



David Lloyd
— CLUBS —

IGN1TE
SPEED | STRENGTH | STRIKE

STRIKE #10
Instructor
Choreography Notes

45 minute FORMATS

IGNITE CLASSIC

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

IGNITE STRIKE

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

30 minute FORMATS

IGNITE ATHLETIC

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

IGNITE CLASSIC

1. Athletic or Strike Warm up
2. Strike #1
3. Athletic HIIT
4. Strike #2, 3 or 4
5. Strength & Conditioning
6. AMRAP
7. Cooldown*

IGNITE 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.*

T1 STRIKE WARM UP

Lift Off > 04.36

TIME		MOVE	REPS	MUSIC
00:00	1	L Combat Stance	-	4x8
00:18		Single Jab L	x16	4x8
00:31		Hook L&R	x8	4x8
00:44		Uppercut L, Cross R, Uppercut L, Pulse F&B	x8	8x8
01:11		Jab L, Cross R, Jab L, Scissor	x8	8x8
01:38		Scissor	-	2x8
01:44	2	R Combat Stance		
01:44		Single Jab R	x16	4x8
01:58		Hook R&L	x8	4x8
02:11		Uppercut R, Cross L, Uppercut R Pulse F&B	x8	8x8
02:37		Jab R, Cross L, Jab R, Scissor	x8	8x8
03:04	3	Front Stance	-	2x8
03:10		Side Kick L, pulse, Side Kick R	x4	8x8
03:38		Shuffle L, Side Kick L – Repeat R	x4	8x8
04:04		Single L Knee	x16	4x8
04:17		Single R Knee	x16	4x8

T2 STRIKE 1

Right Now, Right Here > 04:23

TIME		MOVE	REPS	MUSIC
00:00	1	L Combat Stance	-	4x8
00:16		Uppercut L,R, Hook L, Pulse	x8	8x8
		<i>Last rep preview Heel Drop Kick R</i>		
00:42		Uppercut L,R, Hook L, Drop Kick	x8	8x8
01:09		Guard L		1x8
		Feet Wide Squat – Cross Arms		1x8
		Guard R		1x8
		Pulse F		1x8
01:22	2	R Combat Stance		
		Uppercut R,L, Hook R, Pulse	x8	8x8
01:48		Uppercut R,L, Hook R, Drop Kick	x8	8x8
02:16	3	Squat Hold – Arms Crossed	-	2x8
02:23		Shoot L, Shoot R – Low	x4	4x8
02:36		Shoot L, Shoot R – Add Bounce	x9	8x8
03:02	4	Front Stance	-	2x8
03:06		Squat Pulse – Cross Arms	x16	4x8
03:22		Double Side Kick L (Low/High) x4 Repeat R	x4	8x8
03:49		Shuffle L Double Side Kick L – Repeat R	x4	8x8

T3 STRIKE 2

You make me smile > 05:18

TIME		MOVE	REPS	MUSIC
00:00	1	L Combat Stance	-	4x8
00:16		Run OTS	-	4x8
00:27		Jab, Cross L&R	x32	8x8
00:50		Jab, Cross L&R x 2, Hook L&R	x8	8x8
01:13		Uppercut L, Cross R, Uppercut L, Pulse	x8	8x8
01:35		Add Scissor	x4	4x8
01:46		Full Combo Jab, Cross L&R x 4, Uppercut L, Cross R, Uppercut L, Scissor	x6	12x8
02:20	2	Recover – Run OTS	-	4x8
		R Combat Stance		
02:31		Jab, Cross R&L	x32	8x8
02:54		Jab, Cross R&L x 2, Hook R&L	x8	8x8
03:17		Uppercut R, Cross L, Uppercut R Pulse	x8	8x8
03:39		Add Scissor	x4	4x8
03:51		Full Combo Jab, Cross R&L x 4, Uppercut R, Cross L, Uppercut R, Scissor	x6	12x8
04:24	3	Recover – Run OTS	-	8x8
04:39		Front Stance		
05:00		Jabs L&R Uppercuts L&R	x32 x16	4x8 4x8

T4 Combat Matrix

It's time to change your life forever > 05:58

TIME		MOVE	REPS	MUSIC
00:00		L Combat Stance	-	4x8
00:18		Jab L, Cross R, Hook L, Pulse	x4	4x8
		Add Round Kick Set Up L	x4	4x8
		Add Low Round Kick L	x2	2x8
		Add Powerful Round Kick L	x8	8x8
01:18	1	Round Kick Repeater	x25	6x8
01:38		Recover – Preview Next Move	-	2x8
01:45		3x Pulse Lunge R, 1x Squat	x4	4x8
01:56		Lunge, Front Kick R, Lunge, 1x Squat	x4	4x8
		Add Jump	x4	4x8
02:26		R Combat Stance	-	2x8
02:32		Jab R, Cross L, Hook R, Pulse	x4	4x8
		Add Round Kick Set Up R	x4	4x8
		Add Low Round Kick R	x2	2x8
		Add Powerful Round Kick R	x8	8x8
03:32	2	Round Kick Repeater	x25	6x8
03:51		Recover – Preview Next Move		2x8
03:58		3x Pulse Lunge L, 1x Squat	x4	4x8
04:11		Lunge, Front Kick L, Lunge, 1x Squat	x4	4x8
		Add Jump	x4	4x8
04:37		Front Stance		
04:54	3	2 x Round Knees L, 1x Side Kick L	x8	8x8
05:21		2 x Round Knees R, 1x Side Kick R	x8	

T5 STRIKE #3

GO! > 05:35

TIME		MOVE	REPS	MUSIC
00:00		Front Stance	-	2x8
00:10		Double L Knee, Double R Knee	x6	6x8
00:27		Single Knee L&R	x8	4x8
00:38		Running Knees L&R	x8	4x8
00:49	1	L Combat Stance		
00:49		Descending Elbow L	x16	8x8
01:12		3 x R Knee, 1x Descending Elbow L	x12	12x8
01:46		Slow Downward Punch R	x8	4x8
01:57		Fast Downward Punch R	x16	4x8
02:08		3 x R Knee, 1x Descending Elbow L	x8	8x8
02:31	2	R Combat Stance	-	4x8
02:42		Descending Elbow R	x16	8x8
03:05		3 x R Knee, 1x Descending Elbow L	x12	12x8
03:39		Slow Downward Punch R	x8	4x8
03:50		Fast Downward Punch R	x16	4x8
04:01		3 x R Knee, 1x Descending Elbow L	x8	8x8
04:24	3	Front Stance		2x8
04:29		Double L Knee, Double R Knee	x5	5x8
04:44		Knee Combo L & R Running Knees x 4, L Knee x 4 R & L Running Knees x 4, R Knee x 4 1x Jump Knee to Finish	x4	16x8

T6 Strike #4

Final Fight > 05:04

TIME		MOVE	REPS	MUSIC
00:00	1	Front Stance Run	-	8x8
00:27		Slow Jab L&R	x8	4x8
00:39		Fast Jab L&R	x32	8x8
01:01		Combo 1 Jabs L&R x 2, Hook L&R	x8	8x8
01:23		L Combat Stance 4x Jabs L, Run OTS	x2	4x8
		Add Step	x2	4x8
		Add Travel forward & Run Back	x4	8x8
02:08		Front Stance Combo 1 Jabs L&R x 2, Hook L&R	x8	8x8
02:31	2	Run OTS	-	4x8
02:42		Front Stance Slow Jab R&L	x8	4x8
02:54		Combo 1 2Jabs R&L x 2, Hook R&L	x8	8x8
03:17		R Combat Stance 4x Jabs R, Run OTS	x2	4x8
		Add Step	x2	4x8
		Add Travel forward & Run Back	x4	8x8
04:01		Front Stance Combo 1 2 Fast Jabs R&L, 2x Hook R&L	x8	8x8
04:24	3	Run OTS	-	4x8
04:35		Fast Jabs L&R	x32	8x8

T7 Strength & Conditioning

I've been fighting > 04:51

TIME		MOVE	REPS	MUSIC
00:00	1	Set Up 2x Medium / Light Plates Plates Stacked	-	5x8
00:22		L Leg - Single Leg Tap Combo Forward, Centre, Side, Centre	x8	8x8
00:51		Set up Standing Oblique Crunch	-	4x8
01:05		Standing Oblique Crunch L Knee to Elbow	x16	8x8
01:33		Recover – Set up	-	3x8
01:44	2	R Leg - Single Leg Tap Combo Forward, Centre, Side, Centre	x6	6x8
02:05		Set up Standing Oblique Crunch	-	4x8
02:19		Standing Oblique Crunch R Knee to Elbow	x16	8x8
02:48	3	Recover – Plates Down	-	3x8
02:59		Walk Outs <i>Hold last rep down – Plank</i>	x3	6x8
03:19		2/2 Tricep Push Ups	x8	8x8
03:48		Plank Hold	x1	4x8
04:02		3x Pulse Chest Push Ups	x8	8x8
04:30		1/1 Chest Push Ups Down & Hold	x8	4x8

T8 AMRAP

Body Pop > 03:54

TIME		MOVE	REPS	MUSIC
00:00	1	Set up - Explain Rounds / Timings / Moves	-	12x8
00:43		2 x Front Raise & 2 x Squat Jumps	28 Seconds	8x8
01:10	2	Recover – Explain next move	-	8x8
01:37		Squat Jack with Alt Reach Down OR Burpee	28 Seconds	8x8
02:03	3	Recover – Explain next move	-	8x8
02:30		2 x Front Raise & 2 x Squat Jumps	28 Seconds	8x8
02:56	4	Recover – Explain next move	-	8x8
03:22		SSquat Jack with Alt Reach Down OR Burpee OPTION Single Alt Arm Burpee	28 Seconds	8x8



T9 COOLDOWN

Capsized > 03:25

Time to recover, stretch & congratulate members.

Create your own cooldown, it must include the following:

- Lower body mobility exercises
- 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 or suggestion please email:
IGN1TE.submissions@davidlloyd.co.uk