

OUR DECLARATION OF INTENT

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

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

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

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

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

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

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

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

BLAH BE LOUD AND HEARD

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

Hey instructors! When it comes to mixing up past releases, please ensure you have a diverse mix of music genres, moves and dance styles.

SH'BAM 22



From L-R: Rachael Newsham, Tauvaga Benjamin Siolo

What I like about this release is how groovy everything feels.

There's so much dance feel throughout the class, and each dance track has a significant point of difference, so it feels like we go from one epic musical era to another in a time machine – and the elevator music they're playing is a winner from each year, ha haha ha. You just can't help but feel your feet start tapping and your shoulders start wriggling to the sounds :-)

The cardio creeps up in this release quite slowly, so you don't see it coming until after you're lost in each track, and flinging yourself all over the room! By the end of the workout you're left puffing and laughing or clapping, one or the other :-)

I don't know what else to say now. Each release holds a close place in my sh'heart... this one takes the groove for now :-)

Rachael

SH'BAM Presenters

Rachael Newsham (New Zealand) is Program Director of SH'BAM and co-Program Director of BODYCOMBAT™. She is based in Auckland.

Tauvaga Benjamin Siolo (New Zealand) is a SH'BAM, BODYCOMBAT, BODYJAM™ and BODYPUMP™ Instructor and Trainer, and a CXWORX™ and an RPM™ Instructor. He is based in Auckland, where he is also Group Fitness Manager at Les Mills New Lynn.

SPECIAL THANKS

To GG, for hangin' with me in my room in Vittel, France, when I was choreographing on the road!
The *Worth It* Arm Snap was thanks to you girl!!
To T, for being an awesome wing man, tu meke bro!!
And giving me the 'bills' hands :-)

SQUAT STUDY

THE SCIENCE OF THE REP EFFECT™

The fitness industry is constantly searching for training methods that will burn the most amount of calories in the shortest time possible. When it comes to resistance training, what is the best approach to maximizing caloric expenditure?

THE REP EFFECT™

We know that lifting weights is one of the fastest ways to burn calories and create lean muscle. LES MILLS BODYPUMP is based on the principle that lifting lighter weights for a high number of repetitions will create the same workload as the more traditional approach of lifting heavy weights for fewer reps. The high number of repetitions generates muscular fatigue to tone and strengthen the body and burn calories. We call this THE REP EFFECT™.

One of the most important factors that affects calorie expenditure is the activity of large muscle groups. Let's consider the Squat. The effort required to perform this exercise is influenced by two variables: the load we are lifting, and how fast we are lifting it or the total distance we move in a specific time interval. So what causes the greatest energy output – slow or fast contractions? Or – in BODYPUMP language – a slow 4/4 tempo, or the faster Singles?

Previous studies have conflicting answers to this question. The argument for using slow contractions is that you spend more time controlling the movement – therefore reaching fatigue more quickly. On the opposing side, the support for using fast contractions is based on the recruitment of inefficient fast-twitch muscle fibers, which requires more energy.

The existing disagreement between training methods led us to put weight and speed in BODYPUMP Squats to the test, as outlined below.

We took 15 participants, between the ages of 18 and 40 years, and had them perform four separate Squat conditions in a random order. Each condition was devised to produce the same amount of work for 4 minutes. Here's how the four conditions looked:

[WORK = LOAD ON BAR x NUMBER OF REPETITIONS IN 4 MINUTES]

- Condition #1: 5 kg (11 lb) lifted at a contraction speed of 1 second = 120 repetitions
- Condition #2: 10 kg (22 lb) lifted at a speed of one contraction every 2 seconds = 60 repetitions
- Condition #3: 15 kg (33 lb) lifted at a speed of 3 seconds = 40 repetitions
- Condition #4: 20 kg (44 lb) lifted at a speed of 4 seconds = 30 repetitions altogether

The key factor to consider with each of these four conditions is the fact that the amount of work done in each of them was exactly the same.



You can see this in the following simple formula: work equals force times distance – which, in this case, was weight multiplied by speed.

WORK = FORCE x DISTANCE
#1 WORK = 5 KG x 120 REP = 600
#2 WORK = 10 KG x 60 REP = 600
#3 WORK = 15 KG x 40 REP = 600
#4 WORK = 20 KG x 30 REP = 600

The work output was exactly the same in each of the four conditions, allowing us to compare the calorie expenditure values.

The results proved conclusively that the faster tempos burned the most calories. Despite the fact that they were lifting a smaller weight, participants expended 29.3% more energy during the 5 kg conditions with faster repetitions compared to the 20 kg condition with a slower tempo. In other words, it's the speed of the movement that generates the greatest energy expenditure – not the weight of the load.

It's likely that the higher rate of energy expenditure, despite the lighter loads, is due to the recruitment of faster-acting muscle fibers. Simply put, we burn the most calories when we lift a lighter weight for faster repetitions.

To get the best from BODYPUMP, you need to keep the fast tempo AND increase your weights. Once you have achieved a base training level, increasing your weights progressively will really maximize the amazing results this program has to offer.

So there you have it – proof that BODYPUMP truly is the ultimate calorie-burning workout as we complete over 800 reps in every class!

THE ART OF CONNECTION: PART 2

SMARTSTART

Without connection, we don't have group fitness.

We want our participants to have a fitness experience in our classes, not just attend another workout. To create these experiences, our members need to feel connected to the music, to the workout, and to YOU. There are multiple ways that you can create this connection in your classes, so we decided to ask some of our top instructors around the world how they connect with their participants. Here's what they said...

Talk to people before the class starts.

Get to the studio early and make time to chat to your members.

Learn a bit about them. Get to know your members in class and find out what their fitness goals are. Then, when you see them achieving those goals (for example, completing a full Pushup on their toes), acknowledge and congratulate them!

Welcome your new people. Smile at them, reassure them that you're going to look after them, and offer SMARTSTART as a fantastic way to build up their fitness gradually. Explain what's involved; for example, in a BODYPUMP class, you can help them set up their equipment and advise on weight selection.

Learn their names and use them during class.

Be real. Be yourself when you're on stage – don't put on a big instructor act! Think of your class as though you're hanging out with your best friends; it'll make it so much easier to create a natural connection with people.

Make eye contact and use praise.

Acknowledge and congratulate them on their efforts during and at the end of each class!

Ask for feedback and offer to help with any questions after class. Allow time at the end of the class to answer questions and perhaps offer tips that can help them with their training.

It's all about experimenting to find what works for you. **Be brave enough to try these tools** in your next few classes to create meaningful connections with your members. You won't believe the difference these will make!

