



David Lloyd
— CLUBS —

IGN1TE

SPEED | STRENGTH | STRIKE

ENERGY #19
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE ENERGY RELEASE 19

Strap in for a high-energy, full-body challenge that pushes your balance, strength, and speed to the next level! IGN1TE ENERGY 19 is packed with bilateral and unilateral movements, testing your control, coordination, and athleticism.

The warm-up is energetic, perfect to get you prepped for the fast workout ahead. The Athletic HIIT track is a massive 7-minute beast featuring lateral power moves and forward sprints, designed to build agility, speed, and endurance. Assemble, pure fun! Expect combos that will leave you smiling and sweating at the same time. Surge will test all levels, dig deep, push hard, and find that extra gear! 5 Rounds that progressively increase in length and intensity. In the AMRAP we're going for an ascending ladder style, ramping up the intensity as you go. See how far you can push yourself!

Strength and conditioning, this release keeps things controlled and intentional, with a focus on the posterior chain to boost strength and stability. This release has it all—fire beats, serious sweat, and non-stop energy from start to finish.

We hope you enjoy!

Ben Grant

A handwritten signature in black ink that reads "benji" in a cursive, lowercase style.

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. **Atheletic Warlm Up** / Final Boss / 04:58
2. **Progressive Cardio** / Free / 06:01
3. **Athletic HIIT** / Emergency / 06:56
4. **Assemble** / Dance Around the World / 06:03
5. **Surge** / Fast / 05:45
6. **AMRAP** / Restless Mentality / 04:23
7. **Strength & Conditioning** / I'm Brave / 05:13
8. **Cooldown** / Paradise / 03:20

Total run time = 42:30

POINTER

Prepare participants to get warm both physically and mentally as you set the tone for the workout ahead. Use the strength components to educate the class about the purpose of unilateral/bilateral training, whilst using the multiple direction runs to bring in the connection and the aerobic feel.

| | MOVES | REPS | CTS |
|-------|---|------|------------|
| 00:05 | Squat Mobility Sequence | - | 4x8 |
| 00:18 | Bounce ○○ Preview last 4 counts | - | 8x8 |
| 00:31 | Step Touch L&R | x8 | 4x8 |
| 00:45 | Squat | x8 | 4x8 |
| 00:57 | Run F, 2x Double Hop L&R, Run B, 2x Double Hop L&R | x2 | 8x8 |
| 01:22 | Run Diagonal (L), 2x Double Hop L&R, Run Diagonal (R), 2x Double Hop L&R | x2 | 8x8 |
| 01:48 | Hold Transition to L leg | - | ½x8 ½x8 |
| 01:51 | Single Leg Balance Sequence L | x8 | 8x8 |
| 02:17 | 16x Knee Repeater L | x16 | 4x8 |
| 02:30 | Run F, 2x Double Hop R&L, Run B, 2x Double Hop R&L | x2 | 8x8 |
| 02:55 | Run Diagonal (R), 2x Double Hop R&L, Run Diagonal (L), 2x Double Hop R&L | x2 | 8x8 |
| 03:21 | Hold Transition to R leg | - | ½x8 ½x8 |
| 03:24 | Single Leg Balance Sequence R | x8 | 8x8 |
| 03:50 | 16x Knee Repeater R | x16 | 4x8 |
| 04:02 | Run F, 2x Double Hop R&L, Run B, 2x Double Hop R&L | x2 | 8x8 |
| 04:28 | Run Diagonal (L), 2x Double Hop R&L, Run Diagonal (R), 2x Double Hops R&L | x2 | 8x8 |
| 04:54 | Outro | - | 1x8 |

T2 PROGRESSIVE CARDIO

FREE / 06:01

POINTER

This track delivers in both connection and choreography, its jam-packed! Bring in the aerobic feel when coaching the lateral shuffles and let the legs feel the heat in the skaters.

| | MOVES | REPS | CTS |
|-------|---|------|------|
| 00:03 | Prepare to move | - | 1x8 |
| 00:06 | Run OTS ○○ Preview next move on last 8 counts | - | 4x8 |
| 00:18 | Double Knee L&R | x8 | 8x8 |
| 00:42 | Shuffle OTS | x16 | 4x8 |
| 00:54 | Combo 1 – Double Knee L&R, Shuffle | x4 | 8x8 |
| 01:18 | Add Lateral Side Shuffle | x4 | 8x8 |
| 01:42 | Step Curl L&R, relaxed arms ○○ Preview next move on last 8 count | x4 | 4x8 |
| 01:54 | ALT Step Knee L&R ○○ Preview next move on last 8 count | x4 | 4x8 |
| 02:06 | ALT Freeze Knee L&R | x8 | 4x8 |
| 02:18 | Combo 2 – Gallop L&R, 2x Freeze Knee L&R | x8 | 16x8 |
| 03:06 | Hold | - | 1x8 |
| 03:08 | Double Knee R&L | x8 | 8x8 |
| 03:32 | Shuffle OTS | x16 | 4x8 |
| 03:44 | Combo 1 – Double Knee R&L, Shuffle | x4 | 8x8 |
| 04:08 | Add Lateral Side Shuffle | x4 | 8x8 |
| 04:32 | Step Curl R&L, relaxed arms ○○ Preview next move on last 8 count | x4 | 4x8 |
| 04:44 | ALT Step Knee R&L ○○ Preview next move on last 8 count | x4 | 4x8 |
| 04:56 | Alt Free Knee R&L | x8 | 4x8 |
| 05:08 | Combo 2 – Gallop L&R, Freeze Knee R&L | x8 | 16x8 |
| 05:56 | Outro | - | |

POINTER

Time to split the room and raise the roof with your first peak track. Get ready to challenge your class with four blocks of work focusing on unilateral and bilateral dynamic movements. Use simple cues to coach direction and keep everyone working hard. Allow the 'split the room' set up to encourage participant interaction and head-to-head training. Use your 'sports coach' energy to go hard!!

| | MOVES | REPS | CTS |
|-------|--|-----------------|-------------------|
| 00:03 | INTRO – Split Room | - | 4x8 |
| 00:14 | Jog OTS | - | 4x8 |
| 00:25 | 3 Step Run L&R | x4 | 4x8 |
| 00:36 | Sprint F&B, Hold | x2 | 4x8 |
| 00:48 | 3 Step Power Run L&R, Sprint F&B | x8 | 16x8 |
| 01:34 | High Knee Run OTS Sprint OTS | - - | 2x8 2x8 |
| 01:45 | Recovery | - | 4x8 |
| 01:57 | Jog OTS ○○ Preview next move on last 16 counts | - | 4x8 |
| 02:08 | 2x Broad Jump, Run B ○○ Preview next move on last 16 counts | x4 | 8x8 |
| 02:31 | 2x Broad Jump, HKR B ○○ Preview next move on last 16 counts 2x Broad Jump, Ladder Run B Ladder Run OTS | x4 x4 x16 | 8x8 8x8 4x8 |
| 03:28 | Recovery – Switch Sides | - | 4x8 |
| 03:40 | Jog OTS | - | 4x8 |
| 03:51 | 3 Step Run L&R | x4 | 4x8 |
| 04:02 | Sprint F&B, Hold | x2 | 4x8 |
| 04:14 | 3 Step Power Run L&R, Sprint F&B | x8 | 16x8 |
| 05:00 | High Knee Run OTS Sprint | - - | 2x8 2x8 |
| 05:11 | Recovery | - | 4x8 |
| 05:23 | Jog OTS ○○ Preview next move on last 16 counts | - | 4x8 |
| 05:34 | 2x Broad Jump, Run B ○○ Preview next move on last 16 counts | x4 | 8x8 |
| 05:57 | 2x Broad Jump, HKR B ○○ Preview next move on last 16 counts 2x Broad Jump, 2x 2x Broad Jump, Ladder Run B Ladder Run OTS | x4 x4 x16 | 8x8 8x8 4x8 |
| 06:54 | Outro | - | |

POINTER

A happy, fun filled track with flicks, kicks and moments of reflection. The track begins with a set of 'armography' to create that connection to the music whilst encouraging full body co-ordination. We want our participants to feel like they can 'lose' themselves in the music and have fun. Tune into the feel and bring the good vibes with the forward run and flick combo.

| | MOVES | REPS | CTS |
|-------|--|------|-----|
| 00:03 | Intro - Jog | - | 4x8 |
| 00:14 | Slow Arm Combo | x4 | 4x8 |
| 00:26 | Run OTS, Fast Arm Combo | x8 | 4x8 |
| 00:38 | Run F, 2x Kick L&R – Repeat B | x8 | 8x8 |
| 01:02 | Jog OTS ○○ Preview next move on last 8 counts | - | 2x8 |
| 01:08 | Side Flick L&R (Add arms after 4x8) | x16 | 8x8 |
| 01:32 | Double Side Flick L&R (Add Arms) | x4 | 4x8 |
| 01:43 | Run F, 2x Kick L&R – Repeat B ○○ Preview next move on last 8 counts | x2 | 8x8 |
| 02:07 | Knee Kick L&R | x4 | 4x8 |
| 02:19 | Single Kick L&R | x8 | 4x8 |
| 02:31 | Jog OTS | - | 4x8 |
| 02:43 | Slow Arm Combo | x4 | 4x8 |
| 02:54 | Fast Arm Combo | x8 | 4x8 |
| 03:06 | Run F, 2x Kick L&R - Repeat B | x8 | 8x8 |
| 03:30 | Jog OTS ○○ Preview next move on last 8 counts | - | 2x8 |
| 03:36 | Side Flick L&R (Add arms after 4x8) | x16 | 8x8 |
| 04:00 | Double Side Flick L&R (Add Arms) | x4 | 4x8 |
| 04:12 | Run F, 2x Kick L&R – Repeat B ○○ Preview next move on last 8 counts | x2 | 8x8 |
| 04:35 | Knee Kick L&R | x4 | 4x8 |
| 04:47 | Single Kick L&R | x8 | 4x8 |
| 04:59 | Jog OTS | - | 4x8 |
| 05:11 | Slow Arm Combo ○○ Preview next move on last 8 counts | x4 | 4x8 |
| 05:23 | Knee Kick L&R | x4 | 4x8 |
| 05:34 | Kick L&R | x8 | 4x8 |
| 05:46 | Kick L&R | x8 | 4x8 |
| 05:58 | Outro | - | |

POINTER

This track delivers a new training protocol, 5 blocks of work that get progressively longer and build with intensity. The key to teaching this track is great vocal contrast, build the anticipation and then ramp up the energy for each block of work. Your energy and motivation will help get everyone through this track, together. Go and inspire your class to work to their maximum.

| | MOVES | REPS | CTS |
|-------|---|------|------|
| 00:03 | | - | |
| 00:04 | INTRO ○○ Preview next move on last 4 counts | - | 8x8 |
| 00:27 | Double hop L&R | x8 | 4x8 |
| 00:39 | Square Pattern – Low | x2 | 4x8 |
| 00:50 | 4x Square Patterns L | x1 | 8x8 |
| 01:14 | Recover ○○ Preview next move on last 4 counts | - | 4x8 |
| 01:25 | Double hop L&R | x8 | 4x8 |
| 01:37 | 4x Square Pattern, 16x Squat Jumps | x1 | 12x8 |
| 02:12 | Recover | | 4x8 |
| 02:24 | Double hop L&R ○○ Preview next move | x8 | 4x8 |
| 02:35 | 4x Square Pattern, 16x Squat Pulse Jumps, 16x Plyo Lunges | x1 | 16x8 |
| 03:22 | Recover | - | 4x8 |
| 03:33 | Double hop L&R ○○ Preview next move | x8 | 4x8 |
| 03:45 | 4x Square Pattern, 16x Squat Pulse Jumps, 16x Plyo Lunges, 14x Mountain Climber | x1 | 20x8 |
| 04:44 | Make Circle | - | 4x8 |
| 04:55 | Double hop L&R | - | 4x8 |
| 05:07 | High Knee Run, 14x Mountain Climber, High Knee Run F | x1 | 12x8 |
| 05:41 | Outro | | |

EQUIPMENT

No Weight Plate Needed

POINTER

3 blocks - 2 longer 65-second blocks followed by a short, snappy finisher. The protocol follows an ascending ladder format, challenging participants to complete 1 rep of each move, then 2, then 3, and so on. The goal is to see how high they can climb, so coach pacing and encourage them to push their limits. Don't hold back!

| | MOVES | REPS | CTS |
|-------|---|------|------------|
| 00:03 | Intro | - | 12x8 |
| 00:41 | Burpee & Lateral Jump L&R | - | 20x8 |
| 01:45 | Rest – Explain next 2 moves Prepare | - | 8x8 2x8 |
| 02:17 | Jump Jack & Freeze Knee (Or Add Air Jack) | - | 20x8 |
| 03:21 | Rest – Explain next 2 moves Prepare | - | 8x8 2x8 |
| 03:53 | Push up & Plank Jack | - | 8x8 |
| 04:19 | Outro | - | |

T7 STRENGTH & CONDITIONING

I'M BRAVE / 05:13

EQUIPMENT

1x Medium-Heavy Weight Plate

POINTER

This track is all about strength and stability, focusing on balance and glute activation through slower, controlled movements. Each exercise targets the postural chain to enhance overall posture, so be sure to coach the benefits and encourage perfect execution.

| | MOVES / EXERCISES | REPS | CTS |
|-------|---|------|-----|
| 00:03 | Set Up - Preview 1st move on last 8 counts | - | 4x8 |
| 00:19 | 2/2 Weighted Single Leg Squat L | x4 | 4x8 |
| 00:35 | 2/2 Single Arm Upright Row R | x4 | 4x8 |
| 00:51 | 1/1 Upright Row R, 1x Weighted Single Leg Squat L | x8 | 8x8 |
| 01:23 | Single Arm Row R | x8 | 4x8 |
| | Airplane Single Arm Row R | x8 | 4x8 |
| 01:55 | Prepare other side | - | 1x8 |
| 01:59 | 2/2 Weighted Single Leg Squat R | x4 | 4x8 |
| 02:15 | 1/1 Single Arm Upright Row L | x2 | 4x8 |
| 02:31 | 1/1 Upright Row L, 1x Weighted Single Leg Squat R | x8 | 8x8 |
| 03:03 | Single Arm Row L | x8 | 8x8 |
| | Airplane Single Arm Row L | x8 | |
| 03:35 | Transition to floor - Set up Hip Bridge | - | 4x8 |
| 03:51 | 2/2 Weighted Hip Bridge (Hold Plate up) | x4 | 8x8 |
| | 1/1/2 Weighted Hip Bridge Pulse (Hold Plate up) | x4 | |
| 04:23 | 14x Pulse Single Leg Hip Bridge L (Hold Plate up) | x2 | 8x8 |
| | 14x Pulse Single Leg Hip Bridge R (Hold Plate up) | | |
| 04:55 | Weighted Hip Bridge Pulse (Hold Plate up) | x16 | 4x8 |
| 05:11 | Outro | - | |

We are now offering a choreographed cool down, however please feel free to create your own

| | MOVES / EXERCISES | REPS | CTS |
|-------|---|------|-----|
| 00:03 | Set Up | - | 4x8 |
| 00:19 | Seated Glute Stretch with Spinal Rotation (L) | | 4x8 |
| 00:35 | Seated Glute Stretch with Spinal Rotation (R) | | 4x8 |
| 00:51 | Hip Flexor Stretch with dynamic arm combo | x2 | 4x8 |
| 01:07 | Hip Flexor Stretch with dynamic arm combo | x2 | 4x8 |
| 01.23 | Childs Pose with Shoulder Stretch (L) | | 2x8 |
| 01:31 | Child Pose with Shoulder Stretch (R) | | 2x8 |
| 01:39 | Downward Dog (walk the feet) | | 4x8 |
| 01:55 | Quadricep Stretch (L) with arm reach | | 4x8 |
| 02:11 | Quadricep Stretch (R) with arm reach | | 4x8 |
| 02:27 | Upper back Release Combo | | 4x8 |
| 02:43 | Chest Stretch with close grip hands | | 4x8 |
| 02:59 | ITB Stretch with Side Release (L) | | 2x8 |
| 03:07 | ITB Stretch with Side Release (R) | | 2x8 |
| 03:15 | OUTRO | - | - |

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

David Lloyd
— CLUBS —

