

A man with curly hair, wearing a red tank top, is in a starting crouch on a dark floor. He is looking down, and his hands are on the floor. The background is dark with several vertical lines of bright white light.

David Lloyd
— CLUBS —

IGN1TE
SPEED | STRENGTH | STRIKE

CLASSIC #14
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE CLASSIC RELEASE 14

Happy New Year and welcome to IGN1TE CLASSIC release 14!

This release is full of Aerobic and Athletic inspired movements and you will see lots of opportunities to bring the fun into the workout to feel alive!

Throughout the workout you will experience the highs and the lows of each movement which will challenge your participants to take their fitness to the next level.

Starting with an energetic warm up and perfect time to prepare you for the workout this is as an opportunity to fire up your members!

The workout is driven with fantastic music and it starts in Progressive Cardio - time add your own flava in the carnival knee, this one has party vibes! Pure and simple boxing training in STRIKE 2 leading into a challenging Athletic HIIT - where you will be physically and mentally challenged. Surge continues with the highs and lows with plenty of kicks and knees to create contrast before moving into STRIKE 4 where we go back to simple boxing training.

The AMRAP is broken into 3 blokes, Speed, Strength and Power. This is the time to be reactive, competitive and self motivated.

I 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

Two blocks of simple choreography which allow you to connect with your members, the music, the moves and lift up everyones heart beat readyf or a great workout ahead. Work with the music and the moves to match the energy when it is high and calm when it is low.



		MOVES	REPS	CTS
00:06		Squat 1/1	x8	4x8
00:19		3x Pulse Squat	x4	4x8
00:33	1	Stretch Sequence Reach up (8cts) Double Adductor Stretch (8cts) Hamstring stretch (8cts) Roll Up to start position (8cts)	x2	8x8
00:59		Step Touch L&R	x8	4x8
01:13		Double Step Touch L&R Add Arms	x4	4x8
01:26		Run F (8cts) 4x Jump Jacks (8cts) Repeat B (16cts)	x2	8x8
01:53		Run F (8cts) 4 x Diagonal Jack (8cts) Repeat B (16cts)	x1	4x8
02:06		Back Tap L&R, Double Bicep Curl Arm	x8	4x8
02:19		Back Tap L&R Reach up	x8	4x8
02:33		Jump Jack Cross Arms OH	x16	4x8
02:46		Repeat Block 1 same side		48x8

T2 PROGRESSIVE CARDIO

R U READY / 04:22




POINTER

Welcome to the carnival! This playful fun track should be taught with energy and enthusiasm whilst clearly coaching the directional changes in the Run Forward 180 turn. Take the stage and be the performer, bring YOU into the workout.

		MOVES	REPS	CTS
00:00	1	Jog OTS		8x8
00:29		Step Curl L&R (Relaxed Arms)	x8	4x8
00:41		Run F (8cts) Step Curl (Cross Pull Arms) L&R (8cts) Repeat Back (16cts)	x2	8x8
01:06	2	Double Squat Pulse L&R  Preview next move on last 8cts	x4	4x8
01:18		Double Squat Pulse L&R, 4x Single Tap L&R	x5	10x8
01:49		Combo 1 Run F (8cts) Step Curl (Cross Pull Arms) 180 turn L (8cts) Run toward the back of the room (8cts) Step Curl (Cross Pull Arms) 180 turn L (8cts)	x2	8x8
02:14		Double Squat Pulse L&R  Preview next move on last 8cts	x4	4x8
02:27	3	Double Squat Pulse L&R, 4x Single Tap L&R	x5	10x8
02:58		Combo 1	x2	8x8
03:22	4	Step Knee L&R (Relaxed Arms)	x4	2x8
03:28		Carnival Knee L&R	x4	2x8
03:34		Add Groovy Arm	x8	4x8
03:47		Run OTS – Drum Roll		2x8
03:53		Combo 1 With Carnival Knee	x2	8x

POINTER

It's time to train for the fight. Combining speed, agility and power, this track packs a punch. Be encouraging, motivating and show that you love it

		MOVES / EXERCISES	REPS	CTS
00:00	1	Run  Preview next move on last 4cts L Fighting Stance		12x8
00:36		Slow Jab L, Cross R	x8	4x8
00:48		Jab L, Cross R – Faster	x32	8x8
01:10		Speedball	x32	8x8
01:32		2 x Hook L, Pulse OTS  Preview next combo with Decoy	x2	2x8
01:38		2x Hook L, Decoy	x6	6x8
01:55		4x Jab Cross L&R, 2x Hook L, Decoy	x4	8x8
02:17		L Hook	x33	8x8
02:40		Jog OTS		4x8
02:51		Sprint (8 cts) Bounce L&R (8 cts)	x4	8x8
03:13	2	R Fighting Stance Slow Jab R, Cross L	x8	4x8
03:25		Jab R, Cross L – Faster	x32	8x8
03:47		Speedball	x32	8x8
04:09		2x Hook R, Pulse OTS  Preview next combo with Decoy	x2	2x8
04:15		2x Hook R, Decoy	x6	6x8
04:32		4x Jab Cross R&L, Hook R, Decoy	x4	8x8
04:54		R Hook	x32	8x8
05:17		High Knee Run		8x8
05:39		Punch L Hand up		½x8

POINTER

3 huge blocks of work focusing on endurance training. Direct your members through the square pattern by using areas of the room to coach them in the correct direction. This is a challenging track, so be sure to clearly coach modifications to keep everybody moving.

	1	MOVES	REPS	CTS
00:00		Run – Prepare to move		8x8
00:26		Square Pattern Run F (8cts) Run L Side (8cts) Run B (8cts) Run R (8cts) Repeat R (32cts)	x1	8x8
00:49		Slow Double Ski Jump L&R	x4	4x8
01:01		Fast Ski Jump L&R <i>Hold OTS for last 8cts</i>	x16	4x8
01:12		Square Pattern High Knee Run L <i>ONLY</i> (32cts) 16x Jump Jack (32cts) Square Pattern High Knee Run R <i>ONLY</i> (32cts) 16x Jump Jack (32cts)	x1	16x8
01:59	2	Recover		4x8
02:11		Hop Knee L&R	x8	4x8
02:22		Slow Double Ski Jump L&R	x4	4x8
02:34		Fast Ski Jump L&R <i>Hold OTS for last 8cts</i>	x16	4x8
02:46		Square Pattern High Knee Run L <i>ONLY</i> (32cts) 8x Plyo Lunges L&R (32cts) Square Pattern High Knee Run R <i>ONLY</i> (32cts) 8x Plyo Lunges L&R (32cts)	x1	16x8
		CONTINUED ON NEXT PAGE		

T4 ATHLETIC HIIT

CONTINUED

		MOVES	REPS	CTS
03:32		Recover		4x8
03:44		Hop Knee L&R	x8	4x8
03:55		Slow Double Ski Jump L&R	x4	4x8
04:07	3	Fast Ski Jump L&R <i>Hold OTS for last 8cts</i>	x16	4x8
04:19		Square Pattern High Knee Run L ONLY (32cts) 4x Burpess (32cts) Square Pattern High Knee Run R ONLY (32cts) 4x Burpess (32cts)	x1	16x8

POINTER

A fun and lighthearted track, bring this alive with big movements, energy, simple coaching and lots of connection.

		MOVES	REPS	CTS
00:00	1	Jog OTS		8x8
00:26		Shuffle OTS	x16	4x8
00:38		Combo 1 Run F (8cts) 4x Kick L&R (8cts) Run B (8cts) 4x Kick L&R (8cts)	x3	12x8
01:15		Single Knee Pull Down (Arms Reach & Pull)	x8	4x8
01:27	2	Jog OTS		4x8
01:38		Shuffle OTS	x16	4x8
01:50		Shuffle Travel L (8cts) Shuffle Travel R (8cts)	x2	4x8
02:03		Combo 1	x2	8x8
02:26		Single Knee Pull Down (Arms Reach & Pull)	x8	4x8
02:38		Single Kick L&R	x8	4x8
02:50	3	Jog OTS		4x8
03:03		Shuffle OTS	x16	4x8
03:15		Shuffle Travel L (8cts) Shuffle Travel R (8cts)	x2	4x8
03:27		Combo 1	x2	8x8
03:50		Single Knee Pull Down (Arms Reach & Pull)	x8	4x8
04:03		Single Kick L&R	x8	4x8
04:14		Single Knee Pull Down (Arms Reach & Pull)	x8	4x8

POINTER

Back to basics with pure boxing. Focus on clear Coaching that motivates participants to bring their A-Game. Deliver your Coaching with clear verbal and visual Pre-cues to help your class move from 1 move to the next with ease.

		MOVES / EXERCISES	REPS	CTS
00:00	1	Prepare to move		4x8
00:14		Run OTS		8x8
00:36		L Fighting Stance Body Shot L&R 🕒 Preview next combo	x8	4x8
00:48		Double L Jab, 2x Body Shot L&R	x8	4x8
01:10		Combo 1 Double L Jab, 2x Body Shot L&R, 4x Jump Jacks	x4	8x8
01:33		4x Travelling Jab R, 4x Travelling L	x2	4x8
01:44		4x Travelling Jab R, 3x Uppercut R,L,R – Repeat L	x2	8x8
02:07		Repeat Combo 1	x4	8x8
02:29	2	Front Stance - Jab L&R	x32	8x8
02:52		Jog OTS		4x8
03:03		R Fighting Stance Body Shot R&L 🕒 Preview next combo	x8	4x8
03:15		Double R Jab, 2 x Body Shot R&L	x8	4x8
03:37		Combo 1 in R Fighting Stance	x4	8x8
04:00		4x Travelling Jab L, 4x Travelling R	x2	4x8
04:11		4x Travelling Jab L, 3x Uppercut L,R,L – Repeat R	x2	8x8
04:34		Repeat Combo 1 in R Fighting Stance	x4	8x8
04:56		Front Stance Jabs R&L	x16	4x8
05:08		Uppercut R&L	x16	4x8
05:19		Jabs R&L	x16	4x8

POINTER

2 rounds of Speed, Strength & Power. Each round is just 1 minute in length, your job, to keep your members moving and giving their all in each 20 second block of work.

EQUIPMENT

Body Weight

		MOVES / EXERCISES	REPS	CTS
00:00		Set up – Explain & Demo		12x8
00:36	1	Speed - Fast 3 step Run	20 Seconds	16x8
00:59		Strength - Push Up, Shoulder tap	20 Seconds	
01:21		Power – Squat, 180 turn	20 Seconds	
01:43		Recover		8x8
02:05	2	Speed - Fast 3 step Run	20 Seconds	16x8
02:27		Strength - Push Up, Shoulder Tap	20 Seconds	
02:49		Power – Squat, 180 turn	20 Seconds	

T8 STRENGTH & CONDITIONING



I'M WAITING ON LOVE / 05:03

POINTER

It's time to be more focused and controlled with 3 blocks of work that intergrate the upper and lower body together. Coach & role model great Position and Alignment to feel successful

EQUIPMENT

2 x 2.5/5kg Plate
Mat

		MOVES / EXERCISES	REPS	CTS
		Set up – 2x Medium / light weights		4x8
00:18	1	1/1 side Raise (4cts) 1/1 Bicep Curl (4cts)	x8	8x8
00:48		Alt Reverse Lunge L (4cts) & R (4cts)  Preview next combo	x4	4x8
01:02		Reverse Lunge L, 1x Side Raise (4cts) Reverse Lunge R 1x Bicep Curl (4cts)	x8	8x8
01:32		7x Pulse Lunge L, 7x Pulse Lunge R	x1	4x8
01:47	2	Plates Together Preview next move		4x8
02:02		OH Press (2cts) Tricep OH Extension (2cts) Return (4cts)	x8	8x8
02:31		Side Squat L (4cts) Side Squat R (4cts)  Preview OH Plate Press Inbetween Squats	x4	4x8
02:46		OH Plate Press inbetween Alt Squats L&R	x8	8x8
03:15		Squat Pulse (16cts) Add Plate OH last 8 reps	x16	4x8
03:30	3	Transition to floor		2x8
03:38		Hip Bridge 2/2	x2	2x8
03:45		3x Pulse Hip Bridge, 3x Pulse C-crunch	x4	8x8
04:15		Cross Crawl	x16	8x8
04:44		Pulse C-Crunch	x16	4x8



T9 COOLDOWN

I'M GLAD WE MADE IT / 03:15

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 —

