

A woman with blonde hair tied back, wearing a black tank top and red patterned leggings, is captured in a dynamic, athletic pose. She is looking off to the side with a focused expression. The lighting is dramatic, highlighting her muscles and the texture of her clothing.

*David Lloyd*  
— CLUBS —

**IGN1TE**  
ENERGY

**ENERGY #18**  
**INSTRUCTOR**  
**CHOREOGRAPHY NOTES**

# WELCOME TO IGN1TE ENERGY RELEASE 18

Welcome to IGN1TE #18, the workout that's about to shake things up, literally! This 45-minute session is powered by 8 high-energy, motivational tracks that will get your class fired up and ready to move in ways they never have before. With a focus on 'multi-directional training', this release adds variety to every move, engaging muscles from new angles and creating a fun, dynamic challenge.

Expect fresh combinations, bursts of energy, and just the right amount of intensity to keep everyone on their toes. Whether your participants are flowing through new combos or switching it up with fast-paced directional shifts, they'll be having too much fun to realize how hard they're working! The variety will keep them engaged and the music will motivate them to push through every step.

With 'IGN1TE #18', time to lead them through an exciting fitness experience that builds strength, coordination, and agility. So, crank up the volume, get them moving in every direction, and watch them ignite their potential!

Ben Grant

*Benji*

IGN1TE Product Head  
David Lloyd Clubs

# 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 Warm Up** / 365 / 05:28
2. **Progressive Cardio** / Gala Day / 04:50
3. **Athletic HIIT** / Step into the Future / 05:38
4. **Assemble** / One Night Only / 05:30
5. **Surge** / Feeling Dizzy / 06:15
6. **AMRAP** / No Hurry / 05:13
7. **Strength & Conditioning** / Luxury / 04:58
8. **Cooldown** / Dusk Till Dawn / 03:53

**Total Run Time = 41:45**

## **Presenters for IGN1TE #18:**

Scott Hitchcock - DL Brighton

Kyle Gillingham - DL Dartford / Kidbrooke

Julie Reynolds - DL Sunderland

## **Special thanks to:**

SIX15 - Music Production

Johnson Digital - Video Production

UK & EU Master Trainer Team - Training & CCEMs

POINTER

Focus on warming up the class with an engaging introduction of the key combinations they'll see throughout the workout. As you progress, accelerate the pace and vocal delivery to lift heart rates and prime the body for the more challenging sections ahead. This warm-up sets the tone!

		MOVES	REPS	CTS
00:05	1	Front Stance		2x8
		OH Stretch		2x8
00:17		Bounce L&R		4x8
00:30		Step Touch L&R (Bicep Arms)	x8	4x8
00:43		Run F, Run B	x4	8x8
01:08		Step Touch L&R (Bicep Arms)	x8	4x8
01:21		Step Curl L&R (Double Arm Reach)	x8	4x8
01:34	2	Hold	-	1x8
01:37		<b>Transition to floor into Plank</b>	-	2x8
01:44		Shoulder Tap L&R	x6	6x8
01:57		Tricep Push Up ( <i>Transition Up on last 4cts</i> )	x8	4x8
02:09		Run F, Run B	x4	8x8
02:35		Freeze Knee L&R Freeze Knee L - Hold Feet Wide - Prepare to Squat	x4	4x8 ½x8 ½x8
03:03	3	1/1 Squat	x8	4x8
03:04		1/1 Squat OH Reach	x8	4x8
03:16		Run F, Run B	x4	8x8
03:42		Step Touch L&R (Bicep Arms)	x8	4x8
03:55		Step Curl L&R (Double Arm Reach)	x8	4x8
04:08		Hold	-	1x8
04:11		<b>Transition to floor into Plank</b>	-	2x8
		Shoulder Tap L&R	x6	6x8
04:30		Tricep Push Up ( <i>Transition Up on last 4cts</i> )	x8	4x8
04:43		Run F, Run B	x4	8x8
05:08		Freeze Knee L&R Freeze Knee L - Hold	x4	4x8

T2 PROGRESSIVE  
CARDIO

GALA DAY / 04:50

POINTER

Carnival vibes come to life! As the energy rises, coach your class through fun, dynamic movements while ensuring everyone is heading in the right direction as you turn. Use clear cues and playful encouragement to keep the atmosphere lively and engaging. Don't push too hard as the we are still warming up.

		MOVES	REPS	CTS
00:03	1	Set up		2x8
00:09		Jog OTS 🕒 Preview next move		4x8
00:21		Step Curl L&R	x8	4x8
00:33		Gallop L&R (Curl Arms)	x4	4x8
00:45		Box Step L	x8	4x8
00:57	2	Run F, Box Step Double Bounce x2, Run B, Box Step Double Bounce x2	x2	8x8
01:21		Step Over L&R	x8	4x8
01:33		Run F, Step Over L&R, Run B, Step Over L&R	x2	8x8
01:57	3	Step Curl L&R	x8	4x8
02:09		Gallop L&R	x4½	4½x8
02:22		Box Step R	x8	4x8
02:35		Run F, Box Step x2, Run B, Box Step x2	x2	8x8
02:58		Step Over R&L	x8	4x8
03:11		Run F, Step Over R&L, Run B, Step Over R&L	x2	8x8
03:34	4	Recover	-	4x8
03:47		Box Step 🕒 Preview next move	x8	4x8
03:58		Box Step L x1, Pivot Turn x1, Jog OTS	x4	4x8
04:11		Run F, Box Step x1, Pivot Turn x1, Run B, Box Step x1, Pivot Turn x1 Any pose to finsih	x3	12x8

## POINTER

Where the first big push begins! Get ready to challenge your class with three high-intensity blocks designed to push their limits. Each block consists of simple athletic moves. Use the recovery times to let participants catch their breath and prepare for the next push. Encourage them to dig deep during the work phases and remind them that every rep is a step toward their goals. Let's get ready to sweat!

		MOVES	REPS	CTS
00:03	1	Prepare to move		8x8
00:25		Skater L&R		4x8
00:37		3-Step Run L&R	x8	8x8
01:00		Shuffle OTS		3x8
01:08		Hold		1x8
01:11		High Knee Run - Square Pattern L	x1	4x8
		Skater L&R		4x8
	High Knee Run - Square PatternR		4x8	
	Skater L&R		4x8	
01:57	2	Recover		4x8
02:08		Step Touch L&R	x8	4x8
02:20		3-Step Run L&R	x8	8x8
02:43		Shuffle OTS		3x8
02:51		Hold		1x8
02:54		Jump Jack	x1	4x8
		Mountain Climber		4x8
	Jump Jack	4x8		
	Mountain climber	4x8		
03:40	3	Recover		4x8
03:51		Step Touch L&R		4x8
04:03		3-Step Run L&R	x8	8x8
04:25		Shuffle OTS		3x8
04:34		Hold		1x8
04:37		High Knee Run - Square Pattern L	x1	4x8
		Skater L&R		4x8
		High Knee Run - Square Pattern R		4x8
	Skater L&R	4x8		
05:22	High Knee Sprint		4x8	

POINTER



Bringing back some classic kicks and knees with a fresh twist! This fun and energising track ties in perfectly with our theme of moving in different directions, allowing participants to channel their inner rhythm while executing these moves. This is a track everyone will love, so let the good vibes roll! How will you interact with your class.

		MOVES	REPS	CTS
00:03		Prepare to move – Track Intro		4x8
00:15		Jog OTS 🕒 Preview next move		4x8
00:26		Single Knee L&R	x8	4x8
00:39		Double Knee L&R	x4	4x8
00:51	1	Run F, Double Arm Punch F x4, Single Kick L&R x2 Run B, Double Arm Punch F x4, Single Kick L&R x2	x2	8x8
01:14		Single Knee L&R	x8	4x8
01:27		Single Kick L&R	x8	4x8
01:38		4x Front Kick – Turn L (360)	x1	4x8
01:51		Hold		4x8
02:03	2	Repeat Block 1		72x8
03:51	3	Repeat Block 1		68x8



POINTER

Combine cardio and strength-based moves for an intense workout experience. Use visual cues to guide everyone to run to the corners, emphasising the importance of explosive movement. It's crucial to match your vocal tone and physicality with the energy of the track, signaling when to push harder or slow down. Keep the motivation high and remind everyone that they're capable during this challenging yet rewarding track!

		MOVES	REPS	CTS
00:03	1	<b>Prepare to move – Track Intro</b>  <i>Preview next move</i>		8x8
00:26		Double Hop L&R	x8	4x8
00:37		High Knee Run Diagonal L, 8x Jump Jack, High Knee Run Diagonal R, 8x Jump Jack	x2	16x8
01:24		<b>Transition to the floor</b>		2x8
01:30	2	Plank Hold		8x8
01:53		<b>Transition up</b>		½ x8
01:55		High Knee Run Diagonal L, 8x Jump Jack, High Knee Run Diagonal R, 8x Jump Jack	x2	16x8
02:41		Freeze Knee L&R	x4	4x8
02:53		<b>Recover</b>  <i>Preview next move</i>		8x8
03:16		Double Hop L&R	x8	4x8
03:28		High Knee Run Diagonal L, 4x Jump Jack, 4x F&B Jumps, High Knee Run Diagonal R, 4x Jump Jack, 4x F&B Jumps	x2	16x8
04:14		<b>Transition to the floor</b>		2x8
04:20	3	Plank Hold		8x8
04:43		<b>Transition up</b>		½ x8
04:45		High Knee Run Diagonal L, 4x Jump Jack, 2x F&B Jumps, 1x Tuck Jump, High Knee Run Diagonal R, 4x Jump Jack, 2x F&B Jumps, 1x Tuck Jump	x2	16x8
05:31		Freeze Knee L&R	x4	4x8
05:43		High Knee Run	-	4x8
05:54		Freeze Knee L&R	x4	4x8

POINTER

Energising circuit featuring 3 rounds of Cardio & Strength based exercises! Each round lasts approximately 60 seconds and includes a blend of 2 exercises, shoulder work and then heart rate lifting moves. After each round, celebrate the hard work with well-deserved recovery periods that allow participants to catch their breath and reset for the next challenge.

	MOVES / EXERCISES	REPS	CTS
00:03	Set up	35 seconds	12x8
00:41	Work – Mac Raise - Shoulders	60 Seconds	8x8
01:07	Rest - Explain next move		4x8
01:19	Work – Surfer Burpee		8x8
01:45	Recover - Explain Next Move -	35 seconds	12x8
02:23	Work – Shoulder Press & Tricep Extension	60 Seconds	8x8
02:49	Rest - Explain next move		4x8
03:02	Work – Lunge, Knee, Lunge - Change Legs		8x8
03:27	Recover - Explain Next Move	35 seconds	12x8
04:06	Work – Mac Raise - Shoulders	60 Seconds	8x8
04:31	Rest - Explain next move		4x8
04:44	Work – Surfer Burpee		8x8

# T7 STRENGTH & CONDITIONING

LUXURY / 04:58




## EQUIPMENT

1x Medium Weight

1x Mat

### POINTER

**Check space around before moving!** Slow things down and shift the focus to core stability. This track emphasises precision, coach your class on positioning and alignment to maximise the benefits of each move. Encourage participants to engage their core throughout & maintain balance as they move. Offer options for all levels.

		MOVES / EXERCISES	REPS	CTS
00:03		Intro – Transition to Floor		
00:17		<b>Set up – Pointer</b>		4x8
		<i>Preview Next Move</i>		
00:31	1	 <b>Pointer Combo L</b>	x10	10x8
01:07		Transition to Kneeling Press	x2	2x8
		<i>Preview Next Move</i>		
01:14		 Kneeling Shoulder Press R	x14	7x8
		Transition to Pointer		1x8
01:42		<b>Pointer Combo R</b>	x10	10x8
02:10	2	Transition to Kneeling Press		2x8
		<i>Preview Next Move</i>		
02:25		 Kneeling Shoulder Press L	x16	8x8
02:53		Transition to floor – Plate to Forehead	-	4x8
03:07		Plate Crunch 2/2	x8	8x8
03:36	3	Triple Pulse C-Crunch With Single Extension	x12	12x8
		Plate Down - Prepare for Cross Crawl	-	2x8
04:26		Cross Crawl L&R - With Toe Tap L&R	x16	4x8
		Cross Crawl L&R - With Leg Extension L&R	x16	4x8

Guide your class into a calm, restorative cooldown. Focus gentle, flowing stretches to release any tension and enhance flexibility. This is the time to reconnect with their breath and bring their heart rate down. Congratulate them on their hard work and dedication throughout the session, leaving them with a sense of accomplishment as they finish strong.

*Option: Feel free to create your own cooldown to this track.*

	MOVES / EXERCISES	REPS	CTS
00:03	Transition to front - Set up Childs Pose	-	2x8
00:10	Childs Pose	x1	4x8
00:26	Childs Pose & Shoulder Stretch L	x1	2x8
	Childs Pose & Shoulder Stretch R		2x8
00:41	Cow & Cat Stretch	x2	8x8
01:12	Kneeling Adductor Stretch L	x1	2x8
	Hip Flexor R OH Reach		2x8
00:00	Hamstring Stretch L	x1	4x8
01:28	Kneeling Adductor Stretch R	x1	2x8
	Hip Flexor L OH Reach		2x8
00:00	Hamstring Stretch R	x1	4x8
01:43	Downward Facing Dog	x1	8x8
02:14	Standing Quad Stretch L	x1	2x8
	Standing Glute Stretch L		2x8
02:30	Standing Quad Stretch R	x1	2x8
	Standing Glute Stretch R		2x8
02:45	Upper Back Stretch	x1	2x8
	ITB Stretch L		2x8
03:16	ITB Stretch R	x1	2x8
	Chest 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 —

