



# 10 LOWER BODY CONDITIONING

## TRIPLE PULSE LUNGE

Higher > 4:02 mins

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
	Pre-track	4x8	Get water, towel then come back to join in class	32	
0:00	Intro	4x8	Step Touch L, R. <i>Relaxed Arms</i>	32	
0:14	I'm gonna	4x8	Step Touch L, R. <i>HOH</i>	32	
0:30	Br	½x8	Step out into Squat Position	4	
0:31	V1	Nothing	4x8 A Single Squat. <i>Hands Cross Chest</i>	4	8x
0:46	Tell them	4x8	A¹ Bottom Half Squat. <i>Hands Cross Chest</i>	2	16x
1:01	PC	So when I	4x8 B Step Lunge F, L. <i>RA</i>	4	8x
1:15	C	Gonna lift	4x8 B¹ Triple Pulse Lunge L. <i>RA</i>	6	
			Step to top R. <i>RA</i>	2	4x
1:30	Gonna lift	4x8	B² Triple Pulse Lunge L. <i>RA</i>	6	
			Step B to Lunge R	2	4x
1:44	V2	I'm moving	20x8 REPEAT SEQUENCES A to B² on R		
2:58	V3	I'm gonna	8x8 A  Single Squat. <i>Hands Cross Chest</i>	4	8x
			A¹  Bottom Half Squat. <i>Hands Cross Chest</i>	2	16x
3:28	C	I'm gonna	8x8 Alt Step Lunge L, R. <i>RA</i>	8	8x

But there's one more key factor that we know can make or break the group fitness experience – **THE INSTRUCTOR.**

Researchers have manipulated different aspects of instruction in a group fitness setting. They found that if the instructor encouraged people and created a socially enriched environment, this was the main ingredient in determining whether people will come back for more.

So – although we know that we can control the setting to get people into groups and provide great music – it still comes down to the fact that the instructor can create that energy to maximize the experience of the people in the room.

Needless to say, we here at LMI will do our very best to keep creating opportunities by providing great music and choreography – so that you can connect with the people in front of you and deliver life-changing fitness experiences every time you teach.

We believe that we can fill exercise classes all over the world if we get this right – and start edging toward that magical figure of 20 million by 2020.

What that will give us is a voice. People around the world will start to notice that something amazing is going on – and they will want to join in. Only then will we start making inroads into changing the attitudes toward exercise and fitness on a global scale.

**THE WORLD NEEDS THIS!**

