



David Lloyd
— CLUBS —

IGNITE
SPEED | STRENGTH | STRIKE

STRIKE #15
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE STR1KE RELEASE #15

IGN1TE #15 has been revamped!! It's fast & furious and trust me, time will fly past during this high energetic STR1KE workout.

Check out the updated format, you'll now have 8 new tracks which will drive your heart rate higher and target every single body part. We combine speed, endurance and power to give you and your participants the results they come for.

You kick off with Track 1 where you'll be giving an opportunity to warm the upper & lower body including stretch sequences to ensure everyone is ready for the workout. STR1KE #1 will set fire to legs, getting low and staying low is the aim of the game here.

You'll play around with a new Brazilian Ju Jitsu inspired movement in Combat Matrix 'The modified Hip Escape' then jumping into a strong, powerful STR1KE #3 track where you'll get to fly high with everyone's favourite move jump knees.

Finishing with a conditioning track that'll strengthen 4 different muscle groups and a cool down to relax and stretch out the body ready for your next fight! Ensure to offer plenty of options to suit everyone, enjoy delivering this one to your members!

I hope you enjoy teaching this release #firedup

Ben Grant

Benji

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 STR1KE

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 STR1KE

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.




POINTER

Time to prepare everyone for the workout ahead, you'll focus on warming up the upper body first followed by the lower body. Use the stretch sequences to explain the importance of warming up and highlight each move with the martial art it is inspired from.

		MOVES / EXERCISES	REPS	CTS
00:06		Upper Body Stretch Sequence Chest 2x8 Shoulder L 1x8, Shoulder R 1x8	x1	4x8
00:19		Pulse L&R		4x8
00:32	1	L Fighting Stance Jab, Cross  <i>Preview Next Move</i>	x8	4x8
00:44		Hook L, Hook R	x8	4x8
00:57		Shuffle F, Hook L&R – Shuffle B 3x Uppercut L,R,L	x6	12x8
01:35	2	R Fighting Stance & Hold		½x8
01:37		Repeat Block 1 in R Fighting Stance		20x8
02:40	3	Front Stance and hold		½x8
02:42		Lower Body Stretch Sequence Adductor Stretch L (1x8) Adductor Stretch R (2x8) Hamstring Stretch (2x8)	x2	8x8
03:07		3x Knee L Step L, R, L 3x Knee R Step R, L, R	x4	8x8
		Shuffle L, Side Kick L, Shuffle R, Side Kick R	x4	8x8
03:58		Repeat block 3		24½x8
05:16	4	Step Together Bow		½x8



POINTER

Focus: LEGS LEGS LEGS!! Time to put the heat into the legs from the start. Set up the rhythm of the footwork and then encourage depth to target the legs and create the burn. Getting down low will get the legs strong and lean here.

		MOVES / EXERCISES	REPS	CTS
00:00	1	Front Stance		4x8
00:17		Step Right, Step Back	x8	4x8
00:31		1x Squat R, 1x Lunge R <i>(Guard up)</i>	x8	4x8
00:45		2x Squat R, 2x Lunge R <i>(Add Arms)</i>	x8	8x8
		 <i>Preview Next Move</i>		
		L Fighting Stance	x4	4x8
01:13		Jab L, Uppercut R, Jab L, Pulse F&B		
		 <i>Preview Next Combo</i>		
01:27		Jab L, Uppercut R, Jab L, 2x Knee R	x8	8x8
		 <i>Preview Next Move</i>		
01:55		Front Kick R, Lunge R	x8	4x8
02:08		2x Squat R, 2x Lunge R, 2x Kick Lunge R	x6	12x8
02:50		Recover		4x8
03:04	2	Repeat Block 1 in R Fighting Stance		44x8



POINTER

Time to bring speed work into the workout, use the turning drop squat to drive the heart rate up and offer a suitable option. The key to success here is to pre cue & preview the travelling double jab cross, use the cross punch to incorporate the power.

		MOVES / EXERCISES	REPS	CTS
00:00		Jog OTS		8x8
		L Fighting Stance		
00:26		Jab L, Cross R  Preview Next Move	x32	8x8
00:48		Double Jab L, Cross R x2 High Knee Run OTS	x4	8x8
01:10	1	3x Uppercut L, R, L, Pulse OTS  Preview Next Combo	x4	4x8
01:21		3x Uppercut L, R,L 1 x Drop Squat Turn (<i>Touchdown</i>)	x8	8x8
01:43		Double Jab L, Cross R x2 High Knee Run OTS  Preview Next Combo	x2	4x8
01:54		Travelling F Double Jab L, Cross R x2 High Knee Run Back	x4	8x8
02:16		Double Hop L&R		4x8
	2	Jog OTS		4x8
02:38		Repeat Block 1 from 00:26 Seconds in R Fighting Stance		40x8
04:28		Front Stance Jog OTS		4x8
04:39	3	Jab L&R	x48	12x8



POINTER

Bringing MMA training into the mix. There is a lot going on in this track so be clear with your set up cues for each move and defiantly offer options throughout. 2 rounds standing and 1 on the floor to test core strength & shoulder stability with a new Brazilian Ju Jitsu inspired move, the 'Modified Hip Escape'

		MOVES	REPS	CTS
00:00		Front Stance		4x8
00:16		Shoot L, Shoot R	x4	4x8
00:30		Shoot L, Double Bounce, Shoot R, Double Bounce	x8	8x8
00:56	1	Hold – L Fighting Stance  <i>Preview Next Move</i>		2x8
01:03		Back Kick R, Knee L, Pulse OTS  <i>Preview Next Combo on the last 2x8</i>	x10	10x8
01:36		Back Kick R, Knee L x2 Decoy L, R, L, R	x8	16x8
02:29		Transition to Floor - Bear Crawl Position		4x8
02:43	2	Modified Hip Escape L&R – Slow	x2	4x8
02:56		Modified Hip Escape L&R – Fast	x8	8x8
03:23		Transition to Stand		1x8
03:26		Recover		4x8
03:39	3	Repeat Block 1 from 00:16 in Front Stance starting with a R Shoot		46x8




POINTER

Muay Thai that hits hard! Coach participants through 4 increasing intensity blocks of work, the running knee section is where the heart rate will spike here. Challenge everyone in the final 5 jump knees, who's going to be brave? Stage 3 coaching is needed to motivate everyone to the end.

		MOVES	REPS	CTS
00:00	INTRO	Front Stance		4x8
00:14		Single Knee L&R	x8	4x8
00:25		Running Knee L&R	x16	8x8
00:48	1	Hold in L Fighting Stance		1x8
00:50		Jab L, Cross R, Jab L, Pulse OTS  <i>Preview Next Move</i>	x4	4x8
01:02		Jab L, Cross R, Jab L, Rear Drop Elbow  <i>Preview Next Move</i>	x4	4x8
01:13		Jab L, Cross R, Jab L, Rear Drop Elbow, Step through	x2	2x8
01:19		Jab L, Cross R, Jab L, Rear Drop Elbow, step through, 4x R Knee	x8	16x8
02:04		Downward Punch L	x16	4x8
02:15		Pulse R&L		2x8
02:21		Single Knee R&L	x4	2x8
02:26		Running Knee R&L	x16	8x8
02:49		Jump Knee R	x5	1x8
02:52	2	Front Stance		2x8
02:57		Hip Roll L&R <i>Transition to R Fighting Stance in last 8 cts</i>	x12	12x8
03:31		Repeat Block 1 from 00:50 in R Fighting Stance		8x8

POINTER

This track is simple, repetitive but very effective. Plenty of strikes and big moves to finish on a high. Once again offer plenty of options for your participants especially the burpee phase. In round 3 get into a circle quickly and bring the group together for the last 2 minutes, this will be the final push. Give plenty of eye contact and motivate to the end!

		MOVES / EXERCISES	REPS	CTS
00:00	1	Front Stance		4x8
00:14		Shoulder Stretch L&R		4x8
00:25		Uppercut L, Hook L, Uppercut R, Hook R	x4	4x8
00:37		Uppercut L, Hook L, Uppercut R, Hook R, 4x Jab Cross L&R	x8	16x8
01:22		3x Pulse Squat  <i>Preview next move</i>	x4	4x8
01:33		Burpee	x4	4x8
01:44		Uppercut L, Hook L, Uppercut R, Hook R, 4x Jabs L&R	x4	8x8
02:07	2	Recovery		4x8
02:18		Run OTS		4x8
02:29		Uppercut R, Hook R, Uppercut L, Hook L	x4	4x8
02:40		Uppercut R, Hook R, Uppercut L, Hook L, 4x Jab Cross R&L	x8	16x8
03:25		3x Pulse Squat  <i>Preview next move</i>	x4	4x8
03:36		Burpee	x4	4x8
03:48		Uppercut R, Hook R, Uppercut L, Hook L, 4x Jabs R&L	x4	8x8
04:10	3	Make a Circle		4x8
04:21		Run OTS		4x8
04:32		Uppercut L, Hook L, Uppercut R, Hook R, 4x Jabs L&R  <i>Preview next move</i>	x2	4x8
04:55		Uppercut L, Hook L, Uppercut R, Hook R, 1x Burpee	x6	12x8
05:17		Jab L&R	x32	8x8
05:40		High Knee Run – Move in High Knee Sprint		4x8 4x8

T7 STRENGTH & CONDITIONING

THE WAY / 05:13

POINTER

Focus on more controlled strength movements. 4 rounds, 4 different muscles groups, Chest, Quads, Shoulders & Core. Set up each round quickly and get everyone to complete every repetition. Offer different weight selection depending on the muscles group used.

EQUIPMENT

1 x Medium Plate
1 x Light Plate
Mat

		MOVES / EXERCISES	REPS	CTS
00:00	1	Transition to Floor		4x8
00:18		1/1/2 Push up	x4	4x8
00:33		1/1 Push up  Preview next move	x8	4x8
00:47		2x Pulse Push up, 2x Jump Jack	x8	8x8
01:17		16x Pulse Push up	x1	4x8
01:32	2	Transition to stand – Pick up 1x Weight		3x8
01:41		1/1/2 Squat	x4	4x8
01:56		1/1 Squat	x8	4x8
02:11		2x Pulse Squat, 2x Single Leg Squat R, Repeat L	x8	8x8
02:40		16x Pulse Squat	x1	4x8
02:55	3	Recover		3x8
03:04		1/1/2 Plate Push Forward	x4	4x8
03:19		1/1 Plate Push Forward	x8	4x8
03:34		Plate Push Forward, Turn plate L, Return – Repeat Turn R	x4	8x8
04:03		Hold Plate Forward – Turn L&R	x8	4x8
04:18	4	Transition to Floor		3x8
04:27		3x Weighted C-Crunch Pulse, 1x Double Leg extension	x8	8x8
04:57		Scissor Legs (Side to side)	x16	4x8



T8 COOLDOWN

HOME / 03:55

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

		MOVES / EXERCISES	REPS	CTS
00:00		Transition into child's pose		3x8
00:15		Child's Pose	x1	4x8
00:36		Shoulder Stretch L (2x8) Shoulder Stretch R (2x8)	x1	4x8
00:58		Cat & Cow	x2	4x8
01:20		Hip Flexor L (2x8) Hamstring L (2x8) Repeat R (4x8)		8x8
02:04		Downward Dog <i>Transition to stand on last 8 counts</i>	x1	4x8
02:25		Quad Stretch L (2x8) Glute Stretch L (2x8) Repeat R (4x8)	x1	8x8
03:09		IT Band Streth L (2x8) Back Stretch (2x8) IT Band Stretch R (2x8) Chest Stretch (2x8)	x1	8x8

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