



David Lloyd
— CLUBS —

SPEED MEETS POWER

IGN1TE

SPEED | STRENGTH | STRIKE

STRIKE #21

**INSTRUCTOR
CHOREOGRAPHY NOTES**

WELCOME TO IGNITE STRIKE RELEASE 21

Release 21 is truly spectacular! A bold blend of speed and power-based training designed to elevate athletic performance, build functional strength, and ignite your inner fighter. This release brings contrast and purpose to your coaching, helping you guide members through workouts that deliver both intensity and intent.

Expect fresh music, innovative movement combos, and high energy from start to finish. We kick things off with an authentic, energetic warm-up that sets the tone early. The Capoeira-style leg track is a standout for Strike 1, rhythmic, grounded, and loaded with lower body strength, featuring the debut of the Prisoner Squat for ultimate control and burn.

Strike 2 & 4 brings speed – boxing-inspired combinations that demand focus, fast hands, and quick footwork. The emphasis on speed not only drives heart rate but enhances reaction and coordination.

The Combat Matrix is a cardio powerhouse, packed with dynamic kicks and reactive drills to challenge precision. Then it's time to go explosive in Strike 3, as we revisit classic Muay Thai techniques with a modern twist – elbows, knees, and power combos.

To finish, the Strength track zones in on the shoulders – shaping, toning, and building power through targeted resistance and endurance work. Release 21 keeps the movement fresh, the energy high, and the training effective. Get ready to strike with purpose.

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. Strike Warm Up / 05:29
2. Strike #1 / 05:43
3. Strike #2 / 06:13
4. Combat Matrix / 06:27
5. Strike #3 / 06:03
6. Strike #4 / 06:07
7. Strength & Conditioning / 04:54
8. Cooldown / 03:32

Halloween Bonus Tracks

Strike #2 / 06:03

Strike #3 / 06:38

Total run time = 44:28

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

STRIKE WARM UP

TAKING US HIGHER / 05:29

TRACK FOCUS: Kick off Release 21 by introducing the contrast between speed and power. This is where participants start to connect with the workout theme, fast reactions, strong movements, and sharp focus. Coach the difference with clear cues, strong pre-coaching, and motivating energy. Help everyone feel confident by keeping instructions simple and effective. Build energy, connection, and rhythm, this is where the fire starts.

	MOVES	REPS	CTS
00:05 00:11	Reach OH (2x8) Double Hamstring Stretch (2x8)	x1	4x8
00:18 00:25	Kata – Front stance Circle arms, Squat down Side Lunge Block L, Side Lunge Block R	x2	4x8
00:32	L Fighting Stance Hook L&R ○○ Preview next move on the last 4 counts	x8	4x8
00:45	Uppercut L&R	x8	4x8
00:58	Jab, Cross L&R ○○ Preview next move on the last 8 counts	x16	4x8
01:11	Combo 2x Jab Cross L&R, Hook L, Uppercut R, Hook R	x8	8x8
01:38	2x Travelling Jab R, 2x Uppercut R – Repeat L ○○ Preview next move on the last 8 counts	x2	4x8
01:51	3x Travelling Jab R, 3x Uppercut (R,L,R) - Repeat L	x2	4x8
02:04	Hold	-	½x8
02:06	Scissor L&R ○○ Preview next move on the last 4 counts	x16	4x8
02:19	Scissor Arm Pull L&R	x16	4x8
02:32	R Fighting Stance Hook R&L ○○ Preview next move on the last 4 counts	x8	4x8
02:45	Uppercut R&L ○○ Preview next move on the last 4 counts	x8	4x8
02:59	Jab, Cross R&L ○○ Preview next move on the last 8 counts	x16	4x8
03:12	Combo 2x Jab Cross R&L, Hook R, Uppercut L, Hook R	x8	8x8
03:38	2x Travelling Jump Jab L, 2x Uppercut L – Repeat R ○○ Preview next move on the last 8 counts	x2	4x8
03:50	3x Travelling Jab L, 3x Uppercut (L,R,L) - Repeat R	x2	4x8

Continue choreography on the next page ↓

STRIKE WARM UP

TAKING US HIGHER / 05:29

TRACK FOCUS: Kick off Release 21 by introducing the contrast between speed and power. This is where participants start to connect with the workout theme, fast reactions, strong movements, and sharp focus. Coach the difference with clear cues, strong pre-coaching, and motivating energy. Help everyone feel confident by keeping instructions simple and effective. Build energy, connection, and rhythm, this is where the fire starts.

	MOVES	REPS	CTS
04:05	Hold	-	½x8
04:07	Alt Knee Strike L&R	x8	4x8
04:20	Alt 3x Knee Strike L&R ⦿⦿ Preview next move on the last 8 counts	x2	4x8
04:33	Knee Kick Knee L – Repeat R Side	x4	8x8
05:00	Round Kick L	x4	4x8
05:13	Round Kick R	x4	4x8
05:27	1x Extra Round Kick R	x1	½x8
05:29	Outro	-	

STRIKE #1

HEY SOUNDBWOY / 05:43

TRACK FOCUS: This Capoeira-inspired track brings the heat to the lower body. Expect dynamic leg work, and continuous movement that challenges strength and endurance. The focus is on staying grounded and controlled while maintaining energy and rhythm. The Prisoner Squat sequence will target the legs hard, coach it clearly and confidently. Set up each move with strong pre-cues and use phonetic coaching to help participants stay with you and feel successful. Keep them low, focused, and fired up.

	MOVES	REPS	CTS
00:03 00:12	Front Stance Ginga L&R	- x4	2x8 2x8
00:21	Ginga L&R, 2x Full Range Squat – Repeat R ○○ Preview next move on the last 4 counts	x8	8x8
00:57	1x Esquiva L, 1x Reverse Lunge R	x8	4x8
01:16	Ginga L&R, 1x Esquiva L, 1x Reverse Lunge R	x8	8x8
01:52	Shuffle L, Lunge Front Kick R Shuffle R, Lunge Front Kick L	x4	4x8
02:10 02:15	Hold Ginga R&L	- x4	1x8 2x8
02:24	Ginga R&L, 2x Full Range Squat – Repeat L ○○ Preview next move on the last 4 counts	x8	8x8
03:01	1x Esquiva R, 1x Reverse Lunge L	x8	4x8
03:19	Ginga R&L, 1x Esquiva R, 1x Reverse Lunge L	x8	8x8
03:56	Shuffle R, Lunge Front Kick L Shuffle L, Lunge Front Kick R	x4	4x8
04:14 04:18	Hold Prisoner Pulse Squat (Hands on Head)	- x8	1x8 2x8
04:28	2x Pulse Prisoner Squat, 2x Pulse Prisoner Lunge (turn L) – Repeat R	x4	8x8
05:04	2x Pulse Prisoner Squat, 2x Pulse Prisoner Lunge (turn L) – Repeat R	x2	4x8
05:23	Shuffle L, Lunge Front Kick R – Repeat R	x4	4x8
05:41	Outro	-	

STRIKE #2

HOOKED ON EVERY PART OF YOU / 06:13

TRACK FOCUS: Speed takes center stage in this track, with quick direction changes and high-energy combos designed to elevate the heart rate and sharpen reaction time. Shoulders get a serious hit too, feel the burn as the punches stack up. The highlight is the 3x travelling jab sequence, set it up with clarity and encourage participants to cover distance to really spike intensity. Two blocks of work to conquer here!

	MOVES	REPS	CTS
00:03	L Fighting Stance ○○ Preview next move on the last 4 counts	-	4x8
00:14	Hook L, Uppercut R (Slow) ○○ Preview next move on the last 16 counts	x16	8x8
00:36	Hook L, Uppercut R, Hook L, Uppercut R, Hook L, Uppercut R, Hook L, Pulse F&B	x2	4x8
00:47	4x Jab Cross L&R, Hook L, Uppercut R, Hook L, Uppercut R, Hook L, Uppercut R, Power Hook L	x8	16x8
01:32	High Knees	-	4x8
01:43	High Knee Sprint	-	4x8
01:55	Recover - R Fighting Stance ○○ Preview next move on the last 4 counts	-	2x8
02:01	Hook R, Uppercut L (Slow) ○○ Preview next move on the last 16 counts	x8	8x8
02:23	Hook R, Uppercut L, Hook R, Uppercut LR Hook R, Uppercut L, Hook R, Pulse F&B	x2	4x8
02:34	4x Jab Cross R&L, Hook R, Uppercut L, Hook R, Uppercut L, Hook R, Uppercut L, Hook R	x8	16x8
03:19	High Knees	-	4x8
03:31	High Knee Sprint	-	4x8
03:41	Recover - Front Stance	-	4x8
03:53	2x Travelling Jab L, 2x Uppercut L – Repeat R ○○ Preview next move on the last 8 counts	x2	4x8
04:04	Triple Travelling Jab L, 3x Uppercut L,R,L – Repeat R	x2	4x8
04:15	Triple Travelling Jab L, 3x Uppercut L,R,L – Repeat R	x4	8x8
04:38	7x Jabs L&R, 8x High Knee Run	x4	8x8
05:00	Triple Travelling Jab L, 3x Uppercut L,R,L – Repeat R	x4	8x8
05:22	7x Jabs L&R, 8x High Knee Run	x4	8x8
05:45	Jabs L&R	x16	8x8
06:08	Outro	-	

STRIKE #2

DON'T LOOK BEHIND YOU / 06:03

BONUS TRACK

TRACK FOCUS: Boxing training with a spooky twist—know the music and make every hold section dramatic. Preview the knife strike move clearly, then bring the Halloween energy and have fun with every punch!

	MOVES	REPS	CTS
00:03	L Fighting Stance	-	4x8
00:14	Double Hook L&R	X8	8x8
00:36	Hold	-	½x8
00:38	4x Jabs L&R, Double Hook L&R	X6	12x8
01:12	Speedball	X32	4x8
01:23	Hold ○○ Preview next move	-	1x8
01:26	3x Jab L (Head, Body, Head), Pulse F&B ○○ Preview next move	X8	8x8
01:48	3x Jab L (Head, Body, Head), Knife Strike R, Cross R ○○ Preview next move	X8	4x8
02:00	Hold	-	½x8
02:01	3x Jab L (Head, Body, Head), Knife Strike R, Cross R, Scissor	X6	12x8
02:35	Jabs L&R	X32	8x8
02:58	Recover	-	1x8
03:00	R Fighting Stance	-	4x8
03:12	Double Hook R&L	X8	8x8
03:34	Hold	-	½x8
03:36	4x Jabs R&L, Double Hook R&L	X6	12x8
04:10	Speedball	X32	4x8
04:21	Hold ○○ Preview next move	-	1x8
04:24	3x Jab R (Head, Body, Head), Pulse F&B ○○ Preview next move	X8	8x8
04:35	3x Jab R (Head, Body, Head), Knife Strike L, Cross L ○○ Preview next move	X8	4x8
04:58	Hold	-	½x8
04:59	3x Jab R (Head, Body, Head), Knife Strike L, Cross L, Scissor	X6	12x8
05:33	Jabs R&L	X32	8x8

COMBAT MATRIX

SWEAT, REPS, BEATS & GAINS / 06:27

TRACK FOCUS: 4 explosive rounds designed to push limits and test resilience. This track blends speed, power, and cardio to test participants. Expect heart rates to soar and energy to peak. With burpees and jump kicks in the mix, be ready to offer options so everyone can stay in the game. Drive motivation, push intensity, and encourage your group to give it everything.

	MOVES	REPS	CTS
00:03	Set up – L Fighting Stance	-	4x8
00:16	2x Round Kick L, Pulse OTS ○○ Preview next move on last 8 counts	x4	4x8
00:29	2x Round Kick L, Double Jab R, 1x Cross L, Pulse F&B (R Side) ○○ Preview next move on last 8 counts	x4	8x8
00:56	2x Round Kick L, Travelling Double Jab R, 1x Cross, Shuffle B	x4	8x8
01:23	Scissor & Drop Squat ○○ Preview next move on last 8 counts	x4	4x8
01:36	Scissor & Burpee	x4	4x8
01:49	Recover	-	4x8
02:03	Double Knee R (to side), Double Knee L (to front) ○○ Preview next move on last 8 counts	x2	8x8
02:29	Double Knee R (to side), Double Knee L (to front), Jump Kick F, Pulse B	x6	12x8
03:09	Recover - R Fighting Stance	-	2x8
03:16	2x Round Kick R, Pulse OTS	x4	8x8
03:43	2x Round Kick R, Double Jab L, 1x Cross R, Pulse F&B (L Side) ○○ Preview next move on last 8 counts	X4	8x8
04:09	2x Round Kick R, Travelling Double Jab L, 1x Cross R, Shuffle B	x4	8x8
04:36	Scissor & Drop Squat ○○ Preview next move on last 8 counts	x4	4x8
04:49	Scissor & Burpee	x4	4x8
05:03	Recover	-	4x8
05:16	Double Knee L (to side), Double Knee R (to front) ○○ Preview next move on last 8 counts	x2	8x8
05:43	Double Knee L (to side), Double Knee R (to front), Jump Kick F, Pulse B	x6	12x8
06:23	Outro	-	

STRIKE #3

BACK ONCE AGAIN / 06:03

TRACK FOCUS: This explosive track introduces a new Battle Rope conditioning combo, adding fresh energy and direction to your coaching. Be clear with where and how you're moving to keep everyone with you. Expect a heavy dose of knees and elbows, bringing that signature Muay Thai power. Create excitement, push the pace, and help participants make the most of every recovery, they'll earn it.

	MOVES	REPS	CTS
00:03	L Fighting Stance ○○ Preview next move on last 8 counts	-	2x8
00:08	Ascending Elbow L, Descending Elbow R, Pulse OTS	x4	4x8
00:20	Ascending Elbow L, Descending Elbow R	x8	4x8
00:32	4x Knee Strike L, Ascending Elbow L & Descending Elbow R (x2)	x8	16x8
01:18	Ascending Elbow L, Power Descending Elbow R	x8	4x8
01:30	Hold	-	2x8
01:36	Slow Battle Rope Lunge L ○○ Preview next move on last 8 counts	x8	4x8
01:47	Faster Battle Rope Lunge L	x16	4x8
01:59	Double Knee L&R, 4x Battle Rope Lunge L	x6	12x8
02:34	Running Knee L&R	x16	8x8
02:57	Recover - R Fighting Stance	-	4x8
03:09	Ascending Elbow R, Descending Elbow L, Pulse OTS	x4	4x8
03:20	Ascending Elbow R, Descending Elbow L	x8	4x8
03:32	4x Knee Strike R, Ascending Elbow R & Descending Elbow L (x2)	x8	16x8
04:19	Ascending Elbow R, Power Descending Elbow L	x8	4x8
04:30	Hold	-	2x8
04:36	Slow Battle Rope Lunge R ○○ Preview next move on last 8 counts	x8	4x8
04:48	Faster Battle Rope Lunge R	x16	4x8
04:59	Double Knee R&L, 4x Battle Rope Lunge R	x6	12x8
05:34	Running Knee R&L	x16	8x8
05:57	Outro	-	

STRIKE #3

HERE COMES THE CLOWNS / 06:38

BONUS TRACK

TRACK FOCUS: Connect with the eerie clown laughs and load this track with Halloween references. Bring back the claw move, build the combo with intensity, and let go for a spooky, high-energy finish.

	MOVES	REPS	CTS
00:03	L Fighting Stance	-	4x8
00:14	Jab L, Cross R, Descending Elbow L – Repeat R	X8	8x8
00:36	Knee R	X16	4x8
00:48	Jab L, Cross R, Descending Elbow L, Repeat R, 4x Knees R	X4	8x8
01:10	Jab L, Cross R, Descending Elbow L, Repeat R, 2x Knees R, 1x Push Kick R	X4	8x8
01:33	Shoot L&R	X8	8x8
01:55	2x Claw L&R, Shoot L&R	X4	8x8
02:18	Recover – R Fighting Stance	-	4x8
02:31	Jab L, Cross R, Descending Elbow L – Repeat R	X4	4x8
02:42	Knee R	X16	4x8
02:53	Jab L, Cross R, Descending Elbow L, Repeat R, 4x Knees R	X4	8x8
03:16	Jab L, Cross R, Descending Elbow L, Repeat R, 2x Knees R, 1x Push Kick R	X4	8x8
03:38	Shoot L&R	X8	8x8
04:01	2x Claw L&R, Shoot L&R	X4	8x8
04:24	Recover – Front Stance	-	4x8
04:36	4x Knee L, 4x Knee R	X4	8x8
04:59	2x Knee L, 2x Knee R	X8	8x8
05:22	Running Knee L&R	X32	8x8
05:44	Downward Punch L	X16	4x8
05:55	Downward Punch R	X16	4x8
06:07	Running Knees L&R	X32	8x8

STRIKE #4

IN THIS TOGETHER / 06:07

TRACK FOCUS: We're back to that mix of speed and power, with a strong boxing focus. The power hook makes its return, now built into a longer combo that will challenge endurance. Plenty of fast jabs keep the shoulders firing and the heart rate high. Keep the pace sharp, the energy high, and coach with clarity, this track packs a punch from start to finish.

	MOVES	REPS	CTS
00:03	Set up – Front Stance ○○ Preview next move on last 8 counts		2x8
00:09	Uppercut L, Hook L, Uppercut R, Hook R	x4	4x8
00:20	Uppercut L, Hook L, Uppercut R, Hook R ○○ Preview next move on last 8 counts	x8	8x8
00:43	Uppercut L&R, Hook L, Uppercut R&L, Hook R	x8	8x8
01:05	Jabs L&R	x16	4x8
01:16	4x Jabs L&R, Uppercut L&R, Hook L, Uppercut R&L, Hook L ○○ Preview the Power Hook	x4	8x8
01:39	4x Jabs L&R, Uppercut L&R, Power Hook L, Uppercut R&L, Power Hook R	x4	8x8
02:01	Jabs L&R	x16	8x8
02:24	Recover	-	4x8
02:35	Skip L&R	x8	4x8
02:46	Skater L&R	x8	8x8
03:09	Jabs L&R	x16	4x8
03:20	7 ½x Jabs L&R, 2x Skater L&R	x8	16x8
04:05	Jabs L&R	x16	8x8
04:27	Recover - Front Stance	-	2x8
04:33	Uppercut R, Hook R, Uppercut L, Hook L	x4	4x8
04:44	Uppercut R&L, Hook R, Uppercut L&R, Hook L	x8	4x8
04:55	4x Jabs R&L, Uppercut R&L, Hook R, Uppercut L&R, Hook R ○○ Preview the Power Hook	x4	8x8
05:18	4x Jabs R&L, Uppercut R&L, Power Hook R, Uppercut L&R, Power Hook L	x4	8x8
05:40	Jabs R&L	x16	8x8
06:03	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 —

