

David Lloyd
— CLUBS —



STRIKE #20
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE STRIKE RELEASE 20

Elevate Your Game with IGN1TE STRIKE #20, join us as we celebrate 5 incredible years of IGN1TE with a release that brings the energy, the evolution, and an unforgettable experience.

This release blends powerful kicks, precision-driven boxing combinations, and intelligent strength training to enhance endurance, stability, and explosive performance.

Strike 1 begins with a fusion of Taekwondo and Karate-inspired techniques, gradually intensifying the pace with a dynamic lunge series designed to ignite lower-body power and coordination. Strike 2 brings a relentless focus on speed and stamina, this track delivers high-octane movement patterns and targeted shoulder conditioning. The tempo is elevated—expect a serious burn and an even stronger comeback.

Combat Matrix introduces a fresh structure, energising music, and challenging lower body combos with the advancing side kick. It's bold, unpredictable, and designed to push your limits—physically and mentally. Strike 3 is all about bringing the heat. Go big on the powerful downward punch sequence and bring the sharpeness in those circular elbow strikes. Strike 4 comes in hot with energy and intensity right from the jump! Fierce boxing combos and heart-pumping burpees, it's all about finishing strong and having a blast while doing it! The Strength & Conditioning track centers on core activation, this track will target your obliques and challenge your stability, helping you build both strength and endurance.

From start to finish, the music drives you, the movements challenge you, and the results speak for themselves. Come prepared to bring your energy, channel your fire, and IGN1TE every rep of this standout release.

We can't wait for you to experience it.

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. 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 Surge
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. **Strike Warm up** / IGN1TE the Beat / 04:38
2. **Strike #1** / Party Move / 05:17
3. **Strike #2** / Saving Us / 06:23
4. **Combat Matrix** / Hey Ho (Here we go) / 06:23
5. **Strike #3** / I Came to Change My Life / 06:00
6. **Strike #4** / Better Things / 06:16
7. **Strength & Conditioning** / Lose Control / 06:10
8. **Cooldown** / I'll be alright / 03:15

Total run time = 44:22

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

POINTER

This is your moment to engage with the group, share a smile, and set a welcoming, positive tone. Use a mix of upper and lower body movements to get everyone prepped and ready for the workout ahead.

	MOVES / EXERCISES	REPS	CTS
00:05	Wide Front Stance	-	
00:11	Stretch Combo Adductor Stretch L (2x8) Hip Flexor Turn L, Arms OH (2x8) Repeat R Side (4x8)	-	8x8
00:36	L Fighting Stance Jab L ○○ Preview next move last 8 counts	x16	4x8
00:49	2x Jab L, Uppercut L,R,L ○○ Preview next move last 8 counts	x8	8x8
01:15	Front Kick L, Pulse OTS	x5	5x8
01:31	Shoot L&R (Add bounce after 4 reps)	x8	8x8
01:57	R Fighting Stance Jab R ○○ Preview next move last 8 counts	x16	4x8
02:09	2x Jab R, Uppercut R,L,R ○○ Preview next move last 8 counts	x8	8x8
02:35	Front Kick R, Pulse OTS	x5	5x8
02:51	Shoot R&L (with Bounce)	x8	8x8
03:16	Scissor ○○ Preview next move last 8 counts	-	4x8
03:29	Scissor & 4x Jabs L&R	x8	8x8
03:55	Side Kick L&R	x4	8x8
04:20	Running Knee L&R	x8	4x8
04:33	Outro	-	

POINTER

Upper and lower body combinations featuring Taekwondo and Karate-inspired movements.
Focus on coaching options for the jump lunge sequence to adjust intensity.

	MOVES / EXERCISES	REPS	CTS
00:04	L Fighting Stance ○○ Preview next move last 8 counts		2x8
00:10	Hook L, Cross R, Hook L – Slow	x2	2x8
00:16	Hook L, Cross R, Hook L, Pulse F&B ○○ Preview next move last 8 counts	x4	4x8
00:29	Hook L, Cross R, Hook L, Back Kick R	x8	8x8
00:55	8x Decoy Switch Jumps, 4x Back Kicks R	x2	8x8
01:20	3x Pulse Lunge (R Leg Back) R&L ○○ Preview next move last 4 counts	x2	4x8
01:33	3x Pulse Lunge, Squat R&L	x2	4x8
01:46	1/1 Lunge, Squat R&L (Add Jump after 2x reps)	x4	4x8
01:59	Shuffle L, Block L, Turning Karate Punch R – Repeat R Side	x4	8x8
02:24	Arm Frame Block & Pulse Squat Combo	x8	4x8
02:37	Arm frame Hold		½ x8
02:39	R Fighting Stance ○○ Preview next move last 8 counts	-	4x8
02:51	Hook R, Cross L, Hook R, Pulse ○○ Preview next move last 8 counts	x4	4x8
03:04	Hook R, Cross L, Hook R, Back Kick L	x8	8x8
03:30	8x Decoy Jumps, 4x Back Kicks L	x2	8x8
03:55	3x Pulse Lunge (L Leg Back) L&R ○○ Preview next move last 4 counts	x2	4x8
04:08	3x Pulse Lunge, Squat L&R	x2	4x8
04:21	1/1 Lunge, Squat L&R (Add Jump after 2x reps)	x4	4x8
04:34	Shuffle R, Block R, Turning Karate Punch L – Repeat L Side	x4	8x8
04:49	A-Frame Block & Pulse Squat Combo	x8	4x8
05:12	Arm frame Hold	-	½x8
05:14	Outro		

POINTER

This track brings a fresh vibe with a unique musical feel. It's all about speed, endurance, and serious shoulder burn—while keeping that heart rate sky-high. The Speed Ball is back, so make sure to coach target zones and surface areas to drive speed and agility.

	MOVES / EXERCISES	REPS	CTS
00:03	L Fighting Stance		2x8
00:08	4x Slow Speedball, Pulse F&B	x4	8x8
00:31	8x Fast Speedball, Run OTS ○○ Preview next move last 8 counts	x2	4x8
00:42	8x Fast Speedball, High Knee Run OTS	x4	8x8
01:04	Jab L, Cross R	x32	8x8
01:27	Hold L Fighting Stance – Prepare for next move	-	1x8
01:29	4x Hook L, 4x Hook R	x4	8x8
01:52	2x Hook L, 2x Hook R, 4x Cross Jack	x2	4x8
02:03	2x Hook L, 2x Hook R, 4x Cross Jack	x6	12x8
02:37	8x Fast Speed Ball, High Knee OTS	x4	8x8
02:59	High Knee Sprint OTS	x16	4x8
03:11	Recover	-	2x8
03:16	R Fighting Stance		4x8
03:27	4x Slow Speedball, Pulse	x4	4x8
03:39	8x Fast Speedball, Run OTS ○○ Preview next move last 8 counts	x2	4x8
03:50	8x Fast Speedball, High Knee Run OTS	x4	8x8
04:12	Jab R, Cross L	x32	4x8
04:35	Hold R Fighting Stance – Prepare for next move	-	1x8
04:38	4x Hook R, 4x Hook L	x4	8x8
05:00	2x Hook R, 2x Hook L, 4x Cross Jack	x2	4x8
05:11	2x Hook R, 2x Hook L, 4x Cross Jack	x6	12x8
05:45	8x Fast Speed Ball, High Knee OTS	x4	8x8
06:07	High Knee Sprint OTS	x16	4x8
06:19	Outro	-	

POINTER

This track opens with a Kata sequence with the music adding a unique pirate-inspired flair. When coaching the new ascending side kick, focus on clear cueing and timing—it's a distinct rhythm that requires precision. The track integrates elements of Karate, boxing, and floor-based work, offering a dynamic and well-rounded movement experience.

NOTE

Pause the track here and take a moment to break down the rhythm of the advanced side kick, giving your members a strong foundation for success right from the start.

	MOVES / EXERCISES	REPS	CTS
00:03	Prepare to move Kata Sequence Circle Arms Clockwise (1x8) Circle Arms Anti Clockwise (1x8)	x2	1x8 4x8
00:16	3x Karate Punch - L,R,L & R,L,R	x4	4x8
00:30	Side Kick L&R, Pulse OTS ○○ Preview next move last 8 counts	x2	4x8
00:43	Advancing Side Kick L&R ○○ Preview next move last 8 counts	x4	8x8
01:10	Advancing Side Kick L&R (Add Leaping Back Fist)	x2	8x8
01:23	A-Frame Hold – Transition to L Fighting Stance	-	2x8
01:26	Double Front Kick L, Pulse F&B ○○ Preview next move last 8 counts	x4	4x8
01:39	Double Front Kick L, Heel Drop Kick R ○○ Preview next move last 8 counts	x8	8x8
02:06	Knee L, Front Kick L	x8	8x8
02:33	Transition to floor	-	2x8
02:39	3-Point Mountain Climber L&R ○○ Preview next move last 8 counts	x4	8x8
03:06	Tricep Push Up	x8	4x8
03:20	Mountain Climber L&R	x16	8x8
03:46	Stand up – Front Stance Kata Sequence Circle Arms Anti Clockwise (1x8) Circle Arms Clockwise (1x8)		1x8 4x8
04:03	Karate Punch - R,L,R & L,R,L	x4	4x8
04:16	Side Kick R&L ○○ Preview next move last 8 counts	x2	4x8

	MOVES / EXERCISES	REPS	CTS
04:29	Advancing Side Kick R&L ○○ Preview next move last 8 counts	x4	8x8
04:56	Advancing Side Kick R&L (Add Leaping Back Fist)	x2	8x8
05:10	A-Frame Hold - Transition to R Fighting Stance	-	2x8
05:13	Double Front Kick R, Pulse F&B ○○ Preview next move last 8 counts	x4	4x8
05:26	Double Front Kick R, Heel Drop Kick L ○○ Preview next move last 8 counts	x8	8x8
05:53	Knee R, Fronk Kick R	x8	8x8
06:20	Outro	-	

POINTER

Mai Tai – always a crowd favourite. This track blends powerful attack and defensive moves to skyrocket your heart rate. Focus on coaching dynamic power in the downward punches and highlight speed and precision in the circular elbows.

	MOVES / EXERCISES	REPS	CTS
00:03	L Fighting Stance		1x8
00:05	Downward Punch R (Slow) ○○ Preview next move last 4 counts	x8	4x8
00:17	Downward Punch R (Fast)	x16	4x8
00:28	Jab L, Cross R ○○ Preview next move last 16 counts	x16	4x8
00:39	7x Jab L, Cross R (1x8), 4x Downward Punch R	x4	8x8
01:01	7x Jab L, Cross R (1x8), 4x Downward Punch R	x2	4x8
01:13	Hold L Fighting Stance ○○ Preview next move last 8 counts	-	2x8
01:19	2x Knee R, Leg Check R	x8	8x8
01:41	Circular Elbow L&R	x8	4x8
01:53	2x Knee R 1x Leg Check, Circular Elbow L&R	x2	4x8
02:04	Hold		1x8
02:07	2x Knee R 1x Leg Check, Circular Elbow L&R	x4	x8
02:29	Single Knee R	x16	8x8
02:52	4x Power Knee R	x1	1x8
02:55	R Fighting Stance	-	4x8
03:06	Downward Punch L (slow) ○○ Preview next move last 4 counts	x8	4x8
03:17	Downward Punch L (Fast)	x16	8x8
03:29	Jab R, Cross L ○○ Preview next move last 16 counts	x16	4x8
03:40	7x Jab R, Cross L (1x8), 4x Downward Punch L 7x Jab R, Cross L (1x8), 4x Downward Punch L	x4 x2	8x8 4x8
04:14	Hold R Fighting Stance ○○ Preview next move last 8 counts	-	2x8
04:19	2x Knee L, Leg Check L	x8	8x8
04:42	Circular Elbow R&L	x8	4x8
04:53	2x Knee L 1x Leg Check, Circular Elbow R&L	x2	4x8
05:05	Hold	-	1x8
05:07	2x Knee L 1x Leg Check, Circular Elbow R&L	x4	12x8
05:30	Single Knee L	x16	8x8
05:53	4x Power Knee L	x1	1x8
05:56	Outro	-	

POINTER

Last chance to strike! This track brings the energy and intensity from the very first beat. Encourage your participants to feel strong and empowered to take their fitness to the next level. Expect powerful boxing combos and burpees to bring it home strong!

	MOVES / EXERCISES	REPS	CTS
00:03	Front Stance		2x8
00:08	Run OTS	-	4x8
00:19	Slow – 2x Jabs L&R, 2x Body Shots L&R ⦿⦿ Preview next move last 8 counts	x2	4x8
00:31	Fast - 2x Jabs L&R, 2x Body Shots L&R	x8	8x8
00:53	Scissor L&R	x16	4x8
01:04	2x Jabs L&R, 2x Body Shots L&R, 8x Scissor	x4	8x8
01:27	Scissor L&R (With Pull Down Arms)	x16	4x8
01:38	Pulse L&R	-	4x8
01:49	4x Straight Jump, Run OTS	x3	12x8
02:23	2x Burpee, High Knee Run (option: 3x Speed Burpee)	x4	16x8
03:08	Front Stance	-	2x8
03:13	Recover - Shoulder Stretch R&L		4x8
03:25	Slow – 2x Jabs R&L, 2x Body Shots R&L ⦿⦿ Preview next move last 8 counts	x2	4x8
03:36	Fast - 2x Jabs R&L, 2x Body Shots R&L	x8	8x8
03:58	Scissor R&L	x16	4x8
04:09	2x Jabs R&L, 2x Body Shots R&L, Scissor	x4	8x8
04:32	Scissor R&L (With Pull Down Arms)	x16	4x8
04:43	Pulse L&R	-	4x8
04:54	4x Straight Jumps, Run OTS		12x8
05:28	2x Burpee, High Knee Run (option: 3x Speed Burpee)		16x8
06:13	Outro	-	

T7

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 L	-	2x8
02:01	Hip Lift L	x16	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 R	-	2x8
04:29	Hip Lift R	x16	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
— CLUBS —

