arms



06. MAKE IT RAIN 4:54mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL

LAYER 1

Use Layer 1 Position and Execution cues to get the participants moving with the correct timing and range in the combination.

- **Feet under hips**
- **Brace abs, stand strong**
- **Lift your chest** and lock the shoulder blades down into the back ribs
- Alternating Curl and 3 Pulses
- **Bring the plates all the way up towards the shoulders**
- **Lower to your thighs**
- Keep the pulse at elbow level

2 BICEP PLATE CURL / BICEP PLATE ROW

LAYER 1 / LAYER 2

Block 1 is short so continue to coach Layer 1 Execution cues to set participants up with the basics. Use Layer 2 cues that will help your class to move with improved technique. In the Bicep Plate Curl, focus on the position of the elbow to keep load in the target muscles and creating the strong platform in your posture to load effectively.

BICEP PLATE CURL

- From the thighs, turn the plates at the mid-line
- **Elbows stay under shoulders**
- Drop the shoulders down and bend the knees
- Let's feel the strong posture, shoulders back and down
- Singles and Pulses
- Trap the elbow under the shoulder to load
- Start to turn the plates a little more

BICEP PLATE ROW

- Let's take a dive; Bicep Plate Row
- **Plates to knees**
- **Under the ribcage**
- Full twist of the plate

3 BICEP PLATE CURL

LAYER 2 / LAYER 3

Fatigue is kicking in fast now so bring in your Layer 2 coaching focus to enhance participants' experience. As you prepare your coaching focuses, think: WHAT to say; and think about HOW to say it. What is your style of delivery? Are you a high connector or driven by the music and lyrics, or a bit of both? The way we deliver information to participants is crucial for it to land and make change on the floor.

BICEP PLATE CURL

- Let's focus on the supination
- Full turn of the plates
- Let's start to feel the pump
- Really force the turn
- Turn the knuckles
- Can you feel the load?
- Big turn – big burn
- Step in Single and pulses
- Keep turning the plate and force the knuckle round

4 & 5 BARBELL BICEP CURL

LAYER 2 / LAYER 3

The final two blocks of work are big and the burn is real... Block 4 introduces the work with the barbell so it's going to be tough. Layer 3 cues motivate everybody to the finish. Show that working hard can be fun – this delivers intrinsic motivation, helping participants succeed by getting them to love the feel of working hard. How will you bring your class to the end with this cool song?

- Transition to the bar
- Underhand grip
- From the thighs
- Full extension just under the shoulders
- Soften knees and lift tall through the chest
- Start to stretch the arm out
- Keeping the pulse at elbow level; be precise
- Let's finish strongly
- Squeeze the shoulder blades together for strong posture to the end
- We're going home
- Now it's kicking in, 30 secs
- BODYPUMP rain
- 8 Singles – ride it to the end



06. MAKE IT RAIN 4:54mins

INTENSITY

The intensity in this track is generated by achieving the execution from the supination of the Bicep Plate Curl.

PUMP FACT

Maintaining a slight retraction of the scapulae during Bicep Curls teaches participants to support and stabilize their thoracic spine when their posture is challenged.



07. LUNGES

WEIGHT SELECTION

1x small to large plate
OPTION: Body weight

TRACK FOCUS

Clearly coach the timing for the Squat and Backward-Stepping Lunge combinations along with focus on posture for load and fatigue.

MUSCLE FOCUS

Squat and Lunge: Glutes and quads

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Don't fail me	4x8 Set up PLATE FRONT SQUAT	
	0:16	_ Don't hold it in	4x8 4/4 PLATE FRONT SQUAT MID Stance Plate to collarbone	2x
	0:27	_ Through the night	8x8 4/4 ALT BACKWARD-STEPPING LUNGE L, R (32cts) Step R leg B first	2x
	0:49	PC / No time to	8x8 SLOW SQUAT-LUNGE COMBO (64cts) 1x 4/4 SQUAT (16cts) 1x 4/4 LUNGE L (16cts), R leg steps B 1x 4/4 SQUAT (16cts) 1x 4/4 LUNGE R (16cts), L leg steps B	1x
	1:10	Rep / Ready for this	12x8 FAST SQUAT-LUNGE COMBO (16cts) 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE L (4cts), R leg steps B 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE R (4cts), L leg steps B Note: First 2 reps easy range	6x
2	1:44	V2 / _ As I make	1x8 TRANSITION to PLATE LUNGE L (R foot B). Plate in R hand	
	1:47	I stand here	7x8 3/1 PLATE LUNGE L (R foot B) Plate to collarbone on last 4cts	7x
	2:05	Instr / (Distorted synth)	8x8 SQUAT-LUNGE L COMBO (8cts) 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE L (4cts)	8x
	2:27	No time to	1x8 TRANSITION to PLATE LUNGE L (R foot B). Plate in R hand	
	2:30	_ Cause I	7x8 3/1 PLATE LUNGE L	7x
	2:49	Rep / Ready , ready	4x8 1/1 Plate to collarbone on last 4cts	8x
	3:00	Instr / (Distorted synth)	8x8 SQUAT-LUNGE L COMBO (8cts)	8x



07. LUNGES

3

	MUSIC		SEQUENCE/EXERCISE	REPS
	3:23 V3 / _ As I make	1x8	TRANSITION to PLATE LUNGE R (L foot B). Plate in L hand	
	3:25 I stand here	7x8	3/1 PLATE LUNGE R (L foot B) Plate to collarbone on last 4cts	7x
	3:44 Instr / (Distorted synth)	8x8	SQUAT-LUNGE R COMBO (8cts) 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE R (4cts)	8x
	4:06 No time to	1x8	TRANSITION to PLATE LUNGE R (L foot B). Plate in L hand	
	4:09 _ Cause I	7x8	3/1 PLATE LUNGE R	7x
	4:28 Rep / Ready, ready	4x8	1/1 Plate to collarbone on last 4cts	8x
	4:39 Instr / (Distorted synth)	8x8	SQUAT-LUNGE R COMBO (8cts) RECOVERY: Shake legs, Quadricep Stretches	8x



07. READY FOR IT 5:04mins

TECHNIQUE AND COACHING

1 PLATE FRONT SQUAT / ALTERNATING BACKWARD-STEPPING LUNGE / SQUAT-LUNGE COMBINATION

LAYER 1

We start the track with Front Squats building into Alternating Lunges then into the Squat-Lunge Combination, slow then fast. Clearly coach which leg moves where (think body-part and direction) so everyone moves together using good timing cues. Think one cue at a time so you keep everyone with you and offer to decrease intensity by dropping the plate early to maintain great posture!

PLATE FRONT SQUAT

- *Front Squat*
- **Plate high on chest**
- **Feet outside hips**
- *Elbows under plate*
- **Lift chest and brace abs**
- **Hips sit back and down**
- **Butt just above knee-line**

ALTERNATING BACKWARD-STEPPING LUNGE

- **Long step back**
- **Back knee down, front knee out**
- *Step in and switch*
- **Chest up, abs braced**
- **Front thigh parallel**

SQUAT-LUNGE COMBINATION

- *Slow combination*
- *Feet outside hips*
- *Slow Squat, slow Lunge*
- *Butt to top of knee-line*
- *We are trying to get the front thigh parallel in the Lunge*
- *Ready for a bit of speed?*
- *Get a feel for it*
- *This is your combination*
- *Full range now*
- *Long step back*
- *Option at any point is body weight*

2 PLATE LUNGE / SQUAT-LUNGE COMBINATION

LAYER 2 / LAYER 3

We start this block with the static Lunges and then back to the Squat-Lunge Combination, staying on the same leg to maximize the burn. Cover the basics first (Timing, Targets and range) to get everyone moving well with the feel of the music. The key to a perfect Lunge is a long step back maintaining good upright posture. In the 2nd round, focus on Layer 2 and 3 cues, increasing the intensity by hitting the full range and nailing the timing and motivating everyone to stay in the game. Educate your class on the benefits of this training: creating the burn in the muscles to shape and tone our legs and if you have to drop the plate – this is success!

PLATE LUNGE

- *Left leg back, plate in left hand*
- *Hold, tempo 3/1*
- *2 rounds on this leg*
- *Square hips and shoulders*
- *Brace abs and lift chest*
- *Strong posture to load the legs now*
- *I think we are ready for some more*
- *Singles, ground your body, lock it in*

SQUAT-LUNGE COMBINATION

- *1 Squat and 1 Lunge coming*
- *Plates up*
- *1 Squat, 1 Lunge*
- *Same leg*
- *We are building strong, lean legs*
- *We know this one*
- *Find the beat and drop your butt*
- *Legs are firing up*



07. READY FOR IT 5:04mins

3 PLATE LUNGE / SQUAT-LUNGE COMBINATION

LAYER 2 / LAYER 3

Block 3 is a repeat of Block 2. Help your class to commit to the end with lots of Layer 2 Intensity and Layer 3 Motivational cues. Try using some Intrinsic motivators, referring to how good training makes us feel, and bring them with you to the finish line!

- *Plate in right hand*
- *Fatigue is setting in*
- *Remember your option to drop the plate*
- *Combination: 1 Squat, 1 Lunge*
- *Same side*
- *Chest up*
- *Plates up if you've got them*
- *Last round team*
- *No time for over-thinking*
- *1 more shot*
- *Big muscles work calories*
- *Big calorie burn*
- *Singles – wind it up*
- *Stomp your heel and leave your footprint on this workout*
- *Are you ready for it?*
- *Training under fatigue will get us results*
- *Stay low in the legs*
- *Stronger, leaner*
- *I think we're ready for it!*

INTENSITY

The Intensity in the Squat Lunge Combo arises as a result of accumulating tension in the stationary leg. To maximize this, we keep that leg slightly bent as we come back to the Squat position and ensure the center of the knee remains over the middle of the foot.

PUMP FACT

The optimal foot position for Lunging is hip width; for Squats it is slightly wider. Coaching the difference between the two will allow participants to optimize range and control in the combo.



08. SHOULDERS

WEIGHT SELECTION

REGULARS: Barbell with Warmup weight
2x small to medium plates

TRACK FOCUS

Clearly coach the Position and Execution setup of the Rear Deltoid Fly with rotation for good technique and be super clear as transitions are fast. Educate your participants on the benefits of this training.

MUSCLE FOCUS

Bar work: Deltoids, trapezius and rotator cuffs
Plate work: Muscles of the upper back, rear deltoids
Pushup: Pectoralis, triceps, deltoids and core

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Clap)	4x8 Set up STANDING REAR DELTOID FLY SET Stance	
	0:19	Instr / (Beat)	4x8 2/2 STANDING REAR DELTOID FLY SET Stance	4x
	0:35	V1 / _ Yeah we a big	4x8 4/4	2x
	0:50	PC / Big song	4x8 2/2	4x
	1:05	Rep / Explode	4x8 1/1/2	4x
	1:20	Instr / (Heavy)	8x8 1/1 STANDING REAR DELTOID FLY WITH ROTATION (8cts)	8x
2	1:50	Instr / (Low)	2x8 TRANSITION: Plates down, kneeling position, pick up bar, WIDE Grip, ready for KNEELING UPRIGHT ROW	
	1:57	(Bup)	2x8 2/2 KNEELING WIDE-GRIP UPRIGHT ROW	2x
	2:05	V2 / _ No we no little	4x8 4/4	2x
	2:20	PC / Big song	4x8 2/2	4x
	2:35	Rep / Explode	4x8 1/1/2 Use last 8cts to transition from bar to plates for KNEELING REAR DELTOID FLY WITH ROTATION L leg F	3x
	2:50	Instr / (Heavy)	8x8 1/1 KNEELING REAR DELTOID FLY WITH ROTATION (8cts)	8x
3	3:20	Rep / Explode	4x8 1/1 PUSHUP Use first 4cts to transition to PUSHUP Options: Toes, knees or kneeling	7x
	3:35	Instr / (Low)	2x8 TRANSITION: Plates down kneeling position, pick up bar, WIDE Grip, ready for KNEELING UPRIGHT ROW	
	3:42	(Bup)	2x8 2/2 KNEELING WIDE-GRIP UPRIGHT ROW	2x
	3:50	V3 / _ No we no little	4x8 4/4	2x
	4:05	PC / Big song	4x8 2/2	4x
	4:20	Rep / Explode	4x8 1/1/2 Use last 8cts to transition from bar to plates for KNEELING REAR DELTOID FLY WITH ROTATION R leg F	3x
	4:35	Instr / (Heavy)	8x8 1/1 KNEELING REAR DELTOID FLY WITH ROTATION	8x
	5:05	Rep / Explode	4x8 1/1 PUSHUP Use first 4cts to transition to PUSHUP	7x
	5:20	Outro	4x8 TRIPLE PULSE PUSHUP	4x
			RECOVERY: Shake arms, roll shoulders, shoulder stretches	



08. BOOMSHAKALAK 5:40mins

TECHNIQUE AND COACHING

1 STANDING REAR DELTOID FLY / STANDING REAR DELTOID FLY WITH ROTATION

LAYER 1 / LAYER 2

Focus on Timing, Targets and range so your class is moving with great execution and understands the new Fly with Rotation. The key in the rear deltoid work is the tipping forward of the torso and a strong core to isolate and staying small and tight in the Pulses.

STANDING REAR DELTOID FLY

- *Pick up your plates*
- *SET Position*
- **Tip from the hips**
- **Plates face in**
- **Brace core, chest up**
- **Shoulders back and down**
- *Lead with the elbows*
- **Elbows just under shoulder height**
- **Squeeze shoulder blades together**
- **Chin tucked in, eyes forward**
- *Keep the torso forward on a 45-degree angle to isolate the rear delts*

STANDING REAR DELTOID FLY WITH ROTATION

- *Fly with rotation*
- *Up and twist*
- *Twist the arm*
- **Biceps up, elbows down**
- *Try and turn the plates all the way around so they face the front*
- **Keep the chest lifted and abs braced**
- *Working deep into the shoulder stabilizers*

2 KNEELING WIDE-GRIP UPRIGHT ROW / KNEELING REAR DELTOID FLY WITH ROTATION / PUSHUP

LAYER 1 / LAYER 2

Changing the exercises will help participants stay in the workout for longer. Kneeling barbell work will challenge even your die-hard participants. Coach the basics of Timing, Targets and range to get everyone moving well in the Upright Rows. The Fly with Rotation comes back again, so be precise with cues to nail the transition. Once you have participants moving again, coach Layer 2 cues that help improve their execution of this new move and coach the benefits to motivate them to stay in the work. There are only 7 Pushups to finish the block so encourage their best efforts.

KNEELING WIDE-GRIP UPRIGHT ROW

- *Grab your barbell*
- *Hands wide, Upright Row*
- **Bar close to the body**
- **Target – lower chest**
- *Let's stabilize the shoulders*
- **Brace abs and lift chest**
- *Shoulders back and down and squeeze butt*
- **Elbows high and wide**
- *When you stabilize you start to feel the isolation in the shoulders*
- *I can see it in your shoulders – you look good*
- *Explode up*
- *Quick transition, barbell down*

KNEELING REAR DELTOID FLY WITH ROTATION

- *Bar comes down*
- *Plates up*
- *One leg forward*
- *Tip forward from the hip*
- *Rotate and fly*
- *Chest up, nose over toes*
- *Stabilize your body and squeeze shoulder blades together*
- *Squeeze between the shoulder blades to rotate the plates*
- *That shoulder stability keeps us strong and safe*

PUSHUP

- *Hands wide, Pushups*
- *On knees or toes – there is only 7*
- *Shoulders away from the ears*
- **Brace abs**
- **Chest to elbow-height**
- *Push through the floor*



08. BOOMSHAKALAK 5:40mins

3 KNEELING WIDE-GRIP UPRIGHT ROW / KNEELING REAR DELTOID FLY WITH ROTATION / PUSHUP

LAYER 2 / LAYER 3

The final block is a repeat of Block 2 with some Triple Pushups at the end. Coach Layer 2 internal and external coaching cues that will help your class execute improved technique. The intensity is high and participants will need motivational language that will bring them to perform well and towards fatigue; that's the goal! Sell the benefits of this training to educate and motivate for this last big track!

- *Wide-grip Upright Row*
- *Control on the way down*
- *Time under tension training*
- *There it is – on and on*
- *Ground yourself*
- *Bar close*
- *Power – quick on the way up*
- *Can you feel the strength in your shoulders?*
- *Bar down, grab the plates*
- *Elbows lead the way*
- *Get the rotation*
- *Remember: biceps up, elbows down*
- *Pushups to finish*
- *Triples with a strong push*
- *Last time to explode*
- *How do we finish it team?*

INTENSITY

The intensity of this track comes from the focus on the intrinsic shoulder muscles and the scapula stabilizers. The combination of the Upright Rows and the Rear Deltoid Fly with Rotation will push these muscles to a point of fatigue. Training these muscles will help improve our strength and control during compound push-and-pull exercises.

PUMP FACT

Training the lateral rotators of the shoulder, as we do in the Rear Deltoid Fly with Rotation, trains infraspinatus and teres minor in the rotator cuff.

These muscles are responsible for keeping the head of the humerus centered during exercises such as Lateral Raises and Overhead presses. Controlling the head of humerus is a vital component of avoiding impingement issues when training the upper body.



09. CORE

WEIGHT SELECTION

1x small to medium plate

DEMONSTRATE

Plate Crunch Combination

TRACK FOCUS

Focus on clear coaching of the execution in the new Crunch Combo and how to manipulate the intensity and sell the benefits in all the core exercises.

MUSCLE FOCUS

Hip Bridge: Glutes

Hover and Side Hover: Rectus abdominis, obliques

Plate Crunch Combination: Rectus abdominis, obliques

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up for HIP BRIDGE , plates on lap	
	0:14	V1 / Love me	6x8	2/2 HIP BRIDGE Use last 4cts to transition plates to extended O/H	6x
	0:41	C / _ I don't wanna	6x8	PLATE CRUNCH COMBO (8cts) Crunch up, plates extend O/H (2cts) Lower body down, plates open wide (2cts) Crunch up, plates press up over shoulders (2cts) Lower body down, plates go back O/H (2cts)	6x
2	1:09	V2 / Trust me	6x8	2/2 HIP BRIDGE Use last 4cts to transition plates to extended O/H	6x
	1:36	C / _ I don't wanna	6x8	PLATE CRUNCH COMBO	6x
3	2:03	Ref / Love me	4x8	HOVER Option: On knees Use first 8cts to transition to HOVER	
	2:22	C / _ I don't wanna	4x8	2/2 ROTATING SIDE HOVER R Option: On knees	4x
	2:40	Rep / _ I don't wanna	4x8	15x PULSE SIDE HOVER R L arm extends up Use first 2cts to transition to SIDE HOVER	1x
4	2:59	Ref / Love me	4x8	HOVER Use first 8cts to transition to HOVER	
	3:18	C / _ I don't wanna	4x8	2/2 ROTATING SIDE HOVER L	4x
	3:36	Rep / _ I don't wanna	4x8	15x PULSE SIDE HOVER L R arm extends up Use first 2cts to transition to SIDE HOVER	1x



09. LET YOU BE RIGHT 3:57mins

TECHNIQUE AND COACHING

1. HIP BRIDGE / PLATE CRUNCH COMBINATION

LAYER 1

Coach the Layer 1 Position and Execution setup of the exercises with clear timing cues. Clearly coach the direction and target for the Plate Crunch Combination and check that your participants are moving well. It's a challenging move so without the plate is always a great starting place.

HIP BRIDGE

- *Bring plates to hip*
- *Hold the plates on front of hips*
- ***Squeeze butt to lift the hips***
- *Press out of the heels to feel the glutes*

PLATE CRUNCH COMBINATION

- *Plates over head for combination*
- *Plates come up, open, up and overhead*
- ***Ribs to hips as you crunch***
- ***Chin tucked in, eyes to knees***
- *Plates over shoulders*



2 HIP BRIDGE / PLATE CRUNCH COMBINATION

LAYER 2

We repeat the moves again in the 2nd block. Once participants have mastered the basics, use Layer 2 cues that will both improve their technique and help them to feel the work in the target muscles creating more intensity. For the new Plate Crunch Combination we want to focus on challenging the upper abs as you crunch and as you fly open, we bring in the focus to the obliques.

- *Plates on front of hips*
- *Back to Hip Bridge*
- *Try squeezing the butt even more and drive through the heels*
- *This will shape and tone for a good-looking butt*
- *Peel your shoulder blades off the floor*
- *Shaping and toning for a strong core*

3 HOVER / ROTATING SIDE HOVER

LAYER 1 / LAYER 2

We change the exercises to Hover and Rotating Side Hover to challenge the core. Coach with precision, position and execution of both moves so you don't leave anyone behind. Role model the option on knees to decrease intensity.

HOVER

- *Lose your plates*
- *Roll over to Hover*
- *Stack forearms*
- *Elbows under shoulders*
- *On Knees or toes*
- ***Brace abs***
- ***Back long and straight***

ROTATING SIDE HOVER

- *Rotate to the front for Side Hover*
- *Same side*
- *Option on the knees*
- ***Bottom hip lifts away from the floor***
- ***Body moves as one***
- ***Square hips and shoulders***
- *Up quickly and pulse*
- *Stay in top range*

4 HOVER / ROTATING SIDE HOVER

LAYER 2 / LAYER 3

The final block is a repeat of Block 3; remember, participants will be fatigued so focus on keeping the abdominal brace strong and body moving as one. Sell the great benefits of this training to educate and motivate participants through to the end of the track.

- *Other side*
- *Stack the forearms*
- *Smooth movement – whole body rotating as one*
- *Make the move seamless*
- *Up quickly and pulse*
- *The higher we can lift our hips, the better our waistline will look*



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	1x8	Set up CHILDS POSE . Get your participants to transition to kneeling position
	0:08	V1 / Never fades away	4x8	CHILDS POSE
	0:28	C / Hit so hard	4x8	UPPER BACK STRETCH L, R <i>Switch side at halfway point</i>
	0:49	Rep / _ Scars	2x8	CAT STRETCH
2	0:58	C / Your burn	2x8	KNEELING HIP FLEXOR STRETCH R (L leg F, R hand extends up)
	1:07	Your mark	2x8	KNEELING HIP FLEXOR STRETCH R with TWIST (R hand to L knee)
	1:17	Your burn	2x8	KNEELING HIP FLEXOR STRETCH L (R leg F, L hand extends up)
	1:27	Your mark	2x8	KNEELING HIP FLEXOR STRETCH L with TWIST (L hand to R knee)
3	1:37	V2 / _ There's no room	8x8	SEATED HURDLER STRETCH L, R <i>Switch side at halfway point</i>
	2:18	C / Your burn	4x8	STANDING QUADRICEP STRETCH L, R <i>Switch side at halfway point</i>
	2:38	_ Remember I told	4x8	STANDING O/H STRETCH (Both arms reach above head, hands together)
	2:59	C / Hit so hard	4x8	SHOULDER STRETCH L, R <i>Switch side at halfway point</i>
	3:19	Outro / Your mark	4x8	Roll and shake out. Congratulate the class for their efforts



10. REMIND ME TO FORGET 3:42mins

TECHNIQUE AND COACHING

COACHING TIPS

- Be descriptive in how to stretch and where they should be feeling it.
- Acknowledge the effort that’s gone into the workout today and congratulate them on completing it!



45-MIN FORMAT

05. TRICEPS/BICEPS

WEIGHTS

Triceps: 1x medium to large plate

Biceps: 2x medium to large plates

TRACK FOCUS

Coach transitions well so the class can follow easily through the different exercises. Coach how to execute each exercise clearly with Layer 1 cues on the first set of both exercises. The 2nd sets are your time to bring intensity, benefits and motivation to this training.

MUSCLE FOCUS

Bicep Plate Curl: Biceps

Kneeling Overhead Extensions: Triceps

Tricep Pushup: Triceps, pecs and deltoids

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	V1 / Soy mala	2x8	Set up SET Position, SHOULDER ROLL	1x
	0:16	Dominicana	2x8	1/1 ALT BICEP PLATE CURL L,R SET Stance (8cts)	2x
	0:25	Basta	4x8	2/2 BICEP PLATE CURL (8cts)	4x
	0:44	Instr / (Rhythmic synth)	8x8	BICEP COMBO (32cts) 1x 8 MID-RANGE PULSE (16cts) 4x 1/1 FAST ALT BICEP PLATE CURL L, R (16cts)	2x
	1:21	V2 / Soy mala	1x8	TRANSITION: One plate only, to the floor into kneeling position for KNEELING TRICEP O/H PLATE EXTENSION	
2	1:26	Pa' la playa	3x8	1/1 KNEELING TRICEP O/H PLATE EXTENSION (4cts)	6x
	1:39	Basta	4x8	2/2 (8cts)	4x
	1:57	Instr / (Rhythmic synth)	8x8	TRICEP COMBO (32cts) 1x 7 KNEELING PULSE BOTTOM HALF TRICEP O/H PLATE EXTENSION (16cts) Use last 4cts to transition to TRICEP PUSHUP 1x 7 PULSE BOTTOM HALF TRICEP PUSHUP (16cts) Option: Toes, knees or kneeling	2x
	2:33	(Low drum)	4x8	1/1 TRICEP PUSHUP	8x
	2:50	V3 / Soy mala	1x8	TRANSITION: Pick up 2 plates, stand, SET Stance for ALT BICEP PLATE CURL L, R	
3	2:56	Pa' la playa	3x8	1/1 ALT BICEP PLATE CURL L, R SET Stance	3x
	3:10	Basta	4x8	2/2 BICEP PLATE CURL (8cts)	4x
	3:28	Instr / (Rhythmic synth)	8x8	BICEP COMBO (32cts)	2x
	4:05	V4 / Soy mala	1x8	TRANSITION: One plate only, to the floor into kneeling position for KNEELING TRICEP O/H PLATE EXTENSION	
	4:09	Pa' la playa	3x8	1/1 KNEELING TRICEP O/H PLATE EXTENSION (4cts)	6x
4	4:23	Basta	4x8	2/2	4x
	4:41	Instr / (Rhythmic synth)	8x8	TRICEP COMBO (32cts)	2x
	5:18	(Low drum)	4x8	1/1 TRICEP PUSHUP	8x
				RECOVERY: Shake arms, tricep and bicep stretches	



45-MIN FORMAT

05. BABABA 5:40mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL

LAYER 1

Coach clear cues for Position and Execution setup focusing on targets, tempos, and range especially for the mid range.

- *SET Position*
- *Alternating Curl, right side first*
- **Brace abs**
- *Super slow*
- **Plates to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift up your chest**
- *8 Pulses*
- *1 inch above and 1 inch below the elbow position for mid range*

2 KNEELING TRICEP OVERHEAD PLATE EXTENSIONS / TRICEP PUSHUP

Layer 1

Coach Layer 1 Position and Execution setup for the Kneeling Tricep Overhead Extension using NETT. The Pushups come in quickly so pre-cue early to ensure everyone stays in the work. Option early as overload builds quickly and this is tough.

KNEELING TRICEP OVERHEAD PLATE EXTENSION

- *Make your way to the floor*
- *Lose 1 plate*
- *Knees under hips*
- *Overhead Extension*
- **Chest up, abs braced**
- **Down to the base of neck**
- **Full extension to the top**
- **Squeeze elbows in** to engage triceps
- *7 Pulses*
- *Bottom range for the Pulse*
- *Quick transition for Pushups*

TRICEP PUSHUPS

LAYER 1

Quickly coach Layer 1 Position and Execution setup of the Tricep Pushups including options.

- **Hands under shoulders**
- *On Knees or toes*
- *Pulse bottom range*
- **Chest to elbow level**
- **Brace core**
- *Option: On knees, toes or kneeling*
- *Full range*

3 & 4 BICEP PLATE CURL / KNEELING TRICEP OVERHEAD EXTENSION / TRICEP PUSHUPS

Layer 2 / Layer 3

Intensity builds fast and the second half of the track is all about overload. Encourage participants to challenge the weights as the blocks are short. Layer 2 internal and external coaching cues help to build intensity fast and feel the isolation, especially in the Pulses. Give options to help everyone feel success. Layer 3 motivational cues that praise your participants will help drive them to finish strongly.

- *Fast transition to the feet*
- *Grab the plates for biceps*
- *Alternating Curl*
- *If the weight is not heavy enough then dial up – we want to feel the effects from the short sets*
- *Are we feeling it?*
- *Full twist on the plate for supination*
- *Finish it strongly guys*
- *Fast transition to the floor*
- *Overhead Extension*
- *Lock in the core*
- *Feel the music to get us through the last round*
- *Squeeze your glutes for stability*
- *Squeeze elbows in to isolate*
- *Drop quickly*
- *Drive out of the floor with a strong core brace*
- *It's OK if you miss a few – as many as you can catch*
- *Short set – can you get on your toes? Keep pushing*

PUMP FACT

Alternating between opposing muscle groups (agonist and antagonist) allows us to keep the training intensity high. This may also allow participants to select a slightly heavier weight than they would in a full Biceps or triceps track.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

2x small to medium plates

TRACK FOCUS

Clear setup of each exercise, along with early pre-cues is essential for the class to follow easily and execute well. Coaching focus is on range of movement to lift the heart rate and integrate lower and upper body and achieving the reps, even if you need to drop the plates.

MUSCLE FOCUS

Lunge: Glutes and quads

Plate work: Muscles of the upper back, rotator cuffs, trapezius, deltoids

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Guitar strum)	4x8	Set up for LUNGE L with SINGLE-ARM O/H SHOULDER PRESS R , take R foot B, R arm plate to shoulder height, ready to press O/H, L arm plate hangs at side	
	0:16	V1 / On your skin	8x8	2/2 LUNGE L with SINGLE-ARM O/H SHOULDER PRESS R (8cts)	8x
	0:40	PC / On a miracle	4x8	3/1 Use last 2cts to raise L arm plate to shoulder height, ready for LUNGE L with DOUBLE-ARM O/H SHOULDER PRESS	4x
	0:52	QC / I wanna know	8x8	1/3 LUNGE L with DOUBLE-ARM O/H SHOULDER PRESS (8cts) TRANSITION: Use last 8cts to set up the combination. Preview the moves	7x
	1:15	C / I wanna know	16x8	COMBO L (8cts) 1x 1/1 BACKWARD-STEPPING LUNGE L with FRONT RAISE (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE L with SIDE RAISE (4cts) Option: No plates	16x
2	2:01	QC / I wanna know	1x8	TRANSITION: Set up opposite side for LUNGE R with SINGLE-ARM O/H SHOULDER PRESS L	
	2:04	V2 / Never a no	8x8	2/2 LUNGE R with SINGLE-ARM O/H SHOULDER PRESS L (8cts)	8x
	2:27	PC / On a miracle	4x8	3/1 Use last 2cts to raise R arm plate to shoulder height, ready for LUNGE R with DOUBLE-ARM O/H SHOULDER PRESS	4x
	3:39	QC / I wanna know	8x8	1/3 LUNGE R with DOUBLE-ARM O/H SHOULDER PRESS TRANSITION: Use last 8cts to set up the combination. Preview the moves	7x
	3:02	C / I wanna know	16x8	COMBO R (8cts) 1x 1/1 BACKWARD-STEPPING LUNGE R with FRONT RAISE (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE R with SIDE RAISE (8cts) Option: No plates	16x
	3:49	Outro /		RECOVERY: Plates down, shake out legs and arms. quadricep and shoulder stretches	



45-MIN FORMAT

06. I WANNA KNOW 4:15mins

TECHNIQUE AND COACHING

1 LUNGE WITH SINGLE-ARM OVERHEAD PLATE SHOULDER PRESS / LUNGE WITH DOUBLE ARM OVERHEAD PLATE SHOULDER PRESS / BACKWARD STEPPING LUNGE WITH FRONT RAISE / SIDE RAISE

LAYER 1

Coach Layer 1 Position and Execution setup focusing on Timing, range and precision of movement. Overload kicks in quickly as we stay on the same leg. Reinforce position and range cues so participants feel the integration from the legs to the shoulders to bring overload and to maximize their results.

LUNGE WITH SINGLE-ARM OVERHEAD PLATE SHOULDER PRESS

- *Plate in your left hand*
- **Feet under your hips**
- *Slide your left leg back, plate comes up*
- **Elbow just under shoulder-line**
- **Chest up**
- **Brace the abs** to square the hips and shoulders
- *Drop into Lunge and press plate up*
- **Back knee down, front knee over ankle and out slightly**
- **Front thigh parallel to the floor**
- **Keep the elbow in front of face**
- *Let the plate and body float up and down*

LUNGE WITH DOUBLE-ARM OVERHEAD PLATE SHOULDER PRESS

- *Bring the other plate up*
- *Drop quickly and up slowly*
- *Shoulders away from the ears*
- *Check the elbow – keep it just under the shoulder-line to load the front deltoid*

BACKWARD-STEPPING LUNGE WITH FRONT RAISE / SIDE RAISE COMBINATION

- *Quick transition*
- *Step the back leg in and watch*
- *Front Raise and Side Raise*
- *Come with us*
- *Same leg*
- **Plates stop just under shoulders in Front Raise**
- **Side Raise, plates stop under shoulder-line**
- **Elbows lead**
- *Find your **long lunge stride***
- *Any time you need to drop the plates, do it but stay in the work*

- *Big step back, big drop*
- *Should be starting to feel this in the front leg*
- *That's all the muscles working together to stabilize your front knee*
- *Hold onto it*
- *Squeeze your butt and drive out of the front heel*

2. LUNGE WITH SINGLE-ARM OVERHEAD PLATE SHOULDER PRESS / LUNGE WITH DOUBLE-ARM OVERHEAD PLATE SHOULDER PRESS / BACKWARD-STEPPING LUNGE WITH FRONT RAISE / SIDE RAISE

LAYER 2 / LAYER 3

Now we repeat everything on the other leg... Allow the cues to land – one cue at a time. The kicker comes in the combination at the end of the block. It will challenge coordination and fitness as well as burn calories fast, integrating the muscle groups. Challenge participants to take a long step back and hit full range every rep. Show that you love this training by role-modeling perfect technique as this will motivate participants and bring them with you to the finish line.

- *Right leg back*
- *Let's do the other side*
- *Front thigh parallel*
- *Integrating lower and upper body*
- *Core strong*
- *Great timing everyone*
- *We find the tension and we expedite our results*
- *Fire back knee down and lift plates up*
- *As soon as we start moving quickly, that's the integration*
- *Step in and watch, combination; front and side*
- *Let's go with the other leg*
- *Each time you step back, take the shoulders over the hips and drive through the front heel to squeeze the glutes*
- *I wanna know – how do your glutes feel? How do your quads feel?*

PUMP FACT

Simultaneously training the muscles of the upper and lower body requires a lot of core activation. This is how we use our core on a daily basis. This type of training is therefore great for developing functional strength.



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. 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 the Les Mills Tribe.

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 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.

