

CLUB POWER

Release 2



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GETLOW

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CLUB POWER

1	Song/Artist	Coming in Hot (EDM Remix) 140 BPM- Lecrae & Andy Mineo	
	Exercise	Weight Advised	No Weights
		WARMUP	Full Body warmup
		Muscle target	Instructions (No Video)
1.1	Warmup	Full Body	Big sumo squats
1.2			1 squat 1 big reach forward
1.3			Squat walks forward and back
1.4			Arm rotations
1.5			Side lunges
1.6			Foot rotations + stretches

2		Whopty(Melbourne Bounce Remix) -CJ 128 BPM (Different version in Spotify)	
2	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	<p>Start with your feet wider than shoulder-width apart, toes slightly turned outwards, and hands holding 1-2 heavy plates or barbell</p> <p>Lower your body into a squat position by bending your knees and pushing your hips back, keeping your chest up and core engaged.</p> <p>Ensure your knees track over your toes and your weight is evenly distributed through your heels and the balls of your feet. As you rise up from the squat, lift your heels off the ground, shifting your weight onto the balls of your feet. Hold the heel lift for a moment, then lower your heels back down to the ground.</p>
2.2	Heel Raises (Parallel, Ballerina & toes inwards)	Gastrocnemius & soleus	<p>Stand on a step or raised platform with the balls of your feet on the edge, heels hanging off. Hold onto a barbell or wall for balance. Keep your feet hip-width apart and parallel to each other for parallel, ballerina is heels towards each other and inwards heel raises is toes towards each other.</p> <p>Slowly rise up onto the balls of your feet, lifting your heels as high as possible. Pause briefly at the top of the movement, then lower your heels below the level of the step to get a full stretch in your calves. Rise back up onto your toes, squeezing your calf muscles at the top.</p>

3	Song/Artist	Get Low (CROSSFADE ONLY)-Dillon Francis & DJ snake) 101 BPM	
	Exercise	Weight Advised	7.5 KG or heavier barbells or plates/dumbbells
		SQUATS	Slow goblet squats + Squat hold at bottom + Single squats
		Muscle target	Instructions
3.1	Goblet Squats (Slow & singles)	Quadriceps, gluteus maximus, adductors & hamstring	<p>Elevate your heels using weight plates. Stand with your feet shoulder-width apart and toes slightly pointed out.</p> <p>Hold a kettlebell or dumbbell/plate at chest height with both hands, close to your body. Keep your chest up, engage your core, and maintain a neutral spine throughout the movement.</p> <p>Descend into a squat by pushing your hips back and bending your knees. Ensure your knees track over your toes, and lower yourself until your thighs are parallel to the ground or slightly below.</p> <p>Drive through your heels to return to the starting position, squeezing your glutes at the top.</p>
3.2	Squat hold at bottom	Quadriceps	<p>Hold for around 3 seconds at the bottom range of your squat, then squeezing your leg glute muscles drive up, repeat combo. Keep your movements controlled and rhythmical.</p>

4	Song/Artist Rock that body(Skrillex Remix)-The Blackeyed Peas 128 BPM		
	Weight Advised		10 KG – 20 KG Barbell or plates/dumbbells
	Exercise		DEADLIFTS & DEADROWS Deadlifts, Dead rows & Triple row
	Muscle target		Instructions
4.1	Romanian Deadlifts (RDL)	Posterior chain including hamstrings, and 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	Trapezius, Rhomboids and Rear deltoids	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.
4.3	Triple row (3 Point row)	Primary: Upper back, including the trapezius, rhomboids & rear deltoids. Secondary: biceps, forearms & stabilizer muscles	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. 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. Repeat the rowing motion x 3

5		Song/Artist Tick Tick Boom(Handz Up Remix)-Sage the gemini feat.BygTwo3 150 BPM	
5		Weight Advised	10 kg - 15 KG Barbell or plates/dumbbells
Exercise		CLEAN & PRESS	Upright rows, clean & press, clean & press + dead rows
		Muscle target	Instructions
5.1	Upright rows	Deltoids & trapezium	<p>Stand with your feet shoulder-width apart, holding a barbell with an overhand grip (palms facing down), slightly narrower than shoulder-width apart. Let the barbell hang in front of your thighs, arms fully extended, with your shoulders relaxed. Engage your core and keep your back straight throughout the movement.</p> <p>Lift the barbell towards your chin by raising your elbows out to the sides, keeping the barbell close to your body.</p> <p>As you lift the barbell, focus on leading with your elbows and keeping them higher than your forearms. Pause briefly at the top of the movement, then slowly lower the barbell back down to the starting position under control.</p>
5.2	Clean & Press	Trapezius, Deltoids, triceps brachii, rhomboids & upper back, erector spine, quadriceps, glutes hamstring & core.	<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. 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>
5.3	Clean & Press + Dead row	Trapezius, Deltoids, triceps brachii, rhomboids & upper back, erector spine, quadriceps, glutes hamstring & core.	Complete instructions from clean and press then add 1 dead row (Row to the belly button then release), stand up, repeat combo.

6		Song/Artist What it is (Black Boy)(Electro Remix)-Doechii 128 BPM	
6		Weight Advised	2.5 – 5 kg dumbbells or plates
Exercise		TRICEPS	Single arm tricep kickbacks, double arm tricep kickbacks, rows
		Muscle target	Instructions
6.1	Single arm tricep kickbacks	Triceps	<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.</p> <p>Begin with the elbows close to body and up, dumbbells / plates palms facing each other. Exhale and extend 1 arm at a time 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	Double arm tricep kick back	Triceps	Same as single triceps kickbacks but performing with both arms.
6.3	Double arm rows	Latissimus Dorsi (Lats), Trapezius (Traps), Rhomboids & Deltoids	<p>Stand with your feet shoulder-width apart, holding a dumbbell in each hand with a neutral grip (palms facing each other). Hinge at the hips, bending your knees slightly, and lean forward until your torso is almost parallel to the ground. Let the plates hang straight down toward the floor, arms fully extended.</p> <p>Pull the plates up toward your lower ribs or abdomen by retracting your shoulder blades and bending your elbows, keeping them close to your body.</p> <p>Squeeze your shoulder blades together at the top of the movement X 3</p>

7	Song/Artist	Vegas(Radio Version)- Doja Cat 80 BPM	
	Exercise	Weight Advised	3-5 kg dumbbells/plates
		BICEPS	Bicep curl then serve, single bicep curls
		Muscle target	Instructions
7.1	Bicep curl then serve	Bicep brachii, Brachialis and Brachioradialis	<p>Start standing with your feet shoulder-width apart, holding a dumbbell / plate in each hand at arm's length by your sides, palms facing forward. Engage your core and keep your back straight throughout the exercise.</p> <p>Begin by flexing your elbows, curling the dumbbells towards your shoulders while keeping your upper arms stationary, then rotate your palms to face upward and press the dumbbells to sides, extending your arms fully. Bring elbows back to your sides, then curl down.</p>
7.2	Single bicep curls	Biceps brachii	<p>Stand with feet shoulder-width apart, holding a dumbbell in each hand, palms facing forward.</p> <p>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>

Song/Artist		Pyramids-DVbbS & Dropgun feat.Sanjin 128 BPM	
8	Exercise	Weight Advised	2.5 – 5 Kg Dumbbells/plates
		LUNGES & SHOULDERS	2 x 2 lunges with side raises, lunge hold with raise hold, 3 pulse lunge with side raise + rotator cuff
		Muscle target	Instructions
8.1	2x2 lunges with side raises	<p>Quadriceps, hamstring, glutes, calves, lateral deltoids</p>	<p>Start by standing tall with your feet hip-width apart. Take a step forward with one leg, bending both knees to lower your body until your front thigh is parallel to the ground, and your back knee is hovering just above the floor.</p> <p>Ensure your front knee is directly above your ankle, and your back knee is pointing down. Keep your torso upright and your core engaged throughout the movement.</p> <p>Push through your front heel to return to the starting position. Count is 2 x 2 as you lower down to a lunge position, you lift your elbows to the side 90 degrees angle for the 2x2 side raises.</p>
8.2	Side Raise	Lateral deltoids	<p>Lift the arms to just below shoulder height keeping a 90 degree angle at the elbows. The shoulder blades swing wide as plates/dumbbells are lifted.</p> <p>Keeping shoulders down and away from ears, shoulders elbows and wrists move together.</p>
8.3	Rotator cuff	Lateral deltoids & supraspinatus	<p>Side raise then rotate arms away from the body by moving the forearm up- keeping wrist from twisting.</p>

9		Song/Artist	Rush(House Remix)-Troy Sivan 128 BPM
9		Exercise	Weight Advised
			3-5 kg dumbbells/plates
			STANDING CORE
			Side bends, oblique twists, 1 oblique twist 1 plate press
		Muscle target	Instructions
9.1	Side bends	Internal & External Obliques, Quadratus Lumborum	<p>Start Position: Stand upright with your feet shoulder-width apart, holding dumbbell in each hand with your arm extended down by your side. Ensure your palm is facing towards your body. Engage your core muscles to stabilize your torso throughout the exercise.</p> <p>Keep Shoulders Square: Keep your shoulders squared and avoid leaning forward or backward excessively.</p> <p>Bend to the Side: Slowly lean your torso to the same side the hand holding the dumbbell. Keep your back straight and avoid bending forward or twisting your upper body.</p> <p>Feel the Stretch: You should feel a stretch along the side of your torso as you bend sideways. Then contract as you return to twist slightly to other side. Bend to other side, stretch & contract</p>
9.2	Oblique twists	Internal & External Obliques, Quadratus Lumborum	<p>Stand tall with your feet shoulder-width apart and hold a kettlebell or a weight plate with both hands in front of your chest. Keep your elbows slightly bent.</p> <p>Engage Core: Engage your core muscles to stabilize your torso throughout the exercise.</p> <p>Twist to One Side: Keeping your hips facing forward and your feet planted, rotate your torso to one side, bringing the kettlebell or weight plate towards the outside of your hip. Twist from your waist, not just your arms.</p> <p>Rotate Back to Center: Slowly rotate your torso back to the center, returning the kettlebell or weight plate to the starting position in front of your chest.</p> <p>Twist to the Other Side: Repeat the twisting motion, this time bringing the weight towards the outside of your opposite hip.</p>
9.3	1 Oblique twist, 1 plate press	Internal & External Obliques, Quadratus Lumborum , pectoralis major & shoulders	<p>Extend your arms straight out in front of you, pressing the weight plate away from your body. Pause briefly at full extension, ensuring your arms are parallel to the ground.</p> <p>Slowly lower the weight plate back to the starting position, keeping control of the movement.</p>

10	Song/Artist	The Business(Radio version)- Tiesto 120 BPM	
	Exercise	Weight Advised	5 – 10 Kg plate/dumbbell
		GLUTES	Slow Glute bridges, single glute bridges & glute pulse x 3 then 2 single crunches.
		Muscle target	Instructions
10.1	Slow Glute bridges	Gluteus maximum, hamstring, Erector Spinae, Adductor Magnus and core muscles.	<p>Lie on your back with your knees bent and feet flat on the ground, hip-width apart. Keep your arms by your side and holding a plate or dumbbell.</p> <p>Engage your core muscles to stabilize your spine.</p> <p>Press through your heels and squeeze your glutes as you lift your hips towards the ceiling. Slow and controlled movements, holding the top position for a moment, then slowly lower your hips back down to the starting position.</p>
10.2	Single glute bridges	Gluteus Maximus	Same as above but single counts
10.3	Glute pulses x 3 then 2 single crunches	Gluteus maximum, hamstring, Erector Spinae, Adductor Magnus and rectus abdominis	<p>Hold and pulse the glutes at the top x 3, lower down then perform 2 basic crunches. Exhale as you lift your head, neck, and shoulders off the floor, aiming to bring your shoulder blades just off the ground.</p> <p>Keep your chin tucked slightly and avoid pulling on your neck with your hands. Hold the contracted position briefly, then inhale as you lower your upper body back down to the starting position with control.</p>

11	Song/Artist	Unstoppable (Radio version)- Sia 87 BPM	
	Exercise	Weight Advised	None
		COOLDOWN	
		Muscle target	Instructions
11.1	Full Body	No notes	