LesMILLS BODYCOMBAT™



LIVE IN STOCKHOLM

FEATURES
MUSIC & EXERCISE

RELEASE **59**

PRESENTERS FROM
NEW ZEALAND, SWEDEN, FINLAND

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 15,000 fitness clubs, 90,000 instructors and millions of participants from 80 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.

THE ESSENCE



BODYCOMBAT™ – THE FIERCELY ENERGETIC MARTIAL ARTS WORKOUT WHERE YOU ARE TOTALLY UNLEASHED AND EMPOWERED.

BLAH **BE LOUD AND HEARD** – tell us what you think of this release. Visit lesmills.com/BLAH

CONTENTS

MUSIC & EXERCISE

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1a UPPER BODY WARMUP	I Knew You Were Trouble (DRM Remix Edit) ℗ 2013 LNG Music. Written by: Swift, Martin, Shellback	Girls Only	4:18
1b LOWER BODY WARMUP	Everything About You (Danceboy Remix Edit) ℗ 2011 LNG Music. Written by: Eichstadt, Crane	SupaHit	4:33
2 COMBAT 1	Danger Zone ℗ 2013 Les Mills Music Licensing Ltd. Written by: Moroder, Whitlock	International Outlaw	4:14
3 POWER TRAINING 1	Be The One ℗ 2007 Raver Baby. Written by: Hicks, Sargent	Hixxy, Sy and Unknown	5:09
4 COMBAT 2	A Warrior's Call Courtesy of the Universal Music Group. Written by: Poulsen	Volbeat	2:43
	A Warrior's Call Courtesy of the Universal Music Group. Written by: Poulsen	Volbeat	2:44
5 POWER TRAINING 2	Bright Like The Sun ℗ 2012 Quosh Records. Written by: Cranny, Sargent, Ryder	Sy and Unknown feat. Kirsten Joy	6:04
6 COMBAT 3	Danger Zone ℗ 2012 Indie Music Group. Written by: KDrew	K Drew	4:30
7 MUAY THAI	Lost In Space ℗ 2008 Tam-Tam Media. Written by: Apollo 440	The Original Movies Orchestra	5:04
8 POWER TRAINING 3	Falling From The Sky ℗ 2011 Raver Baby. Written by: Hicks, Castellano, Hale	Hixxy, Dave Castellano and Fat Steve	7:00
8a POWER TRAINING 3	Lost In Space ℗ 2008 Tam-Tam Media. Written by: Apollo 440	The Original Movies Orchestra	0:29
9 CONDITIONING	Do or Die ℗ 2013 Circus Records under exclusive license to Big Beat Records. A Warner Music Group Company. Produced Under License From Atlantic Recording Corp. Written by: Glover, Steele	Flux Pavilion feat. Childish Gambino	4:03
10 COOLDOWN	Fleurs Du Mal Courtesy of the Universal Music Group. Written by: Himmelsbach, Meissner, Peterson, Schwarz	Sarah Brightman	4:10

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BODYCOMBAT™ EXPRESS FORMATS

30 MINUTES

Track 1a	Upper Body Warmup
Track 1b	Lower Body Warmup
Track 8	Power Training 3
Track 4	Combat 2
Track 6	Combat 3
Track 10	Cooldown/Recovery (approx 2 mins)

45 MINUTES

Track 1a	Upper Body Warmup
Track 1b	Lower Body Warmup
Track 2	Combat 1
Track 3	Power Training 1
Track 4	Combat 2
Track 7	Muay Thai
Track 8	Power Training 3
Track 10	Cooldown

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

CREDITS

Dan Cohen – Choreography & Music
Rachael Newsham – Choreography & Music
Dr Jackie Mills – Group Fitness Director
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Bryce Hastings – Technical Consultant
Sarah Irwin – Program Planner

KEY

AIK	Aikido
BJJ	Brazilian Jiu Jitsu
BOX	Boxing
CAP	Capoeira
KAR	Karate
KB	Kick-boxing
KF	Kung Fu
MMA	Mixed Martial Arts
MT	Muay Thai
TKD	Tae Kwon Do
B up	build up
Br	bridge (non-chorus)
C	chorus
cts	counts
C br	chorus bridge
F&B	forward and backward

HOH	hands on hips
Instr	instrumental
Intro	introduction
L	left
mins	minutes
O/H	over head
OTS	on the spot
Outro	last few bars of music
PC	pre-chorus
QC	quiet chorus
R	right
Seq	sequence
V	verse
	preview



Martial Arts inspiration for this track

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

BODYCOMBAT™ 59



From L-R: Leon Hobro, Pia Niemi, Will Pritchard, Eerika Kiuttu, Tauvaga Siolo, Rachael Newsham, Dan Cohen, Mika Kankainen, Pernilla Blomquist, Petter Ehrnvall, Michael Steenhouwer, Fredrik Andersson

Over 3,000 BODYCOMBAT™ warriors standing strong: warriors ready to be unleashed; warriors ready to create magic in a stadium that can withstand the volume of an army going to battle – the sounds of feet stomping, strikes being thrown and the war cries drowning out the thumping intense beat of some of the best music in the industry. BODYCOMBAT™ Release 59 was filmed LIVE in Stockholm, Sweden – the home of the Viking.

The stage has been set for this EPIC tale of a relentless cardio, power-inspired Martial Arts workout. With literally hundreds and hundreds of upper and lower body strikes, this will leave even the seasoned BODYCOMBAT™ participants gasping for breath.

The Warmup is electric with innovations galore; inspired by Karate and Capoeira, the variety is under way. We're on a highway to the Danger Zone, with the SWORD Combo featuring in this BODYCOMBAT™ release, spicing things up with Kung Fu and Plyo Switch Lunges to increase the power in your legs.

Release 59 has it ALL.

Taking on your feedback from each release has allowed us to create true Martial Arts-inspired choreography – so please keep filling out the surveys.

Go to www.lesmills.com/blah and tell us what you think. Until next time – always keep it real and stay with the fight!

Rach Dan

BODYCOMBAT™ Presenters

Dan Cohen (New Zealand) is co-Program Director for both BODYCOMBAT™ and CXWORX™, an International Master Trainer for BODYPUMP™, and a passionate mixed martial artist based in Auckland.

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SPECIAL THANKS TO: Leon Hobro, Pia Niemi, Eerika Kiuttu, Petter Ehrnvall, Michael Steenhouwer, Fredrik Andersson, Will Pritchard and Tauvaga Siolo

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THE SCIENCE BEHIND
MUSIC & EXERCISE

HAVE YOU EVER TRIED DOING A SQUAT TRACK WITHOUT THE MUSIC? DO YOU THINK IT WOULD FEEL MORE DIFFICULT THAN NORMAL? WOULD YOU ENJOY THE EXPERIENCE?

At Les Mills, we recognize the power of the music behind the workout. Music has the ability to make us feel great; it makes us want to move, drives us to jump higher, lift heavier, punch harder and dance with greater freedom. We know that music is integral to having a great workout experience. Let's take a closer look at the science behind combining music with movement…



Researchers have discovered that music:

- Increases work output
- Reduces the rating of perceived exertion (RPE) at low to moderate intensity
- Improves metabolic efficiency
- Improves mood
- Encourages rhythmic movement

REDUCES RPE

Firstly, it does appear that music decreases our rating of perceived exertion (RPE) during low to moderate intensity exercise. In the presence of motivating music, we are distracted from how hard we are actually working. This may be due to the fact that music causes an influx of stimuli to our brain – so it distracts us from the 'discomfort' of exercise. It's kind of like when you bang your elbow, and respond by rubbing it. The rubbing blocks some of the pain sensation because your brain has to process both the rubbing as well as the pain.

ANAEROBIC THRESHOLD

However, this effect upon RPE diminishes when exercise reaches levels of higher intensity. When the body is faced with more challenging demands, music no longer provides enough of a distraction from physical discomfort. The good news is that, while music can't change perceptions of fatigue, it can make people feel more positive about the sensations of fatigue, ie more likely to commit to completing the exercise or routine.

IMPROVES METABOLIC EFFICIENCY

The use of music can reduce the metabolic demands of exercise on the body by promoting greater metabolic efficiency. A study in 2012[1] demonstrated that cyclists who pedaled in time to music required 7% less oxygen to accomplish the same work as those who cycled in silence. It would appear that music helps us to achieve a degree of efficiency in our movements that requires less energy.

HOW DOES MUSIC CREATE THESE STATES?

There are 4 important aspects - listed here from the most to least important:

1. Rhythm or beat of the music
2. Musicality – pitch and harmony
3. Cultural impact – significance of the music within your society
4. Associations with that piece of music – we've all experienced the effect of the theme of the theme tune to *Rocky* or *Chariots of Fire*

These 4 aspects feed into our motivational drive to affect our sensory arousal, our perception of how hard we are working, and, finally, our mood.

SO, WHAT NOW?

The uplifting effects of music on how we feel mean that it can positively influence participants' commitment or 'stick-ability' to exercise and increase their gym attendance – so people stay fit and get fitter! Remember to encourage track requests from your class members and, of course, we love hearing your track suggestions for future releases. Let us know at **www.lesmills.com/global/community/suggest-a-song.aspx** the songs that are currently rocking your world.

What's the bottom line?

TURN IT UP!

(1) Bacon C, Myers T & Karageorghis C (2012). Effect of Movement – Music Synchrony on Exercise Oxygen Consumption. *Journal of Sports Medicine and Physical Fitness* 52(4).

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THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

Boxing is a combat sport where two participants, generally of similar weight, fight each other with only their fists. Boxing is supervised by a referee and is typically performed inside a ring with rounds lasting 1 to 3 minutes. There are three ways to win:

1. Victory is achieved if the opponent is knocked down and unable to get up before the referee counts to 10 seconds; this is called a knockout or KO.
2. If the opponent is deemed too injured to continue, this is called a technical knockout or TKO.
3. If there is no stoppage of the fight before an agreed number of rounds, a winner is determined either by the referee's decision or by judges' scorecards.

There are four basic punches in Boxing: Jab, Straight Right/Cross, Hook and Uppercut.

THE HISTORY OF KARATE

Karate is a Martial Art that is centuries old and essentially Japanese. The translation of kara is open and the translation of te is hand. So Karate means 'empty hand'.

Karate training is commonly divided into three sections:

1. Kihon (the basics or fundamentals)
2. KATA (forms)
3. Kumite (sparring)

THE HISTORY OF MUAY THAI

Muay Thai is referred to as 'The Art of Eight Limbs', as the hands, shins, elbows and knees are all used extensively in this art. A practitioner of Muay Thai (nak muay) thus has the ability to execute strikes using eight 'points of contact', as opposed to 'two points' (fists) in Western Boxing and 'four points' (fists, feet).

Muay Thai is the national sport of Thailand.



THE HISTORY OF KUNG FU

Kung Fu consists of a number of fighting styles that were developed over many centuries.

Essentially this is a Chinese Martial Art, practised by Shaolin monks. Those fighting styles are identified as 'families' or schools. Examples of these styles are physical exercises that mimic movements from animals.

There are five animal forms:

1. The Dragon
2. The Snake
3. The Tiger
4. The Crane
5. The Leopard or Panther

THE HISTORY OF TAE KWON DO

Tae Kwon Do is a Korean Martial Art. The word tae means 'to strike or break with foot'; kwon means 'to strike or break with fist'; and do means 'way', 'method', or 'art'. So, 'Tae Kwon Do' may be loosely translated as 'the way of the foot and fist' or 'the way of kicking and punching'.

Tae Kwon Do is a flamboyant Martial Art that is agile, fast and precise; it is 90% feet and only 10% hands.

THE HISTORY OF CAPOEIRA

Capoeira is essentially a Brazilian art. This form combines three elements:

1. Martial Arts
2. Game playing
3. Dance

It was created in Brazil by slaves brought from Africa, some time after the 16th century.

Participants form a roda or circle, and take turns playing musical instruments (such as the Berimbau), singing, or ritually sparring in pairs in the center of the circle. The sparring is marked by fluid acrobatic play, feints, and extensive use of Sweeps, Kicks and even head butts.

THE HISTORY OF TAI CHI

Tai Chi is an internal Chinese Martial Art, often practised for health reasons.

Tai Chi can be practised for a variety of other personal reasons – its hard and soft Martial Art techniques can help self-defense, focus and breathing.

Consequently, a multitude of training forms exist, both traditional and modern.

Some Tai Chi training forms are well known to Westerners as the slow-motion routines that groups of people practise together every morning in parks around the world, particularly in China.

THE HISTORY OF JIU-JITSU

Jiu-Jitsu originated 2,500 years ago in India. It was developed by monks as a method of self-defense against thieves on long journeys.

In 1919, Jiu-Jitsu was introduced to Brazilian Hélio Gracie, who developed the Japanese art into what is known today as Brazilian Jiu-Jitsu.

Brazilian Jiu-Jitsu (BJJ) focuses on grappling and ground fighting. It promotes the principle that a smaller, weaker person can successfully defend themselves against a bigger, stronger opponent using leverage and proper technique during locks and choke-holds.

What will Brazilian Jiu-Jitsu do for you and your members?

1. Burn calories
2. Increase strength
3. Gain discipline
4. Provide self-defense
5. Build confidence

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1a UPPER BODY WARMUP

Track Focus I will engage my participants early with clear and simple coaching, connection to the music and the workout.



MUSIC				SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
			1x8	A	**Front Stance**			BOX
0:11	C	**Walked** in	3x8		L, R Uppercut	4	6x	
0:18	Instr	(Synth B up)	2x8	A[1]	L, R Uppercut	2	8x	
0:24	C	Here we go	8x8	B	Shuffle L	4		
					L, R, L Uppercut	4		
					Shuffle R	4		
					R, L, R Uppercut	4	4x	
					L **Combat Stance**			
0:51	C	I knew you	4x8	C	L Jab	2		
					Pulse F, B – grounded	2	8x	
1:04	C	I knew you	4x8	C[1]	L Jab, R Cross, L Jab	4		
					Pulse F, B x2	4	4x	
					👁 R, L Scissor x2 on last rep			
			½x8		Freeze	4		
1:20	Instr	(Big synth)	8x8	C[2]	L Jab, R Cross, L Jab	4		
					Scissor R, L x2	4	8x	
					Front Wide Stance			KAR
1:46	C	_ Ohhh	4x8	D	A-Frame Arms	2		
					L Karate Punch	2		
					A-Frame Arms	2		
					R Karate Punch	2	4x	
					On last rep, 👁 Rising Block – R Arm			
2:00	C	_ Ohhh	4x8	D[1]	A-Frame Arms	2		
					L Rising Block	2		
					A-Frame Arms	2		
					R Rising Block	2	4x	
2:13	Instr	(Music drop)	2x8		A-Frame Arms – hold	4		
					Wrists cross in front of chest	4		
					Squat – hold	8		
2:20	V1	You're	2x8	E	L Esquiva and hold	4		CAP
					Squat	4		
					R Esquiva and hold	4		
					Squat	4		
2:26	PC	_ He was long	4x8	E[1]	Squat Pulse x2	4		
					L Esquiva	4		
					Squat Pulse x2	4		
					R Esquiva	4	2x	

I Knew You Were Trouble > 4:18 mins

1a

2:40	C	I knew you	8x8	F	R, L Hook	4		BOX
					Jack Cross x2	4	8x	
					R **Combat Stance**			
3:06	C	I knew you	4x8	C	R Jab	2		
					Pulse F, B – grounded	2	8x	
3:19	C	I knew you	4x8	C^1	R Jab, L Cross, R Jab	4		
					Pulse F, B x2	4	4x	
					👁 R, L Scissor x2 on last rep			
3:33			½x8		Freeze	4		
3:34		(Big synth)	8x8	C^2	R Jab, L Cross, R Jab	4		
					Scissor L, R x2	4	8x	
					Front Wide Stance			KAR
4:01		_ Ohhh	2x8	D	A-Frame Arms	2		
					R Karate Punch	2		
					A-Frame Arms	2		
					L Karate Punch	2	2x	
					On last rep, 👁 Rising Block – L Arm			
4:08		_ Ohhh	2x8	D^1	A-Frame Arns	2		
					R Rising Block	2		
					A-Frame Arms	2		
					L Rising Block	2	2x	
4:15			½x8		A-Frame Arms	4		



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1a UPPER BODY WARMUP

The Upper Body Warmup is an energetic and uplifting track that will get your participants into the workout quickly. We have an innovation in structure by bringing Capoeira into the first track – specifically the Esquiva. It matches the music perfectly and gives contrast to the Warmup.

TECHNIQUE & COACHING

Karate

Karate Punch

- Strike Surface – front two knuckles
- Target Zone – sternum

Rising Block

- Lean body weight into front leg and push leading arm up vertically and into Rising Block position, tension at the end of the movement

Capoeira

Esquiva

- Front Wide Stance, toes turn out, chest over thigh, knee in line with middle of leading foot, weight over heel
- Other leg straight, core braced
- Chest open



HIGHLIGHT

Music – watch how Dan uses the Freeze just before the Jab, Cross, Jab Combo to enhance the music and to create excitement and connection early in the workout.

Capoeira – there's an Esquiva in the Upper Body Warmup! Use this new innovation to create surprise and excitement in your class as they won't be expecting Capoeira in the first track.

COACHING & CONNECTION

BODYCOMBAT™ 59 is a HUGE release! We have an awesome uplifting track and 3 different Martial Arts to get you in the workout zone **quickly**.

Keep the coaching to **Layer 1 – Strike and Direction** and **Strike Surface and Target Zone** throughout the track.

Boxing Strikes:

- *Right/Left Jab*
- *Target the face/mouth/nose*
- *Strike with your front two knuckles*

Karate Strikes:

- *Left/Right Punch*
- *Target the chest/sternum*
- *Grounded to the floor*
- *Upright posture*

Keeping it simple allows your participants to focus on nailing the basics. This enables you to connect with your participants, creating anticipation and excitement for the regulars and reassurance for the new members.

It's a hugely popular song pumped full of energy and no doubt your participants will sing along to some of the lyrics.

Feel: Energetic, uplifting

Workout Focus:

1. To lift the heart rate
2. To introduce the upper body strikes and movement
3. To set up the rhythm of striking in time to the music

KNOW IT? SHOW IT! Why is connection important in the Warmup track?

I Knew You Were Trouble > 4:18 mins



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1b LOWER BODY WARMUP

Track Focus To coach the lower body strikes using simple and effective cues and take my participants into the workout zone.



	MUSIC				SEQUENCE/EXERCISE	CTS	REPS	MARTIAL ARTS
					Front Stance			
4:18		(Guitar)	4x8		Squat	4		
					Double Hamstring Stretch	4	4x	
4:31	V1	_ And I	8x8	A	Triple R Knee	4		KB
					Step R, L, R	4		
					Triple L Knee	4		
					Step L, R, L	4	4x	
4:58	C	_ And I	1½x8	A^1	R Knee	2		
					Step R, L, R	2		
					L Knee	2		
					Step L, R, L	2	1½x	
					👁 45° angle on last rep – R side			
5:03	Instr	(High synth)	8x8	A^2	L Knee to 45°	2		
					Step L, R, L	2		
					R Knee to 45°	2		
					Step R, L, R	2	8x	
5:29	Instr	(Fat synth)	4x8	B	L Front Kick	4		KAR
					Pulse OTS x2	4		
					R Front Kick	4		
					Pulse OTS x2	4	2x	
5:42	Instr	(Heavy bass)	4x8	B^1	L Push Kick	4		MT
					Pulse OTS x2	4		
					R Push Kick	4		
					Pulse OTS x2	4	2x	
					L **Combat Stance**			
5:56		You...	4x8	C	L Roundhouse Kick setup	4		TKD
					Pulse OTS x2	4	4x	
6:08	V2	And I	8½x8	C^1	L Roundhouse Kick	4		
					Pulse OTS x2	4	9x	
					(No Pulse on last rep)			
					Front Stance			
6:36	C	And I	1x8		A-Frame Arms	4		
6:37		Hate everything			L Combat Guard to L side	4		
6:40	Instr	(High synth)	8x8	D	L Side Kick	4		
					Pulse OTS x2	4	8x	
					R **Combat Stance**			
7:07		You	4x8	C	R Roundhouse Kick setup	4		
					Pulse OTS x2	4	4x	

Everything About You > 4:33 mins

1b

7:20	V3	And I	8½x8	C[1]	L Roundhouse Kick	4		
					Pulse OTS x2	4	9x	
					(No Pulse on last rep)			
					Front Stance			
7:46	C	And I	1x8		A-Frame Arms	4		
7:48		Hate everything			R Combat Guard to R side	4		
7:52	Instr	(High synth)	8x8	D	L Side Kick	4		
					Pulse OTS x2	4	8x	
8:18	Instr	(Fat synth)	8x8	E	Shuffle L	4		
					L Side Kick	4		
					Shuffle R	4		
					R Side Kick	4	4x	
8:44		And I	1x8		A-Frame Arms	4		
					Boxing Guard	4		
					Point to front	1		



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1b LOWER BODY WARMUP

This is a Lower Body Warmup with attitude! We have simple combinations of strikes to not only warm up the lower body but to shift the intensity into the workout zone. Your participants will get to experience the basic kick strikes from Kick-boxing, Karate, Muay Thai and Tae Kwon Do.

TECHNIQUE & COACHING

Karate
Front Kick
- Lift knee
- Extend kick, toes back
- Target Zone – mid-section

Muay Thai
Push Kick
- Lift knee to chest
- Push hips forward as you extend the kick
- Lean back, retract the heel toward the hamstring – Combat Stance

Tae Kwon Do
Roundhouse Kick
- Set heel toward target
- Lift knee, point to target, heel to butt
- Extend leg, striking with shin
- Retract heel to butt, Combat Stance

Side Kick
- Lift kicking leg's knee across body
- Extend kick, heel up, toes down and push out of supporting leg
- Retract knee, land in Front Stance

COACHING & CONNECTION

Use **Layer 1 – Strike and Direction** and **Strike Surface and Target Zone** – coaching to establish the correct position, execution and timing of the lower body strikes.

Once the basics have been set up, reassure the participants that it's still a great workout even if you're kicking lower or have limited flexibility.

Establishing Target Zones and kicking height is an essential coaching tool to ensure everyone in the room feels successful.

Due to the focus on simplicity of the coaching in this track, use the other moments to connect with your class. Use encouragement to allow new participants to feel successful and tell your regulars they're in for a challenge!

HIGHLIGHT

Music – after each chorus there is a huge lift in the music. Watch how Rach uses **silence** during these moments to create a surge of intensity and to get the crowd going.

Feel: Attitude, Rock remix, powerful

Workout Focus:
1. To lift the heart rate
2. To introduce the lower body strikes and movement
3. To set up the rhythm of striking in time to the music

KNOW IT? SHOW IT! Why do we cue kick heights in the Lower Body Warmup?

Everything About You > 4:33 mins

1b



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2 COMBAT 1

Track Focus To lift the intensity of the workout using powerful Kick-boxing Combos and create great core conditioning with the Sword Strikes.



		MUSIC			SEQUENCE/EXERCISE	CTS	REPS	MARTIAL ARTS
					L **Combat Stance**			
0:01	Instr	(Guitar riff)	2x8		Pulse F, B	2	8x	
0:08	V1	Revvin' up the	4x8	A	L Jab, R Cross, L Hook	4	8x	KB
					👁 L Roundhouse Kick on last rep			
0:21	C	Highway to	4x8	A^1	L Jab, R Cross, L Hook	4		
					L Roundhouse Kick	4	4x	
0:34		(Guitar)	1x8		Pulse F, B	2	4x	
					SWORD COMBO			AIK
0:37	V2	Headin' into	4x8	B	L Horizontal Katana Slash	2		
					L O/H Downward Vertical Katana Slash	2		
					Pulse F, B x2	4	4x	
					👁 L Side Kick on last rep – to L side			
					SWORD COMBO WITH SIDE KICK			AIK +
0:51	C	Highway to	5x8	B^1	L Horizontal Katana Slash	2		TKD
					L O/H Downward Vertical Katana Slash	2		
					L Side Kick to L side	4	5x	
					👁 Advancing Side Kick – add R Step			
1:07	Br	You'll never	4x8	B^2	L Horizontal Katana Slash	2		
					L O/H Downward Vertical Katana Slash	2		
					L Advancing Side Kick to L side	4	4x	
					Front Stance			KB
1:20		(Guitar solo)	8x8	C	Shuffle L	4		
					L Knee, L Front Kick	4		
					Shuffle R	4		
					R Knee, R Front Kick	4	4x	
1:47	V3	Revvin' up the			**REPEAT SEQUENCE A to C – R**			
3:26	C	Highway to	6x8	B^1	L **Combat Stance**			AIK +
					Repeat L Sword Combo with Side Kick	8	6x	TKD
3:46	C	Highway to	6x8	B^1	R **Combat Stance**			
					Repeat R Sword Combo with Side Kick	8	6x	
4:06		(Slice sound)			R Horizontal Katana Slash then O/H Downwards to outro			

KNOW IT? SHOW IT! What are the target zones for the Sword Strikes?

Danger Zone > 4:14 mins

2

Time to feel the spirit of a fighter! We head into *Danger Zone* equipped with powerful combinations to increase the cardio output and Sword Strikes to engage the core muscles. There is very little recovery, which means you stay in the fight longer for a more effective full-body workout.

TECHNIQUE & COACHING

Aikido
Sword Combo
Horizontal Katana Slash

- With closed fists (like you're holding a heavy sword), reach to the back, rotating through the torso
- Swing both arms to the front, horizontally rotating from your core in a powerful movement
- Exhale as you strike

Downward Vertical Katana Slash

- With closed fists like you're holding a heavy sword, lift your arms above your head
- Swing downwards with both arms, crunching your core powerfully as you strike, stop at shoulder-height
- Exhale as you strike

HIGHLIGHT
Watch how Mika uses the levels of intensity throughout the track. There is a clear level change in each combo and bringing in this contrast will help to inspire your participants to fight harder.

Feel: Nostalgic, Rock anthem, inspiring

Workout Focus:

1. Increase the intensity of the workout
2. Using powerful combos to challenge the class
3. Reactive Core Training through the use of the Sword Strikes

COACHING

Round 1 – Kick-boxing
Start with **Layer 1** cues to coach the first combo. Simple cues give more clarity for members and effective movement:

- *Jab, Cross, Hook*
- *Target the face and the jaw/temple*
- *Continuous strikes*

Preview the full combo:

- *Right Roundhouse Kick*
- *You have your full Kick-boxing Combo*

Round 2 – Sword Strike Combo
Again, use Layer 1 to establish the Sword Strikes:

- *Strike to the ribs*
- *Strike from above*
- *Reach to the back*
- *Arms above head*

This will be nailed early, so then use **Layer 2 cues – Enhancement** to drive the rotation of the core in the **Horizontal Katana Slash** and crunching the core on the **Downward Vertical Katana Slash:**

- *Rotate from the back and strike hard*
- *Squeeze/crunch your core as you slash down*

Level 2 – Side Kick
When you have added the Side Kick to the Sword Combo, the Level 2 option is to add power with the **Advancing Side Kick**. More emphasis is given to the supporting leg. Step toward your opponent to create more momentum in the striking leg. It should feel **powerful!**

Early setup is key to giving you space in the workout to highlight the music and to have time to coach your participants about how to achieve better movement of each combination.

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3 POWER TRAINING 1

Track Focus To create a challenging and achievable workout with 3 rounds of Boxing-inspired cardio training with a special focus on the Uppercut.



MUSIC				SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
					L **Combat Stance**			
0:00	C	All I wanna do	4x8	A	L Uppercut	4		BOX
					L Jab	4	4x	
0:10	Instr	(High synth)	8x8	A^1	L Uppercut	2		
					L Jab	2	16x	
0:32	C	Cause I never	8x8	A^2	L Jab, R Cross x4	8		
					L Uppercut, L Jab x2	8	4x	
0:54	Instr	(Bass synth)	8x8	B	L Uppercut	2	32x	
1:16	V1	All the night	8x8	B^1	L Uppercut x4	8		
					Scissor R, L x4	8	4x	
1:38	C	Cause I never	8x8	A^2	L Jab, R Cross x4	8		
					L Uppercut, L Jab x2	8	4x	
2:00	Instr	(Synth melody)	4x8		Run L, R	2	16x	
2:11	Instr	(High synth)			**REPEAT SEQUENCE A^1 to 2nd A^2 – R**			
4:00	C	Cause I never	8x8		Run L, R	2	32x	
					Front Stance			
4:11	C	All I wanna do	8x8	C	L, R, L Uppercut	4		
					R, L, R Uppercut	4	8x	
4:22	Instr	(High synth)	8x8	C^1	L, R Jab x4	8		
					L, R, L Uppercut	4		
					R, L, R Uppercut	4	4x	
5:06		(Synth hit)			L Uppercut to finish			

Be The One > 5:09 mins

3

There are 3 rounds of intense Boxing training in this track. Each round is designed to give your shoulders and core a huge workout before the last round of relentless Triple Uppercut combos. The Uppercut is used heavily as it will not only fatigue the shoulders but will also incorporate massive leg drive and huge engagement of your core muscles.

TECHNIQUE & COACHING

Focus on the quality of the combos and effective core activation. Coach your participants to box with better technique, giving them a more effective workout.

Jab, Uppercut Combo – Layer 2 (Enhancement) Cues:

- *Speed and power*
- *Long Jab, short Uppercut*
- *Weight in front leg, lean into the punch*

Uppercut Combo – Layer 2 (Enhancement) Cues:

- *Tuck your elbow in*
- *Rotate under the punch*
- *Drive through the legs for power*
- *Short, sharp, explosive power*

A boxer needs to be agile with relaxed shoulders to strike with speed and power. You can use your knowledge of Boxing training here to help your participants feel like fighters:

Layer 2 – Martial Arts Cues:

- *Stay light on your feet – agile, ready to strike*
- *Roll your shoulders in and down, tuck in your chin – protect yourself*
- *Keep your guard up. Work your shoulders while defending*
- *Float like a butterfly, sting like a bee. Your hands can't hit what the eyes can't see!*

Round 3 – Uppercut Combo

You'll need to keep it very simple here before you unleash – so establish the rhythm first

- *1, 2, 3, 1, 2, 3*
- *Right, left, right, left, right, left*

Once your participants are all moving together, GO for it!

CONNECTION

This is a positive energy track with a hardcore challenge aspect to it. Stay in the essence of BODYCOMBAT™ by being positive with the lifts in the track and allowing your participants to feel the music

HIGHLIGHT

36 Uppercut Repeaters – there's an unbelievable amount of Uppercuts in this track. Notice how Pernilla uses each level of intensity to create drama and increase the challenge for the participants.

3 Uppercut Combos – rhythm changes here give a very different feel to add variation to your workout. Keep it basic until everyone has the rhythm – then EXPLODE!

Feel: Happy, hardcore, intense, energetic

Workout Focus:

1. First peak track – hardcore training
2. Establish Boxing combinations
3. To set up the rhythm of striking in time to the music

KNOW IT? SHOW IT! What should we establish first in the 3 Uppercut Combos?

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4 COMBAT 2

Track Focus My participants will feel the power of the MMA combos and feel unleashed leg conditioning with the Shoot.



MUSIC				SEQUENCE/EXERCISE	CTS	REPS	MARTIAL ARTS
				L **Combat Stance**			MMA
0:07	V1	Ready to rumble _	4x8	A L Shoot	4		
				Pulse F, B x2	4	4x	
0:20	C	The Viking warrior	8x8	A^1 L Shoot x2	8		
				R Knee x4	8	4x	
0:45	V2	Breaking your	4x8	B R Knee	2		TKD
				L Front Kick	2		
				Pulse F, B	4	4x	
0:57	C	The Viking warrior	4x8	B^1 L Jump Kick	4		
				Shuffle B	4	4x	
1:10	C	Feel the power	7x8	B^2 L Jump Kick	4		TKD +
				Shuffle B	4		KB
				R Knee x4	8	3½x	
				(No Knee on last rep)			
				Front Stance			KAR
1:32	Br	Behold here comes	4x8	A-Frame Arms	2		
				L Karate Punch	2		
				A-Frame Arms	2		
				R Karate Punch	2	4x	
				👁 Rising Block on last rep			
1:45		_ The call is	4x8	A-Frame Arms	2		
				L Rising Block	2		
				A-Frame Arms	2		
				R Rising Block	2	4x	
				L **Combat Stance**			MMA
1:59	V3	_ Feel the fire	4x8	A L Shoot	4		
				Pulse F, B x2	4	4x	
2:10		The Viking warrior	10x8	A^1 L Shoot x2	8		
				R Knee x4	8	5x	
2:51		Ready to rumble _		**REPEAT SEQUENCE A to 2^{nd} A^1 – R**			
5:25				Shoot to finish			

KNOW IT? SHOW IT! Why do we cue the safety of the Shoot first?

A Warrior's Call > 5:27 mins

4

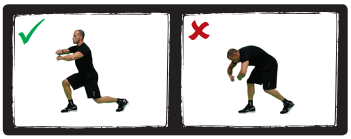
MMA training reigns king in our Combat 2 track! The Shoot, combined with knee strikes, creates intense loading of the muscles in the lower body and core. We then add Tae Kwon Do and Karate to the mix and challenge you with agility/speed and power training. This track is not for the faint of heart and will force you to bring out the warrior within!

TECHNIQUE & COACHING

MMA

Shoot

- Lunge forward, weight in front heel
- Front knee over middle of foot
- Core braced, rear heel off floor
- As you lunge, wrap arms in a tackle movement
- Jump back, Guard up



Tae Kwon Do

Jump Kick

- Sweep the rear leg to gain forward momentum and lift
- Extend the Front Kick and retract heel to butt before you land
- Land softly, shuffle back

HIGHLIGHT

There are plenty of lyrical opportunities for you to use in your classes. Dan rips out a **massive** *Let's get ready to rumble!* along with the music and encourages the class to join him the next time. Also chanting *fight!* along with the chorus is very powerful and motivating.

Workout Focus:

1. Intense lower body conditioning
2. To teach in the essence of MMA – use Layer 2 and 3 to coach intensity changes

COACHING

Establish the Shoot technique and safety cues first **(Layer 1)**. Your participants need correct alignment and posture early on for safe movement:

- *Core braced*
- *Weight in front heel*
- *Rear heel off the floor*

Once you have them moving correctly, ensure you pre-cue early as this track has some quick changes into each combination.

Layer 2

MMA

Create more intensity by coaching the explosive nature of the Shoot:

- *Push off the spot*
- *Wrap your arms around your opponent*
- *Jump back into position!*

Tae Kwon Do

- *Jump forward and strike into your opponent*
- *Gain ground! Use your body weight to add power to your kick*
- *Forward momentum is the key*
- *Option – step, kick, shuffle back*

Layer 3 – The Why (Benefits)

Remember to let your participants know the fitness benefits of the track toward the end of each round to keep them motivated to work hard:

- *Increased cardio output to make you fitter*
- *Metabolic conditioning through elevated heart rate due to sharp spikes in intensity – this will burn calories **faster!***
- *Strengthening of lower body and core muscles*

Feel: Nordic Rock, powerful, warrior-like

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5 POWER TRAINING 2

Track Focus I want my participants to feel the challenge of building and using a powerful Boxing combo and to feel the explosive Jump Hook.



MUSIC					SEQUENCE/EXERCISE	CTS	REPS	MARTIAL ARTS
0:00	C	Bright like	4x8		Run L, R	2	16x	BOX
					L **Combat Stance**			
0:22	Instr	(Snare)	4x8	A	L Double Jab	2		
					Boxing Guard	2	8x	
0:33	Instr	(Synth melody)	4x8	A^1	L Double Jab	2		
					R Cross	2	8x	
0:45	Instr	(Synth beat)	8x8	B	L Jab, R Cross	2	32x	
					👁 Double Jab Cross on last rep			
1:07	C	_ Bright like	8x8	B^1	L Jab, R Cross x2	4		
					L Double Jab	2		
					R Cross	2	8x	
1:30	Instr	(Synth)	4x8	C	L Hook x2	4		
					Pulse F, B	4	4x	
					👁 Cross Jack on last rep			
1:41	V1	_ You're there	8x8	C^1	L Hook x2	4		
					Cross Jack x2	4	8x	
2:04	C	Bright like	8x8	A^2	L Jab, R Cross x2	4		
					L Double Jab	2		
					R Cross	2		
					L Hook x2	4		
					Cross Jack x2	4	4x	
2:26	Br	Shine with a	8x8		Run L, R	2	32x	
2:49	Instr	(Snare)			**REPEAT SEQUENCE FROM A to A^2 – R**	2		
4:53	Br	Shine with a	8x8		Run L, R	2	32x	
					👁 Jump Jab, Jump Hook			
					L **Combat Stance**			
5:15	Instr	(High synth)	8x8	D	L Jump Jab, L Jump Hook x2	8		
					Run B	8	4x	
					R **Combat Stance**			
5:38	C	_ Bright like	8x8	D	R Jump Jab, R Jump Hook x2	8		
					Run B	8	4x	
6:01		(Cymbal crash)			R Hook to finish!			

KNOW IT? SHOW IT! What are two Layer 2 cues you can use to help your participants execute the combo effectively?

Bright Like The Sun > 6:04 mins

5

We have 3 rounds of great Boxing training ahead. The combination mixes flow-on-flow punching with power shots to push the cardio and challenge your muscular power. Cardio and power aren't the only focuses here, though, as using this combo – like any Boxing combination – will force your members to recruit their leg and core muscles, creating a total-body workout. After two powerful rounds of Boxing combinations we use a Jump Hook to explode to the finish!

TECHNIQUE & COACHING

Boxing

Jump Jab

- Jump forward, lifting the leading knee
- As you land, Jab forward
- Push off back foot

Jump Hook

- Rotate torso toward punching shoulder
- Punch, unwinding the torso and explode forward
- Land softly and return to Guard, ready to Jump Jab

HIGHLIGHT

The **Jump Hook** is explosive and gives us a huge finish to the track. Rotation of the torso before you throw the punch is important to executing the punch correctly. It's coupled with a Jump Jab.

Feel: Eurodance, energetic, inspiring

Workout Focus:

1. To inspire Boxing cardio and power training
2. To create flow and power within the Boxing combos
3. To deliver results through burning calories

COACHING

Set your strikes up with simple Layer 1 Cues at the start. Let your class know early that they have 3 rounds of Boxing to get through – then go!

Layer 2 – Enhancement and Martial Arts

Educating your participants to throw the **Double Jab, Cross, Hook Combo** with full range of motion is key to creating the intensity in the flow part of the combo.

Enhancement

- *Two shots, long and fast (Jabs)*
- *Drive from the rear leg for power (Cross)*
- *Turn your elbow to the outside to increase the shoulder work (Cross)*
- *Rotate from the hip (Hooks)*
- *Reload then fire (Hooks)*

Martial Arts Essence – full combo

- *Tag them twice – 2 strong Jabs*
- *Find the range then hit 'em hard*
- *Leg power is vital for punching power – drive through your legs*

Layer 3

Musical Feel

Use the lifts and drops in the music to help drive the intensity of the workout. This track is euphoric and uplifting so match your fight emotion to be positive yet challenging.

Benefits:

Huge cardio rounds and intense muscular recruitment create a fat-burning and hardcore fitness workout. Inform your participants that they will achieve results through using great technique to train the correct muscles, spiking the heart rate with interval training and strengthening the abdominals through massive core activation.

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6 COMBAT 3

Track Focus To get my participants to feel the beauty and challenge of Kung Fu then the pure intensity of the Switch Lunge in Capoeira.



MUSIC					SEQUENCE/EXERCISE	CTS	REPS	MARTIAL ARTS
					L **Combat Stance**			KF
0:00	Intro	(Piano)	2x8	A	Cat Stance	16		
0:13	V1	(Boom)	4x8	A	Crane Stance – Arms to head height	4		KF
					Lower to Kung Fu Guard – heel down	4	4x	
0:40	V1	We are living	4x8	B	Lift F knee	1		
					Front Kick	1		
					Retract Kick	1		
					Rear Leg Squat	1	8x	
					Option: after 4 reps, level 2 – front leg no touch down			
1:07	Instr	(Dubstep synth)	8x8	C	L Esquiva, Double Pulse	2		CAP
					L Lunge, Double Pulse	2		
					Switch Lunge – L, R, L, R	4	8x	
					After 4 reps, level 2 – outside arm touches floor/shin on Switch Lunge			
2:01	V1	(Boom)	2x8		Feet together and shake it out		16	
					R **Combat Stance**			KF
2:14	V1	(Synth hit)	2x8	A	Crane Stance – arms to head height	4		
					Lower to Kung Fu Guard – heel down	4	2x	
2:28	Instr	(Vox)			**REPEAT SEQUENCE B to C – R**			
					Front Stance			KAR
3:49	C	Why did we	4x8	D	A-Frame Arms, fists roll into ribs	8		
					Stand	8		
					Squat, L Palm Strike	4		
					R Palm Strike	4		
					L Palm Strike	4		
					R Palm Strike	4		
4:15	Instr	(Boom)	1½x8	D^2	Squat Lower, L Palm Strike			
					R Palm Strike	4		
					L Palm Strike	4	1½x	
4:26		(Boom)			R Palm Strike to finish!			

Danger Zone > 4:30 mins

6

Mystique and power reside in this Combat 3 track. The Kung Fu will allow you to bring control and balance into the workout. It may look simple but you will feel the bite in your legs as you try to maintain great posture and balance. Then Capoeira raises the stakes with an Esquiva and the new innovation, the **Switch Lunge**. You may have seen a Plyometric Lunge before but you've never done anything like this...

TECHNIQUE & COACHING

Kung Fu

Crane Pose

- *Shift weight into rear leg*
- *Lift arms to head height, slightly forward of the body, hands turned down, knee lifts at same time*
- *Extend leading leg, toes up, arms to Kung Fu Guard and lower to floor, touch heel down*

Cat Stance, Front Kick

- *Weight in rear leg, leading leg on ball of foot*
- *Lift knee and extend Front Kick*
- *Retract Kick and Rear Leg Squat – front foot tap to floor*
- ***Option:** For higher intensity, no tap after 4 reps*

The **Switch Lunge** is different to a Plyometric Lunge in that the focus is not on the jump phase but to remain low and grounded – staying in the essence of Capoeira and increasing the time the legs are in the loaded position. It should feel **heavy and powerful** rather than light and lifted.

Capoeira

Switch Lunge

- *Step into a Lunge after the Esquiva and then switch legs 4 times*
- *Keep the chest lifted, abs braced*
- *Weight in your front heel and rear heel lifted*
- *Remain low as you switch legs*
- ***Option:** Tap shin/ankle/floor for level 2 intensity – **you must keep your chest lifted throughout the movement***

HIGHLIGHT

Kung Fu – this allows the music to be the feature at the start. The beauty of the movement, coupled with the drama of the music, will create a powerful connection with you and your participants.

Watch your participants' faces as you coach them through the Switch Lunge – pure Fitness Magic in BODYCOMBAT™ 59!

Feel: Dubstep, enigmatic, challenging, beautiful

Workout Focus:

1. To bring contrast to the workout with Kung Fu
2. To coach effective balance and stability in the Front Kick
3. To challenge the lower body with the new innovation – the Switch Lunge

KNOW IT? SHOW IT! How do we create a connection during the Kung Fu Crane Stance at the start of the track?

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7 MUAY THAI

Track Focus My participants will be unleashed through six rounds of Muay Thai combinations.



MUSIC					SEQUENCE/EXERCISE	CTS	REPS	MARTIAL ARTS
					L **Combat Stance**			MT
			2x8		Pulse F, B	2	8x	
					KNEE COMBO			
0:05	Instr	(Rock guitar)	8x8	A	L Knee x16	2		
					R Knee x16	2		
0:29	Instr	(Horn section)	8x8	B	L Jab, R Cross x2	4		
					L Ascending Elbow x2	4	8x	
0:53	Instr	(Drum solo)	4x8	C	L Street Brawl Downward Punch	2	16x	
1:04	Instr	(Rock guitar)	8x8	A	Repeat L, R Knee Combo	64		
1:28	Instr	(Horn section)	8x8	B	Repeat Jab, Cross, Elbow Combo – L side	8	8x	
1:52	Instr	(Synth guitar)	4x8	C	L Street Brawl Downward Punch	2	16x	
2:04	Instr	(Rock guitar)	40x8		**REPEAT SEQUENCE A to 2nd C – R**			
					Front Stance			
4:01	Instr	(Heavy Rock)	12x8	D	L Knee x2	4		
					R Knee x2	4		
					L, R Jab x2	4		
					L, R Ascending Elbow	4	6x	
4:37	Instr	(Horn section)	8x8	A	L, R Running Man Knee	4	16x	
5:01	Instr	(Horn)	¼x8		L Knee to finish	2		

KNOW IT? SHOW IT! What are the two key safety cues in the Street Brawl Downward Punch?

Lost In Space > 5:04 mins

7

Hardcore Muay Thai training is the order of the day. This track is designed with simplicity in mind to allow you to build through each round and push the limits of cardio, core training and explosive power! Relentless **knee strikes** will shred the core and lower body muscles and the upper body strikes will work not only the core and shoulders but we also get huge posterior muscle activation through **Ascending Elbow** strikes. Throw in some devastating **Street Brawl Downward Punches** and **Running Man Knees** and you have a beast of a workout ahead!

TECHNIQUE & COACHING

Muay Thai

Ascending Elbow

- Lift elbow, keep hand relaxed, tap upper back
- Chest lifted

Street Brawl Downward Punch

- Lift elbow above shoulder, fist above head, **knees bent**
- Drive fist down, inside knee, until straight
- **Chest up throughout movement**
- Return arm above head

HIGHLIGHT

Watch how Rach uses the music to create moments of intensity throughout the track. Practise when to push your participants by coaching and when to shut up and let the music take over to create inspiring moments of Fitness Magic during this track.

Feel: Relentless, unleashed

Workout Focus:

1. Elite Core Training
2. Intense cardiovascular output
3. Explosive power in the upper and lower body

COACHING

Round 1

Set up your strikes with **Layer 1** Cues – nail the coaching as each new strike or combo is added. Pay extra care to the **Street Brawl Downward Punch** to ensure your participants are safe before they go crazy!

Round 2

Same side, same choreography, so now use **Layer 2 – Enhancement** and **Martial Arts –** to help your participants fight harder:

Enhancement

- *Drive through the hip for power in the knee*
- *Rotate the body as you punch – fire your core*
- *Lift your chest and launch forward into the elbow*
- *Lunge deeper as you throw the Downward Punch*

Martial Arts

- *It ain't about points – we're here for the knockout!*
- *Muay Thai – short, sharp elbows, smaller range for close-quarters fighting*
- *It's about how much you can take and to keep moving forward – that's how winning is done!*

Rounds 3 & 4

Incorporate more **Layer 2** Cues as you switch sides. Use **Layer 3 – Musical Feel** – to help power the knee strikes. There is a Rock guitar moment that you can utilize, like Rach does on the DVD, to inspire greater power and range in the knee.

Rounds 5 & 6

You'll need to quickly establish the combo – use clear **Layer 1** Cues – but keep the intensity high. Unleash your beast mode and push through to the end. Embrace the spirit of a fighter!

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8 POWER TRAINING 3

Track Focus I want my participants to be pushed to the limit through three rounds of epic Boxing training.



	MUSIC				SEQUENCE/EXERCISE	CTS	REPS	MARTIAL ARTS
					Front Stance			
			4x8		Release, shake off	32		
0:00	C	I'm falling	4x8		L Shoulder Stretch	16		
					R Shoulder Stretch	16		
					L **Combat Stance**			BOX
0:23	Instr	(Synth squeak)	4x8	A	L Jab	4		
					R Cross	4	4x	
0:33	Instr	(Synth squawk)	2x8	A^1	L Jab	2		
					R Cross	2	4x	
0:38	Instr	(Bass beat)	2x8	A^2	L Jab	1		
					R Cross	1	8x	
					👁 L Jab, R Cross x3, Slip R on last 8 cts			
0:44	Instr	(Synth melody)	8x8	A^3	L Jab, R Cross x3	6		
					Slip R	2	8x	
1:06	C	I'm falling	8x8	A^2	L Jab, R Cross	2	32x	
					Front Stance			
1:28	Instr	(Synth beat)	8x8	B	L, R Uppercut x2	8		
					L Jab x4 to L side	8	4x	
					Last 2 reps add a Stiff Jab x4 into L **Combat Stance**			
					L **Combat Stance**			
1:50	V1	Remember you	8x8	A^3	L Jab, R Cross x3	6		
					Slip R	2	8x	
2:12	C	I'm falling	8x8	A^2	L Jab, R Cross	2	32x	
2:34	Ref	I'm falling	8x8		L, R Run	2	32x	
2:55		(Synth melody)			**REPEAT SEQUENCE A^3 to 3rd A^2 – R**			
4:45	Ref	I'm falling	8x8		L, R Run	2	32x	
					Front Stance			
5:07	Instr	(Synth melody)	8x8	C	L Hook x2	4		
					R Hook x2	4	8x	
5:29	C	I'm falling	8x8	C^1	L, R Uppercut x4	8		
					L Hook x2	4		
					R Hook x2	4	4x	
5:51	Instr	(Synth melody)	8x8	C	Repeat Hook Combo	8	8x	
6:13	C	I'm falling	8x8	C^1	Repeat Uppercut, Hook Combo	16	4x	
6:35	C	I'm falling	8x8	D	L, R Jab	2	32x	
					L Punch to the sky			
7:00	Outro	(Rock guitar)			Run around the room			

Falling From The Sky/Lost In Space > 7:29 mins

8

There are over 820 punches in this track, which is going to require some serious inspiration, motivation and sheer willpower to get your participants to punch strongly until the end. There are 3 rounds of Boxing combinations utilizing speed, power and massive core work before a supercharged fight to the finish. This is where you need to dig deep, find the fighter within and finish the fight!

COACHING

Rounds 1 & 2

Coach the **Slip** in the first combo using **Layer 2 Cues – Enhancement** and **Martial Arts** – to help your participants activate their core effectively. Listen to how Dan coaches the class to engage their core by rotating quickly and powerfully.

In the **Uppercut, Stiff Jab,** clearly demonstrate the different feel of a regular Jab and the Stiff Jab. By increasing the power in the Jab we burn calories faster, lifting the cardio and increasing the core load.

Jab, Cross, Slip

- *Rotate the upper body and squeeze the core*
- *Actively tuck your upper body as you turn*
- *Guard up, shoulder to chin, protect your face*
- *Slip past the punch then attack!*

Uppercut, Stiff Jab

- *Leg drive from rear leg*
- *Exhale powerfully as you punch*
- *Lean into punch, weight in front leg*

Round 3

By now, you and your participants will be begging for a break. You've just completed 570 punches; there are another 256 ahead. Connect with the class and let them know that challenge creates the change in their workout – and here's the last Boxing challenge.

Layer 3 – Motivation – is the key to drive your class to finish strongly. Pick your moments where you inspire through your voice and then also allocate time where you let the music soar and give everything you have physically to inspire the class visually. There's no need to coach movement here – it's pure heart, attitude and the willingness to never quit, never surrender!

HIGHLIGHT

There is an incredible amount of punches in this track, in powerful Boxing combinations. Use the music as Dan has and know where to connect with the lyrics and use inspiring cues – and where to show the intensity and challenge physically!

Feel: Uplifting, Eurodance, positively unleashed!

Workout Focus:

1. Final power track in the class
2. Elite upper body and core conditioning

KNOW IT? SHOW IT! How many punches are there in this track?

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9 CONDITIONING

Track Focus I want my participants to challenge their core using the Hip Escape from Brazilian Jiu Jitsu.



MUSIC				SEQUENCE/EXERCISE		CTS	REPS
					Crunch position – side on		
0:09		(Beat)	4x8	A	4/4 C-Crunch	8	1x
0:15	V1	Cooler than	8x8	A^1	2/2 C-Crunch	8	8x
0:42	V2	So street like	4x8	A^2	C-Crunch Double Pulse – arms F	8	4x
0:55	PC	Let the hair	4x8	A^3	C-Crunch Pulse	2	16x
1:08		Do or die	4x8		Transition to Bear Pose	32	
1:21		(Dubstep roar)	8x8	B	L Hip Escape	8	
					R Hip Escape	8	4x
1:49	C	'Til the beat	8x8	B^1	L, R Hip Escape x2	16	
					Pushup x4	16	2x
2:15		Do or die	4x8		Transition to kneeling position then		
					Crunch position – side on	32	
2:27	V3	Shotgun blast	8x8	A^2	Repeat C-Crunch Double Pulse	8	8x
2:54	PC	Let the hair	3x8	A^3	Repeat C-Crunch Pulse	2	12x
3:01	PC	Lil rapper	1x8		Transition to Bear Pose	8	
3:08	Instr	(Dubstep wamp)	16x8	B^1	L, R Hip Escape x2	16	
					Pushup x4	16	4x
4:00					Down and hold Pushup		

Do Or Die > 4:03 mins

9

Crunches kick off the Conditioning track to create intensity in the abdominal muscles. Start with the basic cues to enable effective C-Crunches. By using a C-Crunch from the beginning we also create great lower abdominal activation.

TECHNIQUE & COACHING

Layer 1 – C-Crunch Cues

- *Slide ribs to hips*
- *Knees toward shoulders*
- *Arms reach toward ankles*
- *Elbows back*
- *Eye gaze through knees*



We then bring Brazilian Jiu Jitsu (BJJ) back to BODYCOMBAT™ Conditioning with the **Hip Escape**. This authentic BJJ conditioning exercise utilizes the long levers of the body – our legs – in the movement. This forces the core to work harder to stabilize and control the legs while we move from the **Bear Pose** to the **Hip Escape**. We combine great shoulder and chest activation by building up the combo with **4 Pushups**.

Brazilian Jiu Jitsu

Bear Pose

- *Hands outside shoulder-width*
- *Knees under hips, off floor; toes outside hips on floor*
- *Hips in line with shoulders*
- *Abs braced*



Hip Escape

- *Leg extend to opposite side, side of foot on floor*
- *Push hip through, chest up*
- *Arm to opposite shoulder*



Feel: Rap, Dubstep, fresh

Workout Focus:

1. Abdominal conditioning
2. Improve core strength and stability
3. Integrated core training

KNOW IT? SHOW IT! Name three Layer 1 Cues for the Hip Escape.

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10 COOLDOWN

Track Focus To reflect on a great workout and rejuvenate the body, ready for the next BODYCOMBAT™ class.

MUSIC				SEQUENCE/EXERCISE	CTS	REPS
0:10		(Orchestra)	4x8	**Lying Gluteal/Lower Back Stretch** – knees towards participants	32	
0:20		(Soprano)	4x8	**Lying Gluteal/Lower Back Stretch** – knees away from participants	32	
			1x8	Transition to Hip Flexor Stretch		
0:45	V1	Is it you I keep	4x8	R **Hip Flexor Stretch** – A-Frame Arms	16	
				R Palm Strike	16	
1:06	V2	We run 'til it's	4x8	L **Hamstring Stretch** with Kung Fu Guard	16	
				L **Quadricep Stretch** – R arm out	16	
				KATA		
1:25	C	Les Fleurs du Mal	4x8	Arms circle O/H from waist to cross chest	4	
				L palm push to face L side, L leg slide in to Cat Stance – face L	4	
				Repeat R side	8	2x
			1x8	Feet together, L foot F		
1:46	V3	All my life I've	4x8	L **Hip Flexor Stretch** – A-Frame Arms	16	
				L Palm Strike	16	
2:10	V4	We live and we	4x8	R **Hamstring Stretch** with Kung Fu Guard	16	
				R **Quadricep Stretch** – L arm out	16	
2:30	C	Les Fleurs du Mal	4x8	Repeat **KATA** L, R	16	2x
2:52	Br	(Orchestra)	4x8	L **Iliotibial Band (ITB) Stretch**	16	
				R **Iliotibial Band (ITB) Stretch**	16	
3:13	C	Les Fleurs du Mal	4x8	Repeat **KATA** L, R	16	2x
3:32	Outro	(Soprano solo)	4x8	Squat – roll wrists to waist	16	
				L Palm Strike	8	
				R Palm Strike	8	
3:55		(Harp)	2x8	L Palm Strike and hold		

Fleurs Du Mal > 4:10 mins

10

This was a world first – filming in Stockholm, Sweden – so we needed to find a track that would fit the bill to finish such an epic class. This track is the perfect finish to the fight.

Take your time moving between each stretch and connect with your participants. Congratulate the new people in the room for making it to the end and your regulars for giving their best in the class. Coach each stretch simply and let the music wash over you as you bring the heart rate down and focus on recovery of fatigued muscles.

BODYCOMBAT™ 59 will never back down. It will challenge you, test your fitness as a participant and as an instructor – yet is achievable for all people who come to class. There is something for everyone here. Be proud – you made it.

Keep it real and stay with the fight!



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