

David Lloyd
— CLUBS —



IGNITE
SPEED | STRENGTH | STRIKE

ENERGY #15
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE ENERGY RELEASE 15

IGN1TE #15 has been revamped!! It's fast, fun & furious and trust me, time will fly past during this high energetic workout. Check out the updated format, you'll now have 8 tracks which will drive your heart rate higher and target every single body part including our brand new track 'Assemble'. We combine speed, endurance and power to give you and your participants the results they come for.

You'll start by warming up the body including stretch sequences to ensure everyone is ready for the workout. Moving into Progressive Cardio, time view each angle of the room with 360 degree Drop squat combo which prepares the legs ready for Athletic HIIT.

We split the room for track 4 'Assemble' where it's all about creating that friendly competition with your members. Both Surge & the AMRAP track are all about developing and increasing your fitness using a circuit style format.

Finishing with a conditioning track that'll strength 4 different muscle groups and a cooldown to relax and stretch out the body ready for your next fight! Ensure to offer plenty of options to suit everyone, enjoy delivering this one to your members!

Ben Grant

Benji

45 MINUTE FORMATS

IGN1TE ENERGY

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

IGN1TE STR1KE

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

30 MINUTE FORMATS

IGN1TE ENERGY

1. Athletic Warm up
2. Progressive Cardio
3. Athletic HIIT
4. Assemble
5. Surge OR AMRAP
6. Cooldown*


IGN1TE STR1KE

1. Strike Warm up
2. Strike #1
3. Strike #2
4. Combat Matrix
5. Strike #3 OR #4
6. 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.

T1






ATHLETIC WARM UP

POINTER

BURNING LOVE

05:20

Get people moving through movements you'll see throughout the release.
Visual use your arms to help coach direction. Set everyone up successfully
for a great workout.







		MOVES	REPS	CTS
00:00	1	Chest stretch 2x8, shoulder stretch L 1x8, shoulder stretch R 1x8	x1	4x8
00:19		Bounce L&R		4x8
00:32		Step Touch L&R  Preview next move	x8	4x8
00:44		Step Curl L&R, Bicep Curl Arms	x8	4x8
00:57		Run F&B  Preview next move	x4	8x8
01:22		Step F Jump x2, Run B	x2	4x8
01:35	2	Step Touch L&R	x9	4½x8
01:49		Step Curl L&R, Bicep Curl Arms	x8	4x8
02:02		Run F&B  Preview next move	x4	8x8
02:27		Step F Jump x2, Run B	x2	4x8
02:40	3	Adductor Stretch L (1x8), Adductor Stretch R (1x8), Double Hamstring Stretch (2x8)	x2	8½x8
03:07		Step Knee L&R  Preview next move	x4	4x8
03:20		Freeze Knee L&R	x4	4x8
03:33		Step F Jump x2, Run B	x4	8x8
03:58	4	Adductor Stretch L (1x8), Adductor Stretch R (1x8), Double Hamstring Stretch (2x8)	x2	8½x8
04:25		Step Knee L&R  Preview next move	x4	4x8
04:38		Freeze Knee L&R	x4	4x8
04:50		Step F Jump x2, Run B	x4	8x8

T2 PROGRESSIVE CARDIO

BE THIS WAY (HARDCORE
MIX) / 04:52




POINTER

Have fun in this track as you continue to warm the body. Coach the 360 degree drop squat turn by using locations of the room, don't forget to give lower impact options as you go.

		MOVES	REPS	CTS
00:00		Jog OTS		4x8
00:16		Step Curl L&R (Relaxed Arms)  Preview next move	x8	4x8
00:29		Add Bicep Curl Arms	x8	4x8
00:41		Single Squat  Preview next move	x8	4x8
00:53	1	Drop Squat	x8	4x8
01:06		Run F&B, Drop Squat  Preview next move	x2	8x8
01:30		Add Drop Squat 360 Turn L	x2	8x8
01:55		Bounce L&R		4x8
02:07		Single Knee Pull Down L&R  Preview next move	x8	4x8
02:20		Single Kick L&R	x8	4x8
02:32		Bounce L&R		4x8
02:44		Step Curl L&R  Preview next move	x8	4x8
02:56		Add Bicep Arms	x8	4x8
03:09		Drop Squat	x8	4x8
03:21	2	Fun F&B, Drop Squat 360 Turn L	x4	16x8
04:10		Bounce L&R		4x8
04:22		Single Knee Pull Down L&R  Preview next move	x8	4x8
04:35		Single Kick L&R	x8	4x8



POINTER

This is the first peak, challenge each participant to push hard to the end of each set, you'll have 3 big sets to concur! Ladder Runs to test speed and plyometric moves to test leg strength & power. Giving options are a must in this track for everyone feel successful.

		MOVES	REPS	CTS
00:00	1	Jog OTS		8x8
00:27		Step F, Jump x2, Run Back, 8x Ladder Run	x4	16x8
01:15		Shuffle L&R  Preview next move	x16	4x8
01:27		Plyometric Lunge L&R, Shuffle	x8	8x8
01:51		Plyometric Lunge L&R	x8	4x8
02:03	2	Recover		4x8
02:15		Jog OTS		4x8
02:27		Step F, Jump x2, Run Back, 8x Ladder Run	x1	4x8
02:39		Step F, Jump x2, Run Back, 4x Ladder Run & 1x Burpee	x3	12x8
03:15		Shuffle L&R  Preview next move	x16	4x8
03:27		Plyometric Lunge L&R, Shuffle	x8	8x8
03:51		Plyometric Lunge L&R	x8	4x8
04:03	3	Recover - Jog OTS		4x8
04:15		Jog OTS		4x8
04:27		Step F, Jump x2, Run Back, 2x Burpee	x4	16x8
05:15		Shuffle L&R  Preview next move	x16	4x8
05:27		Plyometric Lunge L&R, Shuffle	x4	4x8
05:39		Plyometric Lunge L&R	x8	4x8

POINTER

Use this track as an active recovery. This is our newest track to IGN1TE ENERGY, fun & interactive is what this track be. Quickly spilt the room in to 2 and have some friendly competition with the sprints forward & back.

		MOVES	REPS	CTS
00:00		Split room		8x8
00:27		Single Knee L&R	x8	4x8
00:38	1	Double Knee L&R (Single Punch up)	x4	4x8
		Double Knee L&R (Double Punch up)	x4	4x8
01:02		Jog OTS  Preview next move		4½x8
01:16		Freeze Knee L&R	x4	4x8
01:28		2x Freeze Knee L&R (2x8) Sprint F&B (1x8) Bounce L&R (1x8)	x3	12x8
02:04		Switch Sides – Jog OTS		8½x8
02:29		Single Knee L&R	x8	4x8
02:42	2	Double Knee L&R (Single Punch up)	x4	4x8
		Double Knee L&R (Double Punch up)	x4	4x8
03:05		Jog OTS  Preview next move		4½x8
03:19		Freeze Knee L&R	x4	4x8
03:31		2x Freeze Knee L&R, Sprint F&B, Bounce L&R	x3	12x8
04:07		Switch Sides – Jog OTS		8½x8
04:21	3	Freeze Knee L&R	x8	4x8
04:33		2x Freeze Knee L&R, Sprint F&B, Bounce L&R	x3	12x8

POINTER

Time to get the benefits of HIIT training, you'll work hard for 1 minute then recover, 4x round. Think of this as circuit based training. Explain the importance to recover after each working block.

		MOVES	REPS	CTS
00:00	1	Bounce L&R		8x8
00:27		Step Touch L&R	x8	4x8
00:39		Jump Jacks (4x8) High Knee Run (4x8)	x2	16x8
01:24	2	Recover		4x8
01:36		Bounce L&R		4x8
01:47		Step Touch L&R	x8	4x8
01:59		Skater L&R (4x8) High Knee Run (4x8)	x2	16x8
02:44	3	Recover		4x8
02:56		Transition to floor		4x8
03:07		Plank Tap L&R (Slow)	x8	4x8
03:19		Plank Tap L&R (Fast) (4x8) High Knee Run (4x8)	x2	16x8
04:05	4	Recover		4x8
04:16		Bounce L&R		4x8
04:27		Step Touch L&R	x8	4x8
04:39		8x Ski Jump (4x8) High Knee Run (4x8)	x2	16x8

POINTER

This AMRAP has 4 blocks of work, each increasing in length & intensity each time. We use a protocol called ‘Progressive Overload’. Set up the protocol, explain the timing and demo the moves. Get participants to complete as many rounds of all moves. Coach direction and focus on speed.

EQUIPMENT

1 x Medium Weight

		MOVES / EXERCISES	REPS	CTS
00:00	1	Set up Protocol (Progressive overload training) Demo 1st move		12x8
00:42		Lateral Shuffle & Woodchop	Approx. 30 seconds	8x8
01:07	2	Recover – Demo 2nd Move		8x8
01:33		Lateral Shuffle & Woodchop x4 Speed Plate Tap x8	Approx. 40 seconds	12x8
02:12	3	Recover – Demo 3rd Move		8x8
02:37		Lateral Shuffle & Woodchop x4 Speed Plate Tap x8 Jumping Heel Tap x4	Approx. 50 seconds	16x8
03:28	4	Recover – Demo 4th Move		8x8
03:54		Lateral Shuffle & Woodchop x4 Speed Plate Tap x8 Jumping Heel Tap x4 Leap Squat Jump Forward, Fast Feet Back x4	Approx. 60 seconds	20x8

T7 STRENGTH & CONDITIONING


THE WAY / 05:13

POINTER

Focus on more controlled strength movements. 4 rounds, 4 different muscles groups, Chest, Quads, Shoulders & Core. Set up each round quickly and get everyone to complete every repetition. Offer different weight selection depending on the muscles group used.

EQUIPMENT

1 x Medium Plate
1 x Light Plate
Mat

		MOVES / EXERCISES	REPS	CTS
00:00	1	Transition to Floor		4x8
00:18		1/1/2 Push up	x4	4x8
00:33		1/1 Push up <i>Preview next move</i>	x8	4x8
00:47		2x Pulse Push up, 2x Jump Jack	x8	8x8
01:17		16x Pulse Push up	x1	4x8
01:32	2	Transition to stand – Pick up 1x Weight		3x8
01:41		1/1/2 Squat	x4	4x8
01:56		1/1 Squat	x4	4x8
02:11		2x Pulse Squat, 2x Single Leg Squat R	x4	4x8
02:25		2x Pulse Squat, 2x Single Leg Squat L	x4	4x8
02:40		16x Pulse Squat	x8	4x8
02:55	3	Recover		3x8
03:04		1/1/2 Plate Push Forward	x4	4x8
03:19		1/1 Plate Push Forward  <i>Preview next move</i>	x8	4x8
03:34		Plate Push Forward, Turn plate L, Return – Repeat Turn R	x4	8x8
04:03		Hold Plate Forward – Turn L&R	x8	4x8
04:18	4	Transition to Floor		3x8
04:27		3x Weighted C-Crunch Pulse, 1x Double Leg extension	x8	8x8
04:57		Scissor Legs (Side to side)	x16	4x8

We are now offering a choreographed cool down, however please feel free to create your own

	MOVES / EXERCISES	REPS	CTS
00:00	Transition into child's pose		3x8
00:15	Child's Pose	x1	4x8
00:36	Shoulder Stretch L (2x8) Shoulder Stretch R (2x8)	x1	4x8
00:58	Cat & Cow	x2	4x8
01:20	Hip Flexor L (2x8) Hamstring L (2x8) Repeat R (4x8)		8x8
02:04	Downward Dog <i>Transition to stand on last 8 counts</i>	x1	4x8
02:25	Quad Stretch L (2x8) Glute Stretch L (2x8) Repeat R (4x8)	x1	8x8
03:09	IT Band Stretch L (2x8) Back Stretch (2x8) IT Band Stretch R (2x8) Chest Stretch (2x8)	x1	8x8



Choreography notes correct at the time on production.
For any feedback please email IGN1TE.submissions@davidlloyd.co.uk