



David Lloyd
— CLUBS —

IGN1TE

SPEED | STRENGTH | STRIKE

ENERGY #20
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE ENERGY RELEASE 20

IGN1TE ENERGY #20 is a dynamic blend of intensity, aerobic peaks, and innovative tracks that will redefine the format as you know it. As we celebrate 5 years of IGN1TE, we're bringing an electrifying atmosphere and celebratory energy. Get ready for a high energy, full-body challenge designed to elevate your fitness, strength, and speed to new heights.

The warm-up kicks off with explosive energy—perfect to wake up the body, light the fire, and get everyone hyped for the fast-paced fun ahead. Athletic HIIT delivers big impact with an incredible track to match. Using giant sets, we progressively build fitness while pushing speed and power. Each 80-second block demands full effort—there's no looking back, so dig deep and push for every rep.

Assemble is all about fun and connection. We bring the energy and unity with a circle formation that boosts class engagement and elevates the group experience. Surge introduces our very first off-the-beat track—and it's a game-changer. At a massive 10 minutes, this challenge combines Tabata and superset training methods to push your limits. Trust the process, embrace the hustle, and take your fitness to the next level. The Strength & Conditioning track is all about core activation. Designed to target the obliques and challenge overall stability, this track helps build a strong foundation of strength and endurance from the inside out.

This release has it all—epic tracks, next-level energy, and sweat from start to finish. Get ready to move, connect, and IGN1TE every moment!

We're so excited for you to feel the energy and experience it for yourself!

Ben Grant

A handwritten signature in black ink that reads "benji". The script is fluid and cursive, with a large, looping 'i' at the end.

45 MINUTE FORMATS

IGN1TE ENERGY

1. Athletic Warm up
2. Progressive Cardio
3. Athletic HIIT
4. Assemble
5. Surge
6. Strength & Conditioning
7. 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. Surge OR Assemble
5. 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. **Athletic Warm Up** / IGN1TE the Beat / 04:38
2. **Progressive Cardio** / Baile / 05:21
3. **Athletic HIIT** / I'm All Yours / 09:07
4. **Assemble** / Promise Land / 05:10
5. **Surge** / Get So High / 10:30
6. **Strength & Conditioning** / Lose Control / 06:10
7. **Cool down** / I'll Be Alright / 03:15

Total run time = 44:11

Please note:

The choreography notes are written from the instructor's perspective. Any references to left and right in the notes indicate your own movement directions and not the participants. When teaching, be sure to mirror and coach the movements so that participants follow the opposite direction.

The video has been flipped to support instructor learning and shows how you would lead the class while facing your participants.

Key:

L = Left

R = Right

F = Forward

B = Back

OTS = On the Spot

OH = Over Head

T1 ATHLETIC WARM UP

IGNITE THE BEAT / 04:38

POINTER

Get your participants warmed up both physically and mentally as you set a positive, motivating tone for the workout ahead. Use functional movements to create an energising start, laying the foundation for the choreography they'll experience later in the release.

	MOVES	REPS	CTS
00:05	Front Facing	-	4x8
00:11	Stretch Combo Adductor Stretch L (2x8) Hip Flexor Turn L, Arms OH (2x8) Repeat R Side (4x8)		8x8
00:36	Bounce L&R ○○ Preview next move last 4 counts	-	4x8
00:49	2x Pulse Lunge L, 2x Pulse Squat – Repeat R Arms after 4x8	x4	8x8
01:15	Jog OTS & Bounce	x4	4x8
01:26	Hold	-	1x8
01:31	Walkout, 2x Cross Climber L&R Stand, 2x Oblique Knee Lift L&R	x3	12x8
02:09	2x Pulse Lunge L, 2x Pulse Squat, Repeat R	x4	8x8
02:35	Jog OTS & Bounce	x4	4x8
02:48	Hold	-	1x8
02:51	Walkout, 2x Cross Climber R&L Stand, 2x Oblique Knee Lift R&L	x3	12x8
03:29	2x Pulse Lunge L, 2x Pulse Squat, Repeat R	x4	8x8
03:55	Run F & Bounce - Run B & Bounce	x2	8x8
04:21	Ladder Run OTS,	x8	4x8
04:33	Outro		

T2 PROGRESSIVE CARDIO

BAILE / 05:21

POINTER

This track immediately sets the party mood while adding intensity to the lower body! Infuse an aerobic vibe when guiding the shuffle and lateral combinations and explore varying levels of intensity when coaching the Runner Knee and Lunge-Squat Combo.

	MOVES	REPS	CTS
00:03	Bounce L&R ○○ Preview next move last 8 counts		4x8
00:15	4x Knee L, 4x Knee R ○○ Preview next move last 4 counts	x2	4x8
00:27	4x Runner Knee L, 4x Runner Knee R	x2	4x8
00:39	Run F, 4x Jump Jack OTS, Run B, 4x Jump Jack OTS	x2	8x8
01:03	Triple Pulse Squat ○○ Preview next move last 8 counts	x4	4x8
01:15	Triple Pulse Squat Jump (Jump feet together) ○○ Preview next move last 8 counts	x4	4x8
01:28	Squat, Lunge L Squat – Repeat L	x2	4x8
01:40	4x Runner Knee L, 4x Runner Knee R Squat, Lunge, Squat Combo L&R	x2	8x8
02:04	Bounce R&L	-	4x8
02:16	4x Knee R, 4x Knee L	x2	4x8
02:28	4x Runner Knee R, 4x Runner Knee L	x2	4x8
02:40	Run F, 4x Jump Jack OTS, Run B, 4x Jump Jacks OTS	x4	8x8
03:05	Triple Pulse Squat ○○ Preview next move last 8 counts	x4	4x8
03:17	Triple Pulse Squat Jump (Jump feet together) ○○ Preview next move last 8 counts	x4	4x8
03:29	Squat, Lunge R, Squat –Repeat L	x4	4x8
03:41	4x Runner Knee R, 4x Runner Knee L Squat, Lunge, Squat Combo R&L	x2	8x8
04:06	Bounce L&R ○○ Preview next move last 4 counts	-	4x8
04:18	Double Shuffle L&R ○○ Preview next move last 4 counts	x8	4x8
04:30	Single Shuffle L&R	x4	4x8
04:42	Lateral Shuffle L, Single Shuffle OTS – Repeat R	x6	12x8
05:19	Outro	-	

POINTER

Four Giant Sets, cranking up the intensity with every round to blast your heart rate and fitness to its maximum. Four moves, 20 seconds each, non-stop, and each round brings a new, tougher challenge. This track is a real test, so buckle up and get ready to push yourself to the limit.

	MOVES	REPS	CTS
00:03	Intro		8x8
00:25	Squat Tap L&R	x16	8x8
00:48	Giant Set BLOCK 1 HKR (8x8) ○○ <i>Preview next move last 8 counts</i> Skater (8x8) ○○ <i>Preview next move last 8 counts</i> Jump Squats (8x8) ○○ <i>Preview next move last 8 counts</i> Push Ups (8x8)	x32 x16 x16 x16	32x8
02:19	Recover		8x8
02:41	Squat Tap L&R	x16	8x8
03:03	Giant Set BLOCK 2 HKR (8x8) ○○ <i>Preview next move last 8 counts</i> Skater (8x8) ○○ <i>Preview next move last 8 counts</i> Jump Squats (8x8) ○○ <i>Preview next move last 8 counts</i> Push Ups (8x8)	x32 x16 x16 x16	32x8
04:34	Recover		8x8
04:56	Squat Tap L&R	x16	8x8
05:19	Giant Set BLOCK 3 HKR (8x8) ○○ <i>Preview next move last 8 counts</i> Skater & Power Knee (8x8) ○○ <i>Preview next move last 8 counts</i> Jump Squat (add Butt Kick after 4x8) (8x8) ○○ <i>Preview next move last 8 counts</i> Push Up, Renegade Row (8x8)	x32 x8 x16 x8	32x8
06:49	Recover		8x8
07:12	Squat Tap L&R	x16	8x8
07:34	Giant Set BLOCK 4 HKR (8x8) ○○ <i>Preview next move last 8 counts</i> Skater & Power Knee (8x8) ○○ <i>Preview next move last 8 counts</i> Jump Squat (add Butt Kick after 4x8) (8x8) ○○ <i>Preview next move last 8 counts</i> Push Up, Renegade Row (8x8)	x32 x8 x16 x8	32x8
09:05	Outro	x4	

POINTER

This track is all about connecting, having fun, and enjoying the moments of interaction. Dive into the upbeat, aerobic vibe and the choreography. The crossbow arm and circle run formation are exciting new additions in Assemble, so make sure to have a great time with them.

	MOVES	REPS	CTS
00:03	Jog OTS	-	4x8
00:15	Jog OTS – Slow Cross Bow Arms	x4	4x8
00:27	Jog OTS - Slow Cross Bow Arms	x4	4x8
00:39	Jog OTS – Fast Cross Bow Arm	x8	4x8
00:51	Run – Circle Clockwise	-	8x8
01:15	In Circle formation – Single Kick ○○ Preview next move last 4 counts	x8	4x8
01:27	In Circle formation – Single Knee Pull	x8	4x8
01:39	Hold	-	1x8
01:42	In Circle Formation, Jog OTS – Slow Cross Bow Arms	-	4x8
01:54	Jog OTS – Slow Cross Bow Arms	x4	4x8
02:06	Jog OTS - Fast Cross Bow Arms	x8	4x8
02:18	Run – Circle Anti Clockwise	x4	8x8
02:42	In Circle formation – Single Kick ○○ Preview next move last 4 counts	x8	4x8
02:54	In Circle formation – Single Knee Pull	x8	4x8
03:06	Jog OTS Jog OTS - Slow Cross Bow Arm	x4	4x8 4x8
03:30	In Circle formation - Run F, Swing B	x4	8x8
03:54	Run – Circle Clockwise	-	8x8
04:18	Single Kick ○○ Preview next move last 4 counts	x8	4x8
04:30	Single Knee Pull ○○ Preview next move last 4 counts	x8	4x8
04:42	Single Kick ○○ Preview next move last 4 counts	x8	4x8
04:54	Single Kick with Push Down Arms	x8	4x8
05:06	Outro		

POINTER

Welcome to the first OFF THE BEAT track! Get ready to test your members with a mix of Tabata and AMRAP training that pushes fitness to the next level. Keep your coaching cues and demonstrations sharp and straightforward to keep everyone locked in. Stay tuned into the music so you can nail those transitions. It's all or nothing—bring the heat!

WEIGHT: 1x 5/10kg plate

	MOVES	REPS	CTS
00:03	Set up		10x8
00:32	Bounce L&R		4x8
00:43	TABATA BLOCK 1 - On or Off the beat 20s ON 10s OFF x8 1. Shift Weight Lateral Jump 2. Alternating Step and Tap Combo (Plank Position)	X8 Rounds	
04:37	Recover		4x8
04:49	Explain next move - Pick up 1x weight		8x8
05:12	Hang Clean, Squat Press – L Hang Clean, Squat Press – R	x8 x8	8x8 8x8
05:59	Recover		4x8
	Set up next Tabata Block & Prepare to move		8x8
06:34	TABATA BLOCK 2 - On or Off the beat 20s ON 10s OFF x4 1. Matrix Squat & Bounce Sequence (<i>Middle, corner, middle, corner</i>) 2. 3x Fast Lateral Run	X8 Rounds	
10:28	Outro	-	

T6 STRENGTH & CONDITIONING

LOSE CONTROL / 06:10

EQUIPMENT 1x 5kg plate

POINTER

This track is all about powering up your core! We're hitting those obliques hard with the Triple Climber Combo and the Halo Press. Time to dial in the control, bring the precision, and see those results!

	MOVES / EXERCISES	REPS	CTS
00:03	Set up Oblique Knee Drop Combo ○○ Preview next move last 8 counts		4x8
00:18	Oblique Knee Drop Combo L&R – Slow ○○ Preview next move last 8 counts	x4	8x8
00:47	Oblique Knee Drop Combo L&R – Faster (add single or double leg extension)	x4	8x8
01:17	Set up Rotating Side Hover L ○○ Preview next move last 8 counts	-	2x8
01:24	Rotating Side Hover L	x8	8x8
01:54	Hold - Set up Hip Lift	-	2x8
02:01	Hip Lift L	x4	8x8
02:31	Set up Oblique Knee Drop Combo	-	4x8
02:45	Oblique Knee Drop Combo R&L – Slow ○○ Preview next move last 8 counts	x4	8x8
03:15	Oblique Knee Drop Combo R&L – Faster (add single or double leg extension)	x4	8x8
03:45	Set up Rotating Side Hover R ○○ Preview next move last 8 counts	-	2x8
03:52	Rotating Side Hover R	x8	8x8
04:21	Hold - Set up Hip Lift	-	2x8
04:29	Hip Lift R	x4	8x8
04:58	Transition to standing	-	4x8
05:13	Preview: Halo & Press F Combo (Squat Position) L&R	x2	2x8
05:21	Hold		½ x8
05:23	Halo & Press F Combo (Squat Position) L&R	x4	8x8
05:53	Halo & Press F Combo (Squat Position) L&R	x2	4x8
06:07	Outro	-	

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

	MOVES / EXERCISES	REPS	CTS
00:03			
00:11	Standing L Quadricep Stretch – <i>Add opposite arm extension in last 2x8</i>	x1	4x8
00:27	Standing R Quadricep Stretch - <i>Add opposite arm extension in last 2x8</i>	x1	4x8
00:43	L Kneeling Hip Flexor Stretch with R arm reach	x1	2x8
00:51	L Kneeling Hip Flexor Stretch with R Tricep Stretch	x1	2x8
00:59	R Kneeling Hip Flexor Stretch with L arm reach	x1	2x8
01:07	R Kneeling Hip Flexor Stretch with L Tricep Stretch	x1	2x8
01:15	R Kneeling Hamstring stretch	x1	2x8
01.23	R Soleus Stretch	x1	2x8
01:31	L Kneeling Hamstring stretch	x1	2x8
01:39	L Soleus Stretch	x1	2x8
01:47	Stretch Combo Adductor Stretch L (2x8) Hip Flexor Turn L, Arms OH (2x8) Repeat R Side (4x8)	x1	8x8
02:19	R ITB Stretch with high arm reach	x1	2x8
02.27	R Standing Shoulder Stretch	x1	2x8
02:35	L ITB Stretch with high arm reach	x1	2x8
02:43	L Standing Shoulder Stretch	x1	2x8
02:51	Upper Back Stretch	x1	2x8
02:59	Wide Chest Stretch	x1	2x8
03:07	Shoulder Roll – Outro		1x8

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

David Lloyd
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