



David Lloyd
— CLUBS —

IGNITE
SPEED | STRENGTH | STRIKE

STRIKE #12
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE STRIKE RELEASE 12

Another release in the bag, get ready to work your entire body in IGN1TE #12.

In this release you'll build strength and stamina with your traditional movements from IGN1TE and incorporate a few new moves & combinations to mix things up. Legs will be challenged, and your heart rate will be lifted over this 45 minute journey.

You will notice that for release 12 we have switched the Strength & Conditioning track and the AMRAP track around. We've done this for a few reasons, gives the class a better flow, keeps the cardio block together and helps gradually decrease the heart rate into the cooldown. Also keeps it fresh and adds variety for our members.

After an energetic warm up we bring back the 'Jump Kick' in strike #1 mixing in karate punches to create a whole new feel, you'll be low and grounded and then up and lifted.

As always strike #2 is fast and focuses on speed & power for the upper body, you'll be chasing your opponent to the end of this one. Combat Matrix brings a whole new feel with a Latin / Afro vibe, legs, legs & more legs. Lower body conditioning is the focus for rounds 1 & 3....aim to stay low! Round 2 you'll be making your way down to the floor for the first time ever in this track for some upper body fun.

Strike #3 is fierce, with downward punches, elbows and 244 knees thrown at you, your heart rate will climb up, up & up.

Stamina will be tested in the AMRAP giving you 3x 40 seconds blocks, don't forget to count the number of rounds you complete. Finishing with the strength track which is about targeting the posterior muscles.

Time to take your fitness to the next level. Hope you enjoy this release as much as we have had making it.

Till next time.....#firedup

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. AMRAP
8. Strength & Conditioning
9. Cooldown

IGN1TE STRIKE

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

30 MINUTE FORMATS

IGN1TE ATHLETIC

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

IGN1TE CLASSIC

1. Athletic Warm up
2. Strike #2
3. Athletic HIIT
4. Strike #4
5. AMRAP
6. Strength & Conditioning
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 WARM UP

STARTING TO MOVE
/ 04:40

POINTER

Lets start and keep it simple. Coach the basic Target & Strike zones for both upper and lower body moves. Coach participants successfully in the round kick to place the heel correctly and use the shuffle combination to lift the heart rate and connect with your members.

		MOVES	REPS	CTS
00:00	1	Wide Front Stance		1x8
00:06		Side Lunge L&R	x2	4x8
00:19		Double Abductor Stretch 2x8, Double Hamstring 1x8, Stand 1x8	x1	4x8
00:33		Double Jab L&R	x8	8x8
00:59		L,R, Jab x2, Double Jab L, R,L, Jab x2, Double Jab R	x4	8x8
01:26	2	L Fighting Stance		½x8
01:28		Uppercut L, Hook R	x8	4x8
01:41		Uppercut L, Hook R, Uppercut L, Pulse F&B	x4	4x8
01:54		Round Kick Set up L	x4	4x8
02:07		Round Kick L	x4	4x8
02:20		Shuffle Forward, L,R Jab x2, Shuffle back, Scissor	x2	8x8
02:47		Shoot L	x8	4x8
03:01	3	R Fighting Stance		½x8
03:03		Uppercut R, Hook L	x8	4x8
03:16		Uppercut R, Hook L, Uppercut R, Pulse	x4	4x8
03:29		Round Kick Set up R	x4	4x8
03:42		Round Kick R	x4	4x8
03:55		Shuffle Forward, R,L Jab x2, Shuffle back, Scissor	x2	8x8
04:22		Shoot R	x8	4x8

POINTER

Help all members to feel successful by offering options in the jump kick. Then coach depth in the rising block sequence and sell the benefits of Karate.

		MOVES	REPS	CTS
00:00	1	L Fighting Stance		4x8
00:16		Double Karate Punch (R Arm), Pulse OTS	x8	8x8
00:42		L Front Kick, Pulse OTS	x4	4x8
00:56		Double Karate Punch (R Arm), L Front Kick	x8	8x8
01:22		Double Karate Punch (R Arm), L Jump Kick	x8	8x8
01:50	2	R Fighting Stance		3x8
01:59		Double Karate Punch (L Arm)	x8	5x8
02:16		R Front Kick, Pulse OTS	x4	4x8
02:29		Double Karate Punch (L Arm), R Front Kick	x8	8x8
02:56		Double Karate Punch (L Arm), R Jump Kick	x8	8x8
03:23		Shuffle L, L Round Kick, Shuffle R, R Round Kick	x4	8x8
03:50	3	Wide Front Stance		4x8
04:03		Rising Block L&R, 2x Squat Pulse	x8	8x8
04:29		Shuffle L, L Round Kick, Shuffle R, R Round Kick	x4	8x8

POINTER

Boxing training is back - it's fast & fierce. Focus on coaching target zones to help members visualise the move and then encourage everyone to travel further forward in the Travelling Jump Jab sequence.

		MOVES / EXERCISES	REPS	CTS
00:00		Run OTS L Fighting Stance		4½x8
00:14		Double L Jab, R Uppercut (Slow)	x4	4x8
00:25		Double L Jab, R Uppercut, 4x Jabs L&R	x6	12x8
00:59	1	Single L Jab	x32	8x8
01:22		Single L Jump Jab	x16	4x8
01:33		Single L Jab Forward x4, Run Back	x4	8x8
01:55		Double Jab, Uppercut, 4x Jabs L&R	x4	8x8
02:18		Jab, Cross L&R	x32	8x8
02:41		Double Hop L&R		8x8
03:03		Run OTS R Fighting Stance		4x8
03:15		Double R Jab, L Uppercut, 4x Jabs L&R	x6	12x8
03:48	2	Single R Jab	x32	8x8
04:11		Single R Jump Jab	x16	4x8
04:22		Single R Jab Forward x4, Run Back	x4	8x8
04:45		Double R Jab, L Uppercut, 4x Jabs L&R	x4	8x8
05:07		Jab, Cross L&R	x32	8x8

POINTER

Time to build leg strength by staying low in the squat phase of the combination. Use clear stage 1 coaching cues and set up the rhythm well. Highlight options for the floor work in round 2.

		MOVES	REPS	CTS
00:00	1	Front Stance		4x8
00:20		Double Squat (2x Pulse)	x8	4x8
00:37		2x Squat Pulse, 2x L Front Kick	x4	4x8
00:55		2x Squat Pulse, 2x L Front Kick - Deeper	x8	8x8
01:30		1x Squat, 1x Front kick - Single	x16	8x8
02:05	2	Shake off – Feet Wide		4x8
02:22		Walk out, 2x Tricep Press (Hold last set down)	x4	8x8
02:57		Tricep Press Pulse	x16	8x8
03:14	3	Stand up		4x8
03:32		Double Squat (2x Pulse)	x8	4x8
03:49		2x Squat Pulse, 2x R Front Kick	x4	4x8
04:07		2x Squat Pulse, 2x R Front Kick - Deeper	x8	8x8
04:42		1x Squat, 1x R Front kick - Single	x16	8x8

POINTER

A big cardio challenge as you drive 244 punches at your opponent. Use vocal contrast to create more impact, pull back on the slow motion phase before going big on the running knees. Encourage everyone to drive their heart rate on each running knee block, say it but most importantly, show it yourself!

		MOVES	REPS	CTS
00:00	INTRO	Front Stance		4x8
00:14		Single Knee L&R	x8	4x8
00:25		Running Knees L&R	x8	4x8
00:37	1	L Fighting Stance		
00:59		L Jab, L Ascending Elbow, Pulse OTS	x8	8x8
01:21		L Jab, L Ascending Elbow, 2x R Knees	x8	8x8
01:44		Running Knees L&R	x16	8x8
02:09		L Jab, Cross, L Jab, R Downward Punch x2 - Slow MO	x4	8x8
02:31		L Jab, Cross, L Jab, R Downward Punch x2– Full Speed	x8	8x8
02:43		R Downward Punch	x16	4x8
		Running knees L&R	x16	8x8
03:05	2	Recover – Front Stance		4x8
03:16		Running Knees R&L	x16	8x8
		R Fighting Stance		
03:39		R Jab, R Ascending Elbow, Pulse OTS	x8	8x8
04:01		R Jab, R Ascending Elbow, 2x L Knees	x8	8x8
04:24		Running Knees R&L	x16	8x8
04:46		R Jab, Cross, R Jab, L Downward Punch x2 - Slow MO	x4	4x8
05:11		R Jab, Cross, R Jab, L Downward Punch x2–Full Speed	x8	8x8
05:34		L Downward Punch	x16	4x8
05:45		Running Knees R&L	x16	8x8

POINTER

Coach endurance & speed for the next 6 minutes. Coach 4 different levels on the hooks (Easy, Medium, Hard, Knock out) to dial up the intensity. Add the burpee for an extra challenge but don't forget to reinforce standing options.

		MOVES / EXERCISES	REPS	CTS
00:00		Front Stance		4x8
00:14		<i>Shoulder Stretch L (2x8) Shoulder Stretch R (2x8)</i>	x1	4x8
00:25		<i>Run OTS</i>		4x8
00:36	1	4x L&R Jab, 4x L Hook	x8	16x8
01:22		4x Uppercuts L&R, 4x Jump Jack	x4	8x8
01:44		4x Uppercuts L&R, 1x Burpee	x4	8x8
02:07		Jab L&R	x32	8x8
02:29		<i>Recover – Run OTS</i>		12x8
03:03		4x R&L Jab, 4x R Hook	x8	16x8
03:48	2	4x Uppercuts R&L, 4x Jump Jack	x4	8x8
04:11		4x Uppercuts L&R, 1x Burpee	x4	8x8
04:34		Jabs R&L	x32	8x8
04:56		<i>Recover</i>		8x8
05:19	3	Jabs R&L	x32	8x8

POINTER

Set up the track within 35 seconds. 2 rounds of cardio & 1 round to fire up the core. Coach correct position in the blot climber.

EQUIPMENT

Body Weight

		MOVES / EXERCISES	REPS	CTS
00:00		Set up - Explain the training protocol / Timings / Demo Moves		10x8
01:15	1	8x Speed Jacks (Hands OH) & 4x Skaters	40 Seconds	12x8
01:42		Recovery		8x8
02:22	2	4x Crunch & Punch L&R, 4x Bolt Climber	40 Seconds	12x8
02:48		Recovery		8x8
03:15	3	8x Speed Jacks (Hands OH) & 4x Skaters	40 Seconds	12x8

T8 STRENGTH & CONDITIONING

BEST NIGHT (OF MY LIFE) / 05:11

POINTER

This track is all about the posterior muscles. Clearly coach participants into the correct position to ensure they target the correct muscles. Focus on balance in the airplane pose, then be sure to coach hand positioning in the cobra pulse (Knuckles back)

EQUIPMENT

2 x 2.5kg Plate
Mat

		MOVES / EXERCISES	REPS	CTS
00:00	1	Set up – 2x Light weight		4x8
00:21		Reverse Fly 2/2	x4	4x8
00:35		Reverse Fly 1/1	x8	4x8
00:49		Reverse Fly 1/1/2	x4	4x8
01:04		Reverse lunge (R leg back) - 2/2	x4	4x8
01:18		Reverse lunge (R leg back) - 1/1	x8	4x8
01:32		Airplane Pose	x1	2x8
01:39		Airplace Pose - Cobra Pulse	x32	8x8
02:08	2	Transition to floor – Set up Hover		2x8
02:15		High Plank Hold		2x8
02:22		Toe Tap L&R	x16	8x8
02:51		Mountain Climbers L&R	x16	4x8
03:05	3	Stand up – Grab weights		2x8
03:13		Reverse Fly 2/2	x4	4x8
03:27		Reverse Fly 1/1	x8	4x8
03:41		Reverse Fly 1/1/2	x4	4x8
03:55		Reverse lunge (L leg back) – 2/2	x4	4x8
04:10		Reverse lunge (L leg back) – 1/1	x8	4x8
04:24		Airplane Pose	x1	2x8
04:31		Airplace Pose - Cobra Pulse	x32	8x8



T9 COOLDOWN

ALL MY LOVE / 03:31

A great workout should always finish with a great cool down. This is your opportunity to be creative with your stretches, educate members on the correct muscles to stretch and why, dial up connection and congratulate them on a great workout. Ensure your stretches cover all the main muscles that have been worked including:

- 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 —

