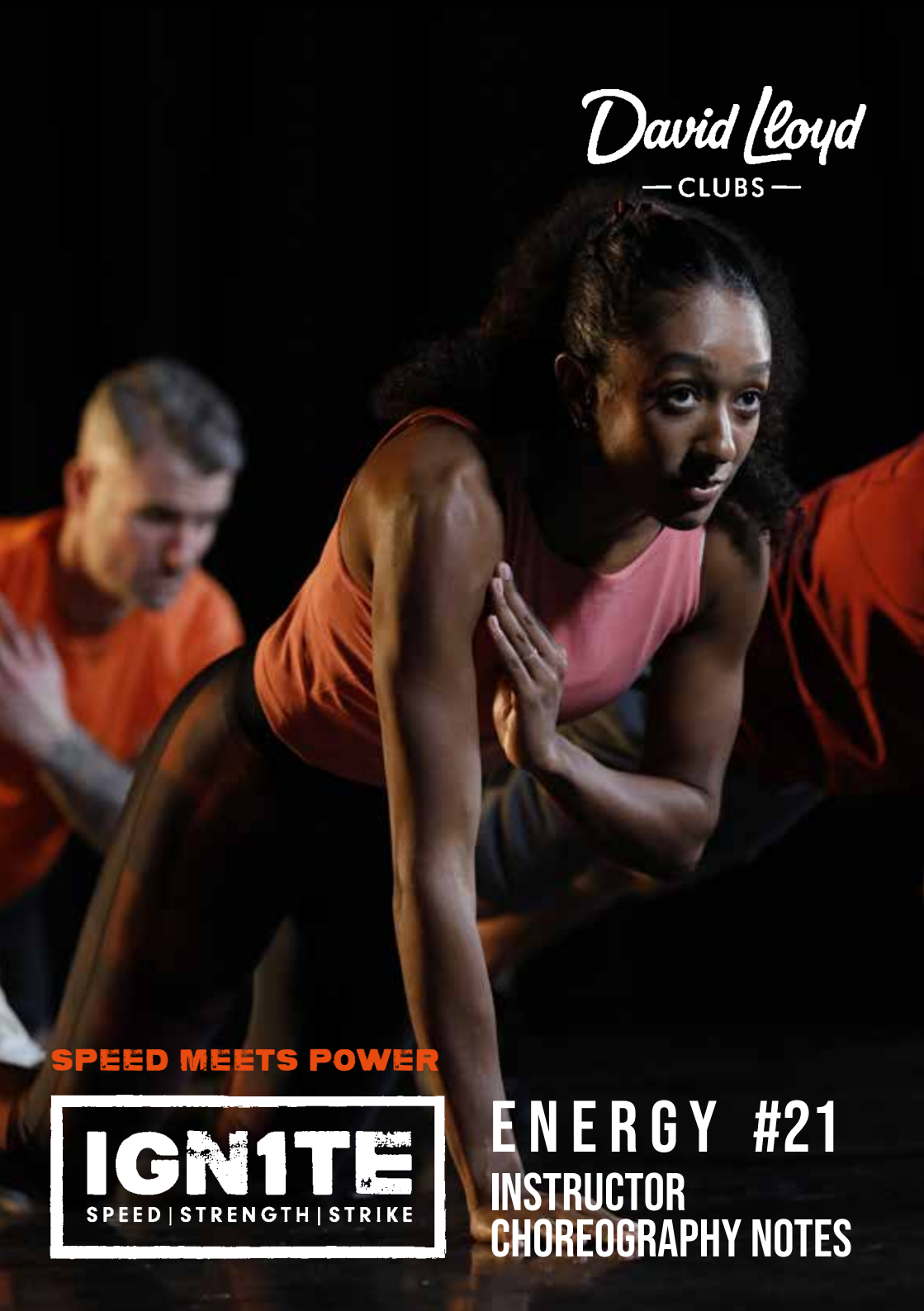




David Lloyd
— CLUBS —

SPEED MEETS POWER

IGN1TE

SPEED | STRENGTH | STRIKE

ENERGY #21
INSTRUCTOR
CHOREOGRAPHY NOTES

WELCOME TO IGN1TE ENERGY RELEASE 21

Release 21 is here - This release puts a strong focus on speed and power training, helping to improve athletic performance and build functional strength. With dynamic, high-energy movements and smart programming, it targets multiple energy systems to boost cardiovascular fitness and overall endurance. This release adds powerful contrast and focus to your coaching, inspiring you to lead your members through a dynamic and motivating workout.

The warm-up sets up with inviting energy waking up and priming your key muscle groups for the explosive speed and power work ahead setting the perfect stage for the Release focus. Progressive cardio adds a fresh flare as it ramps up the intensity, flowing into Athletic HIIT - Introducing a brand-new protocol for IGN1TE, the Superset Kicker. It's simple, designed to disrupt the flow of intensity with a short, all-out MAX effort burst. Positioned between superset training blocks, this kicker challenges you to push through discomfort and find your new level of comfort.

Assemble gives you a moment to catch your breath while focusing on strong controlled strength-based movements. You will have the option to incorporate a weight plate to add intensity and resistance.

Surge takes you to the final peak with a Pyramid Training protocol that varies intensity, volume, and choreography. Once you reach the summit, the only option is to come back down. Prepare to dig deep and lead your class to push through every step. To finish, the Strength track will target the shoulders – shaping, toning, and building strength through resistance and endurance work. Get ready to bring it to life!

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 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** / 05:05
2. **Progressive Cardio** / 04:55
3. **Athletic HIIT** / 10:16
4. **Assemble** / 07:00
5. **Surge** / 07:27
6. **Strength & Conditioning** / 04:54
7. **Cooldown** / 03:32

Total run time = 43:09

PLEASE NOTE:

Notes: 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.

Notes: To help you learn the choreography, each track is broken down into blocks. These blocks are colour-coded to make it easier to identify the structure and movement patterns throughout.

Videos: 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

ALT = Alternating

ATHLETIC WARM UP

TAKING US HIGHER / 05:05

TRACK FOCUS: The warm-up sets the tone with welcoming uplifting energy, priming key muscle groups for the speed and power to come. Coach with purpose. Make the 'why' behind each movement clear, so participants start feeling confident, focused, and ready to level up.

	MOVES	REPS	CTS
00:05	Mobility Sequence		
00:08	Overhead Reach	x1	2x8
00:14	Double Hamstring Stretch		2x8
00:20	Diagonal Chest Stretch L		2x8
	Diagonal Chest Stretch R		2x8
01:27	Step Touch L&R	X8	4x8
01:40	Step Touch with High Arm Pull	x8	4x8
	🕒 Preview arms on the last 4 counts		
	🕒 Preview next move on the last 8 counts		
01:52	ALT Lateral Squat L&R	x4	4x8
01:05	Run F&B	x4	8x8
01:31	Side Lunge L	X8	4x8
01:44	Side Lunge L, Reverse Lunge L	x4	4x8
	🕒 Preview next move on the last 8 counts		
01:56	Hold	-	½x8
01:58	Core Sequence		
02:01	Transition to floor	x1	1x8
02:04	Plank Hold		1x8
02:11	Side Hover		2x8
02:17	Side Hover		2x8
	Plank Hold (transition to stand on last 4 counts)		2x8
02:24	Step Touch R&L	x8	4x8
02:36	Step Touch R&L with High Arm Pull	x8	4x8
	🕒 Preview next move on the last 8 counts		
02:49	ALT Lateral Squat R&L	x4	4x8
03:02	Run F&B	x4	8x8
03:27	Side Lunge R&L	x8	4x8
03:40	Side Lunge R, Reverse Lunge R	x4	4x8
	🕒 Preview next move on the last 8 counts		
03:53	Hold	-	½x8
03:55	Bounce L&R	x16	4x8
04:07	Run F&B	x4	8x8

Continue choreography on the next page ↓

ATHLETIC WARM UP

TAKING US HIGHER / 05:29

TRACK FOCUS: The warm-up sets the tone with welcoming uplifting energy, priming key muscle groups for the speed and power to come. Coach with purpose. Make the ‘why’ behind each movement clear, so participants start feeling confident, focused, and ready to level up.

	MOVES	REPS	CTS
04:33	Drop Squat Sequence 2x Drop Squat with cross arms (Facing Front 1x8) 2x Drop Squat wuth cross arms (L Side 1x8) 2x Drop Squat with arms (Facing Front 1x8) 2x Drop Squat with cross arms (R Side 1x8)	x2	8x8
04:59	Outro	-	

PROGRESSIVE CARDIO

SWEAT IT OUT / 04:55

TRACK FOCUS: Blending fast-paced moves and lateral power to fire up your legs and lungs, this perfect mix of speed and power flows seamlessly. Focus on coaching the rhythm of the alternating side-step run with precision and use those lateral power moves to drive the heart rate up. Keep an eye out for the latest move, the Crab Toe Reach, it fires your triceps and obliques with intensity, and the off-beat section elevates the challenge to a whole new level.

	MOVES	REPS	CTS
00:03	Prepare to move - Jog OTS	-	2x8
00:08	Side Step Run L	x4	2x8
00:15	Side Step Run L	x8	4x8
00:27	Combo 1 2x Side-Step Run L, Sprint F&B 🕒 Preview next move on the last 8 counts	x4	8x8
00:51	Double Pulse Squat L&R (with OH Reach)	x8	8x8
01:15	Transition to floor – Crab Position	-	4x8
01:28	Crab Toe Reach L&R	x4	4x8
01:40	Crab Toe Reach (off the beat) transition to standing last 1x8	-	8x8
02:04	Double Pulse Jump Squat L&R	x8	8x8
02:29	Recover 🕒 Preview next move on the last 4 counts	-	4x8
02:41	Side Step Run R	x8	4x8
02:53	Combo 1 2x Side-Step Run R, Sprint F&B 🕒 Preview next move on the last 8 counts	x4	8x8
03:17	Double Pulse Jump Squat R&L	x8	8x8
03:41	Transition to floor – Crab Position	-	4x8
03:52	Crab Toe Reach R&L	x8	4x8
04:04	Crab Toe Reach (off the beat)	-	8x8
04:28	Double Pulse Jump Squat R&L	x8	8x8
04:53	Outro	-	

ATHLETIC HIIT

ENERGY - 10:16

TRACK FOCUS: Introducing the Superset Kicker, a new IGNITE protocol designed to disrupt with a short, all-out MAX effort block. 4 big rounds of work each round has 2 main moves A + B to build speed and power, then the kicker move in the middle to use more strength. Keep cues short, sharp, and full of energy!

NO REP RULE: Please note that the rep column has been removed. This track is completely off the beat, so encourage your members to move at whatever pace feels most successful for them. **Listen out for the bell sound that will indicate you to change move, be quick with the transitions.**

EQUIPMENT NEEDED: 2x light / Medium Plates (2.5kg / 5kg)

	MOVES	CTS
00:03	Prepare to move and set up	4x8
00:26	Bounce L&R	8x8
00:38	Move A = 2x Speed Jack, 1x Straight Jump 🕒 Preview next move	8x8
01:01	Move B = 4x Power Lunge, 8x Shuffle 🕒 Preview next move	8x8
01:25	Weighted Side Lunge L&R 🕒 Preview next move	8x8
01:48	Move B = 4x Power Lunge, 8x Shuffle 🕒 Preview next move	8x8
02:11	Move A = 2x Speed Jack, 1x Straight Jump	8x8
02:34	Recover	8x8
02:58	Bounce L&R	4x8
03:09	Move C = 4x Skater + 1 x Step Forward Jump 4x jog back 🕒 Preview next move	8x8
03:33	Move D = 4x Plank Jack & 4x Shoulder Tap 🕒 Preview next move	8x8
03:56	Weighted Side Lunge L&R	8x8
04:19	Move D = 4x Plank Jack & 4x Shoulder Tap 🕒 Preview next move	8x8
04:42	Move C = 4x Skater + 1 x Step Forward Jump 4x jog back 🕒 Preview next move	8x8

Continue choreography on the next page ↓

ATHLETIC HIIT

ENERGY - 10:16

TRACK FOCUS: Introducing the Superset Kicker, a new IGNITE protocol designed to disrupt with a short, all-out MAX effort block. 4 big rounds of work each round has 2 main moves A + B to build speed and power, then the kicker move in the middle to use more strength. Keep cues short, sharp, and full of energy!

NO REP RULE: Please note that the rep column has been removed. This track is completely off the beat, so encourage your members to move at whatever pace feels most successful for them. **Listen out for the bell sound that will indicate you to change move, be quick with the transitions.**

EQUIPMENT NEEDED: 2x light / Medium Plates (2.5kg / 5kg)

	MOVES	CTS
05:06	Recover	8x8
05:29	Bounce L&R	4x8
05:41	Move A = 2x Speed Jack, 1x Straight Jump 🕒 Preview next move	8x8
06:04	Move B = 4x Power Lunge, 8x Shuffle 🕒 Preview next move	8x8
06:27	Weighted Side Lunge L&R	8x8
06:50	Move B = 4x Power Lunge, 8x Shuffle 🕒 Preview next move	8x8
07:14	Move A = 2x Speed Jack, 1x Straight Jump 🕒 Preview next move	8x8
07:37	Recover	8x8
08:00	Bounce L&R	8x8
08:12	Move C = 4x Skater + 1 x Step Forward Jump 4x jog back 🕒 Preview next move	8x8
08:35	Move D = 4x Plank Jack & 4x Shoulder Tap 🕒 Preview next move	8x8
08:58	Weighted Side Lunge L&R	8x8
09:22	Move D = 4x Plank Jack & 4x Shoulder Tap 🕒 Preview next move	8x8
09:45	Move C = 4x Skater + 1 x Step Forward Jump 4x jog back 🕒 Preview next move	8x8
10:09	Outro	-

TRACK FOCUS: A track that's all about functional strength with purpose. We blend upper and lower body movements using weights to get your whole body working as one. It's about building real strength, power, coordination, and control. Coach and preview the transitions well. Expect sweat, intensity, and the kind of movement that makes you feel unstoppable.

EQUIPMENT NEEDED: 2x light / Medium Plates (2.5kg / 5kg)

	MOVES	REPS	CTS
00:03	Set up 🕒 Preview next move on the last 8 counts	-	8x8
00:27	Squat & Halo Squat Press F & Halo 🕒 Preview next move on the last 8 counts	x4 x8	8x8 4x8
01:03	Lunge L Leg F – Plate Rotation (Plate to Chest) Lunge L Leg F – Plate Rotation (Extend Arms)	x4 x4	4x8 4x8
01:27 01:40	1/1 Tricep Extension OH Pulse Tricep Extension OH	x8 x14	4x8 4x8
01:51	Lunge L Leg F – Plate Rotation (Plate to Chest) Lunge L Leg F – Plate Rotation (Extend Arms) 🕒 Preview next move on the last 4 counts	x8	8x8
02:15	Wood Chop L	x8	4x8
02:27	Recover	-	4x8
02:39	Squat & Halo Squat Press F & Halo 🕒 Preview next move on the last 8 counts	x4 x4	4x8 4x8
03:15	Lunge R Leg F – Plate Rotation (Plate to Chest) Lunge R Leg F – Plate Rotation (Extend Arms)	x4 x4	4x8 4x8
03:39 03:51	1/1 Tricep Extension OH Pulse Tricep Extension OH	x8 x14	4x8 4x8
04:03	Lunge L Leg F – Plate Rotation (Plate to Chest) Lunge L Leg F – Plate Rotation (Extend Arms) 🕒 Preview next move on the last 4 counts	x4 x4	4x8 4x8
04:27	Wood Chop R	x8	4x8
04:39	Recover	-	4x8
04:51	Squat Plate Reach & Halo 🕒 Preview next move on the last 8 counts	x8	8x8
05:27	Alt Lunge L&R – Plate Rotation	x4	8x8

ASSEMBLE

POWER TO THE PEOPLE / 07:00

TRACK FOCUS: A track that’s all about functional strength with purpose. We blend upper and lower body movements using weights to get your whole body working as one. It’s about building real strength, power, coordination, and control. Coach and preview the transitions well. Expect sweat, intensity, and the kind of movement that makes you feel unstoppable.

EQUIPMENT NEEDED: 2x light / Medium Plates (2.5kg / 5kg)

	MOVES	REPS	CTS
05:51	1/1 Tricep Extension OH	x8	4x8
06:03	Pulse Tricep Extension OH	x14	4x8
06:15	Alt Lunge L&R – Plate Rotation ⦿⦿ Preview next move on the last 4 counts	x4	8x8
06:39	Squat Pulse Plate OH	x16	4x8
06:51	Outro	-	

TRACK FOCUS: Using modified Pyramid Training, we vary volume and intensity to push cardiovascular fitness and endurance to the limit. 6 blocks of work with speed and power on the focus, so keep your 'why' front and center. Rest is minimal; effort is maximal. Precise cues are essential to set your members up for success. Let your coaching drive and inspire them to cross the finish line strong.

NO REP RULE: Please note that the rep column has been removed. This track is completely off the beat, so encourage your members to move at whatever pace feels most successful for them.

	MOVES	CTS
00:03	Intro	4x8
00:14	Set Up	8x8
00:38	Prepare to move – Bounce L&R 🕒 Preview move 1 with in the pyramid	4x8
00:49	Side Bounce L&R & 1x Burpee	8x8
01:12	Recover – Explain next move 🕒 Preview move 2 with in the pyramid	8x8
01:35	Side Bounce L&R & 1x Burpee	8x8
01:59	2x Broad Jump + 180 turn, Run back	8x8
02:22	Recover – Explain next move 🕒 Preview move 3 with in the pyramid	8x8
02:46	Side Bounce L&R & 1x Burpee	8x8
03:09	2x Broad Jump + 180 turn, Run back	8x8
03:32	Lateral Push Ups	8x8
03:55	Recover – Explain next move 🕒 Preview move 4 with in the pyramid	8x8
04:18	Lateral Push Ups	8x8
04:42	2x Broad Jump + 180 turn, Run back	8x8
05:05	Side Bounce L&R & 1x Burpee	8x8
05:29	Recover – Explain next set	8x8
05:52	2x Broad Jump + 180 turn, Run back	8x8
06:15	Side Bounce L&R & 1x Burpee	8x8
06:38	Recover – Explain next move	8x8
07:01	Side Bounce L&R & 1x Burpee	8x8
07:25	Outro	-

STRENGTH & CONDITIONING

IN TIME / 04:54

TRACK FOCUS: Grab 2 light weight plates, it's time to build strength, shape, and endurance across all areas of the shoulders: front, side, and rear. The work is steady but challenging, bringing control and precision to every rep. We wrap up with core work to lock in stability and finish the workout on a strong note. Stay focused, coach form, and drive that final effort, the finish line is in sight.

EQUIPMENT: 2x Weight Plates – 1.25kg / 2.5kg

	MOVES	REPS	CTS
00:03	Standing – Feet under hips – 2x light weights	-	4x8
00:17	2/2 Standing Side Raise	x8	8x8
00:47	1/1 Standing Side Raise	x16	8x8
01:16	1x Rotator Raise, 2x Shoulder Press	x4	8x8
01:46	Hold - Transition to Kneeling Position – L Leg F ○○ Preview next move on last 8 counts	-	4x8
02:01	2/2 Kneeling Reverse Fly	x4	4x8
02:15	1/1 Kneeling Reverse Fly	x16	8x8
02:45	Triple Top Half Pulse Reverse Fly	x4	8x8
03:00	Transition to floor – Lying on Back – 2x light weights	-	4x8
03:15	2/2 Double Knee Lift ○○ Preview next move on last 8 counts	x4	4x8
03:29	2/2 Double Knee Lift, Chest Fly	x8	8x8
03:59	Top Half 1/1 Double Knee Lift, Chest Fly	x8	8x8
04:13	Plates down – Set up Cross Crawl ○○ Preview next move on last 4 counts	-	2x8
04:21	Cross Crawl L&R	x16	8x8
04:50	Outro	-	-

COOL DOWN

I LIKE ME BETTER / 03:32

TRACK FOCUS: Time to wind down and relax the body after the intense workout. Guide participants through seated stretches to gently release tension and improve flexibility. Incorporate breath work to calm the nervous system and support recovery. Help everyone feel grounded, refreshed, and ready to take on the rest of their day.

	MOVES	REPS	CTS
00:03	Set Up		2x8
00:08	Seated Figure Four Glute Stretch L	x1	4x8
00:24	Kneeling Hip Flexor Stretch L, Upper Body Reach R	x1	2x8
00:32	Kneeling Hip Flexor Stretch L, Upper Body Side Release R	x1	2x8
00:40	Kneeling Hip Flexor Stretch R with Thoracic Twist R	x1	2x8
00:48	Kneeling Hamstring Stretch R	x1	4x8
01:03	Standing Quad Stretch L	x1	4x8
01:19	<i>Transition back down to the floor</i>		2x8
01:27	Seated Figure Four Glute Stretch R	x1	4x8
01:43	Kneeling Hip Flexor Stretch R, Upper Body Reach L	x1	2x8
01:52	Kneeling Hip Flexor Stretch R, Upper Body Side Release L	x1	4x8
02:00	Kneeling Hip Flexor Stretch R with Thoracic Twist	x1	4x8
02:08	Kneeling Hamstring Stretch R	x1	4x8
02:24	Standing Quad Stretch R	x1	4x8
02:40	ITB Stretch with Side release R	x1	2x8
02:48	Shoulder Stretch R	x1	2x8
02:55	ITB Stretch with Side release L	x1	2x8
03:04	Shoulder Stretch L	x1	2x8
03:11	Upper Back Stretch with forward close gripped arms.	x1	2x8
03:19	Wide Chest Stretch with extended arms	x1	2x8
03:27	Outro		-

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

David Lloyd
— CLUBS —

