

CORE CONDITIONING



Yeah 3x > 4:01 mins

	GR 7	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	(Synth)	4x8		Transition to floor		
0:14	Instr	(Build)	4x8		Feet up, hands on floor by hips	32	
0:29	V1	Move your	8x8	Α	2/2 Reverse Crunch	8	8x
0:58	PC	You like	4x8	В	CIRCULAR CRUNCH COMBO Crunch Up. Reach fists to R (hands together) Crunch Up. Reach fists to center Crunch Up. Reach fists to L Return to Start	4 4 4 4	2x
1:13	С	Yeah yeah	8x8	B ¹	Faster Circular Crunch Combo	8	8x
1:43	V2	_ Lost in	20x8		REPEAT SEQUENCES A to B ¹ – Go around the other way		
2:57	V3	_All the	4x8	Α	2/2 Reverse Crunch	8	4x
3:12	Instr	(Build)	4x8		Roll Over – Set up Hover Hover & Finger Crawl Forward last 8 cts	32	
3:27	С	Yeah yeah	8x8		HOVER WITH FINGER CRAWL Tap Fingers F x3 R Return to Hover Start Position Repeat L	3 5 8	4x

(V) OMION TO OTTER ->>>>>>

. Hover with Finger Crawl - Hover on knees

BODYATTACK™ 73



From L. R: Bevan James Eyles, June Anderson, Mid Thomas, Nathan Jones, Lisa Osborne & Hunter.

This action-packed release will set your heart racing and drive you to a new level of athletic fitness.

Only Girl In The World helps you to relax and have fun during the Warmup, and that lighthearted mood carries into the first real working track as you bust out the Dirtee Disco moves for Mixed Impact.

As the momentum builds, don't forget to take options if you need them.

Aerobics training encourages you to Raise Your Glass as you raise your heart rate, but you'll have to really Shake it as Plyometric Lunges send you to your highest peak yet during sports training in Track 4.

Then, hit the deck and give us some Pushups, mixed up with Crab Crawls and Pointers that will severely test your upper body strength. Again, don't forget those options... just don't bail out! Enjoy the chance to run with your team — round and round, corner to corner... wherever the music takes you.

Track 7 trains you to win on the court, testing your agility through a variety of diagonal, lateral and backward running drills, the Lunge with Catch Arms, and foot speed through the Straddle Ladder Anility Nun. Stay sharp, stay focused.

You "dance on" through interval training, but Are You Ready For This... High Knee Running and Jumping Jacks develop the power, then Squats and Lunges condition your lower body while taking you Higher.

Take it to the floor to work on your core and before you know it, you're lying in a pool of sweat... a sure sign you've completed another intense workout that provides you with everything you need to achieve on the sports field.

BODYATTACK" Presenters

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™ 72.

June Anderson (New Zealand) is a BODYATTACK™, BODYBALANCE™/BODYFLOW® and BODYVVE™ Instructor, with 24 years' experience, based at Les Mills Auckland.

Mid Thomas (New Zealand) is a Les Mills New Zealand Trainer for BODYATTACK™, BODYAJAN™, BODYPUMP™, BODYVIVE™ and RPM™, based in Auckland. She last presented on BODYATTACK™ 70.

Nathan Jones (Australia) is a BODYATTACK™

Master Trainer in the Asia Pacific region, as well as a
BODYCOMBAT™ Trainer and a BODYPUMP™ Instructor. He
lives in Melbourne and last presented on BODYAITACK™ 70.

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