

# DANCE #LIKENINA

## LES MILLS BODYJAM

### BONUS RELEASE

01. WARMUP

02. DEEP HOUSE

03. BANGER NUMBER 1

04. HIP HOP

05. HIP HOP

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07. HIP HOP

08. HIP HOP

09. HIP HOP

10. BANGER NUMBER 2

11. HIP HOP

MUSIC AND CREDITS

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# 01. WARMUP MONSTER 3:37mins

## TRACK FOCUS

What a banger to kick off this special collabo. Keep your coaching simple and clear to set up the space that's going to simmer through the whole workout, and then your class will be able to connect to those powerful intro drops.

	Music		Exercise	REPS	LEVEL
0:07	(Low Synth)	1½x8	Wide Hip Walk L, R "Move hips side-to-side"	6	Blue
0:14	<b>Yeah!</b>	4x8	<b>Hip Shift Combo</b> Wide Hip Walk L, R x2 Add Wide Hip Walk L, R x2 with Down Shoulder Bounce "Bounce your shoulders down on the beat."	4	
0:34	I been <b>hungry</b> like	4x8	<b>Add Elbow Stack</b> "Arms up." <b>Add</b> Elbow Stack to Shoulder Bounce <b>Add</b> Hands To Hips "Hands down." <b>Add</b> HOH to Shoulder Bounce	2	Yellow
0:54	Reload! _	4x8	<b>Up Knee</b> Knee lift R, L x2 Hip Bump L, R with HOH x2 "Pick up your left knee."	4	
1:13	_ I'm a monster	4x8	<b>Add</b> Fist Throw-down	4	Red
1:33	_ Blood on the floor	2x8	<b>Chest Isolation</b> Chest Pop B&F "Close your chest."	8	Blue
1:43	_ I just want to	2x8	<b>Add</b> Chest B, R, F, L "Hit all four sides."	4	
1:53	(Synth blast)	2x8	<b>Add</b> Chest Circle R to L "Round... and round."	4	Yellow
2:03	_ (I'm a monster)	2x8	<b>Add</b> Chest Circle L to R "Switch."	4	
2:13	I been <b>hungry</b> like	2x8	<b>Hip Bump</b> Bump hip B with feet wide. "Push your hips to the back."	16	Yellow
2:23	Get too close.	2x8	<b>Stomp L</b> Stomp L foot with hip roll back to front. "Stomp your right leg."	8	
2:33	Reload! _	2x8	<b>Add</b> fast stomp L around in a circle <b>Add</b> R arm to diagonal with palm flexed & L HOH	16	Red
2:43	(Beat and Synth)	2x8	Stomp R <b>Add</b> fast stomp R around in a circle <b>Add</b> L arm to diagonal with palm flexed & L HOH "Switch"	16	
2:53	_ I'm a monster	4x8	<b>Up Knee</b>	4	Yellow
3:12	(Keyboard)	4x8	<b>Hip Shift Combo</b>	2	
3:32	(Quiet)	1x8	Breathe arms wide to OH		Blue



# 02. DEEP HOUSE

## TOUCH ME 4:38mins

### TRACK FOCUS

This deep house ride sets the tone, upping the complexity without overdoing it. Keep your technique sharp on the arm combo, bouncy on the Back Steps and find the freedom with all those stutters forward.

	Music		Exercise	REPS	LEVEL
0:00	Touch me	4x8	<b>Back Step L</b> Step back wide L, R Step forward together L, R "Step backwards, and then feet together."	8	Blue
0:15	Touch me	4x8	<b>Back Step R</b> <b>Add:</b> House bounce feel "Switch sides."	8	Yellow
0:31	Touch me, deeply	8x8	<b>Freeze The Arm R Setup</b> Wide walk R with R hand behind head, elbow wide (2cts) "Watch how high my elbow goes." Wide walk L with R hand to forehead, elbow across (2cts) Wide walk R with R hand slide across face elbow wide (2cts) "Slide the hand across your face." Wide walk L with R hand throw down F (2cts) Hip roll R to L with swizzle R hand x4 "Roll your hips."	4	Blue
1:01	(B/up)	12x8	<b>Add:</b> Double time (NB: only two hip rolls with swizzle hands) <b>Back Step R x2</b>	6	Yellow
<b>Stutter Step'n Walk R Setup</b>					
1:48	(Gritty synth)	8x8	Wide Drop forward R, L with heel lift L, R x4 "Drop into your heel." Walk back R, L (NB: Last count, step wide L)	4	Blue
<b>Freeze The Arm L Setup</b>					
2:19	Touch me, deeply	8x8	Repeat setup Freeze The Arm on L side	4	Blue
2:50	(B/up)	12x8	<b>Add:</b> Double time <b>Back Step L x2</b> "How strong can you make it? FREEZE your technique."	6	Red
<b>Freeze The Arms Setup</b>					
3:36	(Spacey Synth)	8x8	Continue wide-walk L and hip roll L to R <b>Add:</b> Double Arms "Both arms, together!" <b>Back Step L x2</b>	4	Red
4:07	Touch me	8x8	<b>Stutter Step'n Walk L</b> <b>Add:</b> combo leading with the left.	4	Red



# 03. BANGER NUMBER 1

## EXTRAORDINARY 3:41mins

### TRACK FOCUS

Annnnnndddd herrrrrrre we go... We take the energy up a million notches, with simple dramatic arms sweeps, and uber fun bounce in your butt. Make sure you tell your class they don't have to jump if they don't want to, then let the Big Room vibes light the floor up.

	Music		Exercise	REPS	LEVEL
			<b>Reach &amp; Wrap Setup</b>		
0:00	<b>Reach</b> , for me	12x8	Slow step with lean and reach L "Reach, out." Slice L arm across with contraction to R, palm faces up "Fold your body." Hip-rock R, L x4 with arm drizzle "Wrap and drizzle." Repeat R. (Last 4cts: preview 'Pump It Up' R, L)	3	Blue
0:46	are extraordinary!	2x8	Willy Bounce L, R with arm pump R, L "Let your booty bounce."	4	
			<b>Willy Bounce Jump Setup</b>		
0:54	(B/up)	6x8	Willy Bounce Jump L, R Turn L "Single turn to the side." Repeat R (Last rep: Preview 'Jump Turn')	3	Red
1:17	are extraordinary	4x8	<b>Add:</b> Jump Turn "If you want to Jump... Swing your arms above your head!"	2	
1:33	(Synth & Beat)	8x8	<b>Stutter Step'n Walk L</b>	4	Yellow
2:04	<b>Stay</b> , with me	4x8	<b>Reach &amp; Wrap</b>	1	Blue
2:19	all extraordinary	4x8	<b>Add:</b> Double time	2	Yellow
2:35	all extraordinary!	2x8	Willy Bounce Jump L, R with Arm Pump R, L "Pump it."	4	Gold
2:42	(B/up)	10x8	<b>Jump Turn</b> "Swing your arms and lift your knees."	5	Red
3:21	(Synth & Beat)	4x8	<b>Stutter Step'n Walk L</b>	2	Gold
3:37	are extraordinary		Feet wide to finish		



# 04. HIP HOP

## MURDER 3:40mins

### TRACK FOCUS

Take the dark electro feels and use them to set-up the Diagonal Kick with precision and clarity. Use simple, descriptive cues to help your peoples nail the Double Grab, and when you wrap the hand on the face, go full swag, and tell your class they can put the hands anywhere.

Music	Exercise	REPS	LEVEL
<b>Diagonal Kick Setup</b>			
0:01 (Synth hit)	4x8 Jump L leg in, kick R leg across and low (2cts), step feet wide (6cts). <i>"Kick. Hop the leg under the body."</i>	4	Blue
0:19 (Synth rhythm )	<b>Add:</b> diagonal arm slice <i>"Open."</i> <b>Add:</b> reach R arm OH <i>"Reach."</i> <b>Add:</b> squat with floor wipe <i>"Scrape the floor."</i>	4	Blue
<b>Double Grab Setup</b>			
0:38 (Beat and synth)	6x8 Stomp L with R grab, slide L with head wrap, Repeat R walk B L, R x2. <i>"Sharp and smooth."</i>	6	Blue
1:07 (B/up)	<b>Double Grab</b> <b>Diagonal Kick</b> <b>Add:</b> R hand over mouth, L arm F Wide walk B L, R x2 Walk OTS L, R x2 <i>"Hands where you like"</i>	5	Yellow
1:54 (Quiet)	2x8 Slow Double Grab (8cts) Slow Diagonal Kick (8cts) <i>"Suuuper slow."</i>	1	Blue
<b>Shoulder Swag Setup</b>			
2:04 (Synth and claps)	4x8 Wide walk B L, R with R hand over mouth, L arm F x2 Wide walk B L, R with arm scoop R, L x2 <i>"Turn your body and scoop across."</i>	4	Blue
2:23 (Beat and synth)	8x8 <b>Double Grab</b> <b>Diagonal Kick</b> <b>Shoulder Swag back</b> <b>Double Grab, Kick</b> <i>"5... and 7, 8."</i>	4	Yellow
<b>Twist Setup</b>			
3:02 (Pops)	4x8 Twist (2cts) Jump wide, Hold. <i>"Turn hips from side, to side."</i> (Last rep: preview jump to side.)	4	Blue
3:21 (Pops and hi-hat)	4x8 <b>Add:</b> jump to L side <b>Add:</b> walk OTS L, R to turn to front <i>"Jump to the side"</i>	4	Yellow



# 05. HIP HOP MACHINE 2:54mins

## TRACK FOCUS

Let your voice ride the contrast, low and smooth when setting up the Lean Back then play it way up in the Slap-Slap Back. Role-model clean lines and strong footwork to show precisely what your class should be hitting as you put the two combos together.

	Music		Exercise	REPS	LEVEL
<b>Lean Back Setup</b>					
0:01	<b>You</b> want to	4x8	Lean with L foot back and arm ripple out "Lean back with open arms." Lift R heel to face L side with arm wrap L, "Your right arm on top."	4	Blue
0:19	<b>We</b> used to	5x8	<b>Add:</b> Turn torso to back	5	Gold
<b>Slap-Slap Back Setup</b>					
0:43	(B/up)	9x8	Step F L, R, with shoulder slap L, R from opposite arm, "Slap your shoulder." Straight-legged bounce back "It's all in the hips"	9	Blue
1:27	<b>We</b> used to be,	4x8	<b>Twist Lean Back Slap-Slap Back</b>	2	Gold
1:46	_ Wanna go to	4x8	Step touch L, R	8	Gold
2:05	(B/up)	10x8	<b>Twist Lean Back Slap-Slap Back</b>	5	Red



# 06. HIP HOP

## YOU CAN FEEL THE FORCE 5:13mins

### TRACK FOCUS

As we start to put it together the music turns dark, gritty, more anthemic. Pre-cue all of the combos repeatedly so your class can get confident, then as the music fades mid-way, chill your voice and setup the Throw It Up slow, simple and clear. Oh yeah and then the final drop, Double Jump, leesssssgeeeehhhddittttt....

Music	Exercise	REPS	LEVEL
0:00 _ Hey	4x8 Double Grab Diagonal Kick Shoulder Swag Back Twist Lean Back Slap-Slap Back "Put it together."	1	Red
<b>Shoulder Roll Setup</b>			
0:20 Hip hop! _	2x8 Feet wide with shoulder roll B R, L with lean L, R "Just your shoulders."	8	Yellow
0:30 the <b>call</b> sign	2x8 <b>Add:</b> Toe Tap in.	8	
0:41 <b>peel</b> off, you	12x8 <b>Double Grab</b> <b>Diagonal Kick</b> <b>Shoulder Swag</b> <b>Twist</b> <b>Lean Back</b> <b>Slap-Slap Back</b>	3	Red
1:41 <b>Whatever!</b>	2x8 Drop B with L foot B, R knee lift and tap "Drop all of the weight into your back leg."	16	
1:51 (Beat and hits)	2x8 <b>Repeat:</b> R "Heavy in the back leg."	16	Yellow
<b>Throw It Up Setup</b>			
2:01 Whatever!	2x8 Half-time lean B with L foot B, R knee lift and tap "Slow it down, you don't need to lift your leg so high."	8	Blue
2:11 (Quiet synth)	8x8 <b>Add:</b> double arm throw OH "Throw it away... Aggressive." <b>Add:</b> R hand tap L heel, clap, tap L heel "Get Low"	8	
<b>Shoulder Roll Setup cont.</b>			
2:51 (Synth)	2x8 Feet wide with shoulder roll B R, L with lean L, R	8	Yellow
3:01 (Building synth)	2x8 <b>Add:</b> Toe Tap in.	8	
3:11 (Muffled vocals)	12x8 <b>Throw It Up</b> <b>Add:</b> Double time. <b>Shoulder Roll R, L x2</b> Walk OTS L, R x4 (Last rep: Preview the double jump.)	6	Red
<b>Double Jump Setup</b>			
4:12 (Heavy Beat)	8x8 Double jump with feet under hips, then split legs L, R "Feet together, and out." Chest Circle R to L, chest facing R cnr	8	Red
<b>Back-Front Tap &amp; Wave Setup</b>			
4:53 <b>Whatever!</b>	4x8 Tap L foot behind, side, front, side "Keep it small, and tight."	8	Blue



# 07. HIP HOP

## BOLLYWOOD STUNNA 2:29mins

### TRACK FOCUS

This track is super great cause it's full of space in every sense of the word. Use the room, walk back far, wander around when your traveling. AND then there is all this space in the choreography where you can be yourself, feel something else. Heaps of room for play, un-stress your class, find some fun, everybody smile, before we get serious crazy again.

	Music		Exercise	REPS	LEVEL
0:00	(Claps and Sitar)	8x8	<i>(Continues from previous track)</i> Tap L foot behind, side, front, jump to face L Palm push, Body Wave Walk backwards (facing L) L, R, x2 with palms up Walk F L, R, x2 (to face front) "3, 2, 1, jump, wave..."	4	Blue
0:36	(Beat and spacey synth)	12x8	<b>Add:</b> double time tap <b>Add:</b> shimmy Walk free L, R, x2	6	Red
<b>Four Taps</b>					Yellow
1:33	(Quiet)	4x8	Four taps L wide, drag R foot in, Walk OTS R, L x2 Repeat R. "Four taps"	2	Blue
1:51	(Beat and spacey synth)	8x8	<b>Add:</b> Lean and 4x ascending 'Six60' Hands	4	Red





# 08. HIP HOP

## 4U 4:06mins

### TRACK FOCUS

This track is all about suspense... Talk your class through the combos, then they've got time to simmer with that info before they dance the bejesus outta it. Use the space to pre-cue your class and layer a foundation of confidence before we hit breakout.

	Music		Exercise	REPS	LEVEL
0:00	(Keyboard)	4x8	Walk OTS L, R (Preview upcoming routine)	16	
0:18	(Synth and pops)	4x8	<b>Throw It Up</b> <b>Shoulder Roll</b> <b>Double Jump</b> <b>Back-Front Tap &amp; Wave</b> <b>Four Taps</b>	6	
0:36	(Synth and beat)	4x8	Walk OTS L, R	16	
0:54	_ Fire	4x8	<b>Throw It Up</b> <b>Shoulder Roll</b> <b>Double Jump</b> <b>Back-Front Tap &amp; Wave</b> <b>Four Taps</b>	1	
1:13	(B/up)	4x8	Walk OTS L, R	16	
1:31	(Heavy beat)	8x8	<b>Throw It Up</b> <b>Shoulder Roll</b> <b>Double Jump</b> <b>Back-Front Tap &amp; Wave</b> <b>Four Taps</b>	2	
2:08	(Keyboard)	4x8	Walk OTS L, R (Preview: second half of DANCE #LIKENINA Combo)	16	
2:26	(Synth and beat)	8x8	<b>DANCE #LIKENINA Combo Setup</b> <b>Throw It Up</b> <b>Shoulder Roll</b> <b>Double Jump</b> <b>Back-Front Tap &amp; Wave</b> <b>Four Taps</b> <b>Double Grab</b> <b>Diagonal Kick</b> <b>Shoulder Swag</b> <b>Twist</b> <b>Lean Back</b> <b>Slap-Slap</b>		
3:02	(B/up)	4x8	Walk OTS L, R	16	
3:21	(Bass & synth droplets)	8x8	<b>DANCE #LIKENINA Combo</b>	1	
3:57	get off the	2x8	Walk OTS L, R	8	



# 09. HIP HOP

## TWO ZERO 3:16mins

### TRACK FOCUS

Use the repetition of this track to smash up the cardio and get deep into the choreography. Take this time to polish the technique, and look for ways to move your class even deeper into the movement.

	<i>Music</i>		<i>Exercise</i>	<i>REPS</i>	<i>LEVEL</i>
0:00	<b>ready</b> , get ready	2x8	Walk OTS L, R	8	
0:08	(Bassy synth)	24x8	<b>DANCE #LIKENINA Combo</b>	3	
2:00	(Build)	4x8	Walk OTS L, R	16	
2:18	_ I'm a mess but	8x8	<b>DANCE #LIKENINA Combo</b>	1	
2:55	(Beat)	4x8	Step touch L, R	8	
3:13	(Crossfade)	½x8	Back Step L	1	



# 10. BANGER NUMBER 2

## APEX 2:56mins

### TRACK FOCUS

Switch up!! Change the feel, change the game. Bring back all the combos from the start of the class to some bangin new bangers, making it sharp, keeping it bouncy, and most importantly, playing with the high energy feels to the end of the class.

	Music		Exercise	REPS	LEVEL
0:00	(Beat)	4x8	(from previous track) Back Step L "Remember this?"	8	
0:14	(Wobbly synth)	4x8	<b>Freeze the Arm L Setup</b> Wide walk L with L hand behind head, elbow wide (2cts) Wide walk R with L hand to forehead, elbow across (2cts) Wide walk L with L hand slide across face elbow wide (2cts) Wide walk R with L hand throw down F (2cts) Add: Hip roll L to R with swizzle hand x2 "Make it slow."	2	
0:29	(B/up)	4x8	<b>Freeze The Arm L</b> Add: Double time Back Step L x2 "Add a little back-back forward-forward."	16	
0:44	(Heavy beat)	8x8	<b>Willy Bounce Jump</b> <b>Freeze The Arm L</b> <b>Back Step L x2</b>	2	
1:14	(Low bass)	8x8	<b>Stutter Step'n Walk L</b>	4	
1:44	(Quiet)	4x8	<b>Freeze The Arms</b> Add: Half time Add: Hip roll L to R with swizzle hands x2	2	
1:59	(B/up)	4x8	<b>Freeze The Arms</b> Add: Double time <b>Back Step L x2</b>	2	
2:14	(Heavy beat)	8x8	<b>Willy Bounce Jump</b> <b>Freeze The Arm L</b> <b>Back Step L x2</b>	2	
2:44	(Synth wave)	1x8	Feet wide and breathe arms wide to OH.		



# 11. HIP HOP

## ALL ME 3:23mins

### TRACK FOCUS

Just when you thought it was over... Stretch the body out with some calm, ease everybody into a false sense of security, then BLAMMARANG, build the hype as the music grows, pre-cue your class back to Throw It Up, then... 5,6,7,8 Shut-up and Dance. We end it huge, we end it high, we end it #LIKE NINA

	<i>Music</i>		<i>Exercise</i>	<i>REPS</i>	<i>LEVEL</i>
			(NB: there's a break between this and the last track!)		
0:00	(Ascending synth)	4x8	Wide Squat with elbows on thighs		
0:17	(Beat and clicks)	4x8	Wide legged forward fold		
0:35	(Synth blast)	1x8	Jump heels in (2cts) Roll up (6cts)		
0:40	(Build)	1x8	Rock hips L, R	4	
0:45	(B/up)	2x8	Walk OTS L, R	8	
0:54	(Wavey synth & beat)	8x8	<b>DANCE #LIKENINA Combo</b>		
1:31	(Beat and clicks)	4x8	Step touch L, R	8	
1:49	(Synth blast)	2x8	Feet wide, arms wide to OH, and drizzle down		
1:58	(Beat and clicks)	2x8	Rock hips L, R	8	
2:07	(B/up)	4x8	Step touch L, R	8	
2:26	(Wavey synth & beat)	8x8	<b>DANCE #LIKENINA Combo</b>	1	
3:02	(Synth wind)	2x8	Step touch L, R	4	
3:11	(Synth pops)	2x8	Rock hips L, R		
			Feet wide and breathe arms wide OH to finish.		



# CREDITS

**Program Director** – Gandalf Archer Mills

**Chief Creative Officer** – Dr. Jackie Mills

**Creative Director** – Diana Archer Mills

**Technical Consultant** – Bryce Hastings & Andrew Newmarch

**Production Coordinator** – Alex Pugh

# KEY

- B** Back
- L** Left
- OTS** On The Spot
-  This move features in the new move videos.
- F** Forward
- O/H** Over Head
- R** Right

Please note the color to represent the correct level of execution:

- BASE
- FLAVA
- BREAKOUT

# PRESENTERS

**Gandalf "G" Archer Mills** (New Zealand) is Program Director for BODYJAM. He is based in Auckland and has dedicated his life to dance, performance and teaching.

**Rachael Newsham** (New Zealand) is Program Director of SH'BAM and co-Program Director of BODYCOMBAT. She is based in Auckland.

**Johnson Zhang** (China) is a BODYJAM and BODYCOMBAT Trainer, BODYPUMP and RPM Instructor and a LES MILLS GRIT Series Coach. He lives in Dalian where he has his own gym.

We're going massive for the second time, with our next #LIKENINA workout. Together with Reebok and Nina Dobrev, an actress with 14 million Instagram followers, we've created an exclusive LES MILLS BODYJAM workout, that anyone can do. Featuring all the moves Nina loves, along with some of our favorites, this release gives everyone the chance to experience what LES MILLS BODYJAM is all about.

You can teach this workout from the 24th of September, a week before it goes live online to the public.

We're giving this to you for free, to say thanks for all your hard work. The moves are simple and the workout is easy to teach - it's all about the party vibe. Enjoy!

The LES MILLS BODYJAM team



# MUSIC

## WARMUP

- 1** **Monster** (3.37)  
Slippy & Goja feat. Panther  
© 2018 Monstercat.  
Written by: Swartwout, Impellizzeri, Milanesi, Matumona

## DEEP HOUSE

- 2** **Touch Me** (4.38)  
Candyland & Ricci  
© 2016 Monstercat.  
Written by: Martin, Ricci

## BANGER NUMBER 1

- 3** **Extraordinary** (3.41)  
Pegboard Nerds & Spyker feat. Elizaveta  
© 2017 Monstercat.  
Written by: Khripounova, Odden, Parsberg, Friis

## HIP HOP

- 4** **Murder** (3.40)  
Soulji  
© 2018 Monstercat.  
Written by: Soulji

- 5** **Machine** (2.54)  
Bishu feat. Mister Blonde  
© 2018 Monstercat.  
Written by: Campbell, Sherman, Gabriel, Sands

- 6** **You Can Feel The Force** (5.13)  
ArcherM\_IIs  
© 2018 DAM Music.  
Written by: Archer Mills, Dyer, Hansen

- 7** **Bollywood Stunna** (2.29)  
Reach  
© 2017 Monstercat.  
Written by: McKoy

- 8** **4U** (4.06)  
Aero Chord  
© 2015 Monstercat.  
Written by: Vlastaras

- 9** **Two Zero** (3.16)  
ArcherM\_IIs  
© 2018 DAM Music.  
Written by: Archer Mills, M Sanei

## BANGER NUMBER 2

- 10** **Apex** (2.56)  
Vicetone  
© 2017 Monstercat.  
Written by: Pool, Den Boer

## HIP HOP

- 11** **All Me** (3.23)  
Conro  
© 2017 Monstercat.  
Written by: Patton



# WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

# OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

