

IGN1TE & SPIRIT REBELS #2

INSTRUCTOR CHOREOGRAPHY NOTES



REBELS
IGN1TE SPIRIT

COACHING TIPS FOR WORKING WITH REBELS

(8-14 YEAR OLDS):

HELP THEM MOVE WELL:

Encourage strong posture and alignment to make each move feel great and work as it should.

ADAPT TO THEIR NEEDS:

Provide options for different abilities and remind them to trust how their body feels. Taking breaks or adjusting is always okay.

GUIDE THEIR BREATHING:

Use fun cues like “breathe in like you’re smelling flowers” to help them relax and get more out of their stretches.

KEEP THEM ENGAGED:

Make instructions clear and playful to match their energy and help them stay focused.

CELEBRATE EVERY EFFORT:

Use positive, uplifting feedback to build their confidence and keep them motivated.

When coaching 8-14 year olds, create an environment where they feel supported, confident, and free to explore movements at their own pace.

REBELS IGN1TE & SPIRIT #2

INTRODUCTION

Welcome to the next evolution of movement.
REBELS IGN1TE & SPIRIT Release #2 is here and it's
bringing the energy, the power, and the calm.

This release is a bold blend of high-intensity and holistic training,
combining the best of both worlds in a seamless 7-track journey.

Expect to have fun in the explosive, high-energy tracks which are
designed to boost stamina, and challenge your balance and coordination.
From dynamic cardio bursts to powerful strength sequences, every moment
is crafted to elevate all the family fitness.

But it's not all fire, there's soul, too. As the class progresses,
the tempo shifts, guiding you into deeper, more intentional movement.
Flow-based sequences bring focus to breath and control, allowing space
for connection between body and mind. And just when you've given your
all, we close with a grounding meditation leaving you calm, centred, and
recharged.

Don't forget, with the cardio style track you can keep it on or off the beat
to allow everyone to be successful. Release 2 is here. Let's IGN1TE your
energy and lift your SPIRIT.

IGNITE AND SPIRIT REBELS FORMAT & KEY MOVES

TRACK NAME

Intro & Welcome

REBELS Warm up

Circuit 1

Balance

Core

Circuit 2

Stretch

Meditation

Total Run Time =

TIMINGS

5 minutes

(Explain & demo 2x movements from this release)

4:38

6:23

2:58

3:57

09:07

5:41

5:00

37:44

KEY MOVES

As you prepare to lead the 5-minute introduction for your REBELS class, keep in mind the importance of setting the tone for a fun and successful session. This brief period is all about getting our CYP ready for the session ahead, helping them feel confident with key moves & postures. During this time, your role is crucial in guiding them through two key moves, explaining them clearly and ensuring everyone feels comfortable and prepared.

As the weeks progress, don't hesitate to mix things up by introducing new key moves to keep the energy high and the excitement fresh. Remember, our goal is to create an environment where both CYP and parents/guardians feel connected, supported, and eager to dive into the session ahead.

Let's make it fun!

Example key moves for this release:

Move 1 – Speed Ball & High Knee Run – Strike Circuit 1

Move 2 – Dancers Pose - Balance

IGN1TE AND SPIRIT REBELS FORMAT & KEY MOVES

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

IMPORTANT

****Please follow the IGN1TE & SPIRIT REBELS choreography to ensure it is safe and effective for the demographic you are teaching.**

REBELS WARM UP

IGNITE THE
BEAT / 04:38

TRACK FOCUS: 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. Connect and have fun with all participants.

TIME	CHOREOGRAPHY	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 <i>Preview next move last 8 counts</i>	x16	4x8
00:49	2x Jab, 2x Cross L&R <i>Preview next move last 8 counts</i>	x8	8x8
01:15	Front Kick L, Pulse OTS	x5	5x8
01:31	Shoot L&R (<i>Add bounce after 4 reps</i>)	x8	8x8
01:57	R Fighting Stance Jab R <i>Preview next move last 8 counts</i>	x16	4x8
02:09	2x Jab, 2x Cross R&L <i>Preview next move last 8 counts</i>	x8	8x8
02:35	Front Kick R, Pulse OTS	x5	5x8
02:51	Shoot R&L (<i>with Bounce</i>)	x8	8x8
03:16	Scissor <i>Preview next move last 8 counts</i>	-	4x8
03:29	Scissor & 4x Jabs L&R	x8	8x8
03:55	Single Knee L&R	x4	8x8
04:20	Running Knee L&R	x8	4x8
04:33	Outro	-	

CIRCUIT 1

SAVING US / 06:23

TRACK FOCUS: Welcome to Track 2 – our first circuit! This one's all about bringing the energy with a boxing-inspired routine that's designed to lift your heart rate and keep things fun. Get ready to punch, move, and sweat! Whether you're working on the beat or doing your own thing, the goal here is to stay active and enjoy the flow. Let's go all in—strong, sharp, and full of energy!

TIME	CHOREOGRAPHY	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 <i>Preview next move last 8 counts</i>	x2	4x8
01:04	8x Fast Speedball, High Knee Run OTS	x32	8x8
01:27	Jab L, Cross R	-	1x8
01:29	Hold L Fighting Stance – Prepare for next move	x4	8x8
01:52	4x Hook L, 4x Hook R	x2	4x8
02:03	2x Hook L, 2x Hook R	x6	12x8
02:37	2x Hook L, 2x Hook R, 4x Jab Cross L&R	x4	8x8
02:59	8x Fast Speed Ball, High Knee OTS	x16	4x8
03:11	High Knee Sprint OTS	-	2x8
03:16	Recover		4x8
03:27	R Fighting Stance, 4x Slow Speedball, Pulse F&B	x4	4x8
03:39	8x Fast Speedball, Run OTS <i>Preview next move last 8 counts</i>	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	x2	4x8
05:11	2x Hook R, 2x Hook L, 4x Jab Cross R&L	x6	12x8
05:45	8x Fast Speed Ball, High Knee OTS	x4	8x8
06:07	High Knee Sprint OTS	x16	4x8
06:19	Outro	-	

BALANCE:

HEART'S WIDE OPEN / 02:58

TRACK FOCUS: To encourage the group to slow down their movements, transitioning smoothly and safely into each pose with poise and control. This track is a great opportunity to bring back some focus to the group, allowing them to explore breath through movement. It is a chance for them to let their bodies rest after the high energy of Circuit 1 and a great opportunity to connect with the group whilst embracing our wobbles.

TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
00:00	Intro	Mountain Pose Stand with feet together or hip width apart. Hands press together in prayer at chest height. Growing tall through the top of your head as you breathe in and grounding your feet firmly into the floor as you breathe out. Setting up a solid start to test our balance from. Breathe In/Breathe Out.	1	32	4x8
00:32	You might leave	Knee to Chest Pose L Lift your L leg up and put all your weight onto your R leg. Trying to stand as steady as possible. Option: foot stays touching the floor. Breathe In/Breathe Out	1	32	4x8
00:57	I was born	Quad Stretch L Take your L leg behind you, lifting the heel up towards your hip and touching the foot down whenever you need. Breathe In Reaching your L arm back towards your L foot, grab the inside of the L foot, reaching your R arm high to the sky as you stretch up to the sky. Option: R arm reaches F. Breathe Out	1	8 8	2x8
01:10	My heart's wide	Dancers Pose L (REBELS Option: Hold Quad Stretch) Press your L foot into your L hand and reach your R arm forwards, as you tip from your hips. Try to move nice and slowly, keeping your balance as much as you can. Only go as far as feels comfortable and touch your foot down any time you need. R arm sweeps down and back by side. Breathe In/Breathe Out	1	32	4x8

Continue choreography on the next page ↓

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TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
01:33	I'm the apple	Knee to Chest Pose R	1	32	4x8
01:57	I was born	Quad Stretch R	1	16	2x8
02:10	My heart's wide	Dancers Pose R (REBELS Option: Hold Quad Stretch)	1	32	4x8
02:34	Outro	Balancing Mountain Pose with Backbend (REBELS Option: Heels Down / Skip the Backbend) Stand with feet together or hip width apart. Hands press together in prayer. Reach your fingertips as high up as possible, reaching for the stars and lifting up onto your tiptoes. Option: heels stay down. Breathe In/Breathe Out/Breathe In Backbend and let your elbows float down your body towards your ribs and unfold your arms down by your sides. Option: no backbend. Breathe Out	1	32	4x8

TRACK FOCUS: To build strength in our core, which will help with everything we do in our lives. Channeling our inner warriors to stay strong until the very end!

TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
00:00	Intro	Leg Lift and Lower L Setup Lie down on your back, bending your knees. Place your hands on your tummy and feel the muscles we are about to work. Breathe Out and draw your belly button down, Breathe In and relax. Option: prop yourself up onto your forearms and elbows	1	32	4x8
00:26	Can you feel it	Leg Lift and Lower L Lift your L Knee or straighten the leg. Breathe out. Tap your toe to the ground. Breathe In. Use the last 8 counts to lift chest into a crunch position with arms reaching F outside of legs.	7	4 4	8x8
00:59	You are my desire	Pilates 100s L Holding a crunch position with your chest lifted, reach your arms straight down the sides of your body with your palms facing down. Keeping your arms as strong and as straight as you can, pump the arms down and up making small movements. Breathe Out/Breathe In. Option: to add a challenge, try lifting your L knee or straightening your L leg. Option: alternating toe taps on forearms. On last 8 counts get ready to lie down on your back for the Leg Lift and Lower R	6	64	8x8
01:31	Hold me close	Leg Lift and Lower R	7	64	8x8

Continue choreography on the next page ↓

TRACK FOCUS: To build strength in our core, which will help with everything we do in our lives. Channeling our inner warriors to stay strong until the very end!

TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
02:04	You are my desire	Pilates 100s R	56	64	8x8
02:36	Day and night	<p>Seated Half Roll Down and Up Sitting up nice and tall with knees bent, feet to floor and holding onto the back of your thighs.</p> <p>Breathe Out as you tuck your chin, curving your spine and roll your body halfway down. Breathe In as you sit up tall and straighten your spine.</p> <p>Option: to add a challenge, try lifting your heels off the floor and releasing your hands from your thighs.</p> <p>Option: Seated Twist - sit up with your legs apart, reaching arms out to the sides and alternate seated twists</p>	3	16 8 8	4x8
03:09	You are my desire	<p>Seated Half Roll Down and Up with Arm Lift (REBELS Option: Seated Half Roll Down and Up)</p> <p>Breathe Out as you tuck your chin, curving your spine and roll your body halfway down.</p> <p>Hold this position and lift your arms up high overhead. Breathe In</p> <p>Still holding this position, lower your arms so they reach forward and outside your legs. Breathe Out.</p> <p>Breathe In and sit up tall with a straight spine.</p> <p>Option: stay with the Seated Twist</p>	4	4 4 4 4	4x8
03:41	Outro	Stretch Out	1	32	4x8

CIRCUIT 2:

I'M ALL YOURS / 09:07

EQUIPMENT

ADULTS: 1X 5KG PLATE

CHILD: 1X 2.5KG PLATE

TRACK FOCUS: A 10-minute challenge designed to test your strength and stamina! We've got 4 rounds of work, and each round includes 4 moves, 20 seconds each (giant set training). You'll need a weight plate for this one, so grab it and get ready to go. Set them up and have an option to work on the beat or off the beat, just keep moving and give it your all.

TIME	CHOREOGRAPHY	REPS	CTS
00:03	Intro		8x8
00:25	Squat Tap L&R		8x8
00:48	Giant Set BLOCK 1 HKR (8x8) <i>Preview next move last 4 counts</i> Skater (8x8) <i>Preview next move last 4 counts</i> Jump Squats (8x8) <i>Preview next move last 4 counts</i> Plate Press OH	Off the beat	32x8
02:19	Recover		8x8
02:41	Squat Tap L&R		8x8
03:03	Giant Set BLOCK 2 HKR (8x8) <i>rPreview next move last 4 counts</i> Skater (8x8) <i>Preview next move last 4 counts</i> Jump Squats (8x8) <i>Preview next move last 4 counts</i> Plate Press OH	Off the beat	32x8
04:34	Recover		8x8
04:56	Squat Tap L&R		8x8
05:19	Giant Set BLOCK 3 HKR (8x8) <i>Preview next move last 4 counts</i> Skater & Power Knee (8x8) <i>Preview next move last 4 counts</i> Jump Squat (8x8) <i>Preview next move last 4 counts</i> Plate Press OH	Off the beat	32x8

Continue choreography on the next page ↓

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TIME	CHOREOGRAPHY	REPS	CTS
06:49	Recover		8x8
07:12	Squat Tap L&R		8x8
07:34	Giant Set BLOCK 4 HKR (8x8) <i>Preview next move last 4 counts</i> Skater & Power Knee (8x8) <i>Preview next move last 4 counts</i> Jump Squat (8x8) <i>Preview next move last 4 counts</i> Plate Press OH	Off the beat	32x8
09:05	Outro		

STRETCH:

KEEP YOUR LOVE COMING / 05:41

TRACK FOCUS: To wind our bodies down, focusing on our breath again as we move slowly and safely from one stretch to another. We start to calm our minds and prepare for our meditation. This is a great opportunity to encourage the group to really slow their movements down and let them fully recover from the workout they've just had.

TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
00:00	Intro	Halo Sequence Setup Stepping your feet out wide, bend your knees into a Goddess Squat. Breathe Out/Breathe In. Lift your arms wide out to shoulder height with your palms facing forward. Breathe Out/Breathe In.	1	16 16	4x8
00:38	Had to	Halo Sequence L and R Shifting your weight to the L bending the L knee, reaching R hand to L hand and keeping the R leg straight. Breathe Out. Shifting your weight to the R bending the R knee, with both hands circling behind head from L to R and keeping the L leg straight. Breathe In. Shifting your weight to the L bending the L knee, both hands pressing to L side and R leg straightens. Breathe Out. Return to Goddess Squat, R arm reaching to R side and both arms finishing wide at shoulder height. Breathe In. Repeat R	1	 4 4 4 4	4x8
01:04	Rebirth	Backbend (REBELS OPTION: No Backbend) Straighten your legs, with your toes facing F, bring your hands to your lower back or clasping them behind your back. Squeezing your shoulders back and lifting your chest up into a backbend.	1	16	2x8

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TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
01:19	So keep your love	Wide Leg Fold Bring your hands to the top of your thighs, tipping your body F and bringing your hands to the floor. Allow your head to drop and try lifting your bottom high to feel the stretch in the back of your legs. Breathe Out/Breathe In. Option: hands stay on thighs or bend knees lots.	1	32	4x8
01:46	So keep your love	Wide Leg Fold Hamstring L and R (REBELS OPTION: Bend Knees) Walk your hands to your L thigh or calf and fold your body over your L leg. Breathe Out/Breathe In. Walk your hands to your R thigh or calf and fold your body over your R leg. Breathe Out/Breathe In. Option: Bend Knee	1	16 16	32x8
02:13	Instrumental Interlude	Seated Side Bend and Twist Setup L (REBELS OPTION: Straighten R Leg or Open Twist) Sitting up nice and tall, bending your R leg and bringing your R foot to the opposite hip. Bend your L knee and place the L foot inside or outside the R leg. Breathe Out/Breathe In/Breathe Out.	1	16	2x8
02:28	Open, fearless	Seated Side Bend and Twist L (REBELS OPTION: Straighten R Leg or Open Twist) Reach R arm up high and side bend to the L. Breathe In/Breathe Out. Lengthening your spine, then turn your chest to L, with the R arm holding L leg. Breathe In/Breathe Out.	1	16 16	4x8

Continue choreography on the next page ↓

STRETCH:

KEEP YOUR LOVE COMING / 05:41

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TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
02:54	Rebirth	Seated Side Bend and Twist Setup R	1	16	2x8
03:07	So keep your love	Seated Side Bend and Twist R	1	32	4x8
03:36	So keep your love	Supine Figure Four Setup L Lie down on your back and bend your knees, feet flat to floor. Breathe In/Breathe Out. Option: seated Figure Four.	1	16	2x8
03:49	So keep your love coming	Supine Figure Four L Bend your L knee, placing the ankle over your R thigh. Press the L knee out and lift legs towards your body, with your hands holding the back of your R thigh or R shin. Breathe In/Breathe Out. Option: seated Figure Four	1	32	4x8
04:16	So keep your love	Supine Figure Four R	1	32	4x8
04:44	So keep your love	Happy Baby Bending your knees, taking them out wide and flexing your feet to the ceiling. Hands can hold the back of your thighs, ankles or feet. Breathe In/Breathe Out. Option: Seated Straddle		64	8x8

SOUND MEDITATION / 5:00

REJUVENATE

Now that our bodies are feeling stretched and relaxed, let's think about taking a moment to focus our minds and find stillness in our bodies. Using our breath to help recharge both our body and mind.

Making yourself comfortable, finding a space where you can sit or lie down. Closing your eyes if you wish or keeping them open. Finding a spot in the room to look at if your eyes are open, one that helps you to focus and stay relaxed.

We're going to take some deep breaths and feel the energy from our breath filling us up. Letting go of all your worries as you breathe out. Breathing in through your nose, deep into your belly and feel your chest lifting. Feel the warmth and energy of this breath, imagining your body opening up as you breathe and feeling your body becoming heavier as you breathe out. That heavy feeling is your body relaxing.

Taking another breath in, filling all the space in your body and imagining you are lifting and becoming lighter as you draw that breath in. When you breathe out, feel all the worries or stress just disappear.

Continue to breathe like this over the next few breaths and find yourself relaxing more whenever you breathe out. Maybe thinking of things that make you happy on your next breath in, or places you like to go, or the people you like to spend time with. Breathing all that happiness and warmth into our bodies and minds. As we breathe out, we let go of anything holding us back. We no longer need them, and we do not want them anymore. With each breath find yourself letting go even further, re-energising both body and mind, helping you to feel calm and relaxed at the same time.

This is your time to bring a little calm and peace into your day.
So, enjoy being still for just a moment!
(Silence)

Let's start to make small movements in our bodies and begin to wake our muscles up. Maybe wiggle your fingers or toes. Or next time you breathe in, reach your arms overhead to feel your body stretching out one last time. Bring your knees up to your chest if you are lying down and give yourself a hug. Gently rolling to the side and slowly making your way up to sit.

Let's take one last breath together here. Breathe in and press your hands together in prayer, growing tall as you sit as straight as you can. Breathe out and let your body relax, feeling any last worries or stresses leave you. You are now ready to face any more challenges that may come your way!

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

David Lloyd
— CLUBS —

REBELS
IGN1TE SPIRIT