

# BODYVIVE 3.1 / 42 EXPRESS FORMATS

## 30-MINUTE (OPTION 1)

Track 1	Warmup
Track 2	Cardio 1
Track 3	Cardio 2
Track 4	Cardio 3
Track 5	Peak Cardio
Track 9	Active Recovery

TOTAL TIME: 29:14 mins

## 30-MINUTE (OPTION 2)

Track 1	Warmup
Track 3	Cardio 2
Track 5	Peak Cardio
Track 6	Integrated Strength
Track 7	Core Strength – Hips
Track 8	Core Strength – Abs

TOTAL TIME: 28:50 mins

Please note: The 30 and 55-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](http://www.lesmills.com)

## 55-MINUTE FORMAT

Track 1	Warmup
Track 2	Cardio 1
Track 3	Cardio 2
Track 4	Cardio 3
Track 5	Peak Cardio
Track 6	Integrated Strength
Bonus 1	Upper Body Strength
Track 7	Core Strength – Hips
Track 8	Core Strength – Abs
Bonus 2	Core Strength – Back
Track 9	Active Recovery

If you teach the 55-minute format, we now move straight from Peak Cardio into Integrated Strength. The Bonus tracks are longer to make up the time and Active Recovery is the last track of this format.

## CREDITS

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Head Trainer – Maureen Baker  
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**SPECIAL THANKS:** Mikey and Nats

## CHECK OUT:

BODYVIVE VITALS glossary at the back of this booklet. You will find Technique and Compulsory Cues for familiar exercises here!

**REMEMBER YOUR OPTIONS! TEACH TO THE PEOPLE IN YOUR CLASS. IF THEY NEED LOW-INTENSITY OPTIONS, STAY WITH THEM. IF THEY WANT MORE, THEY WILL LET YOU KNOW.**

## KEY

<b>B</b> up	build up	<b>L</b> left		<b>Reps Xx</b>	perform the Sequence/ Exercise x times
<b>Br</b>	bridge (non-chorus)	<b>mins</b>	minutes		
<b>C</b>	chorus (Music column)	<b>O/H</b>	over head	<b>ROM</b>	range of motion
<b>QC</b>	quiet chorus	<b>OTS</b>	on the spot	<b>R</b>	right
<b>ct/cts</b>	musical counts	<b>Outro</b>	last few bars of music	<b>V</b>	verse
<b>F&amp;B</b>	forward and backward	<b>PC</b>	pre-chorus	<b>RA</b>	Running Arms
<b>Instr</b>	instrumental	<b>Ref</b>	refrain (recurring phrase or song lines)	<b>↓</b>	Low Option
<b>HOH</b>	hands on hips	<b>Rep</b>	reprise (part of the chorus repeated)	<b>↑</b>	Advanced Option
<b>Intro</b>	introduction	<b>w.</b>	with		Preview

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BODYVIVE 3.1 / 42

# CONTENTS

## BODYVIVE 3.1 CLASS STRUCTURE

### BORN TO MOVE: NEW RESEARCH

### THE SCIENCE OF RESISTANCE TUBING

		TRACK	ARTIST	
<b>1</b>	<b>WARMUP</b>	<b>Beautiful Day</b> © 2017 Les Mills Music Licensing Ltd. Written by: Bono, Hewson, Clayton, Mullen, Evans	Summer Of '89	<b>4:54</b>
<b>2</b>	<b>CARDIO 1</b>	<b>Turbulence (Radio Edit)</b> © 2011 Mixmash, under exclusive license to Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. Written by: Scheppinger, Aoki, Smith	Steve Aoki & Laidback Luke feat. Lil Jon	<b>5:18</b>
<b>3</b>	<b>CARDIO 2</b>	<b>Shake It</b> © 2007 Columbia Records, a division of Sony Music Entertainment.. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Cyrus, Musso, Healy, Improgo	Metro Station	<b>2:49</b>
		<b>Shake It</b> © 2007 Columbia Records, a division of Sony Music Entertainment.. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Cyrus, Musso, Healy, Improgo	Metro Station	<b>1:43</b>
<b>4</b>	<b>CARDIO 3</b>	<b>Paradise</b> © 2017 Les Mills Music Licensing Ltd. Written by: Martin, Berryman, Buckland, Champion, Eno	Avant Guarded	<b>5:51</b>
<b>5</b>	<b>PEAK CARDIO</b>	<b>I Kissed A Girl (Jason Nevins Funkrokr Extended Mix)</b> Courtesy of the Universal Music Group. Written by: Hudson, Gottwald, Dennis, Sandberg	Katy Perry	<b>3:31</b>
		<b>I Kissed A Girl (Jason Nevins Funkrokr Extended Mix)</b> Courtesy of the Universal Music Group. Written by: Hudson, Gottwald, Dennis, Sandberg	Katy Perry	<b>1:20</b>
<b>6</b>	<b>INTEGRATED STRENGTH</b>	<b>Alive (Cash Cash &amp; Kalkutta Remix)</b> © 2012 Krewella Music LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: J. Yousaf, Y. Yousaf, Trindi, Lim, Udell	Krewella	<b>1:34</b>
		<b>Alive (Cash Cash &amp; Kalkutta Remix)</b> © 2012 Krewella Music LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: J. Yousaf, Y. Yousaf, Trindi, Lim, Udell	Krewella	<b>3:07</b>
<b>7</b>	<b>CORE STRENGTH HIPS</b>	<b>Bang Bang</b> Courtesy of the Universal Music Group. Written by: Maraj, Sandberg, Goransson, Kotecha	Jessie J, Ariana Grande & Nicki Minaj	<b>1:38</b>
		<b>Bang Bang</b> Courtesy of the Universal Music Group. Written by: Maraj, Sandberg, Goransson, Kotecha	Jessie J, Ariana Grande & Nicki Minaj	<b>3:08</b>
<b>8</b>	<b>CORE STRENGTH ABS</b>	<b>Do It Right (Club Mix)</b> Courtesy of the Universal Music Group. Written by: Maidza, Solveig	Martin Solveig feat. Tkay Maidza	<b>3:19</b>
		<b>Do It Right (Club Mix)</b> Courtesy of the Universal Music Group. Written by: Maidza, Solveig	Martin Solveig feat. Tkay Maidza	<b>1:47</b>
<b>9</b>	<b>ACTIVE RECOVERY</b>	<b>True Colors</b> Courtesy of the Universal Music Group. Written by: Zaslavski	Zedd	<b>3:48</b>
<b>BONUS 1</b>	<b>UPPER BODY STRENGTH</b>	<b>Good Times</b> © 1987 Atlantic Recording. Produced Under License From Warner Music UK Limited. Courtesy of the Universal Music Group. Written by: Vandenberg, Young	INXS with Jimmy Barnes	<b>1:46</b>
		<b>Good Times</b> © 1987 Atlantic Recording. Produced Under License From Warner Music UK Limited. Courtesy of the Universal Music Group. Written by: Vandenberg, Young	INXS with Jimmy Barnes	<b>3:14</b>
<b>BONUS 2</b>	<b>CORE STRENGTH BACK</b>	<b>Rolling In The Deep</b> © 2017 Les Mills Music Licensing Ltd. Written by: Epworth, Adkins	Love Letters In April	<b>5:03</b>

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# 1 WARMUP

Beautiful Day > 4:54 mins

1

## TRACK FOCUS

My class will get warm and begin to understand basic movement patterns and the choices that will be offered throughout the workout.

**FEEL  
CLEAR  
FRIENDLY  
INFORMATIVE**

MUSIC			SEQUENCE/EXERCISE		REPS
0:00	Intro	4x8	A	<b>Step Touch</b> L&R. <i>Hands on thighs</i>	4 8x
0:19	V The heart is a <b>bloom</b>	4x8	A <sup>1</sup>	<b>Step Touch</b> w. <i>Single Arm Reach L&amp;R</i>	4 8x
0:33	<b>Love</b>	4x8	B	<b>Tap Repeater</b> L. <i>RA</i>	2 16x
0:47	<b>Found</b>	4x8	B	<b>Tap Repeater</b> R. <i>RA</i>	2 16x
1:01	C Beautiful <b>day</b>	4x8	A <sup>1</sup>	<b>Step Touch</b> w. <i>Single Arm Reach L&amp;R</i>	4 8x
1:15	V On the <b>road</b>	4x8	B <sup>1</sup>	<b>Knee Repeater</b> L. <i>RA</i>	2 16x
1:30	<b>First time</b>	4x8	B <sup>1</sup>	<b>Knee Repeater</b> R. <i>RA</i>	2 16x
1:44	C Beautiful <b>day</b>	4x8	B <sup>1</sup>	<b>Step Touch</b> w. <i>Single Arm Reach L&amp;R</i>	4 8x
1:57	<b>Touch me</b>	6x8	C	<b>March Sequence</b> 8x March F. <i>RA</i> 8 2x Step Touch w. <i>Single Arm Reach L&amp;R</i> 8 8x March B 8 2x Step Touch w. <i>Single Arm Reach L&amp;R</i> 8	1½x
2:19	V On the <b>road</b>	8x8		8x <b>Step Knee, Step B</b> L. <i>RA</i> 32 8x <b>Step Knee, Step B</b> R. <i>RA</i> 32	
2:47	C Beautiful <b>day</b>	4x8	A <sup>1</sup>	<b>Step Touch</b> w. <i>Single Arm Reach L&amp;R</i> Last 4 reps, travel B	4 8x
3:01	<b>Touch me</b>	6x8	C	<b>March Sequence</b>	32 1½x
3:22	Br <b>See</b> the world	8x8	F	<b>2-Steps Side L&amp;R.</b> <i>Arms reach &amp; pull</i> After 4 reps add Hamstring Curl at each end	8 8x
3:51	<b>Take</b>	2x8	F <sup>1</sup>	<b>Hamstring Curl</b> L&R. <i>Arms reach &amp; pull</i>	4 4x
3:57	C Beautiful <b>day</b>	4x8	F <sup>2</sup>	<b>Hamstring Curl</b> L&R. <i>Arms in a high 'V'</i>	4 8x
4:11	<b>Touch me</b>	8x8	C <sup>1</sup>	<b>March Sequence</b> 8x March F. <i>RA</i> 8 2x Hamstring Curl L&R. <i>Arms in a high V</i> 8 8x March B. <i>RA</i> 8 2x Hamstring Curl L&R. <i>Arms in a high V</i> 8	2x
4:40	Rep Beautiful <b>day</b>	4x8	A <sup>1</sup>	<b>Step Touch</b> w. <i>Single Arm Reach L&amp;R</i>	4 8x

## INSIGHT

Welcome everybody to the class. Make sure that their SMARTBAND™ is off to the side so that the floor space is clear. You can set up GREAT POSTURE before you press play or you can layer in postural cues throughout the Warmup. Use clear body-part and direction cues in your Layer 1 coaching to get your class moving together on the first set of moves. On the second set, add some Layer 2 cues to enhance each move and then layer some cues about what your participants can expect from the class.

This Warmup is an introduction to some of the moves that reappear in the cardio tracks, so coach basic body-part and direction with postural cues so that when the class does them again they have a basic understanding of each move, then let them know where they will see the move again. In this Warmup, there is the Step Knee, Step Back which reappears in Track 5.

Remember for some people this is their first experience of moving to music; so, say one thing, leave time for them to hear and see it and time for them to do it. This will take at least 2 to 3 more reps after the cue, so do not be afraid to leave space.

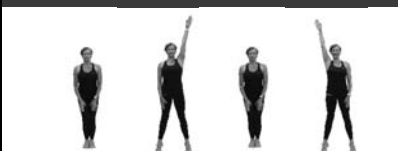
## GREAT POSTURE

- Feet under hips
- Knees soft
- Abs braced, chest lifted
- Shoulders away from ears

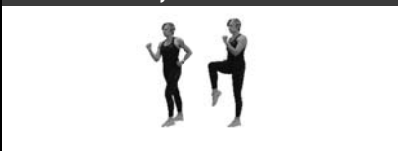
## HEAR, SEE, DO

Hear: Hear the cue  
See: See how to do the move  
Do: Apply to their own body

## STEP TOUCH



## STEP KNEE, STEP BACK



## BODYVIVE VITALS

STEP TOUCH

TAP/KNEE REPEATER

STEP KNEE, STEP BACK

2-STEPS SIDE

HAMSTRING CURL

## TRACK FOCUS

My class will experience a strong leg workout in the Lunge/Squat Sequences and develop an awareness of correct body position, muscle activation and weight distribution.

**FEEL  
STRONG  
PRECISE  
POWERFUL**

MUSIC		SEQUENCE/EXERCISE		REPS	
0:00	Instr 12x8	A	<b>2-Steps Side L&amp;R. Bicep Raise Arms</b> <i>Arms reach O/H after 4 reps</i>	8	12x
0:44	Instr (B up) 6½x8	B	<b>7x Squat Pulse. Hands on thighs</b> <i>Hold last 4 cts</i>	16	3x
1:08	(Heavy beat) 8x8	C	<b>Diagonal Lunge/Squat Sequence w. Pulse L&amp;R</b> Double Pulse Diagonal Lunge L. <i>Hands on thighs</i> 4 Double Pulse Squat. <i>Hands on thighs</i> 4 Double Pulse Diagonal Lunge R. <i>Hands on thighs</i> 4 Double Pulse Squat. <i>Hands on thighs</i> 4 <i>Biceps Raise Arms after 2 reps</i>		4x
1:38	(Drumbeat) 6x8	C¹	<b>Diagonal Lunge/Squat Sequence L&amp;R</b> Diagonal Lunge L. <i>Single Bicep Raise</i> 2 Squat. <i>Bicep Raise Arms</i> 2 Diagonal Lunge R. <i>Single Bicep Raise</i> 2 Squat. <i>Bicep Raise Arms</i> 2		6x
2:00	Rap _ Attention passengers 6x8	A¹	<b>2-Steps Side L&amp;R. Arms reach O/H</b> <i>Add propulsion after 2 reps</i>	8	6x
2:22	Procedures 4½x8	B¹	<b>7x Squat Pulse. Arms slowly to a high 'V'</b> <i>Hold last 4 cts</i>	16	2x
2:38	(Heavy beat) 8x8	C²	<b>Side Lunge/Squat Sequence w. Pulse L&amp;R</b> Double Pulse Side Lunge L. <i>Hands on thighs</i> 4 Double Pulse Squat. <i>Hands on thighs</i> 4 Double Pulse Side Lunge R. <i>Hands on thighs</i> 4 Double Pulse Squat. <i>Hands on thighs</i> 4 <i>Bicep Raise Arms after 2 reps</i>		4x
3:08	(Drumbeat) 6x8	C³	<b>Side Lunge/Squat Sequence L&amp;R</b> Side Lunge L. <i>Single Bicep Raise</i> 2 Squat. <i>Bicep Raise Arms</i> 2 Side Lunge R. <i>Single Bicep Raise</i> 2 Squat. <i>Bicep Raise Arms</i> 2		6x
3:30	Rap _ Attention passengers 6x8	A¹	<b>2-Steps Side L&amp;R. Arms reach O/H</b>	16	6x
3:52	Procedures 4½x8	B¹	<b>7x Squat Pulse. Arms slowly to a high 'V'</b> <i>Hold last 4 cts</i>	16	2x
4:09	(Heavy beat) 14x8	C⁴	<b>Diagonal &amp; Side Lunge/Squat Sequence L&amp;R</b> Diagonal Lunge L. <i>Single Bicep Curl</i> 2 Side Lunge L. 2 Double Pulse Squat. <i>Bicep Curl</i> 4 Diagonal Lunge R. <i>Single Bicep Curl</i> 2 Side Lunge R. 2 Double Pulse Squat. <i>Bicep Curl</i> 4		7x
5:01	(Drumbeat) 4x8	A¹	<b>2-Steps Side L&amp;R. Arms reach O/H</b>	8	4x

## INSIGHT

This Track 2 is about constant load in the leg muscles while challenging the core stabilizing muscles. We work on shifting the weight on the diagonal and to the side, all the while keeping the legs loaded with GREAT POSTURE. This will eventually build strength and lift the heart rate in the process. Using only body weight, we can put the legs to the test, and work on a great Lunge/Squat pattern that requires core strength to control the body position. We teach the muscles of each leg to work correctly under load, which enables your participants to check any imbalances they may have. One leg is usually stronger than the other and so we tend to favor the stronger side.

## LUNGE/SQUAT SEQUENCES

### TECHNIQUE

#### Diagonal Lunge/Squat

- Feet outside hip-width, toes turned out slightly, elbows bent, fists together
- Long step to Diagonal Lunge/Pulse, bent knee turned out slightly, and tracking over middle toes
- Body maintains Squat height as weight transfers forward, hips square to front
- Abs braced, chest lifted and square to front
- Opposite arm to bent knee reaches in running position, other hand on hip
- Step back to Squat/Pulse, knees tracking over middle toes
- Body maintains Lunge height as weight transfers back, hips square to front
- Butt back and down to a maximum knee height
- Hips square to front, abs braced, chest lifted
- Repeat without Pulse



#### Side Lunge/Squat

- As above but step to the side instead of diagonal in Lunge



#### Diagonal & Side Lunge/Squat Sequence

- Step forward to Diagonal Lunge, hips and shoulders square to front, chest lifted
- Step wide to the side, hips and shoulders square to front, chest lifted
- Step in to Squat, maintaining same body height and position throughout



## SQUAT PULSE



## TEACHING TIPS

**Lunge/Squat Sequences:** We start with 4 alternating reps with the Pulse in the Lunge and Squat. This helps to set people up correctly in terms of direction and foot placement. Once we have them stepping in the right direction, we take the Pulse away and start to focus on staying loaded in the legs and moving the body as one unit. They will need to find their range with great technique; so, in the Squat, coach to squeeze the butt to push the knees out over the middle toes, then the work is in maintaining that position at the depth of their Squat when they pulse. Posture is important here also as the upper body could start to collapse as the legs fatigue. The workout is in maintaining GREAT POSTURE with the chest lifted as the legs begin to tire. When you transition from the Lunges to the Squat there will be a tendency to lift out of the standing leg, which releases tension in the muscles, but in order to get the maximum intensity from this track we need to stay low and loaded. The head should stay at approximately the same height as you transition from Lunge to Squat. This means that the hips slide back in the Squat and forward in the Lunge, as the weight shifts back and forward. Fantastic for building strength in the legs and glutes while training control through shifting body weight.

## BODYVIVE VITALS

### 2-STEPS SIDE

## LUNGE/SQUAT SEQUENCES CONTINUED

### COACHING

#### First Set – Diagonal Lunge/Squat

- Double Pulse Diagonal Lunge, 2 Squats
- Other side
- Aim toes to corner, knee over toes
- **Hips and shoulders square with abs braced and chest lifted**
- Single speed, one each way
- Soften the landing, toe–heel to keep the load in the quads

#### Second Set – Side Lunge/Squat

- Same combo, stepping to the side this time
- Keep the toe–heel to reduce impact
- We aim for the side of the room
- The challenge is to keep hips level as you step out and back to squat
- Lock in the abs and try to remove any bounce
- Single
- Keep everything square as you hinge forward from hips. No twisting

#### Third Set – Diagonal & Side Lunge/Squat Sequence

- Take everything we have learned and put in a combo
- Corner, side, Squat
- Butt back and at the same level
- To recruit the glutes more, drive from the outside of your foot as you straighten the leg

# 3 CARDIO 2

Shake It > 4:32 mins

3

## TRACK FOCUS

I will clearly cue the numbers of reps and choices of Double Jump and Jumping Jack to ensure my class achieves a lift in their heart rate.

FEEL  
FUN  
LIFTED  
SIMPLE

MUSIC	SEQUENCE/EXERCISE	REPS
0:00 Intro 2x8	Come to standing 16	
0:05 Instr 4x8	A <b>3-Step Run</b> L&R. RA 8	4x
0:18 V _ I'll take you home 8x8	B <b>Rock Star</b> L. Hands on thighs 4	8x
	After 4 reps, Arms reach a high 'V'	
	<b>Rock Star</b> R. Arms reach a high 'V' 4	8x
0:42 C <b>Does</b> it like this 8x8	C 8x <b>Easy Walk</b> L. RA 32	
	8x <b>Ladder Step</b> L. RA 32	
1:07 PC _ Your lips 8x8	B <b>Rock Star</b> L. Arms reach a high 'V' 4	8x
	<b>Rock Star</b> R. Arms reach a high 'V' 4	8x
1:31 C <b>Does</b> it like this 8x8	C <sup>1</sup> 4x <b>Easy Walk</b> L. RA 16	
	8x <b>Double Jump</b> F&B. Punch F&B 16	
	4x <b>Ladder Step</b> L. RA 16	
	8x <b>Jumping Jack</b> . Arms wide to side 16	
1:56 Br _ So you dance 5x8	A <b>3-Step Run</b> L&R. RA 8	5x
	↕ Option: 3-Step Walk	
2:11 C <b>Does</b> it like this 12½x8	C <sup>2</sup> 2x <b>Easy Walk</b> L. RA 8	3x
	4x <b>Double Jump</b> F&B. Punch F&B 8	
	2x <b>Ladder Step</b> L. RA 8	
	4x <b>Jumping Jack</b> . Arms wide to side 8	
	Hold last 4 cts	
2:49 PC _ Your lips 8x8	B <b>Rock Star</b> R. Arms reach a high 'V' 32	8x
	<b>Rock Star</b> L. Arms reach a high 'V' 32	8x
3:13 C <b>Does</b> it like this 8x8	C <sup>1</sup> 4x <b>Easy Walk</b> R. RA 16	
	8x <b>Double Jump</b> F&B. Punch F&B 16	
	4x <b>Ladder Step</b> R. RA 16	
	8x <b>Jumping Jack</b> . Arms wide to side 16	
3:37 Br _ So you dance 5x8	A <b>3-Step Run</b> R&L 8	5x
3:53 C <b>Does</b> it like this 12x8	C <sup>2</sup> 2x <b>Easy Walk</b> R. RA 8	3x
	4x <b>Double Jump</b> F&B. Punch F&B 8	
	2x <b>Ladder Step</b> R. RA 8	
	4x <b>Jumping Jack</b> . Arms wide to side 8	

## INSIGHT

This track has a clear focus on depth and height to push the heart rate up. The Rock Star is an exercise in extended range of motion at speed, plus an excellent workout for the calf muscles. The Easy Walks are a great workout with no impact but for those who enjoy jumping, there are Double Jumps and Jacks. All have benefits, so we need to share that with the class so they feel that the choice they make is valid and will lift their heart rate.

## TEACHING TIPS

**3-Step Run:** This move is designed as a breather between the other two moves. It is important to cue the class to keep hips square to front with chest lifted, but we want to use this time to connect after the big loaded Track 2, and to set up the blocks of work within this track.

**Rock Star:** Height and depth are the key to lifting the heart rate and in this move, height is about reaching the hands to the ceiling, extending through the elbows and lifting the heels as high as possible. This works the calves and starts to train the mechanics of jumping by building strength through the feet and ankles along with flexibility. There will be a tendency to bend the knees in order to lift the heels high, so encourage your class to pull the kneecaps high and engage the quads so the legs are super straight. Feet come together as the knees bend and track over middle toes. Chest still needs to stay lifted as the knees bend. Asking your class to hold for a second in each position will increase their ability to move at speed.



**Easy Walk/Double Jump:** Both these moves will lift the heart rate if done correctly. Both require feet under hips for stability, abs braced, hips square to front and chest lifted. The difference is that the Double Jump is light on the feet and uses the calf muscles while the Easy Walk uses the bigger muscles of the quads and hamstrings. Both require strong arm movements to push the heart rate up. It is important to be clear on the numbers of reps so your class gets an understanding of the choreography. This may take them a couple of classes to perfect because we are moving at speed. It is up to us to sell each of the choices but try not to overcrowd the song with cues. It is a fun song and the aim of this track is simple and clear, to push the heart rate up.



## TEACHING TIPS

**Ladder Step/Jumping Jack:** The same applies to these two moves: depth in the Easy Walk, light and lifted in the Jacks. Arms pumping or extending strong to the side. Glutes squeezing to track knees over middle toes, abs braced and chest up.



## BODYVIVE VITALS

3-STEP RUN

ROCK STAR

EASY WALK

LADDER STEP

DOUBLE JUMP FORWARD & BACK

JUMPING JACK

# 4 CARDIO 3

Paradise > 5:51 mins

4

## TRACK FOCUS

My class will connect the learning from the Lunge/Squat Sequence to the 3-Step Run and the repetition of the sequence will push their heart rate up.

## FEEL

**STRONG, ENERGIZED  
LIFTED**

MUSIC			SEQUENCE/EXERCISE		REPS	
0:00	Intro	Para para	9x8	A	Come to standing <b>3-Step Run L&amp;R. RA</b>	8 8x
0:31	Instr	(Beat)	8x8	B	<b>Diagonal &amp; Side Lunge/Squat Sequence L&amp;R</b> Diagonal Lunge L. <i>Single Bicep Curl</i> Side Lunge L 2x Squat Pulse. <i>Bicep Curl Arms</i> Repeat R	2 2 4 8 4x
0:58	B up	Para para	12x8	B'	<b>Diagonal &amp; Side Lunge/Squat Pulse Sequence L&amp;R</b> Diagonal Lunge L. <i>Single Bicep Curl</i> Side Lunge L 6x Squat Pulse. <i>Bicep Curl, arms slowly to a high 'V'</i> Repeat R	2 2 12 16 3x
1:39	V	When she was	8x8	C	<b>Step/Calf Raise Sequence</b> Step Diagonal L, Calf Raise. <i>Arms reach O/H</i> Step Diagonal R, Calf Raise. <i>Arms reach O/H</i> Step Diagonal L, Calf Raise. <i>Arms reach O/H</i> Step Diagonal R, Calf Raise. <i>Arms reach O/H</i> 8x March B. <i>RA</i> 4x Squat Pulse. <i>Arms slowly to a high 'V'</i>	4 4 4 4 8 8 2x
2:06	Instr	(Synth)	8x8	C'	<b>Step Jump Sequence</b> Step Diagonal L. Jump, <i>Arms reach O/H</i> Step Diagonal R. Jump, <i>Arms reach O/H</i> Step Diagonal L. Jump, <i>Arms reach O/H</i> Step Diagonal R. Jump, <i>Arms reach O/H</i> 8x Run B. <i>RA</i> 4x Squat Pulse. <i>Arms slowly to a high 'V'</i> Option: Slow Burpee	4 4 4 4 8 8 2x
2:34		(Beat)	8x8	A	<b>3-Step Run L&amp;R</b>	8 8x
3:01	B up	Para para	8x8	D	<b>3-Step Run &amp; Lunge/Squat Pulse Combo L&amp;R</b> 3-Step Run L. <i>RA</i> Diagonal Lunge R. <i>Single Bicep Curl</i> Side Lunge R 4x Squat Pulse. <i>Arms slowly to a high 'V'</i> Repeat R	4 2 2 8 16 2x
3:28	Rep	Para para	8x8	C	<b>Step/Calf Raise Sequence</b>	32 2x
3:56	B up	(Beat)	8x8	C'	<b>Step Jump Sequence</b>	32 2x
4:23	Instr	(Heavy beat)	16x8	D	<b>3-Step Run &amp; Lunge/Squat Pulse Combo L&amp;R</b>	32 4x
5:18	Outro	(Beat)	8x8	C'	<b>Step/Calf Raise/Jump Sequence</b>	32 2x

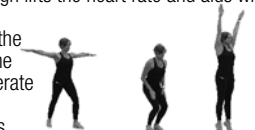
## INSIGHT

This track brings back the Lunge/Squat Sequence to push the limits with levels, traveling and endurance. It will challenge technique under fatigue. Using the same patterns from Track 2 allows for less setup and more Layers 2 and 3. This also gives our participants the ability to take ownership of their own workout as the move has already been explained. The Step/Calf Raise Sequence is about encouraging depth and height to maximize the movement. If your class wants to jump, then the workout comes from controlling the landing using the feet, ankles, quads, hamstrings and glutes. This is extremely challenging but will definitely build great strength if you use your feet to minimize the shock of the landing, and your joints will be much happier too! There is the option to add a Burpee but doing the Squat Pulses is no easy ride. The legs are loaded constantly in the no-impact options of this track for almost 6 minutes!

## TEACHING TIPS

**3-Step Run:** This move is about staying low and loaded. Remember to cue posture, as a common fault is to let the shoulders and upper back round forward in an attempt to get lower. We want the class to use their legs – bending the knees as much as they can, hinging forward from the hips, then bracing the abs and lifting the chest. As you run from side to side, cue hips square to front by bracing to avoid twisting of the lower limbs. This also works the muscles around the hips. Coach your class to soften through the ankles to control the impact on the joints. This will help to develop leg strength and control.

**Step/Calf Raise/Jump Sequence:** Depth and speed with control are the focus here. We have done a few Squats throughout the class so the basics have been taught. Now we want to teach how to move with power. Depth is important, then driving up through the heels to straighten the legs in preparation for the Calf Raise or Jump. In the Calf Raise, the quads should be pulled up to keep the legs engaged. We practised this in Track 3 with the Rock Star. This is an important preparation for jumping but also the muscles are still working, so energy is being spent and calories are being burned. Reaching the arms high lifts the heart rate and aids with jumping, and controlling the arms on the downward phase gives the appearance of jumping higher and staying up for longer. The landing from the Jumps is where we develop strength to jump. Using the glutes to control the knees and the feet and ankles to help absorb impact means we can decelerate enough to just hit the depth of the Squat to power up again. There is the choice to run or walk back and then to squat pulse or burpee. As always, the Burpee is an option. Choose what is right for your class and sell the benefits of both moves. The Squat loads the legs for longer to push the heart rate up and build strength. The Burpee works on agility and upper body and core strength, and gives the legs a break.



**Lunge/Squat Sequence:** See the cues in Track 2 as this move is the same, but with the added bonus of 4 extra Pulses in the Squat. This sequence keeps the legs under constant load to drive up the heart rate. The arms lifting to the high 'V' helps to keep the chest up as you squat. The Squat position is wide with toes turned out slightly, which makes it easier to lift the chest as you don't have to counterbalance the body as much.

## TEACHING TIPS

This track is almost 6 minutes long so we are working on endurance. People will be fatigued so you need to be clear and concise with your cues. Short and sharp, to get them moving in the right direction, then remind them that they know the move already. Let them work on the move themselves by leaving space between your cues. Remember the SEE, HEAR, DO coaching model. Give some Layer 2 cues to help them execute the moves better and then leave them to it.

## BODYVIVE VITALS

### 3-STEP RUN

### STEP/CALF RAISE/JUMP

### BURPEE

### DIAGONAL & SIDE LUNGE/ SQUAT SEQUENCE

#### TECHNIQUE

- *Step forward to Diagonal Lunge, hips and shoulders square to front, chest lifted*
- *Step wide to the side, hips and shoulders square to front, chest lifted*
- *Step in to Squat, maintaining same body height and position throughout*



#### COACHING

##### **Lunge/Squat Sequence**

- *Lunge Squat combo is back*
- *Diagonal, side, Squat Pulse*
- *Knees track over toes to engage glutes*
- *Remember, stay low, keeping hips down*
- *Control the landing, toe-ball-heel*
- *Push the floor away. Feel the leg extends to drive you into the Lunge*

##### **3-Step Run**

- *Push the floor away through the side of your foot*
- *Remember the feeling of extending the leg in the Lunge*
- *Use it to drive you sideways*

# 5 PEAK CARDIO

I Kissed A Girl > 4:51 mins

5

## TRACK FOCUS

My class will reach their cardio peak through single-leg training in the Knee Repeaters and Double Pulse Single-Leg Squats.

**FEEL  
EXPANSIVE  
ENERGETIC  
DRIVING**

MUSIC	SEQUENCE/EXERCISE	REPS
0:00 Intro 2x8	Come to standing 16	
0:07 V _ This was never 8x8	A <b>Step Knee, Step B</b> L. RA Add Heel Lift or propulsion after 8 reps 4	16x
0:34 C _ I kissed a girl 4x8	B 8x <b>Knee Repeater</b> L. RA 8x <b>Knee Repeater</b> L. <i>Reach &amp; pull</i> 16	16
0:47 _ It felt so wrong 4x8	C <b>Double Pulse Single-Leg Squat</b> L. RA <b>Knee Lift</b> R. RA 2	8x
1:01 Instr 4x8	A <sup>1</sup> <b>Step Knee</b> R&L. <i>Single Bicep Curl</i> 4	8x
1:15 V _ No I don't 8x8	A <b>Step Knee, Step B</b> R. RA Add Heel Lift or propulsion after 8 reps 4	16x
1:42 C _ I kissed a girl 4x8	B 8x <b>Knee Repeater</b> R. RA 8x <b>Knee Repeater</b> R. <i>Reach &amp; pull</i> 16	16
1:56 _ It felt so wrong 4x8	C <b>Double Pulse Single-Leg Squat</b> R. RA <b>Knee Lift</b> L. RA 2	8x
2:09 Instr 2x8	A <sup>1</sup> <b>Step Knee</b> L&R. <i>Single Bicep Curl</i> 4	4x
2:16 Br _ Us girls 6x8	D <b>Squat Knee</b> L&R. RA 4	12x
2:36 C _ I kissed a girl 8x8	B 8x <b>Knee Repeater</b> L. RA 8x <b>Knee Repeater</b> L. <i>Reach &amp; pull</i> 16	2x
3:04 _ It felt so wrong 4x8	C <b>Double Pulse Single-Leg Squat</b> L. RA <b>Knee Lift</b> R. RA 2	8x
3:17 Instr 4x8	A <sup>1</sup> <b>Step Knee</b> R&L. <i>Single Bicep Curl</i> 4	8x
3:31 Br _ Us girls 6x8	D <b>Squat Knee</b> R&L. RA 4	12x
3:52 C _ I kissed a girl 8x8	B 8x <b>Knee Repeater</b> R. RA 8x <b>Knee Repeater</b> R. <i>Reach &amp; pull</i> 16	2x
4:19 _ It felt so wrong 4x8	C <b>Double Pulse Single-Leg Squat</b> R. RA <b>Knee Lift</b> L. RA 2	8x
4:32 Outro 4x8	D <b>Squat Knee</b> L&R. RA Add propulsion after 4 reps 4	8x

## INSIGHT

Single-leg training is a real leveler. We all have a leg that is stronger than the other so when we train single legs, we give the weaker leg the opportunity to catch up! It also allows us to feel the difference between the two legs and, therefore, focus on what needs to happen to even ourselves up. There is the option to jump in the Step Knee but the workout is definitely there even if you don't.

## TEACHING TIPS

**Step Knee, Step Back:** The feel of this step is down/up, a deep knee bend then a strong lift from the floor through the ankle, into a straight knee with the quads pulled up, and finishing with the body lifted up off the hip. This incorporates all the components of jumping and then the real work and control happens as you return the same way. The knee needs to track over the middle toes on the take-off and landing, regardless of whether you jump or not. The Knee Repeaters work on holding the correct knee alignment, and this move is putting it into practice. If you are not jumping, the workout comes from a deep knee bend and a strong lift with a slight hold at the peak of the movement. This works and strengthens the calf muscles too.

**Knee Repeater:** When done correctly, this move will really push the heart rate up. It's all about range of motion, from the arms to the foot position of the moving leg. Round 1 is body-part direction plus alignment cues. Round 2, we can talk about target zones. This is where the moving toes need to tap the grounded knee. This will ensure great range of motion with the moving knee driving towards the lifted chest, then the arms reach long and straight, which takes more energy and challenges the stability of the body.



## TEACHING TIPS

**Double Pulse Single-Leg Squat:** Lots of repetitions of the same move, done correctly, will teach the muscles to fire up the same way every time you do any kind of single-leg movement. The reverse is also true: if you do lots of reps incorrectly, the muscles will learn an incorrect movement pattern and they will default to that pattern. Start the Single-Leg Squat where the weight is fully on the front leg, knee tracking over the middle toe, body hinged forward as if you are about to sprint, then drive the knee forward and up, to help you get lift both in the body and Calf Raise or Jump. The supporting knee needs to maintain correct alignment as it straightens and then bends. The ankle needs to track correctly as the heel lifts and lowers, so cue your class to lift the heel as high as they can, feeling all five toes on the ground. Squeezing the glutes will help with this, plus bracing the abs. These are all things you can tell your class as you coach them through this challenging track.

**Squat Knee:** Low and loaded is the key to maintain intensity in this track. Squat Knee Lifts at this speed are a real challenge as the legs are loaded and the muscles are constantly engaged. Bending the knees and stepping really wide to the side is key to lifting the heart rate. Tap the lifted toe to the standing knee, keeping the lifted knee forward of the hip, not wide to the side. Letting the arms swing naturally from side to side helps with momentum, but coach your class to keep the chest lifted.



## BODYVIVE VITALS

### STEP KNEE, STEP BACK

### KNEE REPEATER

### DOUBLE PULSE SINGLE-LEG SQUAT

### SQUAT KNEE



# 6 INTEGRATED STRENGTH

Alive > 4:41 mins

6

## TRACK FOCUS

My class will learn to harness the strength in their legs to power the arms in the Atlas Lift and Woodchop.

**FEEL  
INTENSE  
CHALLENGING  
STRONG**

MUSIC		SEQUENCE/EXERCISE	REPS	
0:00	Intro	4x8	Set up SMARTBAND under R foot, hold handles together	32
0:14	C Oh, oh	4x8	A Squat hold w. Atlas Lift L	8 4x
0:29	Instr	4x8	A <sup>1</sup> Single Squat w. Atlas Lift L	8 4x
0:44	B up	5x8	A <sup>2</sup> Single Squat w. Atlas Lift L	4 10x
1:02	(Heavy beat)	4x8	B Lunge L&R w. Twist SMARTBAND to chest Twist L&R after 4 reps	4 8x
1:17		4x8	B <sup>1</sup> Woodchop L Hold out last rep	4 8x
1:32	(Piano)	4x8	Set up SMARTBAND under L foot	32
1:46	C Oh, oh	4x8	A Squat hold w. Atlas Lift R	8 4x
2:01	Instr	4x8	A <sup>1</sup> Single Squat w. Atlas Lift R	8 4x
2:16	B up	5x8	A <sup>2</sup> Single Squat w. Atlas Lift R	4 10x
2:34	(Heavy beat)	4x8	B Lunge R&L w. Twist Twist R&L after 4 reps	4 8x
2:49		4x8	B <sup>1</sup> Woodchop R Hold out last rep	4 8x
3:03	(Synth)	4x8	Set up Squat w. Lat Pulldown SMARTBAND single or doubled. Arms O/H	32
3:18	Br Believe me	4x8	C Double Pulse Squat w. Lat Pulldown	4 8x
3:33	I just wanna	4x8	C <sup>1</sup> Double Pulse Squat, Step Side w. Lat Pulldown R&L	8 4x
3:47	C Oh, oh	2x8	Set up SMARTBAND under feet, hold handles	16
4:02	Instr	8x8	Squat w. Front Raise and Reverse Fly	8 8x

## INSIGHT

This track epitomizes cross training by coming straight out of cardio into a full-body workout. We use multiple muscle groups with a 360-degree focus on the core. There is a new move to BODYVIVE 3.1: Atlas Lift.

## TEACHING TIPS

**Atlas Lift:** This move starts in a Wide Squat position with the feet turned out slightly. This enables the body to be more upright as the arms and chest move. Squeezing the butt helps to keep the knees tracking over toes and bracing abs helps to keep the pelvis stable and square to the front. The rotation comes from the chest and shoulders. The arms must be straight throughout. The first set is challenging because the legs are still and the abs and arms do all the lifting. Once we use the legs the energy and power from the glutes get transferred through the body to assist the arms. If everything moves as one, it becomes easier.

**Woodchop:** Once you have set up the band and body position, the next most important thing is to cue arms straight. If the arms are bent it is almost impossible to execute the move and feel the abdominals. As the arms lift from knee to the corner there will be abdominal activation. We add the Lunge in the legs, maintaining the abdominal load, then the twist from the chest and shoulders. The arms only move as far as the chest can twist. This move is about connecting the upper and lower limbs through the core and is extremely functional.

**Squat with Lat Pulldown:** The setup is quick so get them there, ready to go. Use the usual setup for a Squat, then move to the arms and what's happening in the body. As the load moves away the abs switch on, but often people will round the shoulders forward when trying to lift the arms higher. Remind them of the upper back connection in the 2 previous moves to stop this from happening. Using the back muscles makes it easier to lift the arms and helps the shoulders.

**Squat with Front Raise and Reverse Fly:** The key here is keeping the arms straight and connecting the muscles of the upper back to the shoulder to prevent rounding in the upper back under load. The abs need to stay braced as you open the arms, to prevent rounding in the back.

## ATLAS LIFT

### TECHNIQUE

- Band under one foot, handles in both hands, holding cloth side
- Feet wider than shoulders, toes turned out slightly
- Bend knees to Squat, knees tracking over middle toes
- **Abs braced, chest lifted** and rotated towards leg with band
- Arms straight, wrists in line, hands touching knee
- Lift arms on diagonal to opposite corner
- Arms above shoulder height and straight
- **Hips square to front**, chest and shoulders rotate towards corner
- Return to start position
- Add leg straighten as arms move to corner
- Slowly lower arms and bend knees to return to start position
- Option to drop inside handle of band

### COACHING

#### Atlas Lift

- Push from the base of the Squat
- Extend through the legs, into the obliques and out through the arms
- Everything happens together

#### Woodchop

- This move is similar to the Lunge and 3-Step Run but we have added resistance
- Drive up from the outside of the foot, through the legs and abs to get power in the arms

## BODYVIVE VITALS

### WOODCHOP

### SQUAT WITH FRONT RAISE AND REVERSE FLY

# 7 CORE STRENGTH – HIPS

Bang Bang > 4:46 mins

7

## TRACK FOCUS

My class will feel their glutes fire up as we train the same single-leg movement pattern from Track 5 with added resistance.

**FEEL  
CHALLENGING  
INTENSE  
PLAYFUL**

MUSIC	SEQUENCE/EXERCISE	REPS
0:00 V _ She got a body	4x8 Set up SMARTBAND under L foot, <i>handles in L hand</i>	32
0:12 You waiting for that	4x8 A Double Pulse Single-Leg Squat L Tap Toe	4 4x
0:25 C Bang bang	8x8 A <sup>1</sup> Double Pulse Single-Leg Squat L R arm on diagonal Knee Lift R	4 8x
0:49 V _ She might have let you	4x8 Change handles to one in each hand	32
1:01 You've got a	4x8 A <sup>2</sup> Double Pulse Single-Leg Squat L Straighten standing leg	4 4x
1:14 C Bang bang	8x8 A <sup>3</sup> Double Pulse Single-Leg Squat L Row and straighten L leg	4 8x
1:38 V _ She got a body	4x8 Set up SMARTBAND under R foot, <i>handles in R hand</i>	32
1:50 V You waiting for that	4x8 A Double Pulse Single-Leg Squat R Tap Toe	4 4x
2:02 C Bang bang	8x8 A <sup>1</sup> Double Pulse Single-Leg Squat R L arm on diagonal Knee Lift L	4 8x
2:27 V _ She might have let you	4x8 Change handles to one in each hand	32
2:39 You've got a	4x8 A <sup>2</sup> Double Pulse Single-Leg Squat R Straighten standing leg	4 4x
2:51 C Bang bang	8x8 A <sup>3</sup> Double Pulse Single-Leg Squat R Row and straighten R leg	4 8x
3:16 Rap	4x8 Set up SMARTBAND under both feet, <i>handles crossed to hips</i>	32
3:28 Jesse and Ari	8½x8 B Side Leg Extension L. HOH Side Leg Extension R. HOH Hold last 4 cts	4 8x
3:54 C Bang bang	8x8 B <sup>1</sup> Double Pulse Squat. HOH Side Leg Extension L. HOH	4 8x
4:19 Rep Bang Bang	8x8 B <sup>1</sup> Double Pulse Squat. HOH Side Leg Extension R. HOH	4 8x

## INSIGHT

This track sees the return of the Double Pulse Single-Leg Squat and Knee Lift from Track 5, but now we have the band to add resistance and build strength. The basics have been learned so here we can focus on perfecting the technique under load. The standing leg is working extremely hard to maintain alignment as the moving leg challenges balance and stability. We also work the muscles of the side body and upper back. Let your class know that the band is there to add resistance to the move, not restrict it, and if it is restricting then it is smarter to drop it and focus on stability and great range of motion.

## DOUBLE PULSE SINGLE-LEG SQUAT

### TECHNIQUE

- Double band, hold handles in left hand
- Step onto band at halfway point
- **Abs braced and chest lifted**
- Arms by sides, right toes tap under right hip
- Hinge forward from hips, extend right leg straight back
- Pulse Squat with tap, knee tracking over middle toe, return to start position
- Nose forward of toes in Squat, body upright in Tap
- **Hips and shoulders square to front throughout**
- Add right arm straight on diagonal, above shoulder height on Tap
- Lift knee to hip height, toes pointing to floor on return to start position



## DOUBLE PULSE SINGLE-LEG SQUAT WITH ROW

### TECHNIQUE

- Double band, hold one handle in each hand
- Hinge forward from hips, extend right leg straight back, arms straight by sides
- Pulse Squat with Tap, **knee tracking over middle toe**, straighten standing leg
- Nose forward of toes throughout, rear leg straight
- **Hips and shoulders square to front, abs braced**
- Add Row as standing leg straightens
- Elbows pull back and up, close to body
- Hands come to hips as leg straightens, then return same way
- Body stays hinged forward throughout
- Option to keep toes on floor as leg straightens



## DOUBLE PULSE SQUAT, SIDE LEG EXTENSION

### TECHNIQUE

- Band under both feet, handles crossed to hips
- Feet outside hip-width, toes turned out slightly
- **Knees out and tracking forward over middle toes**
- **Chest lifted, shoulders back and away from ears, hands on hips**
- Butt just above knee level as you squat pulse
- Lift leg to side, foot flexed, keep supporting and working leg straight
- **Abs braced, body upright, hips square to front and level**

## TEACHING TIPS

**Double Pulse Single-Leg Squat:** We have done this move in Track 5, so the basics have been learned. All we are doing is adding resistance with the SMARTBAND. What this does is train stability in the body and strength in the legs, so that the next time your class does Track 5, they will have developed a little more control and a better understanding of the mechanics of the move.

**Double Pulse Single-Leg Squat with Row:** This move is slightly different from the usual Squat with Row. Instead of doing the Row as the standing leg bends, we do the Row as the leg straightens. This increases the resistance because the band is stretched more, so it will increase the intensity through the leg and in the upper back. The body stays in the hinged position, which works the glutes and lower back. Make sure you coach a straight leg with a strong butt squeeze throughout to really work both sides of the butt at the same time.

**Double Pulse Squat, Side Leg Extension:** We shift the focus to the sides of the hips and there will be a tendency to lean away from the lifting leg as your class fatigues. The hips are centered and level in the Squat Pulse, then they need to stay level as the weight shifts to one leg. As you do this, there is no need to think of 'lifting' the other leg. It will automatically come off the floor as you flex the foot and shift your weight sideways. The key is to keep the foot at the same width as in the Squat. This will build strength in the side of the hips and it helps if you coach to pull up the quads tightly by lifting the toes upwards as you flex the foot.

# 8 CORE STRENGTH – ABS

Do It Right > 5:06 mins

8

## TRACK FOCUS

My class will experience an intense lower abdominal and oblique workout in the Extended Taps and Oblique Leg Extension sequences.

**FEEL  
SMOOTH  
FOCUSED  
CONTROLLED**

MUSIC	SEQUENCE/EXERCISE	REPS
0:00 Intro 4x8	Lie on back, knees bent, toes down 32	
0:18 V _ What ya doing 12x8	A <b>Knee Lift &amp; Tap Sequence</b> Knees above hips 4 Extend legs to 45° 4 Tap front toes 4 Tap rear toes 4	6x
1:03 C Do it right 4x8	B <b>Pulse Crunch, Arms O/H</b> 2	16x
1:18 V Show me 8x8	A <b>Knee Lift &amp; Tap Sequence</b> Knees above hips 4 Extend legs to 45° 4 Tap front toes 4 Tap rear toes 4	4x
1:48 C Do it right 4x8	B <b>Pulse Crunch, Arms O/H</b> 2	16x
2:03 Br Oh oh 4x8	Set up for Single-Leg Oblique Extension 32	
2:18 V _ What ya doing 4x8	C <b>Single-Leg Oblique Extension L</b> 4	8x
2:33 PC Oooh 4x8	C <sup>1</sup> <b>Alt Oblique Leg Extension</b> 4	8x
2:47 C Do it right 4x8	C <sup>2</sup> <b>Double Leg Oblique Extension</b> 4	8x
3:02 Do it right 4x8	C <sup>3</sup> <b>Double Leg Oblique Extension Sequence</b> Split 2 Close 2 Bend knees 2	4x
3:17 Br Oh oh 4x8	Set up for Single-Leg Oblique Extension other side 32	
3:34 V _ What ya doing 4x8	C <b>Single-Leg Oblique Extension R</b> 4	8x
3:49 PC Oooh 4x8	C <sup>1</sup> <b>Alt Oblique Leg Extension</b> 4	8x
4:04 C Do it right 4x8	C <sup>2</sup> <b>Double-Leg Oblique Extension</b> 4	8x
4:18 Do it right 4x8	C <sup>3</sup> <b>Double-Leg Oblique Extension Sequence</b> Split 2 Close 2 Bend knees 2	4x
4:34 Rep _ All night 8x8	<b>Hover</b> , from knees or toes 32 Add Alt Leg Lift 4	8x

## INSIGHT

This track begins with a focus on the lower abdominals and then we move to the obliques and finish in a Hover, which works everything. It is long and challenging after all of the abdominal activation throughout the class, so it is important to be clear with options and why we would take them.

## KNEE LIFT & TAP SEQUENCE

### TECHNIQUE

- Lie on back, feet hip-width apart, close to butt, arms by sides
- **Brace abs to keep lower back towards floor, lift both knees above hips, shins parallel to floor**
- Extend legs to 45 degrees, feet together
- Tap front toe to floor, return to start position
- Tap rear toe to floor, return to start position
- Bend knees above hips, shins parallel



## OBLIQUE LEG EXTENSION

### TECHNIQUE

- Sit on one butt cheek
- Elbow bent under shoulder
- Other arm behind, fingertips on floor
- Knees bent towards chest, toes off floor
- **Chest lifted**, body still

### TOP LEG

- Extend top leg out and in, to just off floor, BICYCLE
- Extend lower leg out and in as top leg goes in and out

### DOUBLE LEG SEQUENCE

- Both knees bent towards chest
- Both legs extend out, open, close and return to start position

OPTION: Bottom toes on floor at all times

### COACHING

First Set – Setup

- Roll onto your side
- Elbow under shoulder
- Sit on one butt cheek
- **Chest lifted**
- Other hand goes behind, for balance
- **Brace abs** and bring knees towards chest

Layer 1 – Reps 1 and 2

- Extend top leg out and in

Reps 3 and 4

- Chest is lifted high, body stays still

Reps 5 – 8

- Add lower leg
- Last one, knees to chest



## BODYVIVE VITALS

### HOVER

## PREGNANCY OPTIONS

Painter  
Cat Curl  
Hover, from knees

## TEACHING TIPS

**Knee Lift & Tap Sequence:** The focus at the start is on the lower abs, and maintaining neutral spine. The knees should come directly above hips, with a 90-degree bend at all times. If the knees come closer to the chest, the lower back will press towards the floor and the spine will no longer be in neutral position. It helps if the feet and knees are together as you extend, because then the legs are like a single unit and easier to control. Keeping the knees together as you tap each toe will help the abs to stabilize the pelvis because then the legs are not moving in the hip joints. The option is to take the legs higher to the ceiling to reduce the load, or lower to the floor, if the class needs more of a challenge.

**Pulse Crunch with Arms Over Head:** Extending the arms over head and keeping them there throughout the Pulses adds a lot more load to the upper abdominals. The principles are the same – ribs towards hips as you lift the body – but it is more challenging to keep the arms close to your ears.

**Oblique Leg Extension:** The most important part of this move is bracing the abs and keeping the chest lifted. The body must remain still and aligned as the legs move or the training effect is lost. For many people this will be a challenge, particularly when we begin to move both legs; so, be clear with the **option** of toes on the floor and reassure them they will still be working the obliques effectively.

**Hover with Leg Lift:** The Hover with Leg Lift is all about challenging the lower abdominals. They are holding the pelvis still and the legs move by hinging at the hip joint. This move is a challenge to keep the hips from bouncing up and down, particularly as we have just worked the entire front and sides of the body. Therefore, encourage them to just hold the Hover on their toes or the knees. They will build strength quicker this way than if they give up altogether.

# 9 ACTIVE RECOVERY

True Colors > 3:48 mins

9

## TRACK FOCUS

My class will enjoy the relaxing hip and hamstring stretches, before actively stretching the body in the Lunges with Twist.

**FEEL  
STRONG  
CONTROLLED  
SMOOTH**

MUSIC			SEQUENCE/EXERCISE	REPS
0:00	Intro	2x8	A Lie on back, soles of feet together, knees out	16
0:08	V Stars fall	8x8	Shoulder Stretch L Shoulder Stretch R	32 32
0:39	C All my life	8x8	A Hamstring Sequence Front leg Hamstring Stretch Open leg to side Return to top Extend other leg	16 16 16 16
1:09	V _ I promise	8x8	Hip Stretch Front Leg Hip Stretch Back Leg	32 32
1:39	C All my life	8x8	A Hamstring Sequence Rear leg	64
2:09	Br _ Something	6x8	Down Dog	48
2:32	C All my life	8x8	B Lunge Sequence L leg Lunge front leg F Twist to front Hands to thigh Tricep Stretch rear arm	16 16 16 16
3:02	Instr	8x8	B Lunge Sequence R leg Pivot 180° to face other side	64
3:33	Outro	2x8	Mountain Pose. Arms reach wide to O/H	16

## INSIGHT

We start this recovery track lying on our backs and letting gravity do a lot of the work for us.

## TEACHING TIPS

Listen to the way Nats coaches this track in the Masterclass. Her voice is calm, she gives great body-part and direction cues (Layer 1) then encourages the class to breathe and feel the stretches. She does not compete with the music, so leaves lots of space and this in turn allows the class to be in their own bodies as they finish their workout.

## HAMSTRING STRETCH SEQUENCE

### TECHNIQUE

- Lying on back, one leg bent, foot on floor
- Extend other leg up, holding thigh or calf
- Back of neck long, tail bone on floor
- Open leg to side, hips square to front and level
- Return to extended position, hold with both hands
- Extend bent knee along floor until straight



## LUNGE SEQUENCE

### TECHNIQUE

- From Down Dog, bend both knees
- Step front foot forward between hands to Lunge
- Rear hand stays on floor, rear knee on floor or straight off floor
- Chest square to floor, front hand on thigh
- Rotate upper body towards front thigh, extend arm to ceiling
- Head and neck in line with spine
- Hands to front thigh, lift body up to Lunge, rear leg straight, hips square
- Lift arm up and back to Tricep Stretch
- Swivel to back and then opposite side and repeat from first Lunge



## News Flash!

If you teach the 55-minute class, you will note that we have changed the structure. This track now replaces the Stretch track, which means that you will go straight from Track 5, Peak Cardio, into Track 6, Integrated Strength. Therefore, we keep the heart rate in the training zone for longer, which gets people fitter and stronger. The Upper Body Strength and Core – Back tracks have been extended to make up for the time lost in removing a track.

## BODYVIVE VITALS

### HIP STRETCH

### DOWN DOG

# BONUS 1 UPPER BODY STRENGTH

Good Times > 5:00 mins

# BONUS 1

## TRACK FOCUS

My class will work their shoulders, biceps and upper back and won't miss a rep because I will clearly cue the transitions.

**FEEL  
FOCUSED  
STRONG  
FUN**

MUSIC	SEQUENCE/EXERCISE	REPS
0:00 Intro _ Everybody shake 6x8	Set up SMARTBAND under R foot. <i>Handle in each hand</i>	48
0:18 V <b>Mary Mary</b> 4x8	A <b>Side Raise L</b>	8 4x
0:30 <b>Mary Mary</b> 6x8	A <sup>1</sup> <b>Rotator Raise L</b>	8 6x
0:48 C _ I'm gonna have 4x8	B <b>3/1 Staggered Reverse Fly L</b>	8 4x
1:01 V <b>Boney maroney</b> 4x8	A <b>Side Raise L</b>	8 4x
1:13 <b>Short fat Fanny</b> 6x8	A <sup>1</sup> <b>Rotator Raise L</b>	8 6x
1:31 C _ I'm gonna have 5x8	B <b>3/1 Staggered Reverse Fly L</b> Set up other side on last 8 cts	8 4x
1:47 V <b>Mary Mary</b> 4x8	A <b>Side Raise R</b>	8 4x
2:00 <b>Mary Mary</b> 6x8	A <sup>1</sup> <b>Rotator Raise R</b>	8 6x
2:18 C _ I'm gonna have 4x8	B <b>3/1 Staggered Reverse Fly R</b>	8 4x
2:30 V <b>Boney maroney</b> 4x8	A <b>Side Raise R</b>	8 4x
2:43 <b>Short fat Fanny</b> 6x8	A <sup>1</sup> <b>Rotator Raise R</b>	8 6x
3:01 C _ I'm gonna have 4x8	B <b>3/1 Staggered Reverse Fly R</b>	8 4x
3:13 Instr 1x8	Set up for Bicep Curls, step both feet onto SMARTBAND, <i>handle in each hand</i>	8
3:19 6x8	C <b>Alt 3/1 Staggered Bicep Curl L&amp;R</b>	16 3x
3:34 V <b>Boney maroney</b> 10x8	C <sup>1</sup> <b>3/1 Staggered Bicep Curl</b>	8 10x
4:05 C _ I'm gonna have 9x8	D <b>3/1 Staggered Standing Cobra</b> Stand on last 8 counts	8 8x
4:33 Rep _ Gonna have 8x8	D <b>3/1 Staggered Standing Cobra</b>	8 8x

## INSIGHT

James and Mandi worked hard on the transitions in this track. They are quick and it may take you a while to nail them but once you do, your class should enjoy doing them with you! We worked the front of the shoulders in Track 6 so we are targeting the back, specifically the rotator cuff muscles, in this track. If you are doing the 55-minute BODYVIVE 3.1 then this track slots in between Integrated Strength and Hips.

## ROTATOR RAISE

### TECHNIQUE

- Both feet in band to start
- Step left foot out and replace under hip
- Left arm bent 90 degrees, elbow at waist
- Raise arm to just below and slightly forward of shoulder
- Return same way
- **Abs braced, shoulders and hips square to front, chest lifted**

### With Rotator Raise

- Forearm lifts so knuckles are facing ceiling
- Elbow stays in place as forearm moves
- Return same way



## REVERSE FLY

### TECHNIQUE

- Both feet in band to start, handle in each hand
- Step left foot out and replace under hip
- Hinge forward from hip joint so nose is past toes
- **Knees bent, abs braced, chest lifted**
- Arms straight down from shoulders with slight tension on band
- Left arm moves to side in 3 steps, low, middle, high, and returns to start position
- Arm straight, wrist in line
- Shoulders square to floor at all times



## STANDING COBRA

### TECHNIQUE

- Both feet in band, handles crossed or uncrossed
- Feet hip-distance apart, toes facing front
- Arms straight, knuckles facing back of room
- **Hinge forward from hips so nose is past toes**
- **Knees bent, abs braced, chest lifted**
- Push straight arms back and up in a 'V' position
- Return to start position
- 3 Pulses and return arms to sides



## TEACHING TIPS

**Rotator Raise:** There are 2 sets of this move so it will be challenging towards the end of the second set. Let your class know they can just do the SIDE RAISE or show them that they can increase the length of their band by changing the position of the foot that is anchoring it.

**Reverse Fly:** The transition is super quick here but does go well with the song, so have a bit of fun with your class as James and Mandi did. It's important to keep the body square to front as the arm moves and coach **shoulder blade slides towards spine** to move the arm.

**Standing Cobra:** This is a great move for the postural muscles of the upper back and the triceps. Plus, we work the abs, glutes and lower back as we bend over. Be clear in your body-part and direction cues – hinging forward from the hips, leading with the chest, knuckles face the back – as there will be a tendency to roll the shoulders forward and curve the spine.

## BODYVIVE VITALS

## BICEP CURL

# BONUS 2 CORE STRENGTH – BACK

Rolling In The Deep > 5:03 mins

# BONUS 2

## TRACK FOCUS

My class will work their lower back, glutes and inner thighs in the Leg Extensions then work on mobility and stability in the Down Dog to Plank.

**FEEL**  
**SMOOTH**  
**STRONG**  
**INTEGRATED**

MUSIC	SEQUENCE/EXERCISE	REPS
0:00 Intro 5x8	Set up lying prone, head on hands 40	
0:21 V See how I'll leave 8x8	A Leg Extension Sequence L&R Lift L leg 2 Open side 2 Close 2 Lower 2 Repeat R leg 8	4x
0:56 C Had it all 8x8	B Down Dog Roll to Plank 8	4x
1:31 V Lately 8x8	A <sup>1</sup> Double Leg Extension Sequence 8	8x
2:06 C Had it all 8x8	B Down Dog Roll to Plank 8	4x
2:41 Br Throw your soul 4x8	C Tricep Pushup 4	8x
2:58 Br You're gonna wish 4x8	C <sup>1</sup> Tricep Pushup 8	4x
3:15 C Had it all 8x8	B <sup>1</sup> Down Dog L knee to chest, roll to Plank 8 Down Dog 8 R knee to chest, roll to Plank 8	2x
3:50 Br Throw your soul 4x8	Come to knees, Double or Single SMARTBAND, forward, chest height 32	
4:08 You're gonna wish 4x8	D Double Arm Row Extension Sequence Row 2 Extend arms to side 2 Return to start position 2 Reach F 2	4x
4:25 C Had it all 8x8	D <sup>1</sup> Double Arm Row, Triple Extension Sequence Row 2 3x Extend arms to side 10 Return to start position 2 Reach F 2	4x

## INSIGHT

We start on the floor, focusing on the lower body, then progress to a full-body move before hitting the upper back at the end. There is something beautiful and soothing in working through strength and stretching poses, as if you are oiling your vertebra and your shoulder and hip joints.

## LEG EXTENSION SEQUENCE

### TECHNIQUE

- Lying prone on floor, feet hip-distance apart, head on hands
- Squeeze glutes
- Lift one leg up, take to side, return and lower down
- Legs straight, both hips touching the floor throughout



### Double Leg

- Lift both legs, open, close with heels touching, lower to floor



## DOWN DOG TO PLANK SEQUENCE

### TECHNIQUE

- Feet hip-distance apart, hands under shoulders
- Push up to Down Dog, lifting hips high, heels off the floor
- Press heels to floor, keeping hips high
- Eye gaze to feet, head relaxed
- Lift heels, chin towards chest, roll through to Plank
- Keep hips and shoulders square to floor, abs braced
- Stop with shoulders over hands, back long and straight, hips at shoulder height or slightly lower

### Plank with Single Knee

- Knee towards chest as the body rolls forward



## TRICEP PUSHUP

### TECHNIQUE

- Hips above and forward of knees
- Hands under shoulders
- Lower chest towards floor, keeping back of the neck long
- Chest to elbow height, elbows close to ribs
- Abs braced



## ROW EXTENSION SEQUENCE

### TECHNIQUE

- Knees under hips, toes together
- Body upright
- Single or double band, forward at chest height
- Wrists strong, little finger pointing backwards as arms extend
- Arms row behind body, extend, then return the same way
- Abs braced, ribs connected to hips, back long



## TEACHING TIPS

**Down Dog To Plank:** This move feels good and is great for mobility in the spine. We use the abs to move the hips up into Down Dog, then again to support the spine in the Plank. The Single Knee adds more resistance to the Plank and the whole move should feel seamless.

**Row Extension Sequence:** This move is about setting the upper back muscles as you row then challenging that position as you extend arms to the side. There will be a tendency to arch the lower back as people start to fatigue, so encourage them to connect the ribs to hips in a strong ab brace and then focus their attention on their upper back and triceps.