

12 COOLDOWN

One Day At a Time > 4:16 mins

	MUSIC		SEQUENCE/EXERCISE	CTS
0:00	_ It's on	4x8	Lower Back Release – knees to front Repeat to B	16 16
0:21	V1 _ Saw you	4x8	Lying Hamstring Stretch R	32
0:43	PC So why	4x8	Lying Hamstring Stretch L	32
1:04	C _ One day	4x8	Lying Gluteal Stretch L Lying Gluteal Stretch R	16 16
1:26	Br _ One day	2x8	Roll over onto knees. Face front	16
1:37	V2 _ I'm not	4x8	Kneeling Adductor Stretch L Soleus Stretch L	16 16
1:58	PC _ Oh why	4x8	Kneeling Adductor Stretch R Soleus Stretch R	16 16
2:20	C _ One day	4x8	Kneeling Hip Flexor Stretch L. <i>Arms relaxed by side</i> Kneeling Hip Flexor Stretch – <i>Arms up</i> Kneeling Hip Flexor Stretch and <i>Shoulder Stretch L</i> Kneeling Hip Flexor Stretch and Chest Stretch	8 8 8 8
2:42	V3 _ First thing	4x8	Kneeling Hip Flexor Stretch R. <i>Arms relaxed by side</i> Kneeling Hip Flexor Stretch. <i>Arms up</i> Kneeling Hip Flexor Stretch and <i>Shoulder Stretch R</i> Kneeling Hip Flexor Stretch and Chest Stretch	8 8 8 8
3:03	C _ One day	4x8	Standing Calf & <i>Tricep Stretch</i> Standing Quadricep Stretch L. <i>R arm out to side</i>	16 16
3:25	_ One day	4x8	Standing Calf & <i>Tricep Stretch</i> Standing Quadricep Stretch R. <i>L arm out to side</i>	16 16
3:47	_ One day	4x8	Iliotibial Band Stretch L Iliotibial Band Stretch R	16 16

BODYATTACK™ 72



From L-R: John Alexander Quist, Brent McLemore, Lisa Osborne and Bevan James Eyles.

In case you hadn't noticed – and seriously, how could you miss it? – Lisa Osborne was very pregnant when BODYATTACK™ 72 was filmed.

The fact she's on this release at all is an inspiration to women everywhere, but even the irrepressible Lisa makes some allowances, working low-impact options throughout and showing how to teach this program safely for participants at all levels and conditions.

The presenting team shows their support by taking the stage with balls under their shirts, but then it's straight into business.

From the outset, there are plenty of options to choose from, not just low impact. By extending the range of motion in Track 2's mixed impact, you can also dial up intensity... or take away the arms if the combos are confusing.

Just have some fun, it's OK!

But Track 3 puts the *Hammer To The Heart*, cranking up an aerobic workout with more than 100 Jumping Jacks. Phew!

Then, you'll have to *Move It!* in Plyometrics with a new down-up-down rhythm to Lunges that will have your legs burning. This is the explosive training so important in any sport.

Challenge your class with the Pushups and Plank Stomp in Track 5, and then take out the competitive element by stressing fun and technique through the running phase.

American football is the featured sport in this release, so Track 7 mixes plenty of foot speed and agility drills with touchdown imagery. Feel the energy levels rise again in intervals and then get ready to hit those Jacks one more time as you push the BODYATTACK™ 3D components of Sports and Aerobics in the Power Track.

Don't hold back... this is the last chance for your class to work for fitness.

Focus on the lower body in Track 10 – those Side Lunges have got to hurt to work – before taking it to the core with a testing Side Slap & Double Leg Extension Combo.

You made it, but be warned... by next release, Lisa will be back to her normal shape and there'll be no slowing her down!

BODYATTACK™ Presenters

Lisa Osborne (New Zealand) is Program Director for BODYATTACK™ and Research and Development Director for BODYSTEP™. Lisa is a former three-time world champion and five-time Australian aerobics champion.

Bevan James Eyles (New Zealand) is a National Trainer in BODYATTACK™, BODYPUMP™, BODYSTEP™ and RPM™, based in Christchurch. He is a professional triathlete and last appeared on a Les Mills release for BODYATTACK™ 70.

Brent McLemore (United States) is the US Program Coach for BODYATTACK™, Club Coach for Les Mills West Coast and also teaches BODYSTEP™ in Houston, Texas. He has previously presented on BODYATTACK™ 68, BODYSTEP™ 70 and BODYSTEP™ 72.

John Alexander Quist (Denmark) is an Instructor and Trainer in BODYATTACK™, BODYPUMP™ and BODYSTEP™, and Les Mills Nordic Program Coach in BODYATTACK™, based in Copenhagen. He works as a physiotherapist and this is his first appearance as a presenter on a Les Mills release.