

**REBELS**

**IGN1TE**



**RELEASE #19**

**WORKOUT NOTES**

# WELCOME TO IGN1TE REBELS RELEASE #19

Welcome to the **Rebels IGN1TE #19!**

Get ready for this high-energy, fun-filled 45-minute family workout. Rebels IGN1TE #19 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

A handwritten signature in black ink that reads "benji". The script is fluid and cursive, with the "i" having a long, looping tail that extends downwards.

# IGN1TE REBELS FORMAT

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## 5 Minute Introduction

1. Strike Warm up / **05:17**
2. Strike #2 / **06:28**
3. Athletic Circuit / **05:05**
4. AMRAP / **06:33**
5. Strength & Conditioning / **05:13**
6. Cooldown / **03:20**

**NEW 6 TRACK  
FORMAT FOR  
RELEASE #19**

**Full Run Time: 31:56** (Exc Intro & Breaks)

## 3 KEY MOVES

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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** - 10x Knees L&R
  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

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 energise the room.

	MOVES/EXERCISES	REPS	CTS
00:05	Front Stance – Pulse L&R	-	4x8
00:18	2x Jabs L&R, Jump L	12	12x8
00:59	Shuffle R, Scissor, Shuffle L, Scissor	x4	8x8
01:27	Front Stance - Uppercut R&L Uppercut R&L – Faster	x8 x16	4x8 4x8
01:54	1x Uppercut R – Transition to floor	x4	1x8
01:58	Floor based – Push ups (Off beat)	Off Beat	8x8
02:25	Mountain climbers (Off beat)	Off Beat	4x8
02:39	Shuffle L, Scissor, Shuffle R, Scissor	x4	8x8
03:06	Front Stance - Uppercut L&R Uppercut L&R – Faster	x8 x16	4x8 4x8
03:34	1x Uppercut L – Transition to floor	-	1x8
03:37	Floor based – Push ups (Off beat)	Off Beat	8x8
04:05	Mountain climbers (Off beat)	Off Beat	4x8
04:18	Shuffle R, Scissor, Shuffle L, Scissor	x4	8x8
04:46	R Fighting Stance - Jabs R&L, Jump R	x8	8x8
05:13	1x Jab R – Outro	-	1x8

# T2 STRIKE CIRCUIT

GIVE ME YOUR LOVE /

06:28

## POINTER

Move fast and stay light on your feet with a mix of powerful boxing combinations that keep the heart rate high. Push everyone, have fun, and challenge every punch with energy and intensity!

	MOVES/EXERCISES	REPS	CTS
00:03	Jog OTS	-	4x8
00:14	JogOTS	Off Beat	8x8
00:36	Slow Jab L&R	x8	4x8
00:47	Front Stance - Jabs L&R	x32	8x8
01:10	4x Jabs L&R, 1x Side Jump L – Repeat R	x8	8x8
01:32	Hold – L Fighting Stance	-	1x8
01:35	2x Jabs L, 2x Uppercut L	x12	12x8
02:09	2x Jabs L, Uppercut L, Hook R, Uppercut L	x8	8x8
02:31	High Knees	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>Skippping Rope Arms</i> )	x16	8x8
03:44	High Knee Run OTS	-	4x8
03:56	Front Stance - Jabs R&L	x32	8x8
04:18	4x Jabs R&L, 1x Side Jump R – Repeat L	x8	8x8
04:40	Hold – R Fighting Stance	-	1x8
04:44	2x Jabs R, 2x Uppercut R	x12	12x8
05:17	2x Jabs R, Uppercut R, Hook L, Uppercut R	x8	8x8
05:39	High Knees	x4	8x8
06:02	Jabs R&L	x32	8x8
06:24	Outro	-	

# T3 ATHLETIC CIRCUIT

## EMERGENCY/ 06:56

### EQUIPMENT

Adult - No Equipment
Child - No Equipment

### POINTER

Work together in family teams where the key is to complete as many rounds as possible, the parent and kid will complete different moves, pushing each other through four high-energy rounds. Set the tone with a clear setup, then bring the fun and intensity to keep everyone engaged and moving strong!

	MOVES/EXERCISES	REPS	CTS
00:03	INTRO – Split Room	-	4x8
00:14	Explain the protocol	-	4x8
00:25	Demo & Practice the moves	-	4x8
00:36	Jog OTS	-	4x8
00:48	Parent = 6x Push Ups Child / Children = Jump Jacks	Off Beat	20x8
01:45	Recovery	-	4x8
01:57	Jog OTS	-	4x8
02:08	Demo & Practice - 2x Broad Jump, Run B	x4	8x8
02:31	2x Broad Jump, HKR B 2x Broad Jump, Ladder Run B Ladder Run OTS	x4 x4 x16	8x8 8x8 4x8
03:28	Recovery – Switch Sides	-	4x8
03:40	Demo & Practice the moves	-	8x8
04:02	Jog OTS	-	4x8
04:14	Parent = 6x Push Ups Child / Children = Jump Jacks	Off Beat	20x8
05:11	Recovery	-	4x8
05:23	Jog OTS	-	4x8
05:34	Demo & Practice - 2x Broad Jump, Run B	x4	8x8
05:57	2x Broad Jump, HKR B 2x Broad Jump, Ladder Run B Ladder Run OTS	x4 x4 x16	8x8 8x8 4x8
06:54	Outro	-	

T4

AMRAP

RESTLESS MENTALITY / 04:23

EQUIPMENT
Adult - 1x Weights - 5kg
Child - 1x Weights -2.5kg

POINTER

Push hard in three rounds of AMRAP using the “I go, you go” protocol, keeping intensity high while supporting your partner. Grab a mat and a light-to-medium weight, challenge each other, and stay strong through every rep!

	MOVES/EXERCISES	REPS	CTS
00:03	Intro	-	12x8
00:41	1x Burpee & 8x Plate Taps – Switch over	-	20x8
01:45	Rest – Explain next 2 moves Prepare	-	8x8 2x8
02:17	2x Shoulder Press and Jump F&B Combo – Switch over	-	20x8
03:21	Rest – Explain next move Prepare to move	-	8x8 2x8
03:53	Plank High Five	-	8x8
04:19	Outro	-	

# T5 STRENGTH & CONDITIONING

I'M BRAVE / 05:13

## EQUIPMENT

Adult - 1x Weights - 5/10kg

Child - 1x Weights -2.5kg

### POINTER

Focus on controlled movements to build strength and balance, then finish strong with core work to stabilize and strengthen the body. Stay mindful, stay powerful, and challenge yourself with every rep!

	MOVES/EXERCISES	REPS	CTS
00:03	Set Up	-	4x8
00:19	2/2 Single Leg Squat & Extension L	x4	4x8
00:35	2/2 Single Arm Upright Row R	x4	4x8
00:51	1/1 Upright Row R, 1x Squat Extension 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 Single Leg Squat & Extension R	x4	4x8
02:15	1/1Single Arm Upright Row L	x2	4x8
02:31	1/1 Upright Row L, 1x Squat Extension R	x8	8x8
03:03	Single Arm Row L	x8	8x8
	Airplane Single Arm Row L	x8	
03.35	Transition to floor	-	4x8
03:51	2/2 Weighted Hip Bridge	x4	8x8
	1/1/2 Weighted Hip Bridge Pulse	x4	
04:23	14x Pulse Single Leg Hip Bridge L	x2	8x8
	14x Pulse Single Leg Hip Bridge R		
04:55	Weighted Hip Bridge Pulse	x16	4x8
05:11	Outro	-	



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!



**REBELS**  
**IGN1TE**

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

