

A full-page photograph of a man, David Lloyd, in a dynamic, athletic pose. He is wearing a blue sleeveless shirt and black shorts, with his arms outstretched and a focused expression. The background is dark with glowing white geometric lines.

David Lloyd
— CLUBS —

IGNITE
SPEED | STRENGTH | STRIKE

CLASSIC #11
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE CLASSIC RELEASE 11

Welcome to IGN1TE CLASSIC Release 11! We are super excited for you to learn this epic release and bring it to life in your club!

We hope you noticed a shift in energy in release 10 with our bespoke music designed specifically for IGN1TE. This new, upbeat, fiery music will help you bring the moves to life and IGN1TE the fire in your classes.

To help with your delivery of this release and moving forward, we have included what we like to call a 'Pointer' for each track. These helpful hints and tips will prepare you to coach and bring each track to life with individuality and style.

With 9 new awesome tracks expect to feel the energy from the get go in release 11. Athletic HIIT sees 3 epic blocks of work that will challenge you physically and mentally. Then enjoy the fun and interaction in the newly designed Surge Track where we spilt the room to add a new dimension to the workout. We finish with a huge AMRAP, 3 x 55 second blocks of work to ensure your members empty the tank!

I have really enjoyed creating this release and co-producing the music for you to enjoy and deliver to your members.

Thank you for your continued hard work and support of the programme. Have a blast this round.

Ben Grant

A handwritten signature in black ink that reads "benji" in a cursive, lowercase style.

45 MINUTE FORMATS

IGN1TE CLASSIC

1. Athletic Warm up
2. Progressive Cardio
3. Strike #2
4. Athletic HIIT
5. Surge
6. Strike #4
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 Warm up
2. Strike #2
3. Athletic HIIT
4. Strike #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, attend an Holistic Class of their choice or use the David Lloyd App and access a class at home.

MIXING RELEASES

When it comes to mixing we actively encourage you to do this to keep the release fresh for longer. After 3 weeks of the new release, if you are ready begin to mix in some old tracks to you class plan. A great idea is to ask your members for their favourite tracks and mix these in. Ensure you keep tracks that you swap like for like, be aware of the length of your playlist and be careful not to overdo certain moves.

POINTER

Cruise into release 11 with 4 blocks of easy to follow Choreography. Coach the basics and allow the music to come through.

		MOVES	REPS	CTS
00:00	1	Prepare to move		1x8
00:05		Stretch Sequence: Chest Stretch 1x8, Back 1x8, Reach OH 1x8, Release 1x8	x1	4x8
00:18		Bounce L&R		4x8
00:32		Run F, Bounce L&R – Repeat B	x2	8x8
00:59	2	Side Step Over L&R	x8	4x8
01:13		Step Touch L&R (<i>last 8 reps with bicep arms</i>)	x16	8x8
01:39		3x Pulse Squat	x4	4x8
01:53		Run F, Bounce L&R – Repeat B	x2	8x8
02:19	3	Step Touch L&R	x2	1x8
02:22		Step Touch L&R	x8	4x8
02:36		3x Pulse Reverse Lunge L&R	x2	4x8
02:49		Run F, Bounce L&R – Repeat B	x2	8x8
03:15	4	Step Over L&R	x8	4x8
03:29		Step Touch L&R (<i>last 8 reps with bicep arms</i>)	x16	8x8
03:55		3x Pulse Squat	x4	4x8
04:09		Run F, Bounce L&R – Repeat B	x4	8x8

T2 PROGRESSIVE CARDIO

FEEL ALIVE / 04.27

POINTER

Time to move off the spot and get the body warmer as we increase the range of movement. Be sure to help your members FEEL ALIVE with light hearted coaching that keeps the workout fun and helps them to move with confidence.

		MOVES	REPS	CTS
00:00		L Quad Stretch & L Calf Stretch		4x8
00:15		R Quad Stretch & R Calf Stretch		4x8
00:27		Jog OTS		4x8
00:39		Step Curl L&R (<i>add bicep curl arms last 8 reps</i>)	x16	8x8
01:04	1	3x Squat Pulse (<i>Jump in & out</i>)	x4	4x8
01:16		Run F (2x8), 3x Squat Pulse (2x8) – Repeat B	x1	8x8
01:41		Step Curl L&R (<i>add bicep curl arms last 8 reps</i>)	x16	8x8
02:06	2	3x Squat Pulse (<i>Jump in & out</i>)	x4	4x8
02:18		Run F, 3x Squat Pulse – Repeat B	x1	8x8
02:44		Step Curl with arms	x8	4x8
02:56		3x Pulse Squat (<i>Jump in & out</i>)	x4	4x8
03:08	3	Rotating Squat & Lunge L&R	x4	4x8
03:21		Bounce L&R		4x8
03:32		Run F, Rotating Squat & Lunge L&R – Repeat B	x2	16x8

POINTER

With simple Boxing moves, the shoulders will be pushed to exhaustion. Help your members feel successful in the Superhero Punch with great coaching giving them options to make it inclusive by flying high or staying grounded.

	BLOCKS	MOVES / EXERCISES	REPS	CTS
00:00	1	Left Combat Stance		2x8
00:08		Jab L, Cross R (Slow)	x8	4x8
00:19		Jab L, Cross R (Faster)	x16	4x8
00:30		4x Jab, Cross L&R, 2x Hook L, Cross R	x4	8x8
00:53		Speed ball	x32	8x8
01:16		2x Uppercut L, 2x Uppercut R	x8	8x8
01:38		3x Uppercut L,R,L, 2x Jump jacks	x8	8x8
02:01		4x Jab, Cross L&R, 2x Hook L, Superhero Punch R	x4	8x8
02:23	2	Run OTS		8x8
02:46		Right Combat Stance Jab R, Cross L (Slow)	x8	4x8
02:57		Jab R, Cross L (Faster)	x16	4x8
03:08		4x Jab, Cross L&R, 2x Hook R, Cross L	x4	8x8
03:31		Speed ball	x32	8x8
03:53		2x Uppercut R, 2x Uppercut L	x8	8x8
04:16		3x Uppercut, R,L,R, 2x Jump jacks	x8	8x8
04:39		4x Jab, Cross L&R, 2x Hook R, Superhero Punch L	x4	8x8

POINTER

We have reached our 1st cardio peak and now is the time to challenge your members through 3 blocks of explosive work. Keep your coaching simple but motivational. And never forget the importance of staying physically in the workout yourself, 1 in all in!

		MOVES	REPS	CTS
00:00	1	Set up		4x8
00:14		Shuffle OTS	x32	8x8
00:39		8x Skater L&R , 8x Squat Pulse Jumps	x4	16x8
01:29		Power Skater with Reach Down L&R	x16	4x8
01:41	2	Recover		4x8
01:53		Shuffle OTS	x32	8x8
02:19		8x Plyo Lunges L&R, 8x High Knee Run	x4	16x8
03:08		Power Lunges L&R	x16	4x8
03:20	3	Recover		4x8
03:33		Shuffle OTS	x32	8x8
03:57		8x Skater L&R, 8x Squat Pulse Jumps	x4	16x8
04:47		Power Skaters with Reach Down L&R	x16	4x8
04:59		Power Lunges L&R	x16	4x8
05:11		High Knee Run		8x8

POINTER

Coming off the back of Athletic HIIT Track 5 is a great time to reconnect with your members and dial up the fun and interaction. Add in a little competitive fun with the speed ladder combo, use names and high fives for success.

		MOVES	REPS	CTS
00:00	1	Split Room into 2 - Bounce Side to Side		8x8
00:26		Run F, Swing Back, Alt Single Knee OTS	x2	8x8
00:49		Single Knee OTS (Punch OH)	x8	4x8
01:02		Run F, Swing Back, Single Knee OTS (Punch OH)	x2	8x8
01:26	2	Change Sides		2x8
		Jog OTS		2x8
01:38		Side Shuffle L, 2x Jump Jacks, Bounce R&L Repeat R	x2	8x8
02:02		Side Shuffle L, 2x Jump Jacks, Speed Ladder Repeat R	x2	8x8
02:26	3	Change Sides	x8	4x8
02:38		Alt Single Knee L&R	x8	4x8
02:50		Single Knee OTS (Punch OH)	x2	4x8
03:02		Run F, Swing Back, Single Knee (Punch OH)		8x8
03:26	4	Change Sides		2x8
		Jog OTS		2x8
03:38		Side Shuffle L, 2x Jump Jacks, Speed Ladder Repeat R	x8	16x8

POINTER

Back to basics with boxing and the final fight. Use blocks 1 & 2 to help setup the combos for blocks 3 & 4. Challenge members in the short cardio sprints to help them increase their stamina, fitness and finish on a high.

	BLOCKS	MOVES / EXERCISES	REPS	CTS
00:00	1	Front Stance - Pulse L&R		4x8
00:13		Run OTS		4x8
00:25		2x Body Rip L&R, Pulse <i>Up & Down</i>	x8	8x8
00:48		Uppercut L&R	x8	8x8
00:59		2x Body Rip L&R, Uppercut L&R	x8	8x8
01:22	2	2x Jab L&R, Pulse <i>Up & Down</i>	x8	8x8
01:44		Uppercut L&R	x8	8x8
01:55		2x Jab L&R, Uppercut L&R	x8	8x8
02:18		High Knee Run OTS		8x8
02:40		Sprint		2x8
02:46	3	4x Jabs L&R, 2x Body Rip L&R, Uppercut L&R	x4	8x8
03:08		Jabs L&R	x32	8x8
03:31		Hign Knee Run OTS		8x8
03:54		Sprint		2x8
03:59	4	4x Jab, Cross L&R, 4x Body Rip L&R, Uppercut L&R	x4	8x8
04:22		Jabs L&R	x32	8x8
04:43		High Knee Sprint		8x8
04:54		Sprint		2x8

T7 STRENGTH & CONDITIONING

BEST NIGHT (OF MY LIFE) / 05:11

POINTER

Time to let the heart rate come down as we focus on control and strength. 2 blocks of work for the upper and lower body before we hit the core in the block 3.

EQUIPMENT

1x 2.5-5kg Plate
or Body Weight.
Mat

	BLOCKS	MOVES / EXERCISES	REPS	CTS
00:00	1	Transition to floor & set up		4x8
00:16		Slow Push Up (4/4)	x2	4x8
00:30		Push Up (2/2)	x4	4x8
00:45		Push Up (1/1)	x8	4x8
01:00		Transition to stand – Grab weight R Leg Back		2x8
01:07		3x Pulse Lunge R Add OH Press Add 3x Pulse Tricep Extension	x4 x4 x4	4x8 4x8 4x8
01:50		Single Lunge & Tricep Extension	x8	4x8
02:04	2	Transition to floor		4x8
02:18		Slow Push Up (4/4)	x2	4x8
02:33		Push Up (2/2)	x4	4x8
02:47		Push Up (1/1)	x8	4x8
03:01		Transition to stand – Grab weight L Leg Back		2x8
03:08		3x Pulse Lunge L Add OH Press Add 3x Pulse Tricep Extension	x4 x4 x4	4x8 4x8 4x8
03:52		Single Lunge & Tricep Extension	x8	4x8
04:06	3	Transition to floor		4x8
04:21		Cross Crawl L&R	x16	8x8
04:49		Double Straight Leg, Reach up – Pulse	x16	4x8

POINTER

Time to get up off the floor and move quickly into the signature AMRAP. You have just 35 seconds to explain the Training Protocol and demo the moves. Keep your intro short, sharp and to the point.

EQUIPMENT

1x 2.5-5kg Plate
or Body Weight

		MOVES / EXERCISES	REPS	CTS
00:00		Set up - Explain the training protocol / Timings / Demo Moves		10x8
00:35	1	Ascending Ladder Combo 1 Plate Press Forward & Ladder Run	55 Seconds	16x8
01:28		Recovery		8x8
01:55	2	Ascending Ladder Combo 2 Plyo Lunge & Standing OH Plate Press	55 Seconds	16x8
02:48		Recovery		8x8
03:15	3	Ascending Ladder Combo 3 Squat Plate Press Forward & Ladder Run	55 Seconds	16x8



T9 COOLDOWN

ALL MY LOVE / 03:31

Release 11 is incredibly heavy on the legs, so be sure to include stretches that hit the Glutes, Quads, Hamstrings and Calf muscles. Your cooldown should always cover the following:

- Lower body mobility
- 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 please email IGN1TE.submissions@davidlloyd.co.uk

David Lloyd
— CLUBS —

