

CLUB POWER

Release 1



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POWER

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CLUB POWER

1	Song/Artist	Desire (Future rave Remix) 140 BPM- Cavin Harris with Sam smith	
	Exercise	Weight Advised	No Weights
		WARMUP - Full Body warmup	
		Muscle target	Instructions
1.1	Warmup	Full Body	Ducks
1.2			Big squats
1.3			Side low double squats L+R
1.4			Walk in walk outs
1.5			Leg curls

2	Song/Artist	Lick it (Radio version) – Kaskade & Skrillex 128 BPM	
	Exercise	Weight Advised	1-2 of 5 kg plates for the wide sumo squats, drop the weight for the split squat
		SQUATS	Sumo squats & Split squats on step
		Muscle target	Instructions
2.1	Sumo squats	Glutes	Stand with your feet wider than shoulder-width apart, toes turned out, and hands holding weight in front of your body. Engage your core and keep your chest lifted and back flat as you shift your weight into your heels. Drive through your heels to stand and squeeze your glutes at the top for 1 rep.
2.2	Split squat	Glutes & Quads	When doing split squats, keep your feet hip-width apart, roll your shoulders back and tighten your abs. Breathe in as you lunge, and put your weight in the front heel. Keep the movement smooth and continuous and exhale as you push yourself back up.

3	Song/Artist	Jump (House Remix)- Ciara feat.Coast contra 128 BPM	
	Exercise	Weight Advised	7.5 KG or heavier barbells or plates/dumbbells
		SQUATS	Wide squats & narrow squats
		Muscle target	Instructions
3.1	Wide Squats	Quadriceps, gluteus maximus, adductors & hamstring	Start with your feet slightly wider than shoulder width apart, on a flat level surface. This will be your starting position. Begin the movement by sitting your hips back, bending your knees and push them out to the sides a little, whilst keeping you head looking forwards at eye height and your chest up.
3.2	Narrow squats	Quadriceps mainly	Position your legs using a less-than-shoulder-width narrow stance with the toes slightly pointed out. Feet should be around 3-6 inches apart. Keep your head up at all times (looking down will get you off balance) and maintain a straight back.

4	Song/Artist	One Mic, one gun (Radio version) – Nas & 21 Savage 75	
	Exercise	Weight Advised	10 KG – 20 KG Barbell or plates/dumbbells
		DEADLIFTS & DEADROWS Deadlifts, Dead rows & Triple row	
		Muscle target	Instructions
4.1	Romanian Deadlifts (RDL)	Posterior chain including hamstrings & glutes	<p>Setup: Stand with feet hip-width apart, holding a barbell with an overhand grip (or using dumbbells). Keep the bar close to the thighs with arms fully extended.</p> <p>Execution: Maintain a slight bend in the knees and initiate the movement by hinging at the hips, pushing the hips backward while keeping the chest up and the back straight.</p> <p>Lowering Phase: Lower the barbell along the front of the legs, maintaining a slight bend in the knees and a neutral spine, until you feel a stretch in the hamstrings.</p> <p>Stretch and Control: Focus on feeling the stretch in the hamstrings as you lower the weight, while maintaining tension throughout the movement.</p> <p>Ascent: Engage the hamstrings and glutes to reverse the movement, driving the hips forward and returning to the starting position.</p> <p>Breathing: Inhale as you lower the weight and exhale as you return to the starting position.</p> <p>Form: Keep the back straight throughout the movement, avoiding rounding or arching of the spine. Maintain tension in the hamstrings and glutes at all times.</p>
4.2	Dead rows	Upper back, core, glutes, hamstrings	<p>Tip forward at the hips, with a slight bend in the knees, with arms extended. Bring barbell down to kneecaps, then pull barbell in toward belly. Elbows face toward the back, and squeeze shoulder blades in toward each other as you pull. Release barbell back to knees, then stand up.</p>
4.3	Triple row (3 Point row)	Primary: Upper back, including the trapezius, rhomboids & rear deltoids. Secondary: biceps, forearms & stabilizer muscles	<p>Hold a barbell with an overhand grip, hands slightly wider than shoulder-width apart. Hinge at the hips, keeping your back straight and chest up, until your torso is almost parallel to the ground.</p> <p>Pull the barbell towards your lower chest or upper abdomen retracting your shoulder blades and keeping your elbows close to your body. Lower the barbell back down to the starting position under control.</p> <p>Repeat the rowing motion x 3</p>

5	Song/Artist	Narco (radio version) – Blasterjaxx & Timmy Trumpet 130 BPM	
	Exercise	Weight Advised	10 kg - 15 KG Barbell or plates/dumbbells
		CLEAN AND PRESS Upright rows, clean and press	
		Muscle target	Instructions
5.1	Upright rows	Deltoids & trapezium	<p>Stand with feet shoulder-width apart, grasp a barbell or dumbbells with an overhand grip, and lift the weight straight up towards your chin, keeping elbows higher than the wrists.</p> <p>Lower the weight back down with control. It's important to keep your back straight and engage your core throughout the movement to avoid strain.</p>
5.2	Clean and Press	<p>Compound exercise that targets multiple muscle groups:</p> <p>These include:</p> <p>Legs, shoulders, back & arms</p>	<p>Grip the barbell with an overhand grip, hands thumb distance outside your thighs, feet shoulder-width apart, and toes pointing slightly outward.</p> <p>Keep your back straight, chest up, and core engaged as you lift the barbell explosively using your legs and hips.</p> <p>As the barbell reaches hip level, quickly extend your hips and shrug your shoulders, pulling the barbell upward.</p> <p>When the barbell reaches chest level, drop underneath it, catching it in a front squat position with elbows pointing forward and upper arms parallel to the ground.</p> <p>From the squat position, drive through your heels to stand up while simultaneously pressing the barbell overhead until your arms are fully extended.</p> <p>Lower the barbell back down to the front starting position.</p> <p>Cues: pull the bar up to the chest then quickly jump under the bar, drive the bar up, catch it again and lower down with control.</p>

6	Song/Artist	Super Freaky Girl (Roman Remix) – Nicki Minaj 133 BPM	
	Exercise	Weight Advised	2.5 – 5 kg dumbbells or plates
		TRICEPS	Kickbacks, Single arm kickbacks, Row & kickbacks
		Muscle target	Instructions
6.1	Tricep kickbacks	Triceps, the muscles on the back of your upper arm	<p>Stand with your feet shoulder-width apart. Bend your knees slightly and hinge forward at the hips, keeping your back straight and chest up. Your torso should be almost parallel to the ground. Keep your elbows close to your body and your upper arms parallel to the ground throughout the exercise. Begin with the dumbbells / plates hanging down at arm's length, palms facing each other. Exhale and extend your arms straight back behind you, squeezing your triceps at the top of the movement.</p> <p>Hold the contraction for a moment, then inhale as you slowly lower the dumbbells back to the starting position.</p> <p>Focus on keeping your upper arms stationary and your elbows close to your body throughout the movement to effectively target the triceps. Start with lighter weights to ensure proper form, and gradually increase the weight as you become more comfortable with the exercise.</p>
6.2	Single arm tricep kick back	Triceps	<p>One arm at a time triceps kickback. Same as instructions for tricep kickbacks but it's more isolated movement.</p>
6.3	Row & tricep kickbacks	Upper back and triceps	<p>Stand with your feet shoulder-width apart, hinge forward at your hips, keeping your back straight and chest up.</p> <p>Engage your core to stabilize your torso.</p> <p>Perform a row by pulling the dumbbells towards your ribcage, squeezing your shoulder blades together at the top of the movement.</p> <p>Lower the dumbbells back down with control.</p> <p>After completing the row, extend your arms straight back behind you, performing a tricep kickback while keeping your upper arms parallel to the ground.</p> <p>Squeeze your triceps at the top of the movement, slowly lower the dumbbells back to the starting position.</p>

7	Song/Artist	Purple lamborghini- Skrillex & Rick Ross 74 BPMBPM	
	Exercise	Weight Advised	5 kg dumbbells/plates
		BICEPS	Single arm 4 bicep curls half range, full bicep curls & midrange pulses
		Muscle target	Instructions
7.1	Single arm 4 bicep curls half range	Bicep brachii muscle of the upper arm , isolating it for more focused development	<p>Setup: Begin by standing or sitting, dumbbells in both hands, palms facing forward, and the arms held mid-range.</p> <p>Half-Range Movement: Unlike a full-range bicep curl, where you curl the weight from fully extended to fully contracted, in this variation, you only move the weight through the top half of the range of motion.</p> <p>Execution: Keeping your upper arm stationary, curl the dumbbell upwards to fully contracted , then come down to stop at the “ belly button” range or 90 degree angle. This is the halfway point of the full curl.</p>
7.2	Full bicep curls	Biceps brachii	<p>Stand with feet shoulder-width apart, holding a dumbbell in each hand, palms facing forward. Keep your back straight, shoulders back, and core engaged throughout the exercise.</p> <p>Curl the weights upwards towards your shoulders by bending your elbows while keeping your upper arms stationary.</p> <p>Squeeze your biceps at the top of the movement.</p> <p>Slowly lower the weights back down to the starting position in a controlled manner. Exhale as you lift the weights (during the concentric phase) and inhale as you lower them (during the eccentric phase).</p>
7.3	Midrange pulses	Brachialis & brachioradialis	<p>Start in the midpoint of a bicep curl, with your elbows bent at approximately 90 degrees and your palms facing up.</p> <p>Keeping your upper arms stationary, perform small, quick 7 pulses by moving the weights up and down within a short range of motion.</p> <p>Focus on squeezing your biceps throughout the movement to maximize the contraction.</p>

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8	Song/Artist	Just wanna rock(Radio version) – Lil Uzi Vert 150 BPM	
	Exercise	Weight Advised	No weights
		PUSH UPS	Slow push ups and single push up
		Muscle target	Instructions
8.1	Push ups	<p>Chest (Pectoralis Major), shoulders (Deltoids) & triceps brachii</p>	<p>Start on your knees with your hands slightly wider than shoulder-width apart, palms flat on the step, and fingers facing forward.</p> <p>Progression: Starting in a plank position on your toes, Your body should form a straight line from your head to your heels, and your feet should be together.</p> <p>Lower your body towards the step by bending your elbows, Keep your elbows close to your body at about a 45-degree angle and your chest nearly touching the step. Keep your core engaged and your body in a straight line throughout the movement. Press through your palms and straighten your arms to push yourself back up to the starting position. Inhale as you lower your body towards the floor. Exhale as you push yourself back up.</p>

9	Song/Artist	Pony (Jump on it)(Sick individuals remix) – Ginuwine 128 BPM		
	Exercise	Weight Advised	1 x 1.5-5 kg dumbbell/plate	
		CORE	Single leg extensions with arm reaches x 8, V ups & straight leg extensions	
		Muscle target	Instructions	
9.1	Leg extensions	<p>Upper abdominals (Rectus Abdominis) & Lower Abdominals (Transverse Abdominis)</p>	<p>Start with laying on step, feet parallel on the ground- then lift up one leg and at same time perform an abdominal crucial raising shoulder blades off step (engage your core) and reach forward performing an abdominal crunch, holding a medium dumbbell/plate. Repeat x 8 then switch sides.</p>	

10	Song/Artist	Sweat- Snoop Dogg & David Guetta 130 BPM	
	Exercise	Weight Advised	5 – 10 Kg barbell or plates/dumbbells
		GLUTES	Hip thrusts and hip thrusts pulses
		Muscle target	Instructions
10.1	Hip thrusts	Gluteus Maximus	<p>Sit on the ground with your back against the step, knees bent, and feet flat on the floor.</p> <p>Position Weight: Place a barbell or weight plate over your hips for resistance.</p> <p>Thrust: Lift your hips towards the ceiling, squeezing your glutes at the top and exhale.</p> <p>Hold: Pause briefly at the top, then lower your hips back down and inhale.</p> <p>Progression: Increase weight gradually to challenge your muscles.</p>
10.2	Hip thrusts pulses	Glute pulses	<p>Lower your hips slightly, then pulse them up and down in a small range of motion, focusing on squeezing your glutes with each pulse.</p> <p>Keep your movements controlled and rhythmical, avoiding any excessive arching or straining in your lower back.</p>

11	Song/Artist	No Guidance (Radio version) – Chris Brown feat.Drake 93 BPM	
	Exercise	Weight Advised	None
		COOL DOWN	
		Muscle target	Instructions
11.1	Full Body		No notes