

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

CXWORX 26

From L-R: Corey Baird, Rachael Wilkins, Charlotte Fleetwood-Smith, Romain Prévédello

A class that has been specifically designed to give you complete control and ownership of your workout is the key to fantastic technique. CXWORX Release 26 has incredible innovations, with exercises that both challenge the core and allow you to nail great movement control.

This workout brings Spider Planks, Kneeling Woodchops and Resisted Side Hovers that truly condition, strengthen, tone and test the core.

Each part of the workout has a direct focus on both exercise and feeling. The flow of this release is remarkable: movement patterns that naturally gel together, testing stability, endurance and postural strength. The levels allow the participant to choose what equipment and modifications to use, as well as

maximizing this 30-minute core strengthener. The latest in mainstream Pop, Dance, House and Dubstep makes for high energy and feel. Our latest research plays a large factor in this release. CXWORX is bring 'prescribed' for pre-habilitation. This style of training will keep the muscles of the core strong and will help prevent injury.

Enjoy!

The CXWORX team

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Hey instructors! When it comes to mixing up past releases, please consider track length, music genre and choreography; for example, you should avoid overloading on plate work or Hover/Plank work.

CXWORX Presenters

Corey Baird (New Zealand) is a Technical Consultant for CXWORX, BODYBALANCE™/BODYFLOW and BODYPUMP, and a personal trainer and Pilates teacher based at Les Mills Auckland.

Charlotte Fleetwood-Smith (New Zealand) is a CXWORX, BODYATTACK and BODYSTEP™ Instructor and a LES MILLS GRIT Series Coach. She is based in Auckland.

Rachael Wilkins (New Zealand) is a CXWORX, BODYATTACK™, BODYBALANCE/BODYFLOW and BODYPUMP Instructor, and a LES MILLS GRIT Series Coach. She is also a Nutritionist and is based in Auckland.

Romain Prevedello (France) is a CXWORX, BODYATTACK, BODYPUMP, BODYSTEP and a CXWORX Trainer, and a LES MILLS GRIT Series Trainer. Romain is a manager of a gym in Toulouse.

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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.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², 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.³

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 UK⁴ 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://bmcpublihealth.biomedcentral.com/ticles/10.1186/s12889-016-3550-7>.

CXWORX

COACHING UPDATE

Layer 1

Layer 1 is our setup phase: Track Introduction, Position Setup, Execution Setup and **our new addition: Offering the Levels** (previously known as options). We now always include the levels early on in Layer 1.

Position Setup is based on what equipment you need, the alignment of the body, and muscle activation.

In Execution Setup we coach body-part and direction, target zones and stabilization cues.

Example: The Parallel Woodchop

- **Position Setup:** Step your right foot into the band, join handles together and hold the material edge. Step feet outside shoulders, bend the right knee, straight arms, brace abs and lift chest.
- **Execution Setup:** Weight shift side to side. Brace abs to keep hips square to the front. Twist from the center of your chest, aiming for corner to corner.
- **Offer the Levels:** If you're feeling strong at hip level, try shoulder level to increase the load on the core. If you're starting to round through your shoulders, lower your hands and focus on keeping your chest lifted to keep great posture.

Layer 2

In Layer 2 we improve execution, manipulate intensity and educate, allowing us to cater to the various needs of people in class.

- To **improve execution** we look and see what is really happening on the floor. This allows us to correct common faults and reinforce Layer 1 cues that typically link back to a key Coaching Focus or Target Zone. We also Qualify the Levels – this means we explain why someone would choose to take a particular option. This allows participants to personalize the workout for themselves.
- We use Internal and External cues to **manipulate intensity**. Using a mixture of Internal cues (focusing on body parts and the mechanics of the movement) and External cues (focusing on the outcome of the movement) can help your participants to achieve more than they could on their own. It also allows you to deliver one key coaching point in a variety of ways.
- **Educate** your participants by explaining the benefits of the moves. This is where we take the science of CXWORX and translate it for your members, so they understand how it will benefit them in everyday life.

Example: The Walking Hover

- **Improve Execution:** In Layer 1, you may have challenged participants to come up onto their toes. In Layer 2, **Qualify the Level** by saying, "If hips are moving, brace harder to stabilize the hips and pelvis. If they are still moving, come down to your knees to maintain good technique."
- **Internal and External Cues:** *Press your forearms into the floor to stabilize your shoulders* (Internal). *Push the floor away with your forearms* (External)
- **Educate:** We are activating our whole body, getting us functionally strong for everyday life!

Layer 3

In Layer 3 we help participants to reach their greatest potential through the **4 Motivational Tools**:

- **Intrinsic Motivational Cues** are based on internal feelings of satisfaction and achievement: *How good will you feel if you push to the end? Feel that squeeze in your butt? That's you building glute strength!*
- **Extrinsic Motivational Cues** refer to external rewards, such as the aesthetic benefits of exercise: *Crunch up a little higher to flatten your stomach and shape your six-pack.*
- **Positive Motivators** encourage people to keep going: *You've got this! You can do this! There are only four more – you guys are looking great!*
- **Challenging Cues** push our regular participants by getting a little tough on them: *I know you've got more! Is that the effort you're going to be happy with today?*

You're up to date! Remember, CXWORX is unique in that it appeals to a wide range of people, looking to train their core for different reasons. This new Coaching model will provide you with the flexibility you need to coach this awesome program.

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 band 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 band 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 band at all times – in most exercises we can adjust the start length to keep load on the band 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.