

A man and a woman are shown in a boxing stance, facing each other. The woman is in the foreground, looking intently at the man. The man is in the background, also looking at her. Both have a bright orange, glowing energy effect on their arms, particularly on the forearms and shoulders. The background is dark with vertical white light streaks.

David Lloyd
— CLUBS —

IGN1TE
SPEED | STRENGTH | STRIKE

STRIKE #11

INSTRUCTOR CHOREOGRAPHY NOTES

WELCOME TO IGN1TE STRIKE RELEASE 11

Welcome IGN1TE instructors to STRIKE Release 11! We are super excited for you to learn this epic release and bring it to life in your club!

We hope you noticed a shift in energy in release 10 with our bespoke music designed specifically for IGN1TE. This new, upbeat, fiery music will help you bring the moves to life and IGN1TE the fire in your classes.

To help with your delivery of this release and moving forward, we have included what we like to call a 'Pointer' for each track. These helpful hints and tips will prepare you to coach and bring each track to life with individuality and style.

We have 9 insanely epic tracks. Highlights for this release are the Combat Matrix with a crazy leg focus that will ensure you feel the burn. Be ready to find some air time in Strike 3 with the return of the Jump Knee and then there is the AMRAP, 3 x 55 second blocks of work to ensure your members empty the tank!

I have really enjoyed creating this release and co-producing the music for you to enjoy and deliver to your members.

Thank you for your continued hard work and support of the programme. Have a blast this round.

Ben Grant

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

45 MINUTE FORMATS

IGN1TE CLASSIC

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

30 MINUTE FORMATS

IGN1TE ATHLETIC

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

IGN1TE CLASSIC

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

IGN1TE 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, attend an Holistic Class of their choice or use the David Lloyd App and access a class at home.

MIXING RELEASES

When it comes to mixing we actively encourage you to do this to keep the release fresh for longer. After 3 weeks of the new release, if you are ready begin to mix in some old tracks to you class plan. A great idea is to ask your members for their favourite tracks and mix these in. Ensure you keep tracks that you swap like for like, be aware of the length of your playlist and be careful not to overdo certain moves.

T1 STRIKE WARM UP

GET READY / 04:42

POINTER

GET READY for an energetic, upbeat warmup. Time to use basic Stage 1 Coaching supported with clear visual cues to help your members flow from one move to the next. And as always, don't forget to connect and have fun!

		MOVES	REPS	CTS
00:00		Front Stance		1x8
00:05	1	Stretch Sequence: Chest Stretch 1x8, Back 1x8, Reach OH 1x8, Guard 1x8	x1	4x8
00:18		Scissor L&R	x16	4x8
00:32		Shuffle L, 2x Jabs L&R – Repeat R	x4	8x8
00:58		Shuffle L, Hook L&R – Repeat R	x2	4x8
01:12	2	Left Combat Stance 2x Uppercut L, 2x Uppercut R	x8	8x8
01:38		Uppercut L,R,L 2x Jump Jacks	x4	4x8
01:52		Front Stance Shuffle L, 2x Jabs L&R – Repeat R	x4	8x8
02:19	3	Hold Front Stance		1x8
02:22		Hip Roll L&R	x4	4x8
02:35		Knee Kick L, Pulse Knee Kick R	x2	4x8
02:49		Shuffle L, Knee Kick L – Repeat R	x4	8x8
03:16		3x Knee L, Step, Step, Step, 3x Knee R	x2	4x8
03:29	4	Right Combat Stance 2x Uppercut R, 2x Uppercut L	x8	8x8
03:55		Uppercut R,L,R, 2x Jump Jacks	x4	4x8
04:09		Front Stance Shuffle L, 2x Jabs L&R – Repeat R (Extra Jab to finish)	x4	8x8

POINTER

Time for the first fight exploring Boxing, Kick Boxing and Taekwondo. Continue to use Stage 1 Coaching and add in Phoenetic cues to help your members understand the combos.

	BLOCKS	MOVES / EXERCISES	REPS	CTS
00:00	1	Left Combat Stance		2x8
00:09		2x Jab L, Cross R, Pulse F&B	x8	8x8
00:35		2x Jab L, Cross R, Back Kick R	x4	4x8
00:49		2x Jab L, Cross R, Back Kick R, Knee L <i>(Last 4 reps add a hop to the knee)</i>	x8	8x8
01:15		Front Stance 4x Hook L&R, Pulse L&R	x4	8x8
01:42		3x Hook L,R,L, Back Fist L, Pulse L&R	x2	4x8
01:55		3x Hook L,R,L, Back Fist L, 2x Side Kick R <i>(on last rep 3x Side Kick)</i>	x6	12x8
02:35	2	Right Combat Stance		2x8
02:42		2x Jab R, Cross L, Pulse F&B	x4	4x8
02:56		2x Jab R, Cross L, Back Kick L	x4	4x8
03:09		2x Jab R, Cross, L Back Kick L, Knee R <i>(Last 4 reps add a hop to the knee)</i>	x8	8x8
03:35		Front Stance 4x Hook R&L, Pulse R&L	x2	4x8
03:49		3x Hook R,L,R, 1x Back Fist, Pulse R&L	x2	4x8
04:02		3x Hook R,L,R, Back Fist R, 2x Side Kick L <i>(on last rep 3x Side Kick)</i>	x6	12x8

POINTER

With simple Boxing moves, the shoulders will be pushed to exhaustion. Help your members feel successful in the Superhero Punch with great coaching giving them options to make it inclusive by flying high or staying grounded.

	BLOCKS	MOVES / EXERCISES	REPS	CTS
00:00	1	Left Combat Stance		2x8
00:08		Jab L, Cross R (Slow)	x8	4x8
00:19		Jab L, Cross R (Faster)	x16	4x8
00:30		4x Jab, Cross L&R, 2x Hook L, Cross R	x4	8x8
00:53		Speed ball	x32	8x8
01:16		2x Uppercut L, 2x Uppercut R	x8	8x8
01:38		3x Uppercut L,R,L, 2x Jump jacks	x8	8x8
02:01		4x Jab, Cross L&R, 2x Hook L, Superhero Punch R A Frame and hold to finish	x4	8x8
02:23	2	Run OTS		8x8
02:44		Right Combat Stance Jab R, Cross L (Slow)	x8	4x8
02:55		Jab R, Cross L (Faster)	x16	4x8
03:07		4x Jab, Cross L&R, 2x Hook R, Cross L	x4	8x8
03:31		Speed ball	x32	8x8
03:52		2x Uppercut R, 2x Uppercut L	x8	8x8
04:16		3x Uppercut, R,L,R, 2x Jump jacks	x8	8x8
04:37		4x Jab, Cross L&R, 2x Hook R, Superhero Punch L A Frame and hold to finish	x4	8x8

T4 COMBAT MATRIX

GIVING EVERYTHING
TO YOU / 05:11

POINTER

Welcome to the newly renamed COMBAT MATRIX. A huge focus on your lower body that will challenge you as a coach to keep your members moving as the going gets tough. Create drama in the Kata Sequence by keeping your coaching to a minimum.

	BLOCKS	MOVES / EXERCISES	REPS	CTS
00:00	1	Wide Front Stance		2x8
00:08		Kata Sequence: Side Lunge, Block L – 1x8 / Side Lunge, Block R – 1x8 / Squat push arms F – ½x8 / A-frame – ½x8 / Circle Arms OH – 1x8	x2	8x8
00:33		Step R Leg Back – Prepare to Lunge		1x8
00:36		3x Pulse Lunge R, Stand	x4	4x8
00:49		3x Pulse Lunge, 1x Front Kick R	x8	8x8
01:15		3x Jump Lunge, 1x Front Kick R	x8	8x8
01:41		2x Narrow Squat, 2x Esquiva R	x8	8x8
02:07		3x Pulse Lunge, 1x Front Kick R	x4	4x8
02:20		3x Jump Lunge, 1x Front Kick R	x4	4x8
02:33		Lunge & Hold	x1	1x8
02:36	2	Repeat Kata Sequence R	x2	8x8
03:01		Step L Leg Back – Prepare to Lunge		1x8
03:04		3x Pulse Lunge L, Stand	x4	4x8
03:17		3x Pulse Lunge, 1x Front Kick L	x8	8x8
03:43		3x Jump Lunge, 1x Front Kick L	x8	8x8
04:09		2x Narrow Squat, 2x Esquiva L	x8	8x8
04:35		3x Pulse Lunge, 1x Front Kick L	x4	4x8
04:48		3x Jump Lunge, 1x Front Kick L	x4	4x8
05:01		Lunge & Hold	x1	1x8

POINTER

Moving from the legs we now focus on getting the heart rate high with Maui Tai. Lead from the front as you explode in the Jump Knee find control in the Push Kick and empty the tank in the last block. Think say less do more.

	BLOCKS	MOVES / EXERCISES	REPS	CTS
00:00	1	Left Combat Stance		1x8
00:04		2x Uppercut L, Pulse <i>Up & Down</i>	x4	4x8
00:14		2x Uppercut L, 2x Rear Knee	x4	4x8
00:27		2x Uppercut L, 2x Rear Knee, 4x Front Knee	x4	8x8
00:50		2x Uppercut L, 2x Rear Knee, 2x Front Knee, 1x Jump Knee	x2	4x8
01:01		Descending Elbow L, Ascending Elbow R, Pulse <i>Up & Down</i>	x12	12x8
01:35		Descending Elbow L, Ascending Elbow R, Push Kick L	x8	8x8
01:58		2x Uppercut L, 2x Rear Knee, 2x Front Knee, 1x Jump Knee	x4	8x8
02:20	2	Right Comabt Stance		4x8
02:32		2x Uppercut R, Pulse <i>Up & Down</i>	x4	4x8
02:43		2x Uppercut R, 2x Rear Knee	x4	4x8
02:54		2x Uppercut R, 2x Rear Knee, 4x Front Knee (option straight into Jump Knee)	x6	12x8
03:28		Descending Elbow R, Ascending Elbow L, Pulse <i>Up & Down</i>	x12	12x8
04:02		Descending Elbow R, Ascending Elbow L, Push Kick R	x8	8x8
04:24		2x Uppercut R, 2x Rear Knee, 2x Front Knee, 1x Jump Knee	x4	8x8
04:47	3	Front Stance 2x Knee L&R	x4	4x8
04:58		Running Knee L&R	x8	4x8

POINTER

Back to basics with boxing and the final fight. Use blocks 1 & 2 to help setup the combos for blocks 3 & 4. Challenge members in the short cardio sprints to help them increase their stamina, fitness and finish on a high.

	BLOCKS	MOVES / EXERCISES	REPS	CTS
00:00	1	Front Stance - Pulse L&R		4x8
00:13		Run OTS		4x8
00:25		2x Body Rip L&R, Pulse <i>Up & Down</i>	x8	8x8
00:48		Uppercut L&R	x8	8x8
00:59		2x Body Rip L&R, Uppercut L&R	x8	8x8
01:22	2	2x Jab L&R, Pulse <i>Up & Down</i>	x8	8x8
01:44		Uppercut L&R	x8	8x8
01:55		2x Jab L&R, Uppercut L&R	x8	8x8
02:18		High Knee Run OTS		8x8
02:40		Sprint		2x8
02:46	3	4x Jabs L&R, 2x Body Rip L&R, Uppercut L&R	x4	8x8
03:08		Jabs L&R	x32	8x8
03:31		Hign Knee Run OTS		8x8
03:54		Sprint		2x8
03:59	4	4x Jab, Cross L&R, 4x Body Rip L&R, Uppercut L&R	x4	8x8
04:22		Jabs L&R	x32	8x8
04:43		High Knee Sprint		8x8
04:54		Sprint		2x8

T7 STRENGTH & CONDITIONING

BEST NIGHT (OF MY LIFE) / 05:11

POINTER

Time to let the heart rate come down as we focus on control and strength. 2 blocks of work for the upper and lower body before we hit the core in the block 3.

EQUIPMENT

1x 2.5-5kg Plate
or Body Weight.
Mat

	BLOCKS	MOVES / EXERCISES	REPS	CTS
00:00	1	Transition to floor & set up		4x8
00:16		Slow Push Up (4/4)	x2	4x8
00:30		Push Up (2/2)	x4	4x8
00:45		Push Up (1/1)	x8	4x8
01:00		Transition to stand – Grab weight R Leg Back		2x8
01:07		3x Pulse Lunge R	x4	4x8
		Add OH Press	x4	4x8
		Add 3x Pulse Tricep Extension	x4	4x8
01:50		Single Lunge & Tricep Extension	x8	4x8
02:04	2	Transition to floor		4x8
02:18		Slow Push Up (4/4)	x2	4x8
02:33		Push Up (2/2)	x4	4x8
02:47		Push Up (1/1)	x8	4x8
03:01		Transition to stand – Grab weight L Leg Back		2x8
03:08		3x Pulse Lunge L	x4	4x8
		Add OH Press	x4	4x8
		Add 3x Pulse Tricep Extension	x4	4x8
03:52		Single Lunge & Tricep Extension	x8	4x8
04:06	3	Transition to floor		4x8
04:21		Cross Crawl L&R	x16	8x8
04:49		Double Straight Leg, Reach up – Pulse	x16	4x8

POINTER

Time to get up off the floor and move quickly into the signature AMRAP. You have just 35 seconds to explain the Training Protocol and demo the moves. Keep your intro short, sharp and to the point.

EQUIPMENT

1x 2.5-5kg Plate
or Body Weight

		MOVES / EXERCISES	REPS	CTS
00:00		Set up - Explain the training protocol / Timings / Demo Moves		10x8
00:35	1	Ascending Ladder Combo 1 Plate Press Forward & Ladder Run	55 Seconds	16x8
01:28		Recovery		8x8
01:55	2	Ascending Ladder Combo 2 Plyo Lunge & Standing OH Plate Press	55 Seconds	16x8
02:48		Recovery		8x8
03:15	3	Ascending Ladder Combo 3 Squat Plate Press Forward & Ladder Run	55 Seconds	16x8



T9 COOLDOWN

ALL MY LOVE / 03:31

Release 11 is incredibly heavy on the legs, so be sure to include stretches that hit the Glutes, Quads, Hamstrings and Calf muscles. Your cooldown should always cover the following:

- Lower body mobility
- 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 please email IGN1TE.submissions@davidlloyd.co.uk

David Lloyd
— CLUBS —

