



David Lloyd
— CLUBS —

IGNITE
SPEED | STRENGTH | STRIKE

STRIKE #13
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE STRIKE RELEASE 13

New music, new moves & plenty of strikes. IGN1TE Strike #13 is about taking your participants on a mission, a mission to get fit and have fun along the way.

You'll see plenty of rotation movements to fire up the mid section and challenge different planes of movement. The warm up kicks off with 3 rounds of upper & lower body moves to prepare everyone for the workout ahead.

Time to get out your claws as we throw some Kung Fu inspired moves in strike #1, you'll build to a big combination so be super clear with your previews and pre cues, this ones all about the drama.

A new move called the L-step jab is what you'll experience in strike #2, it's quick, powerful & multi directional then it's time to put the heat into the legs in Combat Matrix, stay low and what ever the feeling don't surrender. As well as offensive movements you will introduce defensive moves to bring a different dimension to strike #4, prepare to slip, weave and duck to dodge you opponents strikes. In the AM-RAP this time you'll have 2x blocks with plenty of bleeps, welcome to the bleep test.

Hope you enjoy teaching this release #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.

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.

POINTER

Set the scene by creating a fun energetic start, then coach the rhythm and timing of all upper & lower body strikes to get everyone moving together. Focus on releasing the heel on the wood chop to ensure the move is kept safe and effective.

		MOVES	REPS	CTS
00:00		Prepare to move		4x8
00:15		<i>Hip Flexor Stretch L – Reach Arms OH</i>	x1	2x8
00:22		<i>Hip Flexor Stretch R – Reach Arms OH</i>	x1	2x8
		Front Stance		
00:29		Bounce L&R		4x8
00:42	1	Double Uppercut L&R	x10	10x8
01:15		3x Jab Travel L, 1x Jump Jack, Repeat R	x4	8x8
01:41		Jabs L,R	x16	4x8
01:54		3x squat (Arms Forward), Wood chop L – Repeat R	x4	8x8
02:21	2	Double Uppercut R&L	x10	10x8
02:53		3x Jab Travel R, 1x Jump Jack, Repeat L	x4	8x8
03:20		Jabs R,L	x16	4x8
03:33		3x squat (Arms Forward), Wood chop R – Repeat L	x4	8x8
03:59	3	2x L Knee, Pulse OTS, 2x R Knee	x4	8x8
04:25		1x Front Kick L, Hold OTS, 1x Front kick R	x2	4x8
04:42		Kick Step Kick L&R	x4	4x8
03:29		1x L Kick – Finish in L Fighting Stance		½x8

POINTER

Time to create Drama! Coach the new feature move of the 'Claw' and find your inner Wolverine. There's a lot to coach in the combination so be clear and repetitive in your stage 1 set up. Find different levels throughout the combination to create contrast.

		MOVES	REPS	CTS
00:00	1	L Fighting Stance		
00:03		Low Cross Block, Double Elbow – Slow	x2	4x8
00:16		Low Cross Block, Double Elbow – Slow (<i>More Power</i>)	x4	4x8
00:29		Claw L&R, Pulse OTS	x4	4x8
		👁️ Preview next move on last 8cts		
00:43		Low Cross Block, Double Elbow, Claw L&R	x8	8x8
01:10		Combo – add 2x Knees R&L	x1	2x8
01:16		Low Cross Block, Double Elbow, Claw L&R, 2x Knees R&L	x8	16x8
02:10		Hold		4x8
	2	👁️ Preview next move on last 8cts		
02:23		Jab L, Cross, Uppercut L, Back Kick R	x8	8x8
02:50		R Fighting Stance		2x8
02:56		Low Cross Block, Double Elbow – Slow	x1	2x8
03:03		Low Cross Block, Double Elbow – Slow (<i>More Power</i>)	x4	4x8
03:16		Claw R&L, Pulse	x4	4x8
		👁️ Preview next move on last 8cts		
03:30		Low Cross Block, Double Elbow, Claw R&L	x8	10x8
03:56		Combo – add 2x Knees L&R	x1	2x8
04:03		Low Cross Block, Double Elbow, Claw R&L, 2x Knees L&R	x8	16x8
04:56		Hold		4x8
		👁️ Preview next move on last 8cts		
05:10		Jab R, Cross, Uppercut R, Back Kick L	x8	8x8

POINTER

Coach your participants through the different intensity changes throughout this upbeat track, go hard in the combination and pull back in the calmer sections. Add directional cues for the L-Step Jab to get everyone moving in the correct direction. Finish with 30 seconds of speed & power.

		MOVES / EXERCISES	REPS	CTS
00:00		L Fighting Stance		4x8
00:16		Run OTS		4x8
00:27		Uppercut L&R	x8	4x8
00:39	1	Double L Uppercut, Double R Uppercut, 4x Uppercut L&R	x8	16x8
01:24		4x L Jabs & Run OTS	x4	8x8
		🕒 Preview next move on last 16cts		
01:46		L-Step Jab & High Knee Run	x8	8x8
02:08		Double L Uppercut / Double R Uppercut / 4x Uppercut L&R / L-Step Jab / High Knee Run	x4	16x8
02:53		Double Hop		8x8
		R Fighting Stance		8x8
03:16		Uppercut R&L	x8	4x8
03:27		Double R Uppercut / Double L Uppercut / 4x Uppercut R&L	x8	16x8
04:12	2	4x R Jabs & 4x Run	x4	8x8
		🕒 Preview next move on last 16cts		
04:35		L-Step Jab & High Knee Run	x8	8x8
04:57		Double L Uppercut / Double R Uppercut / 4x Uppercut R&L / R-step Jab / High Knee Run	x4	16x8
05:42		Jabs L&R	x32	8x8
		Punch L Fist up to finish		

POINTER

Time to feel the heat in your legs with 5 minutes of leg conditioning. Use stage 2 & 3 coaching to enhance the feeling in each participant. Focus on driving your front heel into the ground for the lunge taps & then drop the hips in the knee repeaters.

		MOVES	REPS	CTS
00:00		Front Fighting Stance		3x8
00:13		Side Kick Tap R	x16	8x8
		🕒 Preview next move on last 8cts		
00:41		Double Pulse Squat, 1x Side Kick R	x8	8x8
01:09	1	Double Pulse Squat, 3x Side Kick R	x4	8x8
		🕒 Preview next move on last 4cts		
01:36		Double Pulse Lunge Tap R – Cross Arms	x16	8x8
02:04		Knee Repeater R & Double Arm Reach (hold up)	x16	4x8
02:18		Hold		1x8
02:22		Prepare to move – Front Fighting Stance		2x8
02:29		Side Kick Tap L	x16	8x8
		🕒 Preview next move on last 4cts		
02:57		Double Pulse Squat, 1x Side Kick L	x8	8x8
03:24	2	Double Pulse Squat, 3x Side Kick L	x4	8x8
		🕒 Preview next move on last 4cts		
03:52		Double Pulse Lunge Tap L – Cross Arms	x16	4x8
04:20		Knee Repeater L & Double Arm Reach (hold up)	x16	4x8







POINTER

A big track to drive the heart rate high so be sure to make your moves big. Be clear with each preview to ensure the movements flow together and the participants keep moving. Coach the foot work in the 'step over punch' and encourage full range with the punch.

		MOVES	REPS	CTS
00:00		L Fighting Stance		4x8
00:14		Single L Knee 🕒 Preview next move on last 16cts	x32	8x8
00:37		Triple Elbow L, Cross Punch R, Pulse 🕒 Preview next move on last 16cts	x4	8x8
00:59	1	Triple Elbow L, Step Over Punch R, 4x Knees R	x6	12x8
01:33		Plyo Push, Pulse OTS 🕒 Preview next move on last 8cts	x4	4x8
01:44		Add Push Kick L	x4	4x8
01:55		Triple Elbow L, Step Over Punch R, 4x Knees R	x4	8x8
02:18		R Fighting Stance		4x8
02:29		Single R Knee	x32	8x8
02:51		Triple Elbow R, Cross Punch L, Pulse 🕒 Preview next move on last 16cts	x4	8x8
03:14	2	Triple Elbow R, Step Over Punch L, 4x Knees L	x6	12x8
03:47		Plyo Push, Pulse OTS 🕒 Preview next move on last 8cts	x4	4x8
03:59		Add Push Kick R	x4	4x8
04:10		Triple Elbow R, Step Over Punch L, 4x Knees L	x4	8x8
05:06		Front Fighting Stance		
05:06	3	2x R Knee, 2x L Knee	x4	4x8
05:18		Single Knee / Running Knee R&L 1x R Knee to finish	x8	4x8

POINTER

Offensive & defensive training! Time to dodge each punch & Kicks thrown at you by adding in defensive moves. Coach everyone to switch on their core muscles in the weave & Squat combo for full activation. Make the last section challenging, interactive & fun.

		MOVES / EXERCISES	REPS	CTS
00:00	1	L Fighting Stance  Preview next combo on last 8cts		8x8
00:25		Cross, Jab, Cross, 2x L Hook  Preview next move on last 8cts	x8	8x8
00:47		Cross, Jab, Cross, 2x L Hook, Weave L, Squat	x4	8x8
01:10		Scissor R&L  Preview next move on last 4cts	x16	4x8
01:21		Add Cross pull arms	x32	8x8
01:44		Cross, Jab, Cross, 2x L Hook, Weave L, Squat	x4	8x8
02:07		Cross, Jab R&L	x32	8x8
02:29	2	R Fighting Stance  Preview next combo on last 8cts		2x8
02:35		Cross, Jab, Cross, 2x R Hook  Preview next move on last 8cts	x8	8x8
02:57		Cross, Jab, Cross, 2x R Hook, Weave R, Squat	x4	8x8
03:20		Scissor R&L  Preview next move on last 4cts	x16	8x8
03:31		Add Cross pull arms	x32	8x8
03:54		Cross, Jab, Cross, 2x R Hook, Weave R, Squat	x4	8x8
04:16		Cross, Jab L&R	x32	8x8
04:39	3	Make a Circle		4x8
04:50		High Knee Run F&B (4x8), Jabs L&R (4x8)	x2	24x8

POINTER

2 Blocks, 1:30min each, 18 Beeps! Offer options and don't over coach this track. Use silence and motivational language towards the end of each block. Can you complete all beeps!

EQUIPMENT

Body Weight

		MOVES / EXERCISES	REPS	CTS
00:00	1	Explain Bleep Test / Time & Demo first Combo	-	12x8
00:38		4x Jabs, 1x Sprawl / Burpee (Option 2x Touch Down Squat Jack or 3x Pulse Squat)	x18 Beeps	8x8
02:12	2	Rest – Explain next round	-	12x8
02:37		Leap side, double jump up, leap side double jump up (Option Tuck Jump or Calf Raise Reach Up)	x18 Beeps	8x8

T8 STRENGTH & CONDITIONING

BEST NIGHT (OF MY LIFE) / 05:24

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

1 x 2.5/5kg Plate
Mat

		MOVES / EXERCISES	REPS	CTS
00:00	1	1x weight – 2.5 / 5 kg 🕒 Preview next move on last 8cts		6x8
00:25		Wood Chop L	x8	8x8
00:55		Stand on L leg – Single row R	x8	4x8
01:11		Reach L Arm 🕒 Preview next move on last 8cts	x8	4x8
01:26		1x Row / 1x Row & lift back leg (Rotate)	x8	8x8
02:02	2	Set up other side 🕒 Preview next move on last 8cts		2x8
02:10		Wood Chop R	x8	8x8
02:42		Stand on R leg – Single row L	x8	4x8
02:58		Reach R Arm 🕒 Preview next move on last 8cts	x8	4x8
03:14		1x Row / 1x Row & lift back leg (Rotate)	x8	8x8
03:46	3	Transition to floor		4x8
04:02		Leg Extension L&R	x8	8x8
04:34		Add Crunch	x8	8x8
05:06		Hollow Hold Sequence	x1	4x8



T9 COOLDOWN

FINISH LINE / 3:13

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

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