

A full-page photograph of three people in a modern gym setting. In the foreground, a young woman with dark hair in a ponytail, wearing a yellow t-shirt and grey leopard-print leggings, is performing a high kick with her right leg. Behind her, a man in a blue t-shirt and red shorts is also in a similar pose. To the right, a man with a beard wearing a red t-shirt and olive green shorts is performing a high kick with his left leg. The gym has a dark background with vertical slats and horizontal light strips. The text 'IGNITE' is in a white box at the top, and 'RELEASE #16' and 'CHOREOGRAPHY NOTES' are at the bottom.

# IGNITE

## REBELS

### RELEASE #16

### CHOREOGRAPHY NOTES

# WELCOME TO IGN1TE REBELS RELEASE #16

Get ready to have a blast with IGN1TE REBELS #16, an enjoyable and engaging family fitness workout. Experience a dynamic and interactive exercise class for all the family to enjoy.

Connect with each individual as you take them through 7x motivating tracks. Encourage everyone to punch, kick and jump at a timing that suits them. Your job is to get them to the finishing line wanting more!

Let loose and enjoy yourself, don't take things too seriously Use plenty of imagery instead of technical coaching and you'll have each kid coming back for more.

Enjoy!

#firedup #Rebels

*Benji*

# IGN1TE REBELS FORMAT

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## 5-10 Minute Introduction

1. Strike Warm up / Full Version / 05:51
2. Strike #2 / Full Version / 06:14
3. Athletic HIIT / **Shorter Version / 03:25**
4. Strike #4 / Full Version / 6:24
5. AMRAP / Full Version / 05:16
6. Strength & Conditioning / **Shorter Version / 02:45**
7. Cooldown - *Delivered in a circle* / 03:23

**Full Run Time: 33:18** (Exc Intro & Breaks)

## 3 KEY MOVES

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During the 5-10 minute introduction you will need to show and explain the different combat stances used in the workout and also demonstrate 3 moves from the release, after a few weeks feel free to change the movements to keep each class different. During the class, stop after each track and demonstrate another move or combination you will be seeing in the next track, keep it quick and engaging:

Example Demo Moves (Mix it up each session):

1. Jab, Cross, Jab, Scissor - **Warm up**
  2. 2x Hook, Superhero Punch - **Strike #2**
  3. 2x Uppercut, 1x 45° Uppercut - **Strike #4**
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## IMPORTANT

**\*\*Please follow the IGN1TE REBELS choreography to ensure it is safe and effective for the demographic you are teaching. All adapted choreography is highlighted in orange and indicated with the following logo.**




# T1 WARM UP

COLD OUTSIDE / 05:51

## POINTER

By introducing lateral training early and highlighting its benefits, you'll set the scene for an engaging and motivating class. Preview upcoming combinations so everyone feels successful. Use the warm-up as an opportunity to connect with your class & welcome them to the workout, you'll establish a positive and inclusive environment that will carry throughout the entire class..

		MOVES / EXERCISES	REPS	CTS
00:00	1	<b>Front Stance - Prepare to move</b>		2x8
00:11		Slip L&R, 2x Pulse Squat 🕒 Preview next move on last 1x8	X8	8x8
00:38	2	<b>L Fighting Stance</b> Jab L 🕒 Preview next combination on last 1x8	x16	4x8
00:52		Jab L, Cross R, Jab L, Scissor 🕒 Preview next combination on last 1x8	x8	8x8
01:18		2x Hook L, Pulse OTS 🕒 Preview next combination on last 1x8	x4	4x8
01:31		2x Hook L, Cross R	x4	4x8
01:45		Front Kick L 	x4	4x8
01:58		Front Kick L	x4	4x8
02:11		<b>Front Stance</b> Side Kick L	x4	4x8
02:25		Shuffle L, Side Kick L, Shuffle R, 2x Knees R	x4	8x8
02:52	3	Pulse Squat	x16	4x8
03:05		Slip R&L, 2x Pulse Squat	x8	8x8
03:32		Repeat block 2 in <b>R Fighting Stance</b>  1x L Knee to finish	x16	40x8

# T2 STRIKE 2 BUILDING CASTLES IN THE SKY / 06:14

## POINTER

Time to wake up the shoulders. 6 minutes of boxing training to develop speed, power and endurance. Simple short cues work best in this track. Once you've set up the combinations let the music do the talking and show the intensity through your body movement. Coach the super hero punch as the explosive power move of this track.

		MOVES / EXERCISES	REPS	CTS
00:00	1	<b>L Fighting Stance</b>		2x8
00:08		Double Hop L&R	x8	4x8
		Add Skipping Rope	x8	4x8
00:31		<b>L Fighting Stance</b> Jab L, Cross R – Slow	x8	4x8
		🕒 Preview next combination on last 1x8		
00:42		Jab L, Cross R, Jab L, Speedball	16	16x8
		🕒 Preview next combination on last 1x8		
01:27		2x Hook L, Pulse OTS	x8	8x8
		🕒 Preview next combination on last 1x8		
01:49		2x Hook L, Cross R	x4	4x8
02:00		4x Jab Cross L&R, 2x Hook L, Cross R	x4	8x8
02:23		4x Jab Cross L&R, 2x Hook L, Super Hero Punch R	x4	8x8
02:45		<b>Front Stance</b> Jabs L&R	x32	8x8
02:08	2	Recover		2½x8
03:15		Repeat Block 1 in <b>R Fighting Stance</b> Finish R arm punch up		64x8



### POINTER



Focus on 2 challenging blocks of work. Your aim is to coach distance and power in the 3 step run. Encourage the recoveries so you can get everyone working with more intensity in the training blocks. It should feel slightly uncomfortable but achievable. Don't forget to get members together for the high knee sprint to finish off the track.

		MOVES	REPS	CTS
00:00	1	Jog OTS		4x8
00:15		Squat Tap L&R	x8	4x8
00:27		3 step Run L&R	x4	4x8
00:38		3-Step Run L&R (4x8) Ladder Run (4x8)	x2	16x8
01:24		Jump Jacks	x16	4x8
01:36	2	Hold – Recover		4½x8
01:49		1x Squat, 1x Lateral Jump L – Repeat R	x4	8x8
02:13		Squats	x4	2x8
		Jump Squats	x4	2x8
02:24		Off Beat Jump Squats (4x8) Ladder Run (4x8)	x2	16x8
03:11		Jump Jacks	x16	4x8



### POINTER





All the training has led to the final fight, 2 long rounds and 1 finisher round will wrap this track up. Use the start of the track to breathe and recover. Have some where to vocally and physically go in this track. Coach the direction and use visuals in the uppercut combination. Dial up the cardio output in the jump jack and skater section. Offer options to suit the workout to all. Give all your effort and energy right to the last rep!

		MOVES / EXERCISES	REPS	CTS
00:00		<b>L Fighting Stance</b>		8x8
00:25		Uppercut L – Slow	x8	4x8
00:36		Uppercut L – Faster  Preview first combination on last 1x8	x16	4x8
00:47		2x Uppercut L, 1x 45° Uppercut L	x8	8x8
01:10	1	High Knee Run	x32	8x8
01:32		2x Uppercut L, 1x 45 Uppercut L, 4x Jab, Cross L&R	x4	8x8
01:54		Jog OTS		4x8
02:06		4x Jump Jacks, Jog OTS  Preview first combination on last 1x8	x5	10x8
02:34		4x Jump Jacks, 4x Skaters L&R	x4	8x8
02:56	2	Repeat block 1 in <b>R Fighting Stance</b>		54x8
05:28	3	<b>Recover – Front Stance</b> 8x Jabs L&R 1x Burpee (Add tuck after 2 reps)	x6	6x8 12x8

## POINTER

Pair up Children & Adult. Aim in this track is to get the Child to complete the allocated repetitions then tag the Adult in to do the same. Repeat the process until end of each block. Each block is 50 seconds and there are 4 to accomplish. Have fun.

**NO EQUIPMENT  
NEEDED**

		MOVES / EXERCISES	REPS	CTS
00:00	1	Set up – Explain Protocol 	TAG TEAM	8x8
00:28		Child 1st = 10x Mountain Climbers Adult 2nd = 10x Mountain Climbers		16x8
01:19	2	Recover – Demo 2nd Move 	TAG TEAM	8x8
01:45		Child 1st = 5x Ski Jumps & Snow Boards Adult 2nd = 5x Ski Jumps & Snow Boards		16x8
02:36	3	Recover – Demo 	TAG TEAM	8x8
03:02		Child 1st = 10x Mountain Climbers Adult 2nd = 10x Mountain Climbers		16x8
03:53	4	Recover – Demo 	TAG TEAM	8x8
04:19		Child 1st = 5x Ski Jumps & Snow Boards Adult 2nd = 5x Ski Jumps & Snow Boards		16x8

POINTER

Encourage members to use light weights as this track is more challenging than it looks. Shoulder endurance and balance challenges will help strengthen many muscles groups. Big focus on stabilisation in the plank leg & hand step out, coach small range of movement and ensure hips to remain still by coaching a strong abdominal brace.

		MOVES / EXERCISES	REPS	CTS
00:00	1	Set up – Feet under hips 2x Light / Medium plates		2x8
00:10		2/2 Side Raise	x4	4x8
00:24		1/1 Side Raise ⦿⦿ <i>Preview first combination on last 1x8</i>	x8	4x8
00:38		Rotator Raise	x8	8x8
01:05		Feet Under Hips - Prepare to move		4x8
01:19		Front Raise <div>IGNITE REBELS</div>	x16	8x8
01:46	2	Plates down (2x8), Transition to floor (2x8)		4x8
02:00		Plank Position – Leg Side Tap L&R	x4	4x8
02:14		Plank Position – Hand & Leg Step out L&R	x8	8x8

For Rebels cooldown have the group in a circle and walk around for first 1 minute. Then stop, face the centre as you deliver a few fundamental stretches.

Keep the children engaged until the very end, congratulate, and high five to finish!



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

*David Lloyd*  
— CLUBS —

**IGN1TE**  
**REBELS**