

A young girl in a yellow shirt and leopard-print leggings, a man in a blue shirt, and another man in a red shirt are performing a high-kick exercise in a gym. They are all smiling and looking towards the camera. The gym has a wooden floor and a dark background with some lighting fixtures.

REBELS

IGN1TE

RELEASE #18

WORKOUT NOTES

WELCOME TO IGN1TE REBELS RELEASE #18

Welcome to the Rebels IGN1TE #18!

Get ready for this high-energy, fun-filled 45-minute family workout. Rebels IGN1TE #18 is designed to keep everyone engaged and challenged throughout every track. It's packed with a variety of styles, keeping things exciting and interactive.

You'll power through 6 action-packed tracks that combine different workout styles for a full-body workout.

Circuit-Style Tracks: Get your heart pumping with off-the-beat circuits designed to challenge your stamina and coordination. Expect a series of quick, fun exercises that keep you on your toes and encourage teamwork.

Strike Tracks: Feel the burn as we incorporate boxing and kickboxing-inspired movements, perfect for releasing stress, boosting your strength, and improving your coordination.

Have fun, work hard, and ignite your potential! Let's go!

#firedup #Rebels

Benji

IGN1TE REBELS FORMAT

5 Minute Introduction

1. Rebels Warm up / Full Version / 05:26
2. Strike Circuit / Full Version / 06:19
3. Athletic Circuit / Full Version / 05:38
4. AMRAP / Full Version / 05:13
5. Strength & Conditioning / Full Version / 04:58
6. Cooldown - *Delivered in a circle* / 03:53



**NEW 6 TRACK
FORMAT FOR
RELEASE #18**

Full Run Time: 31:27 (Exc Intro & Breaks)

3 KEY MOVES

During the 5 minute introduction you will need to show and explain the different combat stances used in the workout and also demonstrate 3x 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 class):

1. **Warm up** - 2x Slow Uppercuts, 4x Fast Uppercuts
 2. **Strike Circuit** - 4x Jabs, 4x Uppercuts, 8x Scissor
 3. **Athletic Circuit** - 4x Burpee, 8x High Knee Run
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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

Get everybody moving with off the beat training and light cardio to prepare them for the exciting workout ahead. Remind them to work at thier own pace, focus on clear set up cues, imagery and most importantly, have fun!

		MOVES / EXERCISES	REPS	CTS
00:05	1	Chest Stretch - Open arms wide	x1	4x8
00:17		Double Hamstring Stretch	x1	4x8
00:30		Bounce	-	4x8
00:43		Front Stance - Jabs	Off Beat	8x8
01:09		Front Stance - 2x Slow Uppercuts, 4x Fast Uppercut	Off Beat	8x8
01:34	2	Transition to floor Push ups	- Off Beat	3x8 4x8
01:57		Mountain Climbers	Off Beat	4x8
02:09		Front Stance - Jabs	Off Beat	4x8
02:22		Front Stance - 2x Slow Uppercuts, 4x Fast Uppercut	Off Beat	8x8
02:48	3	Hold	-	1x8
02:51		Squats	Off Beat	4x8
03:04		Squat with Over Head Reach	Off Beat	4x8
03:16		Front Stance - Jabs	Off Beat	8x8
03:42		Front Stance - 2x Slow Uppercuts, 4x Fast Uppercut	Off Beat	8x8
04:08	4	Transition to floor Push ups	- Off Beat	3x8 4x8
04:30		Mountain Climbers	Off Beat	4x8
04:43		Front Stance - Jabs	Off Beat	4x8
04:56		Front Stance - 2x Slow Uppercuts, 4x Fast Uppercut	Off Beat	8x8

POINTER

Bring the energy with fast-paced boxing and kickboxing-inspired moves that will get everyone punching, and having a blast! With 2 rounds of identical work, we'll set up each move and then let you go for it, keeping the tempo high and the moves off-the-beat for a fun, full-body challenge.Keep them motivated.

		MOVES / EXERCISES		REPS	CTS
00:03		Run OTS			8x8
00:25		Bounce with Guard up		-	8x8
00:47		2x Hooks & 8x Uppercuts		Off Beat	12x8
01:21	1	Scissor	REBELS IGN1TE	Off Beat	8x8
01:44		Hold - Explain Next move		-	6x8
02:01		10x L Knees & 10x R Knees		Off Beat	16x8
02:45		Front Stance Jabs		Off Beat	8x8
03:08		Rest - High Five - Repeat round 1			8x8
03:30		Bounce with Guard up		-	8x8
03:53		2x Hooks & 8x Uppercuts		Off Beat	12x8
04:26	2	Scissor	REBELS IGN1TE	Off Beat	8x8
04:49		Hold - Explain Next move		-	6x8
05:06		10x L Knees & 10x R Knees		Off Beat	16x8
05:50		Front Stance Jabs		Off Beat	8x8

T3 ATHLETIC CIRCUIT

STEP INTO THE FUTURE/ 05:38

EQUIPMENT

Adult - 1x Weight - 2.5/5kg

Child - 1x Weight -1.25/2.5kg

POINTER

We bring strength and cardio together with 3 rounds of off-the-beat moves Each working block is 45 seconds, with plenty of rest time, so focus on perfecting each move and aim the children to complete as many rounds as they can! Can they challenge their adult. Collect weights prior to track starting.

		MOVES	REPS	CTS
00:03	1	Prepare to move - Pick up selected weights & Explain	-	8x8
00:25		Practice the moves - Shoulder Presses & Ladder Runs	-	12x8
01:00		Weighted Ladder Run OTS	Off Beat	4x8
01:11		Complete as many rounds of: 4x Shoulder Press & 8x Ladder Run	Off Beat	16x8
		REBELS IGNITE		
01:57	2	Recover - Plates Down	-	4x8
02:08		Explain & Practice the moves - Burpees & High Knees	-	12x8
02:43		Bounce	Off Beat	4x8
02:54		Complete as many rounds of: 4x Burpees & 8x High Knee Run	Off Beat	16x8
		REBELS IGNITE		
03:40	3	Recover - Pick up weights	-	4x8
03:51		Practice the moves - Shoulder Presses & Ladder Runs	-	12x8
04:25		Weighted Ladder Run OTS	Off Beat	4x8
04:37		Complete as many rounds of: 4x Shoulder Press & 8x Ladder Run	Off Beat	16x8
		REBELS IGNITE		
05:22		Ladder Run (As fast as you can)		4x8

POINTER

I GO, YOU GO Protocol!

Child starts with 6x reps of each move then the adult completes 6x reps while child rest... continue until time runs out.

Each round is 60 seconds with a work, rest work style.

	MOVES / EXERCISES		REPS	CTS
00:03	Set up		35 seconds	12x8
00:41	Work – 4x Side Raise & Front Raise	REBELS IGN1TE	60 Seconds	8x8
01:07	Rest - Explain next move			4x8
01:19	Work – 4x Side Raise & Front Raise			8x8
01:45	Recover - Explain Next Move -		35 seconds	12x8
02:23	Work – 6x Tricep Extension	REBELS IGN1TE	60 Seconds	8x8
02:49	Rest - Explain next move			4x8
03:02	Work - 6x Jump Jacks			8x8
03:27	Recover - Explain Next Move		35 seconds	12x8
04:06	Work – 4x Side Raise & Front Raise	REBELS IGN1TE	60 Seconds	8x8
04:31	Rest - Explain next move			4x8
04:44	Work – 4x Side Raise & Front Raise			8x8

T5 STRENGTH & CONDITIONING

LUXURY / 04:58

EQUIPMENT

- Adult - 1x Weight - 2.5/5kg
- Child - 1x Weight -1.25/2.5kg

POINTER

Check space around before moving! 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		Intro – Transition to Floor		
00:17		Set up – Pointer <i>Preview Next Move</i>		4x8
00:31	1	Pointer Combo L	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		Pointer Combo R	x10	10x8
02:10	2	Transition to Kneeling Press <i>Preview Next Move</i>		2x8
02:25		Kneeling Shoulder Press L	x16	8x8
02:53		Transition to floor – No Plate	-	4x8
03:07		Crunch 2/2	x8	8x8
03:36	3	Triple Pulse C-Crunch With Single Extension 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



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

David Lloyd
— CLUBS —

REBELS
IGN1TE