

REBELS IGN1TE & SPIRIT #3

INSTRUCTOR CHOREOGRAPHY NOTES



REBELS
IGN1TE SPIRIT

REBELS IGN1TE & SPIRIT #3

INTRODUCTION

Get ready for a fresh new flow! For this release, you'll find all the IGN1TE tracks first, followed by the SPIRIT tracks. We've made this change to create a smoother experience in class—pushing the energy high from the start with IGN1TE, then transitioning seamlessly into the grounding focus of SPIRIT.

IGN1TE brings the fire: kick off with a Strike Warm-Up to get everyone moving, then dive into Circuit 2, a 10-minute, 4-block challenge using an I Go, You Go protocol that's super fun for both kids and adults. We even introduce a weight this round to add variety and keep everyone on their toes.

SPIRIT brings the balance: the Balance track explores the floating half moon, give plenty of options and challenges to meet every level. In Core, a new down dog into bear pose flow will test strength and control, before melting into an ultra-calm stretch and meditation section to finish.

This release is about energy, variety, and flow, from the power of IGN1TE to the calm focus of SPIRIT. Dive in, prep your coaching layers, and deliver an unforgettable experience!

REBELS IGN1TE & SPIRIT

FORMAT & KEY MOVES

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

YGIG - You go I go

IMPORTANT

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

REBELS IGNITE & SPIRIT

TRACK LIST

The new running order for REBELS #3 has been updated to create a smoother flow between tracks and a more progressive build in intensity throughout the workout.

**NEW
TRACK
ORDER**

TRACK NAME	TIMINGS	
Intro & Welcome	5 minutes	05:00
	<i>(Explain & demo 2x movements from this release)</i>	
Warm Up	Taking us Higher	05:29
Circuit #1	Hooked On Every Part Of You	06:13
Circuit #2	Energy	10:16
Balance	Lift Me To The Sky	03:47
Core	I Can Brighten You	03:25
Stretch	Flying High	05:23
Awakening Sound Meditation	N/A	05:00
Total time =		

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 – 4x Jab Cross R&L, Hook R, Uppercut L, Hook R, Uppercut L, Hook R, Uppercut L, Hook R - Circuit 1

Move 2 – Floating Half Moon- Balance

STRIKE WARM UP

TAKING US HIGHER / 05:29

TRACK FOCUS: Let's start Release 21 with a fun challenge; Speed vs. Power! Get ready to move fast like lightning and strong like a superhero! We'll help everyone feel the difference between quick reactions and big, powerful moves. Use clear and exciting instructions to guide the group. Keep it simple so everyone can follow and feel awesome! Bring the energy, help everyone stay focused, and have fun together.

TIME	CHOREOGRAPHY	REPS	CTS
00:05	Reach OH (2x8) Double Hamstring Stretch (2x8)	X1	4x8
00:18	Kata – Front stance Circle arms, Squat down Side Lunge Block L, Side Lunge Block R	x2	4x8
00:31	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 combo 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 3x Travelling Jab R, 3x Uppercut (R,L,R) - Repeat L Preview next combo on the last 8 counts	X2 x2	4x8 4x8
02:04	Hold	-	½ x8
02:06	Scissor L&R Preview arms 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 combo on the last 8 counts	x16	4x8

Continue choreography on the next page ↓

STRIKE WARM UP

TAKING US HIGHER / 05:29

TRACK FOCUS: Let's start Release 21 with a fun challenge; Speed vs. Power! Get ready to move fast like lightning and strong like a superhero! We'll help everyone feel the difference between quick reactions and big, powerful moves. Use clear and exciting instructions to guide the group. Keep it simple so everyone can follow and feel awesome! Bring the energy, help everyone stay focused, and have fun together.

TIME	CHOREOGRAPHY	REPS	CTS
03:12	Combo 2x Jab Cross L&R, Uppercut, Hook, Uppercut	x8	8x8
03:38	2x Travelling Jump Jab L, 2x Uppercut L – Repeat R 3x Travelling Jab L, 3x Uppercut (L,R,L) - Repeat R <i>Preview next combo on the last 8 counts</i>	x2	4x8
		x2	4x8
04:05	Hold	-	½x8
04:07	Alt Knee Strike L&R	x8	4x8
04:20	Alt 3x Knee Strike L&R <i>Preview next move on the last 8 counts</i>	x2	4x8
04:33	Knee Kick Knee L – Repeat R Side	x4	8x8
05:00	Front Kick L	x4	4x8
05:13	Front Kick R	x4	4x8
05:26	1x Extra Front Kick	x1	
	Outro	-	

CIRCUIT #1

HOOKED ON EVERY PART OF YOU / 06:13

TRACK FOCUS: Get ready to move fast in this fun and exciting track! You'll be switching directions quickly and throwing awesome combos that will get your heart pumping and your reflexes super sharp. Your shoulders will get a great workout too, feel the burn as you strike hard! Have fun with 3x traveling jab combo! Make sure to show it clearly and cheer everyone on to move forward with each punch to boost the energy even more.

TIME	CHOREOGRAPHY	REPS	CTS
00:03	L Fighting Stance <i>Preview next move on last 4 counts</i>	4x8	-
00:14	Hook L, Uppercut R (Slow) <i>Preview next move on last 16 counts</i>	8x8	x16
00:36	Hook L, Uppercut R, Hook L, Uppercut R, Hook L, Uppercut R, Hook L, Pulse F&B	4x8	x2
00:47	4x Jab Cross L&R, Hook L, Uppercut R, Hook L, Uppercut R, Hook L, Uppercut R, Hook L	16x8	x8
01:32 01:44	High Knees High Knee Sprint	4x8 4x8	- -
01:55	Recover <i>Preview next move on last 4 counts</i>	2x8	-
02:01	Hook R, Uppercut L (Slow) <i>Preview next move on last 16 counts</i>	8x8	x16
02:23	Hook R, Uppercut L, Hook R, Uppercut L, Hook R, Uppercut L, Hook L, Pulse F&B	4x8	x2
02:34	4x Jab Cross R&L, Hook R, Uppercut L, Hook R, Uppercut L, Hook R, Uppercut L, Hook R	16x8	x8
03:19 03:30	High Knees High Knee Sprint	4x8 4x8	- -
03:41	Recover	4x8	-
03:53	2x Travelling Jab L, 2x Uppercut L – Repeat R <i>Preview next move on last 8 counts</i>	4x8	x2
04:04	Triple Travelling Jab L, 3x Uppercut L,R,L – Repeat R	4x8	x2
04:15	Triple Travelling Jab L, 3x Uppercut L,R,L – Repeat R	8x8	x4
04:38	4x Jabs L&R, 8x High Knee Run	8x8	x4
05:00	Triple Travelling Jab L, 3x Uppercut L,R,L – Repeat R	8x8	x4
05:23	4x Jabs L&R, 8x High Knee Run	8x8	x4
05:45	Jabs L&R	8x8	x16
06:08	Outro		-

CIRCUIT #2

ENERGY / 10:16

TRACK FOCUS: This is a brand-new part of the workout. Moves A and B help you build speed and stamina, then the kicker move that builds strength! The protocol is 'You Go I Go'. Pair up the group and choose who is partner 1 and who is partner 2. Partner 1 completes the allocated number of Reps then high fives partner 2 who completes the same. Keep going until the bell rings. Just move at your own pace, fast, strong, and focused!

EQUIPMENT NEEDED: 1x light / Medium Plates (2.5kg / 5kg)

TIME	CHOREOGRAPHY	CTS
00:03	Prepare to move and set up <i>Notes: No Rep Rules – Off the beat throughout</i>	8x8
00:27	Set up	4x8
00:38	Move A (YGIG) Adults - 8x Jump Jacks & 1x Burpee Rebels 2- 8x Jump Jacks & 1x Burpee <i>Preview next move</i> <i>Notes: (YGIG- You go I go)</i>	16x8
01:25	Adult & Child: Weighted Squat into Shoulder Press	8x8
01:48	Move A (YGIG) Adults – 8x Jump Jacks & 1x Burpee Rebels – 8x Jump Jacks & 1x Burpee <i>Preview next move</i> <i>Notes: (YGIG- You go I go)</i>	16x8
02:35	Recover	8x8
02:58	Set up	4x8
03:09	Move B (YGIG) Adults – 8x Skaters & Single Leg Hop Rebels – 8x Skaters & Single Leg Hop <i>Preview next move</i> <i>Notes: (YGIG- You go I go)</i>	16x8
03:56	Adult & Child: Weighted Squat into Shoulder Press	8x8
04:19	Move B (YGIG) Adults – 8x Skaters & Single Leg Hop Rebels – 8x Skaters & Single Leg Hop <i>Preview next move</i> <i>Notes: (YGIG- You go I go)</i>	16x8
05:06	Recover	8x8
05:29	Set up	4x8

Continue choreography on the next page ↓

CIRCUIT #2

ENERGY / 10:16

TRACK FOCUS: This is a brand-new part of the workout. Moves A and B help you build speed and stamina, then the kicker move that builds strength! The protocol is 'You Go I Go'. Pair up the group and choose who is partner 1 and who is partner 2. Partner 1 completes the allocated number of Reps then high fives partner 2 who completes the same. Keep going until the bell rings. Just move at your own pace, fast, strong, and focused!

EQUIPMENT NEEDED: 1x light / Medium Plates (2.5kg / 5kg)

TIME	CHOREOGRAPHY	CTS
05:40	Move A (YGIG) Adults – 8x Jump Jacks & 1x Burpee Rebels- 8x Jump Jacks & 1x Burpee <i>Preview next move</i>	16x8
06:27	Adult & Child: Weighted Squat into Shoulder Press	8x8
06:51	Move A (YGIG) Adults - 8x Jump Jacks & 1x Burpee Rebels - 8x Jump Jacks & 1x Burpee <i>Preview next move</i> <i>Notes: (YGIG- You go I go)</i>	16x8
07:37	Recover	8x8
08:00	Set up	4x8
08:12	Move B (YGIG) Adults – 8x Skaters & Single Leg Hop Rebels – 8x Skaters & Single Leg Hop <i>Preview next move</i> <i>Notes: (YGIG- You go I go)</i>	16x8
08:58	Adult & Child: Weighted Squat into Shoulder Press	8x8
09:22	Move B (YGIG) Adults - 8x Skaters & Single Leg Hop Rebels - 8x Skaters & Single Leg Hop <i>Preview next move</i> <i>Notes: (YGIG- You go I go)</i>	16x8
10:08	Outro	

BALANCE:

LIFT ME TO THE SKY / 03:47

TRACK FOCUS: To focus on balance and stability, choosing a variation of floating half moon that we can enjoy whilst feeling grounded and strong.

OPTIONAL: Trainers and socks can be removed from here.

EQUIPMENT: Yoga Mat / Studio Mat.

TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
00:00	Intro	Wide Stance Balance Set Up L Feet Wide, Heels In, Toes Out. <i>Breathe In/Breathe Out</i>	1	32	4x8
00:26	Flying Car	Wide Stance Balance L with Side Bends R & L Heels Lift. (Rebels Option: Heels Down). Arms Lift O/H, wrists connect, fingers open. <i>Breathe In/Breathe Out</i>	1	32	8x8
00:43		Side Bend R. <i>Breathe In/Breathe Out</i>		16	
00:51		Side Bend L. <i>Breathe In/breathe Out</i>		16	
00:59	You Lift Me Through	Floating Half Moon L Transfer weight to L leg, soft knee bend L, lift R leg, L hand to thigh, hovering under shoulder or L hand to floor. R arm O/H. <i>Breathe In/Breathe Out</i>	1	32 32	8x8
01:33	You Lift Me Through	Floating Half Moon L <i>(Rebels Option : Take a Rest or Hold Floating Half Moon)</i> <i>Breathe In/Breathe Out</i>	1	32	4x8
01:50	Instrumental	Mountain Pose Reset Feet together. Bend knees, flex spine, roll up to standing arms F then O/H with palms F. <i>Breathe In/Breathe Out</i> Elbows bend, hands press down sides of body to Mountain Pose. <i>Breathe In/Breathe Out</i>	1	32	4x8
02:06	Floating Past	Wide Stance Balance L with Side Bends L & R	1	32	4x8
02:40	You Lift Me Through	Floating Half Moon R	1	64	8x8
03:13	You Lift Me Through	Floating Half Moon R <i>(Rebels Option : Take a Rest or Hold Floating Half Moon)</i> <i>Breathe In/Breathe Out</i>	1	32	4x8
03:30	Instrumental	Mountain Pose Reset	1	32	4x8

TRACK FOCUS: To have fun challenging ourselves working through different poses and lighting the spark within!

EQUIPMENT: Yoga Mat / Studio Mat

TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
00:00	Intro	Bear Pose Set Up Hands under shoulders, knees under hips or slightly wider, tuck toes. <i>Breathe Out/Breathe In</i>	1	32	4x8
00:26	Trumpets Instrumental	Bear Pose Knee Lift & Lower Both knees lift. <i>Breathe Out</i> Both knees lower. <i>Breathe In</i> <i>(Rebels Option: On last rep knees can stay lifted or lower them)</i>	4	4 4	4x8
00:43	Let it show	Bear Pose Alternating Shoulder Tap R hand to L shoulder. <i>Breathe Out</i> R hand to mat. <i>Breathe In</i> L hand to shoulder. <i>Breathe Out</i> L hand to mat. <i>Breathe In</i>	2	4 4 4 4	4x8
00:59	Feel the spark	Downward Dog to Bear Pose Downward Dog. <i>Breathe Out</i> Bear Pose. <i>Breathe In</i> <i>(Rebels Option : Knees down on Bear Pose and/or Extended Childs Pose instead of Downward Dog)</i>	2	8 8	4x8
01:16	I can brighten you	Shoulder Tap to Downward Dog Combo R hand to L shoulder, R hand to mat. <i>Breathe Out</i> L hand to R shoulder, L hand to mat. <i>Breathe In</i> Downward Dog. <i>Breathe Out</i> Bear Pose. <i>Breathe In</i> <i>(Rebels Option : Knees down on Bear Pose and/or Extended Childs Pose instead of Downward Dog)</i>	4	4 4 4 4	8x8
01:49	Instrumental	Reverse Crunch Set Up Lie on back, arms on mat by sides, knees over hips with shins parallel to ceiling. <i>Breathe Out/Breathe In</i> <i>(Rebels Option: Prop chest up on forearms, knees bent)</i>	1	32	4x8

Continue choreography on the next page ↓

TRACK FOCUS: To have fun challenging ourselves working through different poses and lighting the spark within!

EQUIPMENT: Yoga Mat / Studio Mat

TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
02:06	Catch the shine	Reverse Crunch Lift tail bone from mat, flexing lower and mid spine. Breathe Out Lower tail bone to mat, extending lower and mid spine. Breathe In <i>(Rebels Option: Prop chest up on forearms, alternating knee lift)</i>	4	4 4	4x8
02:22	Feel the spark	Snow Angel Crunch up, arms open wide to high V, legs open to low V. Breathe Out Lower chest and arms, knees bend returning over hips. Breathe In <i>(Rebels Option: Prop chest up on forearms, Butterfly – knees open and close)</i>	2	8 8	4x8
02:39	I can brighten you	Reverse Crunch Snow Angel Combo 2 x Reverse Crunch. Breathe Out/Breathe In 1 x Snow Angel. Breathe Out/Breathe In <i>(Rebels Option : Prop chest up on forearms, 2 x alternating knee lift an 1 x Butterfly knee open and close)</i>	4	8 8	8x8
03:13	Outro	Stretch Out	1	32	4x8

STRETCH:

FLYING HIGH / 05:23

TRACK FOCUS: To enjoy the rest and recovery our body deserves after all the hard work we've done, connecting both body and breath to help ease away any stress.

EQUIPMENT: Yoga Mat / Studio Mat

TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
00:00	Intro	Extended Childs Pose Kneeling, hips sit back to heels, arms reach out F, hands to mat. <i>Breathe In/Breathe Out</i>	1	32	4x8
00:37	Where I'm heading	90/90 or Pigeon L L Knee F bending, R leg B Bending or straight B. <i>Breathe In/Breathe Out</i>	1	32	4x8
01:04	No more fear	90/90 or Pigeon L <i>(Rebels Option: Extended Pigeon Pose – arms reach F, chest lowers, hands to floor).</i> <i>Breathe In/Breathe Out</i>	1	32	4x8
01:31	The wind beneath	90/90 or Pigeon R	1	32	4x8
01:58	Flying High	90/90 or Pigeon R <i>(Rebels Option: Extended Pigeon Pose – arms reach F, chest lowers, hands to floor).</i> <i>Breathe In/Breathe Out</i>	1	32	4x8
02:30	Violin	Modified Reverse Plank Sit on bottom, legs F hip width apart, knees bending, feet to mat, hands behind hips to mat. Back extension or lift hips up. <i>Breathe In/Breathe Out</i> <i>(Rebels Option: Keep bottom to floor and smaller back extension)</i>	1	16 16	4x8
02:58	No more waiting	Forward Fold Lengthen legs F, tip from hips, torso folds over legs. <i>Breathe In/Breathe Out</i> <i>(Rebels Option: Bend Knees)</i>	1	32	4x8

Continue choreography on the next page ↓

STRETCH:

FLYING HIGH / 05:23

TRACK FOCUS: To enjoy the rest and recovery our body deserves after all the hard work we've done, connecting both body and breath to help ease away any stress.

EQUIPMENT: Yoga Mat / Studio Mat

TIME	LYRICS	CHOREOGRAPHY	REPS	CTS	X8
03:25	Every step now	Supine Twist Transition L Lie on back, knees bend and lower to L side of body. Breathe In/Breathe Out	1	32	4x8
03:52	The wind beneath	Supine Twist L	1	32	4x8
04:19	Flying High	Supine Twist R	1	32	4x8
04:47	Outro	Full Body Stretch	1	32	4x8

SOUND MEDITATION / 5:00

AWAKENING

Coming to a seated or lying position, one that feels comfortable and allows you to fully relax your body.

Feel the connection to the ground underneath you, the heavy feeling that takes over our bodies when we truly let go. Stretch out as much as you can and then let everything flop down to the floor.

Close your eyes or, if keeping them open, find your focus somewhere in the room. Challenge yourself to be as still and calm as possible.

Breathing slowly and deeply in through your nose, opening up as much space in your body for breath. Notice the stretch and lightness this breath brings as it passes in and lifts you up like a cloud floating in the sky.

Breathe out long and slow, noticing the change it brings to our body. We feel heavy once more and free to let go of any last stress we may be feeling or thinking, whether in our body or in our mind. Feel it leave you as your breath passes out of your body.

Once again drawing a long, slow breath into your body. Feeling the energy this breath brings. Hold onto this energy and feel it filling you up with its power before washing away any worries on your out breath.

Our breath has the power to control how we feel, so keep reenergizing both body and mind with every breath you take. Setting a positive mindset and being brave enough to tackle any challenges that may be thrown your way. Keep telling yourself....."You are strong, you are brave and you are brilliant!"

Starting to move your body a little, perhaps wiggling fingers and toes to begin. Even taking a full body stretch if lying down or reach arms overhead if seated, breathe in. Breathe out and hug your knees to your chest, safely rolling onto one side to slowly come to a seated position.

Sitting as tall as you can, take a big breath in and reach your arms overhead. Pressing your hands together in prayer and lower them down to your heart as you breathe out.

Taking one last energizing breath in as you open your eyes. Well done!

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

David Lloyd
— CLUBS —

REBELS
IGN1TE SPIRIT