

A full-page photograph of a man, David Lloyd, in a starting crouch for a race. He is wearing a dark red t-shirt and dark shorts. He is looking forward with a focused expression. The background is dark with vertical lines of bright blue light. The overall lighting is warm, with a strong red/orange tint.

David Lloyd

— CLUBS —

IGNITE

SPEED | STRENGTH | STRIKE

CLASSIC #13

INSTRUCTOR

CHOREOGRAPHY NOTES

WELCOME TO IGN1TE CLASSIC RELEASE 13

New music, new moves & plenty of fun. IGN1TE CLASSIC #13 is about taking your participants on a mission - a mission to get fit and take new levels.

You'll see plenty of rotation movements to fire up the mid section and challenge different planes of movement. The warm up kicks off with 3 rounds to lift the heart rate and prepare everyone for the workout ahead.

Progressive Cardio & Surge are fun tracks with different arms lines and foot patterns to play with, these tracks will leave everyone smiling so don't be afraid to let go yourself.

A new move called the L-step jab is what you'll experience in STR1KE #2 - it's quick, powerful and multi directional! Then it's time to get explosive in Athletic HIIT, a new way of coaching called 'Coaches Call' will be used in the final block to push your members into the first peak. As well as offensive movements you will introduce defensive moves to bring a different dimension to STR1KE #4, prepare to slip, weave and duck to dodge your opponents strikes.

In the AMRAP this time you'll have 2 blocks with plenty of bleeps, welcome to the bleep test.

Hope you enjoy teaching this release #firedup

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. 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

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.

NEW FEATURE

When you see this symbol  this indicates where you need to Preview the next move or combination. It is important to preview in advance as this guides your members through the workout with ease and confidence. Practice these previews in advance before teaching to members.

POINTER

Set the scene by creating a fun energetic start, then coach the rhythm and timing of all upper & lower body strikes to get everyone moving together. Focus on releasing the heel on the wood chop to ensure the move is kept safe and effective.

		MOVES	REPS	CTS
00:00	1	Prepare to move		4x8
00:15		Hip Flexor Stretch L – Reach Arms OH	x1	2x8
00:22		Hip Flexor Stretch R – Reach Arms OH	x1	2x8
00:29		Front Stance		4x8
00:42		Bounce	x8	4x8
00:54		Step Touch L&R – Cross Arms	x8	6x8
01:15		Step Curl L&R – Cross Arms	x3	12x8
01:54		Run F (1x8), Ladder OTS (1x8)	x4	8x8
02:20	2	3x Pulse Squat (Woodchop Arms L&R)	x8	4x8
02:33		Step Touch L&R	x8	6x8
02:53		Step Curl L&R	x3	12x8
03:33		Run F (1x8), Ladder OTS (1x8)	x4	8x8
03:59		3x Pulse Squat (Woodchop Arms R&L)	x8	4x8
04:12	3	Step Touch L&R	x8	4x8
04:25		Step Curl L&R	x2	8x8
04:42		Run F (1x8), Ladder OTS (1x8)	x4	4x8

T2 PROGRESSIVE CARDIO

RUNFORTUNA / 04:31

POINTER

Coach the different speeds in the 'Arm Line Combo' and make it fun. This track is light and lifted so use your vocals to match. Coach participants to stay up & lift up in the '3 step run' and low & grounded in the squats.

		MOVES	REPS	CTS
00:00	1	Jog OTS		4x8
00:18		Arm Combo – Diamond (Slow)	x2	4x8
00:30		Arm Combo – Diamond (Medium)	x8	8x8
00:55		<i>Run Forward (1x8) – Diamond Arms – Fast (1x8)</i>	x2	8x8
01:20	2	Step Curl L&R	x8	4x8
01:32		3-step Run L&R	x8	8x8
01:57		Squat Pulse	x16	4x8
02:10		<i>3-step Run L&R x2, Squat Pulse x8</i>	x4	16x8
02:59	3	Jog OTS		4x8
03:12		Arm Combo – Diamond (Slow)	x2	4x8
03:24		Arm Combo – Diamond (Faster)	x8	4x8
03:36	4	Run Forward (1x8) – Diamond Arms (1x8)	x2	8x8
04:01		3-step Run L&R x2, Squat Pulse x8	x2	8x8


POINTER

Coach your participants through the different intensity changes throughout this upbeat track, go hard in the combination and pull back in the calmer sections. Add directional cues for the L-Step Jab to get everyone moving in the correct direction. Finish with 30 seconds of speed & power.

		MOVES	REPS	CTS
00:00		L Fighting Stance		4x8
00:16		Run OTS		4x8
00:27		Uppercut L&R	x8	4x8
00:39	1	Double L Uppercut, Double R Uppercut, 4x Uppercut L&R	x8	16x8
01:24		4x L Jabs & Run OTS	x4	8x8
		🕒 Preview next move on last 16cts		
01:46		L-Step Jab & High Knee Run	x8	8x8
02:08		Double L Uppercut / Double R Uppercut / 4x Uppercut L&R / L-Step Jab / High Knee Run	x4	16x8
02:53		Double Hop		8x8
		R Fighting Stance		8x8
03:16		Uppercut R&L	x8	4x8
03:27		Double R Uppercut / Double L Uppercut / 4x Uppercut R&L	x8	16x8
04:12	2	4x R Jabs & 4x Run	x4	8x8
		🕒 Preview next move on last 16cts		
04:35		L-Step Jab & High Knee Run	x8	8x8
04:57		Double L Uppercut / Double R Uppercut / 4x Uppercut R&L / R-step Jab / High Knee Run	x4	16x8
05:42		Jabs L&R	x32	8x8
		Punch L Fist up to finish		

POINTER

Encourage full effort in each block to earn the recoveries. It's ok for participants to move at their own pace this might be on or off the beat. You will see a new feature called the 'COACHES CALL', here you get to call out any of the moves used in the track whenever you want, you will have roughly 60 seconds. You control the intensity!!!! What will you choose?

		MOVES	REPS	CTS
00:00		Split Room		4x8
00:15		Jog OTS		8x8
		 Preview next move on last 4cts		
00:38	1	Bounce L&R	x8	4x8
00:50		Skater L&R	x18	9x8
01:16		Ladder Run	x16	4x8
01:28		Jog OTS (<i>Members to switch sides</i>)		4x8
01:39		Bounce L&R	x6	6x8
01:57	2	Burpee	x8	8x8
02:20		Ladder Run	x16	4x8
02:31		Jog OTS (<i>Members to switch sides</i>)		4x8
02:43		Bounce L&R	x6	6x8
03:01	3	Snowboard Jump	x16	8x8
03:24		Ladder Run	x16	4x8
03:35		Jog OTS (<i>Members to switch sides</i>)		4x8
03:47		Bounce L&R	x6	6x8
04:04	4	Coaches call – Any of the below moves		16x8
		Skater L&R / Burpee / Snowboard Jump / Ladder Run		







POINTER

Coach the rhythm of the mambo (forward, back, forward, back, Hold), once set up try to put your own spin on to the move and encourage everyone to join in. Uplifted is how you should feel by the end.

		MOVES	REPS	CTS
00:00	1	Jog OTS 🕒 Preview next move on last 8cts		4x8
00:16		Mambo L&R	x8	8x8
00:40		Run F (1x8), Mambo L&R	x2	8x8
01:04		Double Shuffle L&R 🕒 Preview next move on last 4cts	x8	4x8
01:16		Single Shuffle L&R (Punch Arms	x16	4x8
01:28		Run Forward, 4x Single Knee, Run Back, 4x Single Knee	x2	8x8
01:52		Single Knee L&R (Punch up) 🕒 Preview next move on last 4cts	x8	4x8
02:04		Single Kick L&R	x8	4x8
02:16	2	REPEAT BLOCK 1		
04:16	3	Jog OTS		4x8
04:28		Mambo L&R	x4	4x8
04:40		Run Forward, 4x Single Knee, Run Back, 4x Single Knee	x8	8x8
05:04		Single Knee L&R (Punch up) 🕒 Preview next move on last 4cts	x8	4x8
05:16		Single Kick L&R	x8	4x8

POINTER

Offensive & defensive training! Time to dodge each punch & Kicks thrown at you by adding in defensive moves. Coach everyone to switch on their core muscles in the weave & Squat combo for full activation. Make the last section challenging, interactive & fun.

		MOVES / EXERCISES	REPS	CTS
00:00	1	L Fighting Stance  Preview next move on last 8cts		8x8
00:25		Cross, Jab, Cross, 2x L Hook  Preview next move on last 8cts	x8	8x8
00:47		Cross, Jab, Cross, 2x L Hook, Weave L, Squat	x4	8x8
01:10		Scissor R&L  Preview next move on last 4cts	x16	4x8
01:21		Add Cross pull arms	x32	8x8
01:44		Cross, Jab, Cross, 2x L Hook, Weave L, Squat	x4	8x8
02:07		Cross, Jab R&L	x32	8x8
02:29	2	R Fighting Stance  Preview next move on last 8cts		2x8
02:35		Cross, Jab, Cross, 2x R Hook  Preview next move on last 8cts	x8	8x8
02:57		Cross, Jab, Cross, 2x R Hook, Weave R, Squat	x4	8x8
03:20		Scissor R&L  Preview next move on last 4cts	x16	8x8
03:31		Add Cross pull arms	x32	8x8
03:54		Cross, Jab, Cross, 2x R Hook, Weave R, Squat	x4	8x8
04:16		Cross, Jab L&R	x32	8x8
04:39	3	Make a Circle		4x8
04:50		High Knee Run F&B (4x8), Jabs L&R (4x8)	x2	24x8

POINTER

2 Blocks, 1:30min each, 18 Beeps! Offer options and don't over coach this track. Use silence and motivational language towards the end of each block. Can you complete all beeps!

EQUIPMENT

Body Weight

		MOVES / EXERCISES	REPS	CTS
00:00	1	Explain Bleep Test / Time & Demo first Combo	-	12x8
00:38		4x Jabs, 1x Sprawl / Burpee (Option = 2x Touch Down Squat Jack or 3x Pulse Squat)	x18 Beeps	8x8
02:12	2	Rest – Explain next round	-	12x8
02:37		1x Weighted Squat Jack, 2x Weighted Jump Lunge	x18 Beeps	8x8

T8 STRENGTH & CONDITIONING

BEST NIGHT (OF MY LIFE) / 05:24

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

1 x 2.5/5kg Plate
Mat

		MOVES / EXERCISES	REPS	CTS
00:00	1	1x weight – 2.5 / 5 kg 🕒 Preview next move on last 8cts		6x8
00:25		Wood Chop L	x8	8x8
00:55		Stand on L leg – Single row R	x8	4x8
01:11		Reach L Arm 🕒 Preview next move on last 8cts	x8	4x8
01:26		1x Row / 1x Row & lift back leg (Rotate)	x8	8x8
02:02	2	Set up other side 🕒 Preview next move on last 8cts		2x8
02:10		Wood Chop R	x8	8x8
02:42		Stand on R leg – Single row L	x8	4x8
02:58		Reach R Arm 🕒 Preview next move on last 8cts	x8	4x8
03:14		1x Row / 1x Row & lift back leg (Rotate)	x8	8x8
03:46	3	Transition to floor		4x8
04:02		Leg Extension L&R	x8	8x8
04:34		Add Crunch	x8	8x8
05:06		Hollow Hold Sequence	x1	4x8



T9 COOLDOWN

FINISH LINE / 3:13

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 —

