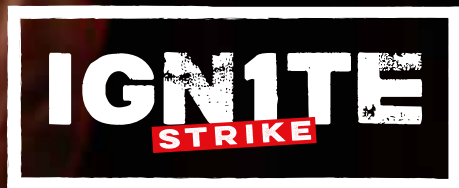




David Lloyd
— CLUBS —



STRIKE #19
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE STRIKE RELEASE 19

Get ready to level up with IGN1TE STRIKE 19, where balance meets strength! This release is all about bilateral and unilateral training, challenging your coordination, control, and strength like never before. Expect a mix of dynamic kicks, powerful strikes, and targeted strength work to build endurance, stability, and explosive power.

Strike 1 sets the tone right away, repeated round kicks with the challenge of keeping that foot off the floor. It's a core-crushing, leg-burning test of balance and endurance. Combat Matrix brings a fresh feel with an electrifying track and next-level legwork. Expect the unexpected and embrace the burn!

Strike 4 is a boxing lover's dream, plenty of opportunities to unleash your speed & power. Strength and conditioning, this release keeps things controlled with a focus on the posterior chain to boost strength and stability.

The music is pumping, the challenges are real, and the rewards are HUGE. Bring the energy, bring the fire, and IGN1TE every moment of this epic release!

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. **Warm up** / Final Boss / 05:17
2. **Strike #1** / Hear Dis / 05:40
3. **Strike #2** / Give me your Love / 06:28
4. **Combat Matrix** / One in a million / 05:05
5. **Strike #3** / Never Give Up / 06:33
6. **Strike #4** / I'm Waiting / 06:48
7. **Strength & Conditioning** / I'm Brave / 05:13
8. **Cooldown** / Paradise / 03:20

Total run time = 44:24

POINTER

This track is all about connection, engage with the group, smile, and create a welcoming atmosphere as you guide them through the warm-up. A mixture of upper and lower body movements to prepare them for the workout. Incorporate the side shuffle and scissor combo to gradually lift the heart rate and energize the room.

	MOVES / EXERCISES	REPS	CTS
00:05	L Fighting Stance – Pulse L&R ○○ Preview next move on last 8 counts	-	4x8
00:18	2x Jabs L&R, 1x Weave B ○○ Preview next move on last 8 counts	x8	8x8
00:46	2x Jabs L&R, Jump B	x4	4x8
00:59	Shuffle R, Scissor, Shuffle L, Scissor	x4	8x8
01:27	Front Stance - Hook R&L, 2x Uppercut R&L	x8	8x8
01:54	1x Uppercut L – Prepare to Lunge	x4	1x8
01:58	3x Pulse Lunge (R Leg Back), 3x Pulse Lunge (L Leg Back) ○○ Preview next move last 8 counts	x4	8x8
02:25	Lunge L, Front Kick R, Lunge L – Switch Sides	x2	4x8
02:39	Shuffle L, Scissor, Shuffle R, Scissor	x4	8x8
03:06	Hook L&R, 2x Uppercut L&R	x8	8x8
03:34	1x Uppercut L – Prepare to Lunge	-	1x8
03:37	3x Pulse Lunge (L Leg Back), 3x Pulse Lunge (R Leg Back) ○○ Preview next move last 8 counts	x4	8x8
04:05	Lunge R, Front Kick L, Lunge R– Switch Sides	x2	4x8
04:18	Shuffle R, Scissor, Shuffle L, Scissor	x4	8x8
04:46	R Fighting Stance - 4x Jabs R&L, 1x Jump Weave B	x4	4x8
05:00	Add Jump B	x4	4x8
05:13	1x Jab R – Outro	-	1x8

POINTER

This track focuses on balance, encourage participants to stay controlled and grounded as they work through the moves. Round kicks and side kicks are repeated to load the supporting leg, bringing the burn! Be sure to coach kick height based on experience, helping everyone find their challenge.

	MOVES / EXERCISES	REPS	CTS
00:03	L Fighting Stance	-	4x8
00:15	Round Kick L	x8	4x8
00:28	Round Kick Repeater L ○○ Preview next move on last 8 counts	x24	6x8
00:47	2x Hook L, Round Kick L	x8	8x8
01:13	3x Pulse Squat, 1x Squat Jump	x8	8x8
01:39 01:45	Hold Front Stance ○○ Preview next move on last 8 counts 2x Round knees L, Pulse OTS	- x6	2x8 6x8
01:58	Round Knee Repeater L ○○ Preview next move on last 8 counts	x8	2x8
02:11	2x Round Knee L, 1x Side Kick L	x12	12x8
02:49	R Fighting Stance	-	4x8
03:01	Round Kick R	x8	4x8
03:15	Round Kick Repeater R ○○ Preview next move on last 8 counts	x24	6x8
03:34	2x Hook R, Round Kick R	x8	8x8
03:59	3x Pulse Squat, 1x Squat Jump	x8	8x8
04:25 04:41	Hold Front Stance ○○ Preview next move on last 8 counts 2x Round knees R, Pulse OTS	- x6	2x8 6x8
04:38	Round Knee Repeater R ○○ Preview next move on last 8 counts	x8	2x8
04:57	2x Round Knee R, 1x Side Kick R	x12	12x8
05:35	Outro	-	

POINTER

This track is all about speed and endurance, driving shoulder work while elevating the heart rate. Focus on coaching the rhythm clearly during the 6x jog sequence to ensure everyone stays in sync and achieves success.

	MOVES / EXERCISES	REPS	CTS
00:03	Jog OTS	-	4x8
00:14	6x Jog, 1x Single Leg Freeze L – Repeat R	x6	12x8
00:47	Jabs L&R ○○ Preview next move on last 8 counts	x32	8x8
01:10	4x Jabs L&R, 1x Jump L	x8	8x8
01:32	Hold – L Fighting Stance	-	1x8
01:35 01:58	2x Jabs L, 2x Uppercut L ○○ Preview next move on last 8 counts 2x Jabs L, Uppercut L, Hook R, Uppercut L	X8 x4	8x8 4x8
02:09	2x Step Jabs L, Uppercut L, Hook R, Uppercut L (add Speed)	x8	8x8
02:31	6x High Knee Run, 1x Single Leg Freeze L – Repeat R	x4	8x8
02:54	Jabs L&R	x32	8x8
03:16	Hold	-	1x8
03:19	Hop R&L	x2	1x8
03:22	Hop R&L (<i>Skipping Rope Arms</i>)	x16	8x8
03:44	High Knee Run OTS	-	4x8
03:56	Jabs R&L ○○ Preview next move on last 8 counts	x32	8x8
04:18	4x Jabs R&L, 1x Jump R	x8	8x8
04:40	Hold – R Fighting Stance	-	1x8
04:44	2x Jabs R, 2x Uppercut R ○○ Preview next move on last 8 counts	x8	8x8
05:06	2x Jabs R, Uppercut R, Hook L, Uppercut R	x4	4x8
05:17	2x Step Jabs R, Uppercut R, Hook L, Uppercut R (add Speed)	x8	8x8
05:39	6x High Knee Run, 1x Single Leg Freeze R – Repeat L	x4	8x8
06:02	Jabs R&L	x32	8x8
06:24	Outro	-	

POINTER

This track brings a different musical feel while focusing on leg strength and balance. Emphasise weight placement on the back leg during the 'Cat Stance Squat' to reinforce stability. The squat jacks provide a cardio blast, so be sure to offer plenty of options, and finish strong with an upper body challenge.

	MOVES / EXERCISES	REPS	CTS
00:03	L Fighting Stance ○○ Preview 1st move on last 4 counts	-	2x8
00:11	1x Front Kick L, Cat Stance Squat ○○ Preview next move on last 8 counts	x16	8x8
00:44	Combo – 2x Front Kick L, 2x Drop Squat	x8	8x8
01:17	Single Kick L	x16	4x8
01:34	Drop Squat	x16	4x8
01:50	Hold R Fighting Stance	-	1x8
01:54	1x Front Kick R, Cat Stance Squat ○○ Preview next move on last 8 counts	x16	8x8
02:27	Combo – 2x Front Kick R, 2x Drop Squat	x8	8x8
03:01	Single Kick R	x16	4x8
03:17	Drop Squats	x16	4x8
03:34	Hold	-	1x8
03:38	○○ Preview next move & Demo Option	-	4x8
03:54	Lunge, Shuffle Combo, Transition to Floor on last 4cts	x4	4x8
04:11	Pulse Push up, Transition to Stand on last 4cts	x14	4x8
04:27	Lunge, Shuffle Combo, Transition to Floor on last 4cts	x4	4x8
04:44	Pulse Push up	x16	4x8
05:01	Outro	-	

POINTER

Time to get fierce with Muay Thai! Introduce new combos and use phonetic coaching to nail the rhythm and keep everyone in sync. Emphasise the hip drive in the push kick for power and control, expect the heart rate to soar in this track.

	MOVES / EXERCISES	REPS	CTS
	L Fighting Stance	-	4x8
00:14	Descending Elbow L&R	x16	8x8
00:36	Running Knee R&L	x8	4x8
00:48	2x Descending Elbow L&R, 2x Running Knee R&L	x4	8x8
01:10	2x Descending Elbow L&R, 2x Running Knee R&L	x4	8x8
01:33	Hold L Fighting Stance ○○ Preview next move on last 8 counts	-	2x8
01:39	2x Knee L, 1x Push Kick L	x4	8x8
02:01	Jab, Cross L&R ○○ Preview next move on last 16 counts	X16	4x8
02:13	7x Jab Cross, 2x Knee L, 1x Push Kick L	x8	16x8
02:58	Running Knees R&L	x8	4x8
03:09	Hold	-	1x8
03:12	R Fighting Stance	-	4x8
03:23	Descending Elbow R&L	x8	4x8
03:34	Running Knee R&L	x8	4x8
03:46	2x Descending Elbow R&L, 2x Running Knee L&R	x4	8x8
04:08	2x Descending Elbow R&L, 2x Running Knee L&R	x4	8x8
04:31	Hold R Fighting Stance ○○ Preview next move on last 8 counts	-	2x8
04:36	2x Knee R, 1x Push Kick R	x4	8x8
04:59	Jab, Cross R&L ○○ Preview next move on last 16 counts	x16	4x8
05:10	7x Jab Cross 2x Knee R, 1x Push Kick R	x8	16x8
05:56	Running Knees L&R – Level 1	x8	4x8
06:07	Running Knees L&R – Level 2&3	x16	8x8
06:30	1x Knee L - Outro	-	

POINTER

Simple but effective, focus on clear direction as the group moves side to side. Set up each move with precision and use Stage 3 coaching to drive motivation to the finish. This is the final chance to lift heart rates with burpees, so coach target zones for all punches to maximise impact.

	MOVES / EXERCISES	REPS	CTS
00:03	Shoulder Stretch L&R	-	8x8
00:25	4x Travelling L Jabs, 4x Travelling R Jabs ○○ Preview next move on last 16 counts	x4	8x8
00:47	2x Travelling L Jump Jabs, Jab L&R, 1x Uppercut L – Repeat R	x4	8x8
01:10	4x Uppercuts L, 4x Jump Jacks	x4	8x8
01:32	2x Travelling L Jump Jabs, Jab L&R, 1x Uppercut L – Repeat R	x4	8x8
01:54	Jabs L&R – Front Stance	x32	8x8
02:17	Front Stance – Prepare to move	-	4x8
02:28	Body Shot L&R (slow) ○○ Preview next move on last 16 counts	x8	4x8
02:39	7x Body Shot L&R, 1x Burpee	x6	12x8
03:12	Recover – Run OTS	-	8x8
03:35	4x Travelling R Jabs, 4x Travelling L Jabs ○○ Preview next move on last 16 counts	x4	8x8
03:57	2x Travelling R Jabs, Jab R&L, 1x Uppercut R – Repeat L	x4	8x8
04:19	4x Uppercuts R, 4x Jump Jacks	x4	8x8
04:42	2x Travelling R Jabs, Jab R&L, 1x Uppercut R – Repeat L	x4	8x8
05:04	High Knee Run Sprint OTS		4x8 4x8
05:26	Front Stance – Prepare to move	-	4x8
05:38	Body Shot R&L ○○ Preview next move on last 16 counts	x8	4x8
05:49	7x Body Shot R&L, 1x Burpee (Option add Tuck on last 4 reps)	x10	20x8
06:44	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	2/2 Single Arm Upright Row L	x4	4x8
02:31	1/1 Upright Row L, 1x Weighted Single Leg Squat R	x8	8x8
03:03	Single Arm Row L	x8	4x8
	Airplane Single Arm Row L	x8	4x8
03:35	Transition to floor - Set up Hip Bridge	-	4x8
03:51	2/2 Weighted Hip Bridge (Hold Plate up)	x4	4x8
	1/1/2 Weighted Hip Bridge Pulse (Hold Plate up)	x4	4x8
04:23	14x Pulse Single Leg Hip Bridge L (Hold Plate up)	x1	4x8
	14x Pulse Single Leg Hip Bridge R (Hold Plate up)	x1	4x8
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