



David Lloyd
— CLUBS —

IGNITE
STRIKE

STRIKE #17
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE STRIKE RELEASE 17

Step into the ring with IGN1TE Strike Release 17, the latest evolution in martial arts training that brings the fierce precision of Muay Thai to the forefront.

This release is packed with electrifying new music tracks that will fuel your intensity and drive your workouts to new heights.

Discover innovative combinations and masterful new moves designed to challenge your skills and elevate your technique.

Start with an energetic Muay Thai inspired warm up to excite members into the workout. A new switch knee movement in 'strike #1' will test coordination and rocket the heart rate from the start. Time to put your head in the game and pick up your sword in 'Combat Matrix'. Power and speed in the final 2 tracks finishing with a core focused conditioning track.

Embrace the art of eight limbs and ignite your passion for Muay Thai like never before. Time to bring it alive.

Ben Grant

A stylized, handwritten signature in black ink that reads "benji". The letters are cursive and fluid, with a long, sweeping underline for the 'i'.

45 MINUTE FORMATS

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

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

1. **Warm up** / Make It There / 05:08
2. **Strike #1** / Warrior (Jump) / 05:36
3. **Strike #2** / United / 05:52
4. **Combat Matrix** / Head in The Game / 05:52
5. **Strike #3** / Move / 05:39
6. **Strike #4** / Let It Burn / 05:57
7. **Strength & Conditioning** / Lean on Me / 06:03
8. **Cooldown** / You're my everything / 03:44

Total run time = 43:49

Presenters for IGN1TE #17:





Nathan Tennick - DL Kidbrooke

Nicki French - DL Ringwood

Patricia Tambini - DL Finchley

POINTER

Introducing Muay Thai into the workout. Coach where the martial arts originates from and benefits of this style. Explain how the moves in the warm associate with the martial art focus. Connect and get everyone excited for the workout

		MOVES / EXERCISES	REPS	CTS
00:00		Front Stance		2x8
00:11	1	Stretch Sequence 1 OH Stretch – 2x8 Adductor Stretch 2x8 Double Hamstring 2x8 Stand up – Preview Triple Elbow 2x8	x1	8x8
00:37		L Fighting Stance Triple L Elbow, Pulse OTS  Preview next combination	x4	4x8
00:49		Triple Elbow L, Cross, Jab, Cross  Preview next combination	x8	8x8
01:15		Scissor, 1x Drop Squat	x4	8x8
01:41		Scissor OTS	x1	4x8
01:53	2	R Fighting Stance Triple R Elbow, Pulse OTS  Preview next combination	x4	4x8
02:06		Triple Elbow R, Cross, Jab, Cross  Preview next combination	x8	8x8
02:32		Scissor, 1x Drop Squat	x4	8x8
02:57		2x Knee L, 1x Hip Roll L – Repeat R	x4	8x8
03:23	3	Shoot L&R	x4	4x8
03:36		L Fighting Stance Shuffle F&B, 2x Back Kick R	x2	8x8
04:01		2x Knee R, 1x Hip Roll - Repeat L	x4	8x8
04:27	4	Shoot R&L	x4	4x8
04:40		R Fighting Stance Shuffle F&B, 2x Back Kick L Finish: 1x Extra Back Kick	x2	8x8

POINTER






Muay Thai – *Preview the switch Knee to the class before you press play (Quick it quick).*

Successfully coach the switch knee combo by using clear simple phonetic cues. Other the double Knee as an option instead. Coach depth in the lunge section to load up the legs.

		MOVES / EXERCISES	REPS	CTS
00:00		Intro – L Fighting Stance		4x8
00:16		Cross R, Jab L, Cross R, Pulse OTS 👁️ Preview next combination	x4	4x8
00:28	1	Cross R, Jab L, Cross R, 1x Knee L 👁️ Preview next combination	x4	4x8
00:41		Cross R, Jab L, Cross R, 2x Knee L 👁️ Preview next combination	x8	8x8
01:07		Cross R, Jab L, Cross R, 1x Switch Knee L	x8	8x8
01:33		3x Pulse Lunge (R Leg Back), Step in	x8	8x8
01:58		Plyo Lunge R,L,R	x4	4x8
02:11		Cross R, Jab L, Cross R, 1x Switch Knee L	x8	12x8
02:49		R Fighting Stance		2x8
02:56		Cross L, Jab R, Cross L, Pulse OTS 👁️ Preview next combination	x4	4x8
03:08		Cross L, Jab R, Cross L, 2x Knee R 👁️ Preview next combination	x4	4x8
03:21	2	Cross L, Jab R, Cross L, 2x Knee R 👁️ Preview next combination	x8	8x8
03:47		Cross L, Jab R, Cross L, 1x Switch Knee R	x8	8x8
04:12		3x Pulse Lunge (L Leg Back), Step in	x8	4x8
04:38		3x Jump Lunge L,R,L	x4	8x8
04:51		Cross L, Jab R, Cross L, 1x Switch Knee R Finish: Guard up & Freeze	x8	12x8








POINTER

2 rounds of Boxing training. Emphasize the 'power' on the Hooks. Visually show the direction to move in for the travelling jabs. Connect to 'United' lyrics and bring the room alive!

		MOVES / EXERCISES	REPS	CTS
00:00	1	Front Stance <i>Preview first combination</i>		4x8
00:15		2x Jabs L&R, Hook L&R  <i>Preview next combination</i>	x8	8x8
00:38		2x Jabs L&R, Hook L&R, Scissor	x4	8x8
01:00		2x Jabs L&R, Power Hook L&R, Scissor	x4	8x8
01:22		Hold		1x8
01:25		4x Travelling Jab L, 4x Travelling Jab R  <i>Preview next combination</i>	x4	8x8
01:48		2x Jump Jabs L, 3x Body Shot – Repeat R	x4	8x8
02:10		2x Jabs L&R, Power Hooks L&R, Scissor  <i>Preview next combination</i>	x4	8x8
02:33		2x Jabs L&R, Power Hooks L&R, Scissor, Drop Squat	x4	8x8
02:55		Hold		1x8
02:58	2	Front Stance – Run OTS		4x8
03:09		2x Jabs R&L, Hooks R&L  <i>Preview next combination</i>	x8	8x8
03:32		2x Jabs R&L, Power Hooks R&L, Scissor, Drop Squat	x8	16x8
04:17		Hold		1x8
04:19		4x Travelling Jab R, 4x Travelling Jab L  <i>Preview next combination</i>	x4	8x8
04:42		2x Jump Jabs R, 3x Body Shot – Repeat L	x4	8x8
05:04		2x Jabs R&L, Power Hook R&L, Scissor, Drop Squat Finish: Punch up R	x4	16x8

POINTER

Get people to understand the rhythm of the Jump kick before setting the intensity. Brace the abs in the sword combo and coach this as a heavy weapon to switch on the core muscles. Upper body conditioning in the final block, sell the benefits of this section.

		MOVES	REPS	CTS
00:00	1	L Fighting Stance  Preview first combination		4x8
00:16		Knee R, Front Kick L, Pulse OTS  Preview next move	x4	4x8
00:28		Freeze Kick L, Pulse OTS  Preview next move	x8	8x8
00:54		Travelling Jump Kick L, Pulse B	x8	8x8
01:20		Sword Combo, Pulse OTS	x8	8x8
01:45		Sword Combo, 1x Back Kick R  Preview next combination	x1	2x8
01:52		Sword Combo, 1x Back Kick R	x8	8x8
02:17		Back Kick R	x9	4x8
02:30	2	R Fighting Stance		4x8
02:43		Knee L Front Kick R, Pulse OTS  Preview next move	x4	4x8
02:56		Freeze Kick R, Pulse OTS  Preview next move	x8	8x8
03:21		Travelling Jump Kick R, Pulse B  Preview next move	x8	8x8
03:47		Sword Combo, Pulse OTS	x8	8x8
04:12		Sword Combo, 1x Back Kick L	x1	2x8
04:19		Sword Combo, 1x Back Kick L	x8	8x8
04:45		Back Kick L	x9	4x8
04:57	3	Transition to floor		3x8
05:07		Off Beat 1x Push Up, 1x Half Burpee Finish: Jump in, Stand up (Feet together)	Off beat	12x8

POINTER

More Muay Thai.....Big Energy needed in this track. Focus on the number 6, let people know this is the number to focus on. Calm your vocals in the shoot section and explain how and why to defend in the side lunge combo.

		MOVES	REPS	CTS
00:00	1	L Fighting Stance 🕒 Preview next combination		8x8
00:15		6x Jab Cross, 1x Descending Elbow L	x8	8x8
00:26		16x Knee L 6x Jab Cross, 1x Descending Elbow L, 4x Knee L	x1 x6	4x8 12x8
00:49		Shoot L, Side Lunge L 🕒 Preview next combination	x8 x8	4x8 4x8
01:12		Shoot L, Side Lunge L Defense Arms 6x Jab Cross, 1x Descending Elbow L, 4x Knee L Running Knee R,L	x4 x16	8x8 4x8
01:34	2	Recover – R Fighting Stance		6x8
01:57		6x Jab Cross, 1x Descending Elbow R	x8	8x8
02:19		16x Knee R 6x Jab Cross, 1x Descending Elbow R, 4x Knee R	x1 x6	4x8 12x8
04:35		Shoot R, Side Lunge R 🕒 Preview next combination	x8	4x8
		Shoot R, Side Lunge R Defense Arms	x8	4x8
04:52		6x Jab Cross, 1x Descending Elbow R, 4x Knee R Running Knee L,R Finish: 1x Jump Knee L to Finish	x4 x16	4x8 12x8

POINTER

Breathe and start this track calmly, recover from the last and prepare for the next. Endurance Training is the focus here! Time to take the heart rate sky high by coaching depth and height in squat jumps and distance in the forward jump jabs. Motivate & encourage everyone to get to the finish.

		MOVES / EXERCISES	REPS	CTS
00:00	1	L Fighting Stance		8x8
00:26		Single Jab L	x16	4x8
00:37		Jump Jab L	x16	4x8
00:48		4x L Jump Jab F, High Knee Run B	x4	8x8
01:11		4x L Jabs F, 7x Uppercut L&R, High Knee Run B, 2x Squat Jump	x2	8x8
01:33		Front Stance Jabs L&R	x8	8x8
01:55		4x L Jabs F, 7x Uppercut L&R, High Knee Run B, 2x Squat Jump	x2	8x8
02:18		4x L Jump Jab F, 7x Uppercut L&R, High Knee Run B, 1x Burpee	x2	8x8
02:40	2	Recover – R Fighting Stance		4x8
02:51		Single Jab R	x16	4x8
03:03		Jump Jab R	x16	4x8
03:14		4x R Jabs F, High Knee Run B	x4	8x8
03:37		4x R Jabs F, 7x Uppercut R&L, High Knee Run B, Squat Jump	x2	8x8
03:59		Front Stance Jabs R&L	x8	8x8
04:21		4x L Jump Jab F, 7x Uppercut L&R, High Knee Run B, 1x Burpee	x4	16x8
05:06	3	Front Stance Squat Jumps or Burpee (Off Beat) - 4x8	Off Beat	4x8
05:17		Jabs L&R - 4x8	x16	4x8
05:29		Squat Jumps or Burpee (Off Beat) - 4x8	Off Beat	4x8
05:40		Jabs L&R - 4x8	x16	4x8

T7 STRENGTH & CONDITIONING



LEAN ON ME / 06:03

EQUIPMENT

1x Light/Medium Weights

POINTER

Core Training – Obliques, Glutes, upper & lower back. 2 rounds on the floor, 1x round standing. Set up each movement as quickly as possible. Be sure to offer different levels for everyone to feel successful.

		MOVES / EXERCISES	REPS	CTS
00:00	1	Intro – Mat & 1x Light / Medium Plate (2.5/5kg)		2x8
00:10		Set up Side Plank L  Preview next move		6x8
00:30		Side Plank L – 1/1 Hip Lift	x16	8x8
00:58		Transition to Back – 1x8 1/1 Hip Bridge	x14	8x8
01:25		Hold Hip Bridge – 2x8 Transition to Side Plank L – 2x8  Preview next move	x1	4x8
01:39		Side Plank L – Oblique Crunch	x8	8x8
02:06	2	Set up Side Plank R		6x8
02:27		Side Plank R – 1/1 Hip Lift	x16	8x8
02:54		Transition to Back – 1x8 1/1 Hip Bridge	x14	8x8
03:22		Hold Hip Bridge – 2x8 Transition to Side Plank R – 2x8	x1	4x8
03:36		Side Plank R – Oblique Crunch	x8	8x8
04:03	3	Transition to stand – Grab 1x Weight Plate		4x8
04:17		1/1/2 Squat & Plate Clean	x2	2x8
04:24		1/1 Squat & Plate Clean	x16	8x8
04:51		Recover – Prepare Lunges		4x8
05:05		1/1/2 Alt Reverse Lunge L&R (Hold Plate)	x2	4x8
05:18		1/1 Alt Reverse Lunge L&R (Hold Plate)	x4	4x8
05:32		1/1 Alt Reverse Lunge L&R (Plate Press)	x8	8x8

Reward you memebtrs with a calm, well deserved cooldown. Please feel free to use this choreographed cooldown or be creatvie and create your own. Ensure you strecth all muscles groups. Don't forget to congratulate everyone on their efforts and see them next time.

		MOVES / EXERCISES	REPS	CTS
00:00		Shoulder Roll – Release arms & legs		4x8
00:19		Stretch Sequence Reach OH – 2x8 Double Adductor Stretch – 2x8 Double Hamstring Stretch – 4x8		8x8
00:50		Adductor Stretch L&R	x2	4x8
01:05		Adductor Stretch L&R (Add Single Arm Reach OH)	x1	4x8
01:21		Walk out – Transition to floor		1x8
01:25		Downdog (Walk out feet)		3x8
01:36		Downdog – Reach L		2x8
01:44		Downdog – Reach R		2x8
01:52	1	Hip Flexor Stretch L – Spinal Twist R		2x8
02:00		Hamstring Stretch L		2x8
02:07		Hip Flexor Stretch R – Spinal Twist R		2x8
02:15		Hamstring Stretch R		2x8
02:23		Childs Pose		2x8
02:29		Child's Pose & Shoulder Stretch L		2x8
02:38		Child's Pose & Shoulder Stretch R		2x8
02:46		Transition to Stand		2x8
02:54		Quad Stretch L		4x8
03:09		Quad Stretch R		4x8
03:25		Chest Stretch		2x8
03:32		Back Stretch		2x8



Choreography notes correct at the time on production.
For any feedback please email IGN1TE.submissions@davidlloyd.co.uk

David Lloyd
— CLUBS —

