

A woman with blonde hair in a ponytail is in a starting crouch, leaning forward with her hands on the floor. She is wearing a red and black athletic top. The background is dark with glowing white geometric lines.

*David Lloyd*  
— CLUBS —

**IGNITE**  
SPEED | STRENGTH | STRIKE

**CLASSIC #12**  
**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 font.

# 45 MINUTE FORMATS

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## IGN1TE CLASSIC

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

## IGN1TE STRIKE

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

# 30 MINUTE FORMATS

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## IGN1TE ATHLETIC

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

## IGN1TE CLASSIC

1. Athletic Warm up
2. Strike #2
3. Athletic HIIT
4. Strike #4
5. AMRAP
6. Strength & Conditioning
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

Set the scene by being super positive and welcoming. Coach participants to step wide on the side lunge and push off the out side of the foot to warm up the glutes and legs ready for the rest of the workout.

		MOVES	REPS	CTS
00:00		Prepare to move		1x8
00:06	1	Side Lunge Hold L (2x8), Side Lunge Hold R (2x8)	x2	4x8
00:19		Double Hamstring 2x8, slowly stand 2x8	x1	4x8
00:33		Step Touch L&R	x8	4x8
00:46		Bounce L&R	x16	4x8
00:59		Step Touch L&R (1x8), Bounce L&R (1x8)	x4	8x8
01:26	2	Feet Together		½x8
01:28		Side Lunge L	x8	4x8
01:41		Side Lunge L – Add Arm Reach & Pull	x8	4x8
01:54		Single Squat	x8	4x8
02:08		Triple Squat Pulse – Arms Forward	x4	4x8
02:21		Step Touch L&R (1x8), Bounce L&R (1x8)	x4	12x8
03:01		Feet Together		½x8
03:03		Side Lunge R	x8	4x8
03:16	3	Side Lunge R – Add Arm Reach & Pull	x8	4x8
03:29		Single Squat	x8	4x8
03:43		Triple Squat Pulse – Arms Forward	x4	4x8
03:56		Step Touch L&R (1x8), Bounce L&R (1x8)	x4	12x8

# T2 PROGRESSIVE CARDIO

OH LA LA! / 05:07

## POINTER

Have fun throughout this track and try to highlight the carnival feel in this track.....'ola'. Use visual cues to highlight the corner run.

		MOVES	REPS	CTS
00:00		Jog OTS		4x8
00:15		Single Knee L&R	x8	4x8
00:27		Single Knee L&R – <i>Add Single Arm Punch F</i>	x8	4x8
00:40	1	Double Knee L&R - <i>Add single Arm Punch F</i>	x4	4x8
00:52		Double Knee L&R - <i>Add Double Arm Punch F</i>	x4	4x8
01:04		Double Knee Cross Over	x4	4x8
01:17		Run Diagonally L&R	x2	8x8
01:42		Jump Jacks	x16	4x8
01:54		Single Knee L&R	x8	4x8
02:06		Single Knee L&R – <i>Add Single Arm Punch F</i>	x8	4x8
02:19		Double Knee L&R - <i>Add Single Arm Punch F</i>	x4	4x8
02:31	2	Double Knee L&R - <i>Add Double Arm Punch F</i>	x4	4x8
02:43		Double Knee Cross Over	x4	8x8
02:56		Run Diagonally L&R	x2	8x8
03:21		Jump Jacks	x16	4x8
03:34		Recover - Jog		
03:58	3	Run L Diagonally & B, 2x Jump Jacks – Repeat R	x4	16x8
04:48		Jump Jacks	x16	4x8

### POINTER

Boxing training is back - it's fast & fierce. Focus on coaching target zones to help members visualise the move and then encourage everyone to travel further forward in the Travelling Jump Jab sequence.

		MOVES / EXERCISES	REPS	CTS
00:00		Run OTS L Fighting Stance		4½x8
00:14		Double L Jab, R Uppercut (Slow)	x4	4x8
00:25		Double L Jab, R Uppercut, 4x Jabs L&R	x6	12x8
00:59	1	Single L Jab	x32	8x8
01:22		Single L Jump Jab	x16	4x8
01:33		Single L Jab Forward x4, Run Back	x4	8x8
01:55		Double Jab, Uppercut, 4x Jabs L&R	x4	8x8
02:18		Jab, Cross L&R	x32	8x8
02:41		Double Hop L&R		8x8
03:03		Run OTS R Fighting Stance		4x8
03:15		Double R Jab, L Uppercut, 4x Jabs L&R	x6	12x8
03:48	2	Single R Jab	x32	8x8
04:11		Single R Jump Jab	x16	4x8
04:22		Single R Jab Forward x4, Run Back	x4	8x8
04:45		Double R Jab, L Uppercut, 4x Jabs L&R	x4	8x8
05:07		Jab, Cross L&R	x32	8x8

POINTER

3 big blocks, coach participants to use the recoveries well to help them max out in each block. The intensity should increase in each block. Motivate the group in the high knee runs and use time reference for everyone to work towards.

		MOVES	REPS	CTS
00:00	1	Run OTS		4x8
00:14		Double Hop L&R	x24	12x8
00:49		8x Pulse Squat & High Knee	x4	16x8
01:36		High Knee Run		8x8
01:59	2	Hold		½x8
02:00		Recover		4x8
02:12		Double Hop L&R	x16	8x8
02:35		8x Plyo Lunge, Jump Jacks	x4	16x8
03:22		Jump Jacks	x32	8x8
03:45	3	Hold		½x8
03:47		Recover		4x8
03:58		Double Hop L&R	x16	8x8
04:22		4x Squat lunge combo, High knee	x4	16x8
05:08		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	Jog OTS		6x8
00:21		Single Kick L&R	x16	8x8
00:45	2	Bounce L&R		4x8
00:57		Side Flick L&R	x12	6x8
01:15		Run F, Swing Back, 8x Kicks	x2	8x8
01:39		Side Flick L&R	x14	10x8
02:09		Run F, Swing Back, 8x Kicks	x2	8x8
02:32	3	Side Flick L&R	x14	10x8
03:02		Run F, Swing Back, 8x Kicks	x2	8x8
03:26	4	Jog OTS		4x8
03:38		Run F, Swing Back, 8x Kicks	x2	8x8
04:03		Single Kicks L&R	x16	8x8



## POINTER

Coach endurance & speed for the next 6 minutes. Coach 4 different levels on the hooks (Easy, Medium, Hard, Knock out) to dial up the intensity. Add the burpee for an extra challenge but don't forget to reinforce standing options.

		MOVES / EXERCISES	REPS	CTS
00:00		Front Stance		4x8
00:14		<b><i>Shoulder Stretch L (2x8) Shoulder Stretch R (2x8)</i></b>	x1	4x8
00:25		<b><i>Run OTS</i></b>		4x8
00:36	1	4x L&R Jab, 4x L Hook	x8	16x8
01:22		4x Uppercuts L&R, 4x Jump Jack	x4	8x8
01:44		4x Uppercuts L&R, 1x Burpee	x4	8x8
02:07		Jab L&R	x32	8x8
02:29		<b><i>Recover – Run OTS</i></b>		12x8
03:03		4x R&L Jab, 4x R Hook	x8	16x8
03:48	2	4x Uppercuts R&L, 4x Jump Jack	x4	8x8
04:11		4x Uppercuts L&R, 1x Burpee	x4	8x8
04:34		Jabs R&L	x32	8x8
04:56		<b><i>Recover</i></b>		8x8
05:19	3	Jabs R&L	x32	8x8

POINTER

Set up the track within 35 seconds. 2 rounds of cardio & 1 round to fire up the core. Coach correct position in the blot climber.

EQUIPMENT

Body Weight

		MOVES / EXERCISES	REPS	CTS
00:00		Set up - Explain the training protocol / Timings / Demo Moves		10x8
01:15	1	8x Speed Jacks (Hands OH) & 4x Skaters	40 Seconds	12x8
01:42		Recovery		8x8
02:22	2	4x Crunch & Punch L&R, 4x Bolt Climber	40 Seconds	12x8
02:48		Recovery		8x8
03:15	3	8x Speed Jacks (Hands OH) & 4x Skaters	40 Seconds	12x8

# T8 STRENGTH & CONDITIONING

## BEST NIGHT (OF MY LIFE) / 05:11

### POINTER

This track is all about the posterior muscles. Clearly coach participants into the correct position to ensure they target the correct muscles.

Focus on balance in the airplane pose, then be sure to coach hand positioning in the cobra pulse (Knuckles back)

### EQUIPMENT

2 x 2.5kg Plate  
Mat

		MOVES / EXERCISES	REPS	CTS
00:00	1	Set up – 2x Light weight		4x8
00:21		Reverse Fly 2/2	x4	4x8
00:35		Reverse Fly 1/1	x8	4x8
00:49		Reverse Fly 1/1/2	x4	4x8
01:04		Reverse lunge (R leg back) - 2/2	x4	4x8
01:18		Reverse lunge (R leg back) - 1/1	x8	4x8
01:32		Airplane Pose	x1	2x8
01:39		Airplace Pose - Cobra Pulse	x32	8x8
02:08	2	<b>Transition to floor – Set up Hover</b>		2x8
02:15		High Plank Hold		2x8
02:22		Toe Tap L&R	x16	8x8
02:51		Mountain Climbers L&R	x16	4x8
03:05	3	Stand up – Grab weights		2x8
03:13		Reverse Fly 2/2	x4	4x8
03:27		Reverse Fly 1/1	x8	4x8
03:41		Reverse Fly 1/1/2	x4	4x8
03:55		Reverse lunge (L leg back) – 2/2	x4	4x8
04:10		Reverse lunge (L leg back) – 1/1	x8	4x8
04:24		Airplane Pose	x1	2x8
04:31		Airplace Pose - Cobra Pulse	x32	8x8



## T9 COOLDOWN

ALL MY LOVE / 03:31

A great workout should always finish with a great cool down. This is your opportunity to be creative with your stretches, educate members on the correct muscles to stretch and why, dial up connection and congratulate them on a great workout. Ensure your stretches cover all the main muscles that have been worked including:

- 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](mailto:IGN1TE.submissions@davidlloyd.co.uk)

*David Lloyd*  
— CLUBS —

