

A man with short grey hair and a beard, wearing an orange t-shirt and black shorts, is captured in a dynamic pose, performing a high kick. He has a tattoo on his left forearm. In the background, another man in a red shirt is also performing a similar movement. The scene is set in a dark room with dramatic lighting.

*David Lloyd*  
— CLUBS —

**IGNITE**  
ENERGY

**ENERGY #17**  
**INSTRUCTOR**  
**CHOREOGRAPHY NOTES**

# WELCOME TO IGN1TE ENERGY RELEASE 17

We're thrilled to introduce the latest release of IGN1TE Energy, 45 minutes of electrifying, sport-style movements designed to push limits and supercharge performance! This release brings fresh movements and patterns to elevate agility, coordination, and overall fitness.

You'll see powerful drills and different directional movements that are not only effective but fun, set to an incredible playlist of motivational music that will keep the energy high from start to finish.

Track 1 kicks off with a blend of strength and cardio moves, setting the stage to prepare both body and mind. Get ready for a fresh addition in progressive cardio: the side step run paired with the L-step curl. Athletic HIIT is straightforward yet intense, pushing your heart rate to new levels. We've added an exciting new element with a circle-style running track, leading into a powerful core-focused AMRAP and strength track to finish strong.

Get ready to inspire, engage, and transform your classes like never before. Let's bring the heat and IGN1TE the energy together!

Ben Grant

A handwritten signature in black ink that reads "benji". The script is fluid and cursive, with a large, looping 'i' at the end.

# 45 MINUTE FORMATS

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## 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

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## 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

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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 = 43:00**

## **Presenters for IGN1TE #17:**

Ben Grant - IGN1TE Head Trainer

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

T1ATHLETIC WARM UP

MAKE IT THERE /05:08

POINTER

Start with high energy to prepare everyone for the workout ahead. Explain the journey of the class and what to expect during the workout. Set up the rhythm of all movements by setting clear simple phonetic cues.



		MOVES	REPS	CTS
00:00		Front Stance		4x8
00:11		Stretch Sequence 1	x8	4x8
	1	Arms OH – 2x8		
		Adductor Stretch 2x8		
		Double Hamstring 2x8		
		Stand up – Shake off		
00:37		1/1/2 Squat Reach F	x4	4x8
00:49		3x Pulse Squat (Reach F & Open arms Wide)	x8	8x8
01:15		Run F, Bounce L&R, Run Back, Bounce L&R	x2	8x8
01:40		Step Touch L&R		4x8
01:53		1/1/2 Reverse Lunge L&R	x2	4x8
02:06	2	3x Pulse Reverse Lunge L&R (Reach F & Open arms wide)	x4	8x8
02:32		Run F, Bounce L&R, Run Back, 4x Jump Jack L&R	x8	8x8
02:57		Hold - Transition to Floor - Face L		4x8
03:10		2/2 Tricep Push Up	x6	6x8
03:23	3	Side Plank L	x2	4x8
03:36		Run F, Bounce R&L, Run Back, 4x Jump Jack L&R	x2	8x8
04:01		Hold - Transition to Floor - Face R		4x8
04:14		Step Curl L&R (With Curl Arms)	x6	4x8
04:27	4	Side Plank R		4x8
04:40		Run F, Bounce R&L, Run Back, 4x Jump Jack L&R	x2	8x8
		Finish: Feet Together, Hands by side B		

# T2 PROGRESSIVE CARDIO

## POINTER

Focus on successfully coaching the L-Step Pattern. Different patterns and combinations to play around with, be playful in this track by not taking it too seriously. Match your vocals with the light feel to this track

AFTERGLOW / 05:21

		MOVES	REPS	CTS
00:00		Jog OTS		4x8
00:15		Side Step Run L	x8	4x8
00:27		3x Side Step Run Travel F, Run B	x2	4x8
00:39		3x Side Step Run Travel F, Run B	x4	8x8
01:03	1	Step Curl L&R  Preview next move	x8	4x8
01:15		L-Step Curl L	x8	8x8
01:39		3x Side Step Run Travel F, Run B, L- Step Curl L	x1	4x8
01:51		3x Side Step Run Travel F, Run B, L- Step Curl L	x2	8x8
02:15		Jump Jack	x8	4x8
02:15		Jump Jack (Add Arms - Single, Single, Double)	x4	4x8
02:39	2	Bounce OTS (R)		4x8
02:51		Side Step Run R	x8	4x8
03:03		3x Side Step Run Travel F, Run B	x2	4x8
03:14		3x Side Step Run Travel F, Run B	x4	8x8
03:39		Step Curl R&L  Preview next move	x8	4x8
03:51		L-Step Curl R	x8	8x8
04:15		3x Side Step Run Travel F, Run B, L- Step Curl R	x1	4x8
04:27		3x Side Step Run Travel F, Run B, L- Step Curl R	x2	8x8
04:51		Jump Jacks – single single double arms	x8	8x8

## POINTER

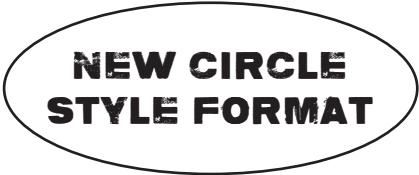
Focus on 3 challenging blocks of work. Your aim is to coach distance and power in the 3 step run. Encourage the recoveries so you can get everyone working with more intensity in the training blocks. It should feel slightly uncomfortable but achievable. Don't forget to get members together for the high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

		MOVES	REPS	CTS
00:00	1	<b>Jog OTS</b>		4x8
00:15		Alt Knee Lift L&R	x8	4x8
00:27		4x Knee L, 4x Knee R	x2	4x8
00:38		Square Combo – 4x Knee L, High Knee Run F, 4x Knee R, High Knee Run B	x2	16x8
01:25		Explain Off the Beat Protocol		4x8
01:36		Off Beat - Burpees	Off beat	8x8
01:59	2	<b>Recover</b>		4x8
02:11		Alt Knee L&R	x8	4x8
02:23		4x Knee L, 4x Knee R	x2	4x8
02:34		Square Combo – 4x Knee L, High Knee Run F, 4x Knee R, High Knee Run B	x2	16x8
03:21		Explain Off the Beat Protocol		4x8
03:33		Off Beat - 2x Jump Jacks & 1x Air Jack	Off Beat	8x8
03:56	3	<b>Recover</b>		
04:08		Alt Knee Lift L&R	x8	4x8
04:19		4x Knee L, 4x Knee R	x2	4x8
04:31		Square Combo – 4x Knee L, High Knee Run F, 4x Knee R, High Knee Run B	x2	16x8
05:17		Explain Off the Beat Protocol		4x8
05:29		Coaches Call - <b>Call out any 3 moves:</b> Jump Jacks, Air Jacks & Burpees	Off Beat	8x8

POINTER

First time we’ve brought a circle run into the workout. Make sure everyone is spread out, you have enough room, and you coach the direction to run in early. Light and lifted track with elements of lower body strength training. Explain how runners use the Lunge, Knee combo as a drill in training.

		MOVES	REPS	CTS
00:00	1	Bounce L&R		8x8
00:27		Lunge, Knee Lift, Lunge L – Repeat R	x6	12x8
01:01		Knee Repeater L	x16	4x8
01:13		Circle Run – Clockwise	x1	8x8
01:36	2	Shuffle with Arm Pull (OTS)	x32	4x8
01:48		Bounce L&R		4x8
02:00		Lunge, Knee Lift, Lunge L – Repeat R (add jump on knee lift)	x6	12x8
02:35		Knee Repeater	x16	4x8
02:46		Circle Run – Anti Clockwise	x1	8x8
03:10	3	Shuffle with Arm Pull (OTS)	x32	4x8
03:21		Bounce L&R		4x8
03:33		Lunge, Knee Lift, Lunge L – Repeat R (add jump on knee lift)	x6	12x8
04:08		Knee Repeater	x16	4x8
04:19		Circle Run – Clockwise	x1	8x8
04:42		Shuffle with Arm Pull (OTS)	x8	8x8





## POINTER

3 identical rounds! Long blocks of work to focus on endurance training. Time to improve everyone's fitness. Single leg stability workout in the skaters as well as driving the heart rate in the high knees and jump jack sequence. This is the last track so lots of motivation but don't become too shouty. Control....and IGNITE to the finish!

		MOVES	REPS	CTS
00:00	1	Jog OTS		8x8
00:27		3x Skater L,R,L, Hold – Repeat R	x2	4x8
00:40		3x Skater, L,R,L, 1x Single knee Hop	x4	8x8
01:03		Ladder Run (Side to Side)	x1	4x8
		Ladder Run (Forward and Back)	x1	4x8
01:28		Jump Jacks (Single, Single, 2x Double Reach)	x16	8x8
01:51		Transition to Floor		2x8
01:57		Push-up (Off the beat)	Off Beat	8x8
02:21	2	Recover		8x8
02:45		3x Skater L,R,L, Hold – Repeat R	x2	4x8
02:57		3x Skater, L,R,L, 1x Single knee Hop	x4	8x8
03:21		Ladder Run (Side to Side)	x1	8x8
		Ladder Run (Forward and Back)		
03:45		Jump Jacks (Single, Single, 2x Double Reach)	x16	8x8
04:09		Transition to Floor		2x8
04:15		Push-up (Off the beat)	Off Beat	8x8
04:39	3	Recover		8x8
05:03		3x Skater L,R,L, Hold	x2	4x8
05:15		3x Skater L,R,L, 1x Single knee Hop	x4	8x8
05:39		High Knee Run	x1	4x8
		Add in Sprint OTS		4x8
06:03		Jump Jacks (Single, Single, 2x Double Reach)	x16	8x8

POINTER

Modified Tabata Training – 1 big block with 8 sections. Each section has 25 seconds of intensity followed by 12 seconds of recovery. Short sharp cues to set up and then leave them to it. Demo each move and walk around to motivate individuals (1-2-1).

EQUIPMENT

1x Medium Plate  
(2.5kg - 5kg)

	MOVES / EXERCISES	REPS	CTS
00:00	Set up Protocol - Demo Moves 25 Secs work /12 secs rest x8 Rounds		10x8
00:34	Move 1 = Pyramid Squat Press L&R  Move 2 = 2x Plank Jacks, 1x Half Bear Crawl	8 rounds	96x8

POINTER

Core Training – Obliques, Glutes, upper & lower back. 2 rounds on the floor, 1x round standing. Set up each movement as quickly as possible. Be sure to offer different levels for everyone to feel successful.

		MOVES / EXERCISES	REPS	CTS
00:00	1	Intro – Mat & 1x Light / Medium Plate (2.5/5kg)		2x8
00:10		Set up Side Plank L 🕒 Preview next move		6x8
00:30		Side Plank L – 1/1 Hip Lift	x16	8x8
00:58		Transition to Back – 1x8 1/1 Hip Bridge	x14	8x8
01:25		Hold Hip Bridge – 2x8 Transition to Side Plank L – 2x8 🕒 Preview next move	x1	4x8
01:39		Side Plank L – Oblique Crunch	x8	8x8
02:06	2	Set up Side Plank R		6x8
02:27		Side Plank R – 1/1 Hip Lift	x16	8x8
02:54		Transition to Back – 1x8 1/1 Hip Bridge	x14	8x8
03:22		Hold Hip Bridge – 2x8 Transition to Side Plank R – 2x8	x1	4x8
03:36		Side Plank R – Oblique Crunch	x8	8x8
04:03	3	Transition to stand – Grab 1x Weight Plate		4x8
04:17		1/1/2 Squat & Plate Clean	x2	2x8
04:24		1/1 Squat & Plate Clean	x16	8x8
04:51		Recover – Prepare Lunges		4x8
05:05		1/1/2 Alt Reverse Lunge L&R (Hold Plate)	x2	4x8
05:18		1/1 Alt Reverse Lunge L&R (Hold Plate)	x4	4x8
05:32		1/1 Alt Reverse Lunge L&R (Plate Press)	x8	8x8

T8 COOLDOWN

YOU'RE MY EVERYTHING / 03:44

Reward you memebtrs with a calm, well deserved cooldown. Please feel free to use this choreographed cooldown or be creatvie and create your own. Ensure you strecth all muscles groups. Don't forget to congradulate everyone on their efforts and see them next time.

	MOVES / EXERCISES	REPS	CTS
00:00	Shoulder Roll – Release arms & legs		4x8
00:19	Stretch Sequence Reach OH – 2x8 Double Adductor Stretch – 2x8 Double Hamstring Stretch – 4x8		8x8
00:50	Adductor Stretch L&R	x2	4x8
01:05	Adductor Stretch L&R (Add Single Arm Reach OH)	x1	4x8
01:21	Walk out – Transition to floor		1x8
01:25	Downdog (Walk out feet)		3x8
01:36	Downdog – Reach L		2x8
01:44	Downdog – Reach R		2x8
01:52	1 Hip Flexor Stretch L – Spinal Twist R		2x8
02:00			2x8
02:07	Hip Flexor Stretch R – Spinal Twist R		2x8
02:15	Hamstring Stretch R		2x8
02:23	Childs Pose		2x8
02:29	Child's Pose & Shoulder Stretch L		2x8
02:38	Child's Pose & Shoulder Stretch R		2x8
02:46	Transition to Stand		2x8
02:54	Quad Stretch L		4x8
03:09	Quad Stretch R		4x8
03:25	Chest Stretch		2x8
03:32	Back Stretch		2x8



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 —

