



*David Lloyd*  
— CLUBS —

**IGNITE**  
**STRIKE**

**STRIKE #18**  
**INSTRUCTOR**  
**CHOREOGRAPHY NOTES**

# WELCOME TO IGN1TE STRIKE RELEASE 18

Welcome to IGN1TE #18, your latest fitness adventure designed to challenge, motivate, and ignite your class! This 45-minute workout features 8 high-energy tracks that will keep everyone moving, sweating, and smiling. With a fresh focus on 'multi-directional training', this release is all about variety, pushing muscles and movement patterns in new and exciting directions to elevate fitness levels like never before.

Get ready to bring the heat with dynamic martial arts-inspired combos woven throughout each track. These movements will add a touch of combat-style flair to the session, keeping participants engaged while building strength, coordination, and agility. It's fun, it's fierce, and it's a fresh twist to spice up any routine.

Your class is in for a ride! IGN1TE #18 is packed with moments that challenge the body while keeping things lighthearted and enjoyable. Encourage your participants to embrace the variety and push through the tough spots because every direction they move brings them one step closer to their fitness goals!

Ben Grant

*Benji*

IGN1TE Product Head  
David Lloyd Clubs

# 45 MINUTE FORMATS

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## 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

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## 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

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1. **Warm up** / 365 / **05:28**
2. **Strike #1** / Crazy mood / **04:50**
3. **Strike #2** / Runaway / **06:19**
4. **Combat Matrix** / Lose my control / **06:20**
5. **Strike #3** / Don't wanna stop / **06:04**
6. **Strike #4** / I want you / **06:19**
7. **Strength & Conditioning** / Luxury / **04:58**
8. **Cooldown** / Dusk till dawn / **03:53**

**Total Run Time = 44:11**

## **Presenters for IGN1TE #18:**

Scott Hitchcock - DL Brighton

Kyle Gillingham - DL Darford / Kidbrooke

Julie Reynolds - DL Sunderland

## **Special thanks to:**



SIX15 - Music Production

Johnson Digital - Video Production

UK & EU Master Trainer Team - Training & CCEMs

POINTER

Focus on warming up the class with an engaging introduction of the key combinations they'll see throughout the workout. As you progress, accelerate the pace and vocal delivery to lift heart rates and prime the body for the more challenging sections ahead. This warm-up sets the tone!

		MOVES / EXERCISES	REPS	CTS
00:05	1	 <b>L Fighting Stance</b>		4x8
00:17		Jab L Preview Next Move	x16	4x8
00:30		Double Jab L, Cross R	x8	4x8
00:43		Shuffle F&B, 2x Double Jab L, Cross R	x4	8x8
01:09		Double Uppercut L&R	x4	8x8
01:34	2	Front Kick L, Pulse OTS	x7	7x8
01:57		3x Knee L, Step Back (Low)	x4	4x8
02:09		3x Knee L, Step Back (High)	x4	4x8
02:22		Shuffle L, Side Kick L, Shuffle R, Side Kick R	x4	8x8
02:48	3	 <b>R Fighting Stance</b>		1x8
02:51		Jab R Preview Next Move	x16	4x8
03:04		Double Jab R, Cross L	x8	4x8
03:16		Shuffle F&B, 2x Double Jab R, Cross L	x4	8x8
03:42		Double Uppercut R&L	x4	8x8
04:08	4	Front Kick R, Pulse OTS	x7	7x8
04:30		3x Knee R, Step Back (Low)	x4	4x8
04:43		3x Knee R, Step Back (High)	x4	4x8
04:56		Shuffle R, Side Kick R, Shuffle L, Side Kick L	x4	8x8

## POINTER

Focusing on waking up the legs with lower body combos. This track is all about building intensity, encourage participants to dig deep and embrace the grit. Whether it's squats, lunges, or powerful kicks, remind them to stay light on their feet and push through the pressure.

		MOVES / EXERCISES	REPS	CTS
00:03	1	<b>Front Stance</b> – Prepare to move 👁️ Preview First Move		4x8
00:16		Uppercut L, R, Hook L, Pulse OTS 👁️ Preview Next Move	x4	4x8
00:28		Uppercut L, R, Hook L, 2x Knee R 👁️ Preview Next Move	x8	8x8
00:54		Uppercut L, R, Hook L, 1x Knee R, 1x Leg Check R	x8	8x8
01:20		<b>Front Stance</b> - Hold Pulse Squat 👁️ Preview Next Move	- x14	½x8 3x8
01:33		3x Pulse Lunge (R Leg Back), 1x Squat R 👁️ Preview Next Move	x8	8x8
01:58		Lunge R, Kick R, Lunge R, Squat R Step together - Arms to Side	x8	8x8
02:24	2	<b>R Fighting Stance</b>		4x8
02:37		Uppercut R, L, Hook R, Pulse OTS 👁️ Preview Next Move	x4	4x8
02:49		Uppercut R, L, Hook R, 2x Knee L 👁️ Preview Next Move	x8	8x8
03:15		Uppercut R, L, Hook R, 1x Knee L, 1x Leg Check L	x8	8x8
03:41		<b>Front Stance</b> - Hold Pulse Squat 👁️ Preview Next Move	- x14	½x8 3x8
03:53		3x Pulse Lunge (L Leg Back), 1x Squat L 👁️ Preview Next Move	x8	8x8
04:19		Lunge L, Kick L, Lunge L, Squat L Step together - Arms to Side	x8	8x8

POINTER

Boxing training, where speed and endurance take center stage. Introduce combinations, encouraging participants to stay light on their feet as they flow through jabs, hooks, and uppercuts. Emphasize quick, sharp movements while keeping the energy up. To keep up with the combos, use clear phonetic cues to guide them through the sequences.

		MOVES / EXERCISES	REPS	CTS
00:03	1	Run OTS		8x8
00:25		<b>L Fighting Stance</b> Double Uppercut L&R	x8	8x8
00:47		Double Uppercut L&R, 4x Uppercut L&R	x6	12x8
01:21		4x Hook L, Scissor	x4	8x8
01:44		Scissor (Guard up)	-	6x8
02:01		<b>Full Combo:</b> Double Uppercut L&R, 4x Uppercut L&R 4x Hook L, Scissor	x4	16x8
02:45		<b>Front Stance</b> Jabs L&R	x16	8x8
03:08	2	Double Hop L&R		8x8
03:30		<b>R Fighting Stance</b> Double Uppercut R&L	x4	8x8
03:53		Double Uppercut R&L, 4x Uppercut R&L	x6	12x8
04:26		4x Hook R, Scissor	x4	8x8
04:49		Scissor (Guard up)	-	6x8
05:06		<b>Full Combo:</b> Double Uppercut R&L, 4x Uppercut R&L 4x Hook R, Scissor	x4	16x8
05:50		<b>Front Stace</b> Jabs R&L Finish: Punch R Arm up	x16	8x8

T4 COMBAT MATRIX

LOSE MY CONTROL /  
06:20

POINTER


Strong Karate focus to start with blocks & kicks. Then introducing a new powerful side kick, jump kick combo, these combos will challenge balance and spice things up a bit. Transition quickly to the floor to challenge the core. Offer options for all fitness levels.

		MOVES	REPS	CTS
00:03	1	<b>L Fighting Stance</b>		4x8
		Slow 3x Karate Block L (Low, Middle, Low, Guard)	x2	
00:09		👁👁 <i>Preview Next Move</i>		
00:16		3x Karate Block L, Pulse	x4	4x8
		👁👁 <i>Preview Next Move</i>		
00:29		3x Karate Block L, Back Kick R	x8	8x8
00:56		Side Kick R, Pulse OTS	x4	8x8
		👁👁 <i>Preview Next Move</i>		
01:09		Side Kick R, Front Kick L, Pulse OTS	x4	8x8
01:23		Add Freeze Jump Kick OTS	x4	8x8
01:36		<b>Transition to floor</b>	x1	2x8
01:42		Slow Mountain Climber L&R		2x8
01:49		Slow Mountain Climber L&R	x8	8x8
02:03		Faster Mountain Climber L&R		3x8
		<b>Stand up</b>		1x8
02:16		<b>L Fighting Stance</b>	x4	8x8
		3x Karate Block L, Back Kick R		
02:43		Side Kick R, Jump Kick L	x8	4x8
02:56		Side Kick R	x8	4x8
		1x Side Kick to finsih	x1	-
03:09	2	Repeat Block 1 in R Fighting Stance	x42	72x8





## POINTER

Prepare the class to unleash 256 knees! This track is a true test of stamina, so encourage participants to stay focused and push through every rep. Start strong but remind them to pace themselves in the beginning, gradually increasing intensity as the track progresses. Once set up, use silence for the best impact.

		MOVES	REPS	CTS
00:03	1	<b>Front Stance</b>		2x8
00:08		Pulse L&R		4x8
00:19		Double Knee L&R	x4	4x8
00:31		Single Knee L&R	x8	4x8
00:42		Running Knee L&R	x8	4x8
00:53		Double Knee L&R	x4	4x8
01:04		Running Knee L&R	x8	4x8
00:15		<b>Hold Front Stance</b>		4x8
01:27	2	8x Downward Punch L, 8x Downward Punch R	x2	8x8
01:49		<b>Combo:</b> 4x Downward Punch L, 4x Downward Punch R, 8x Running Knees L&R	x1	4x8
02:01		<b>Combo:</b> 4x Downward Punch L, 4x Downward Punch R, 8x Running Knees L&R	x3	12x8
02:34		Single Knee L	x8	4x8
02:45		Running Knees L&R	x8	4x8
02:57	3	<b>R Fighting Stance</b>		6x8
03:14		8x Downward Punch R, 8x Downward Punch L	x2	8x8
03:35		4x Downward Punch R, 4x Downward Punch L, 8x Running Knees R&L	x1	4x8
03:47		4x Downward Punch R, 4x Downward Punch L, 8x Running Knees R&L	x3	12x8
04:21		Single Knee R	x8	4x8
04:32		Running Knees R&L	x8	4x8
04:43	4	<b>Front Stance</b>  <i>Preview Next Move</i>		4x8
04:54		2x Jab Cross L&R, Descending Elbow L&R	x4	4x8
05:06		2x Jab Cross L&R, Descending Elbow L&R	x8	8x8
05:28		Running Knee L&R	x24	12x8

POINTER

6 minutes of all-out boxing! Time for your class to give everything, with opponents coming from every direction, participants will need to stay sharp and move fast with a new combo. Keep the coaching simple and focused, to guide them through rapid-fire combos, encourage them to pivot as you move in different directions. Ramp up the energy and let the music shine in the final sprint.

		MOVES / EXERCISES	REPS	CTS
00:03		Roll shoulder		8x8
00:25		<b>L Fighting Stance</b> Slow Jab Cross L&R	x8	4x8
00:36		Jab Cross L&R	x16	8x8
00:59		2x Double Jab L, Cross R, 4x Jab Cross L&R	x4	8x8
01:21		Hold – Feet Together		1x8
01:24	1	Scissor		4x8
		Add Pull Arms		4x8
01:35		 Preview Next Move		
01:46		<b>L-Step Combo</b> Jab F, Jab L, Jab F, Jab R, High Knee Run OTS	x2	4x8
		 Preview Next Move		
01:57		<b>L-Step Combo</b> Jab F, Jab L, Jab F, Jab R, High Knee Run OTS	x2	16x8
02:42		Recover		6x8
02:53	2	Repeat Block 1 in <b>R Fighting Stance</b>		55x8
05:10		<b>Front Stance</b>		4x8
05:21		Jabs L&R – Slow	x8	4x8
05:32	3	Jabs L&R	x16	8x8
05:55		High Knee (Sprint)	-	8x8

# T7 STRENGTH & CONDITIONING




LUXURY / 04:58

EQUIPMENT

1x Light/Medium Weight

## POINTER

Slow things down and shift the focus to core stability. This track emphasises precision, coach your class on positioning and alignment to maximise the benefits of each move. Encourage participants to engage their core throughout & maintain balance as they move. Offer options for all levels.

		MOVES / EXERCISES	REPS	CTS
00:03	1	Intro – Transition to Floor		
00:17		<b>Set up – Pointer</b>  <i>Preview Next Move</i>		4x8
00:31		<b>Pointer Combo L</b>	x10	10x8
01:07		Transition to Kneeling Press  <i>Preview Next Move</i>	x2	2x8
01:14		Kneeling Shoulder Press R Transition to Pointer	x14	7x8 1x8
01:42	2	<b>Pointer Combo R</b>	x10	10x8
02:10		Transition to Kneeling Press  <i>Preview Next Move</i>		2x8
02:25		Kneeling Shoulder Press L	x16	8x8
02:53	3	Transition to floor – Plate to Forehead	-	4x8
03:07		Plate Crunch 2/2	x8	8x8
03:36		Triple Pulse C-Crunch With Single Extension Plate Down - Prepare for Cross Crawl	x12 -	12x8 2x8
04:26		Cross Crawl L&R - With Toe Tap L&R Cross Crawl L&R - With Leg Extension L&R	x16 x16	4x8 4x8

Guide your class into a calm, restorative cooldown. Focus gentle, flowing stretches to release any tension and enhance flexibility. This is the time to reconnect with their breath and bring their heart rate down. Congratulate them on their hard work and dedication throughout the session, leaving them with a sense of accomplishment as they finish strong.  
*Option: Feel free to create your own cooldown to this track.*

	MOVES / EXERCISES	REPS	CTS
00:03	Transition to front - Set up Childs Pose	-	2x8
00:10	Childs Pose	x1	4x8
00:26	Childs Pose & Shoulder Stretch L	x1	2x8
	Childs Pose & Shoulder Stretch R		2x8
00:41	Cow & Cat Stretch	x2	8x8
01:12	Kneeling Adductor Stretch L	x1	2x8
	Hip Flexor R OH Reach		2x8
00:00	Hamstring Stretch L	x1	4x8
01:28	Kneeling Adductor Stretch R	x1	2x8
	Hip Flexor L OH Reach		2x8
00:00	Hamstring Stretch R	x1	4x8
01:43	Downward Facing Dog	x1	8x8
02:14	Standing Quad Stretch L	x1	2x8
	Standing Glute Stretch L		2x8
02:30	Standing Quad Stretch R	x1	2x8
	Standing Glute Stretch R		2x8
02:45	Upper Back Stretch	x1	2x8
	ITB Stretch L		2x8
03:16	ITB Stretch R	x1	2x8
	Chest Stretch		2x8



Choreography notes correct at the time on production.  
For any feedback please email [IGN1TE.submissions@davidlloyd.co.uk](mailto:IGN1TE.submissions@davidlloyd.co.uk)

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— CLUBS —

