

# OUR DECLARATION OF INTENT

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

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

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

In our choice of role models, music and movements we understand that different people and societies have different standards of 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](http://lesmills.com/BLAH)

**Hey instructors!** When it comes to mixing up past releases, please try to teach most tracks from BODYVIVE 20 onwards; the odd one-off track is acceptable. It is preferable that you swap out the entire cardio section or strength/core sections, rather than individual tracks.

## BODYVIVE 3.1 / 42

From L-R: Nats Levi, James Haru, Mandi Jones, Susan Trainor

Are you ready to power up your core, challenge your strength and push up your heart rate? BODYVIVE 42 is here to help you do all three, with the added bonus of some great music to do it to.

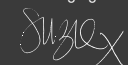
Spring into the Warmup with Beautiful Day then take your legs through a turbulent roller-coaster ride in Track 2. You can Shake It in Track 3 to give the legs a rest and push the heart rate up before we revisit the Lunges and Squats from Track 2 in Paradise.

Single-leg training is the focus of Tracks 5 and 7, working strength and cardio fitness with a Bang!

We have a new move with the Atlas Lift, working on rotation to strengthen the obliques; then, if that wasn't enough, we get to Do It Right in the Abs track with Oblique Leg Extensions as well.

There are two fab and fun Bonus tracks for the fans of the 55-minute version and you will feel as though you have worked your entire body from top to bottom, ending with a beautiful stretch to rejuvenate and get you back on track for the day.

My wonderful team and I had a great time bringing this workout to you.  
Enjoy!



### BODYVIVE 3.1 Presenters

**Susan Trainor** (New Zealand) is the Program Director for BODYVIVE 3.1 and co-Program Director for CXWORX™. She has previously performed and taught with some of the leading dance companies in New Zealand and Australia, and is based in Auckland.

**James Haru** (New Zealand) is a BODYVIVE 3.1, BODYATTACK™ and BODYPUMP Instructor, a LES MILLS GRIT Series Coach and a personal trainer. He is based in Auckland.

**Nats Levi** (New Zealand) is a BODYVIVE 3.1 and BODYPUMP™ Instructor and Trainer, a LES MILLS GRIT™ Series Coach and Trainer, and a BODYBALANCE™/BODYFLOW®, CXWORX and a RPM™ Instructor. She is the personal training manager at Les Mills Britomart and was named New Zealand's Group Fitness Instructor of the Year in 2014.

**Mandi Jones** (New Zealand) is a BODYVIVE 3.1, BODYATTACK, BODYBALANCE/BODYFLOW, BODYJAM, BODYPUMP, BODYSTEP, CXWORX, RPM, and SH'BAM Instructor and a LES MILLS GRIT Series Coach. She is also a Personal Trainer, based in Lower Hutt.

# BODYVIVE 3.1

## Class Structure

TO REFLECT THE 45-MINUTE FORMAT OF BODYVIVE 3.1, YOU'LL SEE THE FOLLOWING NEW INNOVATIONS IN YOUR CHOREOGRAPHY NOTES:

### 45-MINUTE STRUCTURE

- The order of the notes and the music tracklist now match the 45-minute cross-training format, as seen on the DVD
- 45-minute format = Tracks 1 – 9
- Just press play and go!

### 55-MINUTE STRUCTURE

- When teaching the 55-minute format, you should include the **2 BONUS tracks** at the end of the Release
- Insert these tracks into your playlist as per the 55-minute structure (refer to front of booklet)
- These will always be the same:  
**BONUS 1** – UPPER BODY STRENGTH,  
**BONUS 2** – CORE STRENGTH – BACK
- 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

### COACHING BODYVIVE 3.1 JUST GOT EVEN EASIER!

- You'll find the new **INSIGHT** box on the right hand side of your notes. This provides an overall profile of the track, including introductions of any new moves, and outlines what the choreography has been designed to achieve (eg *give your participants a spike to the heart rate*)
- Any **new moves or sequences** in the Release will be explained on the right hand side. This includes technique cues and a specific breakdown of how to deliver the coaching Layers
- The **TEACHING TIPS** box will provide you with tips and tricks for coaching the track. It's here that you will find more general information on teaching the choreography, such as things to look out for (eg *be clear about body part and direction as people cannot see you easily because they are on their backs*)
- Finally, we have a new **BODYVIVE VITALS** glossary at the back of the booklet. This is where you'll find all your technique and compulsory cues for familiar exercises.

### ENJOY!

# BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?  
How much exercise do you do now?  
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.<sup>1</sup>

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day<sup>2</sup>, and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.<sup>3</sup>

The question is, **HOW** do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK<sup>4</sup> set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublichealth.biomedcentral.com/titles/10.1186/s12889-016-3550-7>.

# THE SCIENCE OF RESISTANCE TUBING

TUBING IS VERSATILE, EASY TO USE AND INEXPENSIVE. IT HAS A WIDE APPEAL ACROSS A RANGE OF AGE GROUPS AND IT PROVIDES US WITH THE ABILITY TO TAKE A SIMPLE EXERCISE AND MAKE IT CHALLENGING.

## THE MAIN CONSIDERATIONS WHEN TRAINING WITH TUBING ARE:

- The point of **MAXIMUM RESISTANCE** is different when you use tubing compared to using free weights
- Tubing allows you to provide **RESISTANCE** to movements in other directions other than straight down as we see in body weight or free-weight exercises
- There is **NO MOMENTUM** when you use tubing so it is often safer to use during quicker and large-range exercises such as Woodchops
- There are some common rules that make using tubing safe and effective

## POINT OF MAXIMUM RESISTANCE

With the Dumbbell Curl we have a small arc of maximum resistance in the middle of the curl.

With tubing, the load is quite different as it occurs at a different point, depending on the line of pull, and continues to increase as you move through the range.

## DIRECTION OF RESISTANCE

Tubing always pulls toward the point to which it is anchored, eg by fixing the tube under one foot we now have a line of pull directly against the action of the Woodchop.

The tubing allows us to stand and bear weight while providing different angles of pull to challenge the core, which allows us to produce a training stimulus in the position we need it most.

Gluteal exercises are a really important part of core conditioning. Normally we lie down on our side to work the side hip stabilizers but we can use the tubing by wrapping it in the direction needed to resist the movement and perform the same exercise whilst standing.

To adjust the amount of resistance, we can alter the tension of the tube in the start position by using a shorter length across the same distance or we can use more starting length to make the exercise easier.

## MOMENTUM

In exercises such as Woodchops which are performed through a large range with quite a quick tempo, momentum is a key safety issue when choosing different types of resistance. When using free weights our muscles accelerate at the start of the movement and decelerate at the end. This deceleration phase can be very stressful on muscles and joints as the muscles need to contract eccentrically in a lengthened position.

With tubing, there is no momentum effect because the resistance keeps increasing as it moves further through the range without needing a deceleration phase. This makes tubing safer to use during wide-range faster movements such as Woodchops.

## TUBING RULES

Try to keep the load on the tube at all times – in most exercises we can adjust the start length to keep load on the tube throughout the movement.

Always anchor the tubing firmly on its fixation point. This will help you avoid a slingshot effect and make the exercise safer for you and the people around you.

Tubing is graded from light to heavy so always try a new exercise with a lighter grade of resistance until you are comfortable with the technique. Go heavier when you can role-model perfect execution from the start.

Always keep the wrist in a strong functional position with a firm grip around the handle and the wrist slightly extended.