

# CLUB POWER

## Release 3



### Release playlist links:

Original Music:		PPCA Free Music
<a href="#">Apple Music</a>	<a href="#">Spotify</a>	<a href="#">PowerMusic</a>

### Link to view release videos:

[Videos Link](#)

Password for videos =

**WURK**

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# CLUB POWER

<b>1</b>	<b>Song/Artist</b>	<b>Love Not war (Future House Remix)- Jason Derulo &amp; Nuka 128 BPM</b>	
	<b>Exercise</b>	<b>Weight Advised</b>	<b>No Weights</b>
		<b>WARM UP</b>	<b>Full Body warmup</b>
		<b>Muscle target</b>	<b>Instructions</b>
1.1	<b>Warmup</b>	<b>Full Body</b>	Big Squats + Reaches
1.2			Arms rotations
1.3			Grapevines
1.4			Leg Curls
1.5			Stretches +Side lunges
1.6			Mountain climbers

2		Song/Artist <b>Bodak Yellow (Melbourne Bounce Remix)- Cardi B 128 BPM</b>	
2		Weight Advised	High step, 2 x 5 kg or heavier dumbbells or plates
Exercise		STEP UPS	Sumo squats, Step Ups
		Muscle target	Instructions
2.1	2 x 2 Sumo squats	Quads, Glutes, inner thighs(adductors), hamstring	<p>Stand with your feet wider than shoulder-width apart, toes pointing slightly outward. Position: Hold the 2 dumbbells or plates in front of your body.</p> <p><b>Descent (2 seconds):</b> Lower your body down into a squat position, keeping your back straight and chest up.</p> <p><b>Pause (2 seconds):</b> Hold the squat position for two seconds at the bottom, maintaining tension in your muscles.</p> <p><b>Ascent (2 seconds):</b> Push through your heels and straighten your legs to return to the starting position, engaging your glutes and thighs.</p>
2.2	Step Ups	Quadriceps, hamstring, glutes & calves	<p>Stand in front of the step with your feet hip-width apart.</p> <p>Step onto the step with one foot, ensuring your entire foot is planted firmly.</p> <p><b>Step Up:</b> Push through your heel and lift your body up onto the bench, straightening your leg.</p> <p><b>Full Extension:</b> Stand tall on the bench with your hips and knees fully extended. Lower Down: Slowly lower yourself back down to the starting position, controlling the movement. Perform x 12 each leg</p>

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Choreography:

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3	Song/Artist	Turn Down for What – DJ Snake & Lil Jon 100 BPM	
	Exercise	Weight Advised	Barbell or dumbbells, 5 kg or more
		SQUATS	Narrow stance slow heel elevated squats, Bottom-half pulse x3
		Muscle target	Instructions
3.1	Narrow stance slow heel elevated squats	Glutes, hamstring, lower back and quadriceps	<p>Stand with your feet closer together than shoulder-width apart on a raised surface such as a weight plate or small platform, with your heels elevated.</p> <p>Keep your toes pointed slightly outward and your back straight.</p> <p>Slowly lower your body down into a squat position, focusing on keeping your weight on your heels and your knees tracking over your toes. Lower yourself as far as comfortable while maintaining good form, ideally until your thighs are parallel to the ground or slightly below.</p> <p>Hold the bottom position briefly to emphasize the stretch and maintain tension in your muscles.</p> <p><b>Ascent:</b> Push through your heels to slowly rise back up to the starting position, keeping your movements controlled.</p> <p><b>Benefits:</b> This variation maximises muscle recruitment of the quadriceps, while also challenging balance and stability due to the narrow stance and elevated heels.</p>
3.2	Squat bottom pulse x 3	Quadriceps	Pulse bottom half x 3 then rise. Keeping knees soft throughout entire range of movement (avoid locking the knees).

4	Song/Artist	Dior(Radio Version) – Pop Smoke 71 BPM	
	Exercise	Weight Advised	2 x plates or dumbbells - 5 kg or more
		CHEST	Chest Press 2x2 and Chest press 2x2 hold then up Chest fly 2x2 and Chest fly 2x2 hold then up
		Muscle target	Instructions
4.1	Chest Press 2 x 2	<b>Pectoralis Major, also anterior deltoids &amp; triceps</b>	<p>Lie on a flat bench with a dumbbell/plate in each hand, elbows bent at a 90-degree angle and aligned with your shoulders.</p> <p>Press the dumbbells up directly above your chest, palms facing forward.</p> <p>Lower the dumbbells down towards your chest in a controlled manner, maintaining tension in your chest muscles. Then press the weights up to starting position, focus on squeezing your chest muscles as you extend the arms.</p>
4.2	Chest press 2 x 2 Hold then up	<b>Pectoralis Major, also anterior deltoids &amp; triceps</b>	<p>Pause (2 seconds): Hold the bottom position briefly to emphasize the stretch and maintain muscle engagement.</p> <p>Cues; squeeze top part of shoulder blades on way up, open your chest like a “window “ on the way down. Keeping weights aligned with your chest and elbows doesn’t fall below the top of the bench. es; squeeze top part of shoulder blades on way up, open your chest like a “window “ on the way down. Keeping weights aligned with your chest and elbows doesn’t fall below the top of the bench.</p>
4.3	2 x 2 Chest fly	<b>Pectoralis Major, also anterior deltoids &amp; triceps</b>	<p>Lie on a flat bench with a dumbbell in each hand, extended directly above your chest, palms facing inward.</p> <p>Keep a slight bend in your elbows and maintain a neutral spine throughout the movement.</p> <p>Lower the dumbbells / plates out to the sides in a wide arc motion, maintaining a slight bend in your elbows. Lower the dumbbells until you feel a comfortable stretch in your chest muscles, being mindful not to go too deep to avoid strain.</p> <p>Engage your chest muscles to bring the dumbbells back together above your chest, squeezing them together at the top.</p> <p>Inhale as you lower the dumbbells and exhale as you bring them back up.</p>
4.4	2 x 2 Chest fly hold then up	<b>Pectoralis Major, also anterior deltoids &amp; triceps</b>	<p>Pause (2 seconds):</p> <p>Hold the bottom position briefly to emphasize the stretch and maintain muscle engagement.</p>

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5	Song/Artist	Recess(Crossfade only)- Skrillex 104 BPM		
	Exercise	Weight Advised	2 x Plates or dumbbells, 5 KGs or more	
		DEADLIFTS & DEADROWS		Romanian Deadlifts (RDL) and Rows
		Muscle target	Instructions	
5.1	2 x 2 Romanian Deadlifts (RDL)	Posterior chain including hamstrings, and glutes	<p><b>Setup:</b> Stand with feet hip-width apart, holding dumbbells / plates overhand grip, keeping them close to the thighs with arms fully extended.</p> <p><b>Execution:</b> 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><b>Lowering Phase:</b> Lower the barbell along the front of the legs 2 x 2 tempo, maintaining a slight bend in the knees and a neutral spine, until you feel a stretch in the hamstrings.</p> <p><b>Stretch and Control:</b> Focus on feeling the stretch in the hamstrings as you lower the weight, while maintaining tension throughout the movement.</p> <p><b>Ascent:</b> Engage the hamstrings and glutes to reverse the movement, driving the hips forward and returning to the starting position.</p> <p><b>Breathing:</b> Inhale as you lower the weight and exhale as you return to the starting position.</p> <p><b>Form:</b> 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>	
5.2	7 x rows then up	Latissimus Dorsi	<p>A compound exercise targeting the upper back muscles, particularly the latissimus dorsi.</p> <p>Stand with knees slightly bent, back straight, and hold a weight plate with an overhand grip.</p> <p>Pull the plates towards your lower chest by retracting the shoulder blades and keeping elbows close to the body. Row x 7</p>	

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6	Song/Artist	Bongos(Radio Version)-Cardi B,Megan thee Stallion 122 BPM	
	Exercise	Weight Advised	2 x dumbbells or plates, 5 KG or more
		BICEPS	Hammer bicep curls & Zottman Curls
	Muscle target	Instructions	
6.1	Hammer Bicep curls	Brachialis & brachioradialis muscles in addition to the biceps.	<p>Stand with feet shoulder-width apart, hold dumbbells with a neutral grip (palms facing each other).</p> <p>Keep elbows close to the body, curl the dumbbells towards the shoulders while maintaining a neutral wrist position.</p> <p>Can be performed seated or standing, using different grip widths or with a barbell for variation.</p> <p><b>Benefits:</b> Builds strength and size in the biceps and forearm muscles, improves grip strength and wrist stability.</p> <p><b>Safety:</b> Maintain proper form, control the movement to prevent injury. Start with lighter weights and progress gradually.</p>
6.2	Zottman Curls	Biceps, forearms & brachialis	<p>Start with a dumbbell in each hand, palms facing up (supinated grip). Curl the weights towards the shoulders.</p> <p>At the top of the curl, rotate the wrists so that the palms face down (pronated grip). Lower the weights back down with this grip.</p> <p><b>Benefits:</b> Develops both the biceps and forearms, improves grip strength, and forearm muscle balance.</p>

7	Song/Artist	Twerk(Radio version)- City Girls feat.Cardie B 95 BPM	
	Exercise	Weight Advised	1 x Plate or dumbbell, 5 KG or more
		TRICEPS	Tricep extensions, Tricep hold and Tricep pulses
		Muscle target	Instructions
7.1	2 x 2 Tricep extensions	Tricep Brachii	<p>Sit with a dumbbell or a plate holding the weight overhead with both hands.</p> <p><b>Movement:</b> Lower the weight behind the head by bending the elbows until they reach about 90 degrees, then extend the arms to lift the weight back to the starting position.</p> <p>Keeping movement at a steady 2x2 tempo</p> <p><b>Safety:</b> Maintain control throughout the movement, avoid locking out the elbows at the top, and choose appropriate weights to prevent strain.</p>
7.2	Tricep hold	Tricep Brachii	Hold for at least 3 seconds at the bottom range of the tricep extension, then slowly extend arms up
7.3	8 x tricep pulses	Tricep Brachii	Pulse x 8 at bottom half range of the extension



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8	Song/Artist	Up(Radio Version)- Cardi B 83 BPM	
	Exercise	Weight Advised	Step or bench. Body weight.
		PUSH UPS	Shoulder Tap push ups and Push Up pulse x 7
		Muscle target	Instructions
8.1	Shoulder tap push up	Deltoids, Pectorals & Triceps	<p>Start in a push-up position with hands slightly wider than shoulder-width apart on a step or floor.</p> <p>Perform a push-up, then lift one hand off the step/ground to tap the opposite shoulder.</p> <p><b>Movement:</b> Alternate tapping shoulders with each rep while maintaining a stable core and straight body position.</p> <p><b>Variations:</b> Can be performed on knees for beginners or with feet elevated for added difficulty.</p> <p><b>Benefits:</b> Strengthens chest, shoulders, triceps, and core muscles, improves shoulder stability, and enhances overall upper body strength and coordination.</p> <p><b>Safety:</b> Maintain proper push-up form with a straight back and engage core muscles to prevent excessive swaying. Start with fewer reps and gradually increase intensity as strength and stability improve.</p>
8.2	Push up pulse x 7	Deltoids, Pectorals & Triceps	Pulse bottom half x 7 then up

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9	<b>Song/Artist</b>		<b>Houdini (Radio Version)- Dua Lipa 117 BPM</b>	
	<b>Exercise</b>	<b>Weight Advised</b>	1 x Plate or dumbbell, 5 KG or more	
		<b>STANDING CORE &amp; SHOULDERS</b>	<b>Halo Twist + Knee lift</b>	
		<b>Muscle target</b>	<b>Instructions</b>	
9.1	<b>Halo Twist + Knee lift</b>	<b>Deltoids, Trapezium, Rhomboids forearm &amp; core</b>	<p>Start in standing position with good posture. Shoulders should be relaxed and positioned over the hips.</p> <p>Knees should remain straight but soft (not locked or stiff).</p> <p>Hold the kettlebell/ dumbbell or plate in front of the body, grasping the horns (the vertical sides of the handle).</p> <p>Begin by circling to the right. Carry the plate around the right side of your head and let the plate drop down behind the neck.</p> <p>Finish the circle by bringing it around the left side of your head back to the starting position. You will be touching your hair—you almost want to mess it up as you come around.</p> <p>After you complete one full rotation, lift the knee then reverse direction- by circling to the left and finish by coming around the right back to the starting position, lift the knee.</p>	

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10	<b>Song/Artist</b>	<b>Booty Wurk – T-Pain 79 BPM</b>	
	<b>Exercise</b>	<b>Weight Advised</b>	<b>1-2 Plates, dumbbells or barbell. 5-10 KG</b>
		<b>GLUTES</b>	<b>Hip thrusts, Glute Pulses and Swinger</b>
		<b>Muscle target</b>	<b>Instructions</b>
10.1	<b>Hip thrusts</b>	<b>Gluteus Maximus</b>	<p>Sit on the ground with your back against the step, knees bent, and feet flat on the floor.</p> <p><b>Position Weight:</b> 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><b>Hold:</b> Pause briefly at the top, then lower your hips back down and inhale.</p> <p><b>Progression:</b> Increase weight gradually to challenge your muscles.</p>
10.2	<b>Glute Pulses</b>	<b>Gluteus maximus</b>	<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>
10.3	<b>Swinger</b>	<b>Gluteus maximus</b>	Squeeze 1 Glute muscle at a time

11	<b>Song/Artist</b>	<b>Angles(Radio version)- Wale, Chris Brown 95 BPM</b>	
	<b>Exercise</b>	<b>Weight Advised</b>	<b>None</b>
		<b>COOLDOWN</b>	
		<b>Muscle target</b>	<b>Instructions</b>
11.1	<b>Full Body</b>		No notes