

A full-page photograph of three individuals 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 red t-shirt and olive green shorts is also in a similar pose. Further back, another man in a blue t-shirt and red shorts is visible. They are all in a ready stance with fists up. The gym has a dark background with vertical slats and horizontal light strips.

# IGNITE

## REBELS

### RELEASE #17

### CHOREOGRAPHY NOTES

# WELCOME TO IGN1TE REBELS RELEASE #17

Get ready to have a blast with IGN1TE REBELS #17, an enjoyable and engaging family fitness workout. Experience a dynamic and interactive exercise class for all the family to enjoy. Check out the newly updated format and off the beat sections to add variety into the workout and keep everyone engaged.

Connect with each individual as you take them through 6x 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 / 05:08
2. Strike #2 / Full Version / 05:52
3. AMRAP / Full Version / 05:16
4. Strike #4 / Full Version / 6:24
5. Strength & Conditioning / Full Version / 02:45
6. Cooldown - *Delivered in a circle* / 03:23

**NEW 6 TRACK  
FORMAT FOR  
THIS RELEASE**

**Full Run Time: 32:18** (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. **Warm up** - Triple Elbow, Cross, Jab, Cross
  2. **Strike #2** - 4x Jabs, 2x Hooks, Scissor
  3. **Strike #4** - 4x L Jump Jab F, 7x Uppercut L&R, High Knee Run B, 1x Burpee
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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.**



## POINTER

In this track, let's play Follow the Leader! Get everyone moving and grooving, doing their best to keep up with you to the beat. Ready to lead the way? Let's go!

		MOVES / EXERCISES	REPS	CTS
00:00	1	Front Stance		2x8
00:11		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	2	Scissor OTS	x1	4x8
01:53		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	3	2x Knee L, 1x Hip Roll L – Repeat R	x4	8x8
03:23		Shoot L&R	x4	4x8
03:36		L Fighting Stance Shuffle F&B, 2x Back Kick R	x2	8x8
04:01	4	2x Knee R, 1x Hip Roll - Repeat L	x4	8x8
04:27		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

Get ready for 2 exciting blocks of work! Watch out for the “Off the Beat” sections, where everyone can move at their own pace. Then, jump into “Coaches Call,” an interactive session that keeps the children engaged. Listen for the beeps—they tell you when to start, switch, and finish each block. Make it fun!

		MOVES / EXERCISES	REPS	CTS
00:00	1	Front Stance  Preview first combination		4x8
00:15		2x Jabs L&R, Hook L&R	x8	8x8
00:38		2x Jabs L&R, Hook L&R ( <b>Off the Beat</b> )	-	16x8
01:22		Hold		1x8
01:25		Scissor L&R	-	8x8
01:48		<b>Coach Call</b> - Pick any of the below moves everytime you hear the beep: <b>- Jabs - Hooks - Scissors - Drop Squats</b>	-	24x8
02:55		Hold		1x8
02:58	2	Front Stance – Run OTS		4x8
03:09		2x Jabs R&L, Hooks R&L	x8	8x8
03:32		2x Jabs R&L, Hooks R&L	-	16x8
04:17		Hold		1x8
04:19		Scissor R&L	-	8x8
04:42		<b>Coach Call</b> - Pick any of the below moves everytime you hear the beep: <b>- Jabs - Hooks - Scissors - Drop Squats</b>	-	24x8
05:49		Punch up to Finish		1x8

POINTER

Modified Tabata Training – 1 big block with 8 sections. Each section has 25 seconds of intensity followed by12 seconds of recovery. Short sharp cues to set up and then leave them to it. Demo each move and walk around to motivate individuals (1-2-1).

EQUIPMENT

No Weight - Body  
Weight Only

		MOVES / EXERCISES	REPS	CTS
00:00		Set up Protocol - Demo Moves 25 Secs work /12 secs rest x8 Rounds		10x8
00:34		Move 1 = High Knee Run Side ways L&R Move 2 = Bear Crawl	8 rounds	96x8



## POINTER

Get ready to punch it out! Just like Strike 2, this session is packed with boxing moves, an upbeat “Off the Beat” section, and a heart-pumping cardio-focused “Coaches Call.” Keep the energy high, stay motivated, and finish strong. Jump into the action and be part of the workout with everyone!

		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	x8	16x8
01:33		<b>Front Stance</b> Jab Cross L&R	x8	8x8
01:55		<b>Coach Call</b> - Pick any of the below moves everytime you hear the beep: <b>High Knee Run OTS - Jump Jacks - Skaters</b>	Off Beat	16x8
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	x8	16x8
03:59		<b>Front Stance</b> - Jab Cross R&L	x8	8x8
04:21		<b>Coach Call</b> - Pick any of the below moves everytime you hear the beep: <b>High Knee Run OTS - Jump Jacks - Skaters</b>	Off Beat	16x8
05:06	3	<b>Front Stance</b> Fast Sprint (Off Beat) - 4x8	Off Beat	4x8
05:17		Jabs L&R (Off Beat) - 4x8		4x8
05:29		Fast Sprint (Off Beat) - 4x8		4x8
05:40		Jabs L&R (Off Beat) - 4x8		4x8

# T5 STRENGTH & CONDITIONING

LEAN ON ME / 06:03

## EQUIPMENT

1x Light/Medium Weight

Adults - 5kg/2.5kg

Children - 2.5kg /1.25kg

## 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 – Reset		4x8
05:05		Side Lunge L&R (Plate to Chest)	x4	4x8
05:18		Forward Plate Press	x8	4x8
05:32		OH Plate Press	x16	8x8





For the REBELS cooldown have the group in a circle and walk around for first 1 minute, roll shoulders, stretch upper body as your moving. Then stop, face the centre as you deliver a few fundamental stretches. Create imagery for each stretch.

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 —

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**REBELS**