

1 WARMUP

Only Girl In The World > 4:52 mins

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	GEAR
0:00	Intro	Want	4x8	Open Chest	8	1
				Reach L arm up	8	
				Reach R arm up	8	
				Roll down and up	8	
0:13	V1	Forget	4x8	Step Touch L, R. Double Arm Reach F	4	8x
0:26	C	Make	8x8	Walk F&B L. RA	8	4x
				Step Curl L, R. Cross Pull Arms	4	8x
0:53	V2	Take	8x8	A 8-Tap Repeater L, R, L. RA	48	
				Step Curl R, L x4. Cross Pull Arms	16	
1:19	C	Make	4x8	B Walk F&B R. RA	8	4x
1:33		World	4x8	C Step Curl R, L. Cross Pull Arms	4	8x
				Walk F&B & Step Curl Combo		
1:46	Instr	(Synth)	8x8	D Walk F&B R. RA	8	
				Step Curl R, L x2. Cross Pull Arms x4	8	4x
2:12	V3	Take	24x8	Repeat Sequences A to D (to the R)		
3:32	QC	Make	8x8	E Squat Tap L, R. Single Arm Punch F	4	8x
				E' Squat Tap L, R. Single Arm Punch Up	4	8x
				Walk F&B & Step Curl Combo		
3:38	C	World	8x8	D' Walk F&B L. RA	8	
				Step Curl L, R x2. Double Arm Reach Up	8	4x
4:25	Instr	(Synth)	4x8	F Double Step Touch L, R. Double Arm Reach F	8	4x
4:38			4x8	F' Double Step Curl L, R. Double Arm Reach Up	8	4x

8 AEROBICS TRAINING

Track Focus I want my class to be aware of their posture and braced core throughout the track.

TECHNIQUE + COACHING CUES ✓

Maintain and coach Attack Position for all moves

RUN & KICK COMBO

- Leg straight to waist height on the Kicks
- Straight arms, shoulders back and down
- Back straight
- Feet up behind in the Run

SINGLE/DOUBLE SIDE FLICK

- Arms shoulder height, shoulders back and down
- Hips square to the front
- Back straight
- Control the Flick to protect the knee

KICKS

- Kick to waist height
- Straight back

KNEE & KICK COMBO

- Knee and Kick to waist height
- Straight back

CONNECTION

Help your class get to the end; care about their workout. Offer options and let them know they need to save some energy in the tank for Track 9.

FITNESS MAGIC

Watch how Mid uses the music lyrics to inspire the class:
"Soldiers fight for what they believe in and we believe in you... As soldiers we're on one mission and that is to get this planet fitter."

GEARS COACHING

GEAR 1: Verses and Side Flicks

GEAR 2: Chorus and Kick Combo

GEAR 3: Instrumentals – Knees and Kicks

Repeat for each block. In the final block go into GEAR 3 from the chorus to the end.

COACHING

During the **Side Flicks** coach great posture using short, clear cues. Add contrast to your teaching by pulling back, lowering your voice and connecting to the music.

On the **Run & Kick Combo** coach your participants to kick with a straight back, chest up and abs braced. **Run Forward** with energy to lift the heart rate and remember to provide options to reduce the intensity to ensure all fitness levels will successfully complete the whole class.



KNOW IT? SHOW IT! What are three cues to remind class of posture and core strength?