



David Lloyd
— CLUBS —

IGN1TE
SPEED | STRENGTH | STRIKE

ENERGY #16
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE ENERGY RELEASE 16

Get ready to embark on a fitness journey with IGN1TE #16. This latest release combines lateral training techniques and athletic movements to help motivate and engage your members. With heaps of benefits and variety of movements throughout, all 8 tracks will give you something different to coach and keep everyone excited.

Many opportunities to have fun but also to challenge each person to the end of each track. Be prepared to move side-side, up & down. It kicks off with an energetic warm up to get the body warm and your brain ready for the workout. Progressive Cardio is all about getting your members confident with the moves and directions, the knee and side leg lift combo is FUN and will test everyone's coordination. 3 heart lifting blocks to work through in Athletic HIIT using big lateral movements to push each individual. Be prepared to turn and twist and throw your hands around in in our latest track 'Assemble'. Finishing with strength track focusing on shoulders, core & balance work.

Get ready to IGN1TE your passion and unleash your inner athlete with this dynamic workout. Enjoy this release and I'm excited for you all to bring this workout to our members.

Ben Grant

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

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 STRIKE

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 STRIKE

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.

TRACK INFORMATION

1. **Atheletic Warlm Up** / Cold Outside / 05:44
2. **Progressive Cardio** / All of my love / 05:09
3. **Athletic HIIT** / Be like that / 05:35
4. **Assemble** / I need you like you need me / 05:57
5. **Surge** / Stars in the sky / 06:26
6. **AMRAP** / IGN1TE Grand Prix / 05:16
7. **Strength & Conditioning** / That is That / 05:30
8. **Cooldown** / All of my love / 03:23

Total run time = 43:49

Presenters for IGN1TE #16:

Ben Grant - IGN1TE Head Trainer

Angela Griffin-Lovesey - IGN1TE Instructor (David Lloyd Fulham)

T1 ATHLETIC WARM UP

COLD OUTSIDE
05:44

POINTER

By introducing lateral training early and highlighting its benefits, you'll set the scene for an engaging and motivating class. Preview upcoming combinations so everyone feels successful. Use the warm-up as an opportunity to connect with your class & welcome them to the workout, you'll establish a positive and inclusive environment that will carry throughout the entire class.

		MOVES	REPS	CTS
00:11		Reach OH (1x8) Side Stretch L (1x8) Side Stretch R (1x8) Chest Stretch (1x8)	x1	4x8
00:24		Squat Tap L&R	x8	4x8
00:38		4x Knee Repeater L Corner – Repeat R Corner	x2	4x8
00:50		Combo – 2x Squat L&R, 4x Knee Repeater L – Repeat R	x2	8x8
01:17	1	Run F&B	x4	8x8
01:43		Hold – Transition to floor (2x8)		2x8
01:49		Foot Step out L&R (6x8)		6x8
02:09		Tricep Push ups x7	x1	4x8
02:22		Run F&B	x4	8x8
02:48		Squat Pulse	x16	4x8
03:02		Squat Tap R&L	x8	4x8
03:14		Add Punch Arms	x8	4x8
03:27		4x Knee Repeater R&L	x2	4x8
03:41	2	Combo – 2x Squat R&L, 4x Knee Repeater R – Repeat L	x2	8x8
04:07		Run F, Swing B	x4	8x8
04:33		Hold – Transition to floor (2x8)		2x8
04:39		Foot Step out L&R (6x8)		6x8
04:59		Tricep Push ups x7	x1	4x8
05:12		Run F, Swing B	x4	8x8

T2 PROGRESSIVE CARDIO

ALL OF
MY LOVE
05:09

POINTER

This fun and interactive track features a series of exercises that'll improve coordination and keep a smile on everyone's face. Use clear visual cues to show where to run and coach members to use as much space as they can. Objective is to gradually increase the heart rate so match your vocals and avoid shouting. Calm conversational tone will work here.

		MOVES	REPS	CTS
00:00		Prepare to move		2x8
00:09	1	Jog OTS 🕒 Preview next move on last 4cts		4x8
00:21		Double Shuffle L&R 🕒 Preview next combination on last 1x8	x8	4x8
00:34		Double Shuffle, 4x Single Shuffle L&R Add Double Punch Arms	x4 x4	4x8 4x8
00:58	2	Step Curl L&R – Add arms after 2x8	x8	4x8
01:11		Double Step Curl L&R	x4	4x8
01:23		L Corner Run F&B – Repeat R	x2	8x8
01:48		2x Knee L, 2x Knee R 🕒 Preview next combination on last 1x8	x4	4x8
02:00 02:13		1x Knee & Side Leg lift L, 1x Knee & Side Leg lift R Add Arms	x4 x4	4x8 4x8
02:25	3	Jog OTS		4x8
02:37		Double Shuffle L&R 🕒 Preview next combination on last 1x8	x8	4x8
02:50		Double Shuffle, 4x Single Shuffle L&R (Double Punch Arms)	x8	8x8
03:15	4	Step Curl L&R – Add arms after 2x8	x8	4x8
03:27		Double Step Curl L&R	x4	4x8
03:39		L Corner Run F&B – Repeat R	x2	8x8
04:04		2x Knee L, 2x Knee R 🕒 Preview next combination on last 1x8	x4	4x8
04:16 04:29		1x Knee & Side Leg lift L, 1x Knee & Side Leg lift R Add Arms	x4 x4	8x8
04:41		L Corner Run F&B – Repeat R	x2	8x8

POINTER

Focus on 3 challenging blocks of work. Your aim is to coach distance and power in the 3 step run. Encourage the recoveries so you can get everyone working with more intensity in the training blocks. It should feel slightly uncomfortable but achievable. Don't forget to get members together for the high knee sprint to finish off the track.

		MOVES	REPS	CTS
00:00	1	Jog OTS		4x8
00:15		Squat Tap L&R	x8	4x8
00:27		3 step Run L&R	x4	4x8
00:38		3-Step Run L&R (4x8) Ladder Run (4x8)	x2	16x8
01:24		Jump Jacks	x16	4x8
01:36	2	Hold – Recover		4½x8
01:49		1x Squat, 1x Lateral Jump L – Repeat R	x4	8x8
02:13		Reverse Lunge L&R	x4	2x8
02:24		Plyometric Lunge L&R	x4	2x8
03:11		Plyometric L&R (4x8) Ladder Run (4x8)	x2	16x8
03:22		Jump Jacks	x16	4x8
03:36	3	Hold – Recover		4½x8
03:59		1x Squat, 1x Lateral Jump L -Repeat R	x4	8x8
04:10		3 Step Run L&R	x4	4x8
04:27		3-Step Run L&R (4x8) Ladder Run (4x8)	x2	16x8
04:57		Jump Jacks	x16	4x8
05:08		High Knee Run – Get faster (Sprint)		8x8

POINTER

"Meet you in the middle" This track is packed with pivot turns that will have you spinning out of control in the best way possible. Adapt your coaching to become fun, playful, and interactive. Anything goes in this track. Offer options so everyone is included.

		MOVES	REPS	CTS
00:00	1	Split Room – Stand with one side <i>Preview next move on last 1x8</i>		8x8
00:26		Side step run, side middle, side, middle, hold	x8	8x8
00:51		Run F&B, 8x Low Jump Jacks 🕒 <i>Preview next combination on last 1x8</i>	x8	8x8
01:14		Run F&B, 4x Low Jump Jack, 1x Pivot turn	x2	8x8
01:38		Squat Tap L&R	x8	4x8
01:51		Gallop L&R	x8	8x8
02:14	2	Switch Sides		8x8
02:26		Side step run, side middle, side, middle, hold	x8	8x8
03:02		Run F&B, 4x Low Jump Jack, 1x Pivot turn 🕒 <i>Preview next combination on last 1x8</i>	x2	8x8
03:26		Run F&B, 4x Low Jump Jack, 1x Pivot turn (Add arms)	x2	8x8
03:50		Squat Tap R&L	x8	4x8
04:02		Gallop R&L	x8	8x8
04:26	3	Switch Sides Side Step Run Combo	x4	4x8 4x8
04:50		Run F&B, 4x Low Jump Jack, 1x Pivot turn (add Arms)	x2	8x8
05:14		Squat Tap L&R	x8	4x8
05:26		4x Squat Tap L&R, 1x Gallop L&R	x8	8x8

POINTER

Be clear with your visuals and verbal delivery in the square pattern. Then go hard in the main high knee run & squat combination. There are only 4 burpees in each round, encourage members to complete all reps to add an extra challenge to the workout.

		MOVES	REPS	CTS
00:00	1	Jog OTS 🕒 Preview next combination on last 2x8		8x8
00:25		Square Straight Jump Pattern L	x4	8x8
00:49		Alt Knee Lift L&R – Curl Arms	x8	4x8
01:01		Alt Knee Lift L&R – Punch Arm OH	x8	4x8
01:12		3x Pulse Squat (Jump feet together)	x4	4x8
01:24		High Knee Run F, 3x Pulse Squat (Jump feet together) – Repeat B 🕒 Preview next combination on last 8 cts	x2	8x8
01:47		Burpee	x4	4x8
01:59	2	Recover		4½x8
02:12		Jog OTS 🕒 Preview next combination on last 2x8		4x8
02:23		Square Straight Jump Pattern R	x4	8x8
02:47		Alt Knee Lift R&L – Curl Arms	x8	4x8
02:58		Alt Knee Lift R&L – Punch Arm OH	x8	4x8
03:10		3x Pulse Squat (Jump feet together)	x4	4x8
03:22		High Knee Run F, 3x Pulse Squat (Jump feet together) – Repeat B 🕒 Preview next combination on last 8 cts	x2	8x8
03:45		Burpee	x4	4x8
03:57	3	Recover		4½x8
04:10		Repeat block 1 from Jog OTS		
05:54		High Knee Run 4x8 Sprint 4x8	x1	8x8

POINTER

We focus on two elements in this AMRAP, strength & agility. 4 round, 50 seconds per round & 25 seconds per move. Start your engines.....connect to racing theme throughout and encourage members to move in their own time and ensure they are challenging themselves. Coach to keep eyes on the plates throughout the movement to avoid trips.

EQUIPMENT

2x light weight plates
(1.25/2.5kg)

		MOVES / EXERCISES	REPS	CTS
00:00	1	Set up – Ladder Protocol		8x8
00:28		Move 1 = Seated Chest Fly	25 secs	16x8
		Move 2 = Mountain climbers	25 secs	
01:19	2	Recover – Demo 2nd Move		8x8
01:45		Move 1 = Agility Plate Run	25 secs	16x8
		Move 2 = Ski Jump & Snowboard Combo	25 secs	
02:36	3	Recover – Demo 3rd Move		8x8
03:02		Move 1 = Seated Chest Fly	25 secs	16x8
		Move 2 = Mountain climbers	25 secs	
03:53	4	Recover – Demo 4th Move		8x8
04:19		Move 1 = Agility Plate Run	25 secs	16x8
		Move 2 = Ski Jump & Snowboard Combo	25 secs	

POINTER

Encourage members to use light weights as this track is more challenging than it looks. Shoulder endurance and balance challenges will help strengthen many muscles groups. Big focus on stabilisation in the plank leg & hand step out, coach small range of movement and ensure hips to remain still by coaching a strong abdominal brace.

		MOVES / EXERCISES	REPS	CTS
00:00	1	Set up – Feet under hips 2x Light / Medium plates		2x8
00:10		2/2 Side Raise	x4	4x8
00:24		1/1 Side Raise 🕒 Preview first combination on last 1x8	x8	4x8
00:38		Rotator Raise	x8	8x8
01:05		Balance (Stand on R Leg)		4x8
01:19		Balancing Front Raise Plates OH - Standing Oblique Crunch L	x8 x8	4x8 4x8
01:46	2	Plates down (2x8), Transition to floor (2x8)		4x8
02:00		Plank Position – Leg Side Tap L&R	x4	4x8
02:14		Plank Position – Hand & Leg Step out L&R	x8	8x8
02:41	3	Transition to Stand		4x8
02:55		2/2 Side Raise	x4	4x8
03:08		1/1 Side Raise 🕒 Preview first combination on last 1x8	x8	4x8
03:22		Rotator Raise	x8	8x8
03:50		Balance (Stand on L Leg)		4x8
04:03		Balancing Front Raise Plates OH - Standing Oblique Crunch L	x8 x8	4x8 4x8
04:31	4	Plates down (2x8), Transition to floor (2x8)		4x8
04:44		Plank Position – Leg Side Tap L&R	x4	4x8
04:58		Plank Position – Hand & Leg Step out L&R	x8	8x8

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

	MOVES / EXERCISES	CTS
00:00	Childs Pose	4x8
00:18	Adductor Stretch L	4x8
00:33	Adductor Stretch R	4x8
00:48	Kneeling Hip Flexor Stretch R (L leg forward) - add Tricep stretch (R arm) after 1x8	4x8
01:02	Kneeling Hip Flexor Stretch L (R Leg forward) - add Tricep stretch (L arm) after 1x8	4x8
01:17	Downward Dog (walking feet)	8x8
01:32	<i>Slowly walk hands back to feet - holding forward fold (1x8) before rolling up to stand</i>	4x8
01:47	Quad Stretch L	4x8
02:17	ITB Stretch L	4x8
02:31	Quad Stretch R	4x8
02:31	ITB Stretch R	4x8
02:46	Shoulder Stretch L with Calf Stretch R	4x8
03:00	Shoulder Stretch R with Calf Stretch L	4x8
03:15	Arms wide to Chest Stretch	4x8



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

David Lloyd
— CLUBS —

