



David Lloyd
— CLUBS —

IGN1TE
SPEED | STRENGTH | STRIKE

CLASSIC #10
Instructor
Choreography Notes

45 minute FORMATS

IGN1TE CLASSIC

1. Athletic Warm up
2. Progressive Cardio
3. Strike #1
4. Athletic HIIT
5. Surge
6. Strike #2
7. Strength & Conditioning
8. AMRAP
9. Cooldown

IGN1TE STRIKE

1. Strike Warm up
2. Strike #1
3. Strike #2
4. Combat Matrix
5. Strike #3
6. Strike #4
7. Strength & Conditioning
8. AMRAP
9. Cooldown

30 minute FORMATS

IGN1TE ATHLETIC

1. Athletic Warm up
2. Progressive Cardio
3. Athletic HIIT
4. Surge
5. Strength & Conditioning
6. AMRAP
7. Cooldown*

IGN1TE CLASSIC

1. Athletic or Strike Warm up
2. Strike #1
3. Athletic HIIT
4. Strike #2, 3 or 4
5. Strength & Conditioning
6. AMRAP
7. Cooldown*

IGN1TE STRIKE

1. Strike Warm up
2. Strike #1
3. Strike #2
4. Combat Matrix
5. Strike #3
6. AMRAP
7. Cooldown*

**Please note for all 30 minute formats a quick stretch is required.
Advise members to stretch outside of the class.*

T1 ATHLETIC WARM UP

Lift Off > 04.36

TIME		MOVE	REPS	MUSIC
00:00	1	Chest Stretch	-	4x8
00:18		Squat Tap L&R	x4	4x8
		Add Diagonal Arm Punch	x4	4x8
00:44		Walk F, Walk B	x8	8x8
01:11		Knee Repeater L&R	x2	4x8
		Add Double Arm Reach	x2	4x8
01:38		Step Touch L&R	x4	2x8
01:44	2	Squat Tap L&R	x8	4x8
01:58		Double Step Touch <i>with Arm Punch</i>	x8	4x8
02:11		Walk F, Walk B	x8	8x8
02:37		Knee Repeater L&R	x2	4x8
		Add Double Arm Reach	x2	4x8
03:05		Step Touch L&R	x4	2x8
03:12	3	Squat Tap L&R	x8	4x8
03:25		Double Step Touch <i>with Arm Punch</i>	x4	4x8
03:38		Walk F, Walk B	x8	8x8
04:05		Jumping Jacks	x16	4x8
04:18		Add OH Arms	x16	4x8

T2 PROGRESSIVE CARDIO

Get Out My Head > 05.31

TIME		MOVE	REPS	MUSIC
00:00	1	Run OTS	-	4x8
00:12		4x Run OTS, Step Curl L&R	x4	8x8
00:37		Side Step Over (Low) L&R	x4	2x8
00:43		Side Step Over (Higher) L&R	x4	2x8
00:50		4x Side Step Over, Jog OTS	x4	8x8
01:15		Single Bounce L&R	-	2x8
01:21		Step Curl	x4	2x8
01:27		Gallop L, 4x Run OTS, Repeat R	x5	10x8
01:58		Full Combo 4x Side Step Over, Gallop L, 4x Run OTS - Repeat R	x4	16x8
02:48	2	Jog OTS	-	2x8
		Step Curl L&R		2x8
03:01		4x Step Curl, Run OTS	x3	6x8
03:20		Set Up Combo 4x Side Step Over, Run F 4x Side Step Over, Run B	x1	4x8
03:32		Full Run Combo 4x Side Step Over, Run F 4x Side Step Over, Run B	x4	16x8
04:22	3	Step Curl L&R	-	4x8
04:34		Full Gallop Combo 4x Side Step Over, Gallop L, 4x Run OTS - Repeat R	x4	16x8

T3 STRIKE 1

Right Now, Right Here > 04:23

TIME		MOVE	REPS	MUSIC
00:00	1	L Combat Stance	-	4x8
00:16		Uppercut L,R, Hook L, Pulse <i>Last rep preview Heel Drop Kick R</i>	x8	8x8
00:42		Uppercut L,R, Hook L, Drop Kick	x8	8x8
01:09		Guard L		1x8
		Feet Wide Squat – Cross Arms		1x8
		Guard R		1x8
		Pulse F		1x8
01:22	2	R Combat Stance		
		Uppercut R,L, Hook R, Pulse	x8	8x8
01:48		Uppercut R,L, Hook R, Drop Kick	x8	8x8
02:16	3	Squat Hold – Arms Crossed	-	2x8
02:23		Shoot L, Shoot R – Low	x4	4x8
02:36		Shoot L, Shoot R – Add Bounce	x9	8x8
03:02	4	Front Stance	-	2x8
03:06		Squat Pulse – Cross Arms	x16	4x8
03:22		Double Side Kick L (Low/High) x4 Repeat R	x4	8x8
03:49		Shuffle L Double Side Kick L – Repeat R	x4	8x8

T4 ATHLETIC HIIT

You & I > 05:27

TIME		MOVE	REPS	MUSIC
00:00	1	Set Up / Intro Track	-	4x8
00:16		Run OTS	-	4x8
00:28		Square Pattern – Jog L Square Pattern – Jog R	x1	8x8
00:52		Jumping Jacks	-	2x8
01:04		Square Pattern – High Knee Run L 16 x Jumping Jacks Square Pattern – High Knee Run L 16 x Jumping Jacks	x1	16x8
01:52	2	Hold	-	½x8
01:54		Jog OTS	-	4x8
02:06		Hop L&R	x8	4x8
02:18		Square Pattern – Jog L Square Pattern – Jog R	x1	8x8
02:42		Side Step Jump L&R	x8	4x8
02:54		Square Pattern – High Knee Run L Side Step Jump L&R Square Pattern – High Knee Run L Side Step Jump / Tuck Jumps L&R	x1	16x8
03:42	3	Hold	-	½x8
03:43		Jog OTS	-	4x8
03:55		Square Pattern – Jog L Square Pattern – Jog R	x1	8x8
04:19		Jumping Jacks	x16	4x8
04:31		Square Pattern – High Knee Run L 4 x Jumping Jacks & 4 x Air Jacks Square Pattern – High Knee Run L 16 x Jumping Jacks & 4x Air Jacks	x1	16x8

T5 SURGE

Reaching Higher > 05:16

TIME		MOVE	REPS	MUSIC
00:00		Jog OTS	-	8x8
00:28		Single Side Flick L&R	x8	4x8
		Add Side Arms	x4	2x8
		Add OH Reach	x4	2x8
00:52		Travel Combo 8x Single Knee Forward 180 Turn, Run Backwards High Knee Run OTS	x3	12x8
01:28		Bounce L&R	-	2x8
01:34		Single Side Flick L&R	x8	4x8
		Add Side Arms	x8	4x8
01:58		Double Side Flick L&R	x4	4x8
		Add OH Reach	x4	4x8
02:23		Travel Combo 8x Single Knee Forward 180 Turn, Run Backwards High Knee Run OTS	x3	12x8
02:58		Bounce L&R	-	2x8
03:04		Single Side Flick L&R	x8	4x8
		Add Side Arms	x8	4x8
03:28	2	Double Side Flick L&R	x4	4x8
		Add OH Reach	x4	4x8
03:52		Travel Combo 8x Single Knee Forward 180 Turn, Run Backwards High Knee Run OTS	x3	12x8
04:27		Single Kick L&R	x8	4x8
		Single Knee Pull Down	x8	4x8
04:52		Single Kick L&R	x8	4x8

T6 STRIKE 2

You make me smile > 05:18

TIME		MOVE	REPS	MUSIC
00:00	1	L Combat Stance	-	4x8
00:16		Run OTS	-	4x8
00:27		Jab, Cross L&R	x32	8x8
00:50		Jab, Cross L&R x 2, Hook L&R	x8	8x8
01:13		Uppercut L, Cross R, Uppercut L, Pulse	x8	8x8
01:35		Add Scissor	x4	4x8
01:46		Full Combo Jab, Cross L&R x 4, Uppercut L, Cross R, Uppercut L, Scissor	x6	12x8
02:20	2	Recover – Run OTS	-	4x8
		R Combat Stance		
02:31		Jab, Cross R&L	x32	8x8
02:54		Jab, Cross R&L x 2, Hook R&L	x8	8x8
03:17		Uppercut R, Cross L, Uppercut R Pulse	x8	8x8
03:39		Add Scissor	x4	4x8
03:51		Full Combo Jab, Cross R&L x 4, Uppercut R, Cross L, Uppercut R, Scissor	x6	12x8
04:24	3	Recover – Run OTS	-	8x8
04:39		Front Stance		
		Jabs L&R	x32	4x8
05:00		Uppercuts L&R	x16	4x8

T7 Strength & Conditioning

I've been fighting > 04:51

TIME		MOVE	REPS	MUSIC
00:00	1	Set Up 2x Medium / Light Plates Plates Stacked	-	5x8
00:22		L Leg - Single Leg Tap Combo Forward, Centre, Side, Centre	x8	8x8
00:51		Set up Standing Oblique Crunch	-	4x8
01:05		Standing Oblique Crunch L Knee to Elbow	x16	8x8
01:33		Recover – Set up	-	3x8
01:44	2	R Leg - Single Leg Tap Combo Forward, Centre, Side, Centre	x6	6x8
02:05		Set up Standing Oblique Crunch	-	4x8
02:19		Standing Oblique Crunch R Knee to Elbow	x16	8x8
02:48	3	Recover – Plates Down	-	3x8
02:59		Walk Outs <i>Hold last rep down – Plank</i>	x3	6x8
03:19		2/2 Tricep Push Ups	x8	8x8
03:48		Plank Hold	x1	4x8
04:02		3x Pulse Chest Push Ups	x8	8x8
04:30		1/1 Chest Push Ups Down & Hold	x8	4x8

T8 AMRAP

Body Pop > 03:54

TIME		MOVE	REPS	MUSIC
00:00	1	Set up - Explain Rounds / Timings / Moves	-	12x8
00:43		2 x Front Raise & 2 x Squat Jumps	28 Seconds	8x8
01:10	2	Recover – Explain next move	-	8x8
01:37		Squat Jack with Alt Reach Down OR Burpee	28 Seconds	8x8
02:03	3	Recover – Explain next move	-	8x8
02:30		2 x Front Raise & 2 x Squat Jumps	28 Seconds	8x8
02:56	4	Recover – Explain next move	-	8x8
03:22		SSquat Jack with Alt Reach Down OR Burpee OPTION Single Alt Arm Burpee	28 Seconds	8x8



T9 COOLDOWN

Capsized > 03:25

Time to recover, stretch & congratulate members.

Create your own cooldown, it must include the following:

- Lower body mobility exercises
- Upper body release movements
- Shoulder & Back Stretches
- Hip & Glute stretches
- Hamstring / Quad stretches
- Congratulate members



Choreography notes correct at the time on production. For
any feedback or suggestion please email:
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— CLUBS —



