

# CLUB POWER

## Release 4



### 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 =

**LOVIN**

### Ownership of Intellectual Property Rights

All Club Fiesta licensed releases are owned by Hala Fitness and as such must not be distributed or shared and is for the licensed Instructors sole use within their own fitness classes.

# CLUB POWER

1	Song/Artist	Down (Future House Remix) - Jason Derulo & David Guetta 128 BPM	
	Exercise	Weight Advised	No Weights
		WARMUP	Full Body warmup
		Muscle target	Instructions
1.1	Warmup	Full Body	Squats wide and narrow with arm reaches
1.2			Stretches
1.3			Side lunges
1.4			Walk in walk outs
1.5			Step Ups on step
1.6			Mountain climbers

# CLUB POWER

2	Song/Artist		Buss it (Electro House Remix) - Erica Banks 128 BPM	
	Exercise	Weight Advised	1 heavy plate/dumbbell	
		SQUATS	Wide sump squats, Split squats x 4, split squat +leg lift	
	Muscle target	Instructions		
2.1	Wide sumo squat	Glutes, quads and adductors	<p>Stand in between the middle of the Step, holding the heavy plate with both hands forward, with feet wider than shoulder-width apart, toes pointed outward at about a 45-degree angle.</p> <p>Keep your back straight, chest up, and core engaged throughout the movement. Lower your body down by bending your knees, aiming to bring your thighs parallel to the ground.</p> <p>Push through your heels to return to the starting position, squeezing your glutes at the top.</p> <p>Focus on keeping your knees tracking over your toes and your weight centred over your feet. (Targets the quadriceps, hamstrings, glutes)</p>	
2.2	Split Squats x 4 then split squat leg lift	Quads, Glutes, hamstring and calves	<p>Squats x 4 with one foot on the step and on foot off the step.</p> <p>Then 1 Split squat and as you rise up you lift your leg back behind you, squeezing your glutes every time, repeat x 4.</p> <p>Ensure your knees are tracking with your toes during the squat. Hold the plate or dumbbell in front of your chest.</p>	

# CLUB POWER

3	<b>Song/Artist</b> Don't Rush (Radio Version) - Young T & Bugsey feat.Headie One 108 BPM	
	<b>Weight Advised</b>	10 KG Barbell/5 kg dumbbell or more
	<b>Exercise</b>	<b>SQUATS</b> <b>Elevated heel triple pulse squats, 2 x 2 squats</b>
	<b>Muscle target</b>	<b>Instructions</b>
3.1	<b>Triple pulse squats</b>	<p><b>Quads, glutes, hamstring</b></p> <p>Stand on a raised surface, such as weight plates or a wedge, with your heels elevated and your toes on the ground.</p> <p>Position your feet shoulder-width apart or slightly wider, with toes pointed slightly outward.</p> <p>Keep your back straight, chest up, and core engaged throughout the movement. Lower your body down by bending your knees, aiming to bring your thighs parallel to the ground.</p> <p>Push through your heels to return to the starting position, squeezing your glutes at the top.</p> <p>Triple pulse at the bottom of the squat then rise up.</p>
3.2	<b>2 x 2 squats</b>	<p><b>Quads, glutes, hamstring</b></p> <p>Same as above but with the tempo of 2 x 2.</p>

# CLUB POWER

4	<b>Song/Artist</b> I Like it (Dillon Francis Remix) - Cardi B, Bad Bunny, & J Balvin 150 BPM		
	<b>Exercise</b>	<b>Weight Advised</b>	Medium to heavy barbell or 2 dumbbells/plates
		<b>Deadlifts and Deadrows</b>	<b>Split stance RDL, Rows x 7</b>
		<b>Muscle target</b>	<b>Instructions</b>
4.1	<b>Split RD</b>	<b>Hamstring, glutes, lower back and core</b>	<p>Start in a split stance, with one foot forward and one foot back.</p> <p>Hold a dumbbell or kettlebell in each hand or barbell, palms facing your body. Keep your front knee slightly bent and your back leg straight.</p> <p>Hinge at your hips, lowering the weights towards the ground while keeping your back straight.</p> <p>Lower the weights until you feel a stretch in your hamstring of the front leg. Drive through your front heel to return to the starting position, squeezing your glutes at the top.</p> <p>Keep your core engaged throughout the movement for stability.</p> <p>Targets the hamstrings, glutes, and lower back, while also improving balance and stability.</p>
4.2	<b>Rows x 7</b>	<b>Latissimus dorsi, rhomboids, and trapezius, and biceps</b>	<p>Pull the weights up towards your body, bending your elbows and squeezing your shoulder blades together.</p> <p>Keep your elbows close to your body as you row x 7</p>

5	Song/Artist		Welcome to the War (Handz Up Remix) 7KingZ 150 BPM	
	Exercise	Weight Advised	Light to medium Barbell or 2 dumbbells	
		CLEAN & PRESS	Good mornings, Upright rows, clean and press	
		Muscle target	Instructions	
5.1	Good mornings	Lower back, hamstring and glutes	<p>Stand with feet shoulder-width apart, a barbell across your upper back. Hinge at the hips, slowly lowering your torso forward until it's parallel to the ground. Keep your back straight and chest up throughout the movement. Return to starting position by engaging your hamstrings and glutes. Engage your hamstrings and glutes to pull yourself back up to the starting position by driving your hips forward. Keep your core tight &amp; maintain a straight back as you return to the upright position.</p>	
5.2	Upright rows	Lateral Deltoid, Trapezius and biceps	<p>Stand with feet shoulder-width apart, holding a barbell or dumbbells with an overhand grip. Pull the weight straight up towards your chin, leading with your elbows. Keep the weights close to your body and squeeze your shoulder blades together. Lower the weight back down to starting position.</p>	
5.3	Clean & Press	Legs, back, shoulders and arms	<p>Stand with feet shoulder-width apart, barbell on the floor. Deadlift the bar, then explosively pull it up, catching it at your shoulders (clean). Press the bar overhead until arms are fully extended. Lower the bar back to shoulders, then to the floor. Repeat for desired reps.</p>	

# CLUB POWER

6	Song/Artist	You can Do it (Radio Version)-Ice Cube 100 BPM	
	Exercise	Weight Advised	2 x small to medium dumbbells or plates
		TRICEPS	Tricep Kickbacks, Single arm tricep kickbacks, straight arms kick backs
		Muscle target	Instructions
6.1	Tricep kickbacks	Triceps	<p>Stand with feet hip-width apart, holding a dumbbell in each hand.</p> <p>Bend your knees slightly &amp; hinge forward at the hips, keeping your back straight.</p> <p>Bring the weights up to your sides, elbows bent at 90 degrees.</p> <p>Extend your arms straight back, squeezing your triceps at the top.</p> <p>Slowly lower the weights back to the starting position.</p> <p>Targets the triceps, helping to tone and strengthen the back of the arms</p>
6.2	Single arm tricep kickbacks x 4 each arm	Triceps	<p>Same as above but perform 1 arm x 4 kickbacks, switch arms</p>
6.3	Straight arm kick backs	Triceps	<p>Extend your arms straight back behind you, palms facing inward.</p> <p>Squeeze your triceps at the top of the movement.</p> <p>Slowly lower the weights back to the starting position.</p> <p>Targets the triceps, emphasizing the long head of the muscle for definition &amp; strength.</p>

7	<b>Song/Artist</b>	Lovin On Me(Radio Version)- Jack Harlow 105 BPM	
	<b>Exercise</b>	<b>Weight Advised</b>	2 x medium to heavy plates or dumbbells
		<b>BICEPS</b>	Bicep serves, Single arm bicep curls, full bicep curls
		<b>Muscle target</b>	<b>Instructions</b>
7.1	<b>Bicep serves</b>	Biceps	Perform your usual bicep curl but stop half way up and push outwards away from the body, keeping elbows soft, then bring it in then release down.
7.2	<b>Single arm bicep curls</b>	Biceps	<p>Stand with feet shoulder-width apart, holding dumbbells in each hand, palms facing forward.</p> <p>Keeping elbows close to your sides, curl the weights up towards your shoulders.</p> <p>Squeeze your biceps at the top of the movement.</p> <p>Slowly lower the weights back to the starting position.</p> <p>Repeat x 4 curls on 1 arm then switch to the other arm</p>
7.3	<b>Full bicep curls</b>	Biceps	Same as above with both arms.



# CLUB POWER

8	<b>Song/Artist</b> No Diggity (Electro Remix) - Blackstreet feat.Dr Dre & Queen Pen 128 BPM		
	<b>Weight Advised</b>		Step and 2 x small to medium plates or dumbbells
	<b>Exercise</b>	<b>SHOULDERS</b>	<b>Shoulder Fly, pronated grip shoulder rows</b>
		<b>Muscle target</b>	<b>Instructions</b>
8.1	<b>Shoulder flys</b>	<b>Lateral Deltoids</b>	<p>Sit on a bench, feet parallel, lean forward, holding dumbbells in each hand, palms facing inward.</p> <p>Raise arms out to the sides until they are parallel to the floor, keeping a slight bend in the elbows.</p> <p>Keep the movement slow and controlled, focusing on squeezing the shoulder blades together.</p> <p>Lower the weights back down with control.</p>
8.2	<b>Pronated grip shoulder rows</b>	<b>Rear dealtoids, rhomboids, and upper back muscles</b>	<p>Sit on a bench with your chest leaning forward and hold dumbbells with a pronated grip (palms facing down), arms fully extended towards the floor.</p> <p>Pull the dumbbells towards your shoulders by bending your elbows and squeezing your shoulder blades together.</p> <p>Keep your elbows aligned with your shoulders and your back flat throughout the movement.</p> <p>Lower the dumbbells back down to the starting position with control.</p>

9	<b>Song/Artist</b>	<b>Get Ur Freak ON (Street Mix) - Missy Elliott 89 BPM</b>	
	<b>Exercise</b>	<b>Weight Advised</b>	<b>Step (Optional for elevation), 1 heavy plate/dumbbell</b>
		<b>GLUTES</b>	<b>Single Glute thrusts, top half glute pulses</b>
	<b>Muscle target</b>	<b>Instructions</b>	
9.1	<b>Single Glute thrusts</b>	<b>Gluteus maximus</b>	<p>Sit on the floor with your upper back against a bench or an elevated step. Place a barbell or weight across your hips.</p> <p>Bend your knees and place your feet flat on the ground, hip-width apart, with your heels on the floor</p> <p>Drive through your heels, lifting your hips up until your body forms a straight line from your shoulders to your knees.</p> <p>Squeeze your glutes at the top of the movement.</p> <p>Lower your hips back down with control, but don't let them touch the ground.</p> <p>The elevation of the step increases the range of motion, targeting the glutes more effectively.</p>
9.2	<b>Top half glute pulses</b>	<b>Gluteus maximus</b>	Same as above but with top half glute pulses

# CLUB POWER

10	<b>Song/Artist</b>	<b>Spicy (Radio Version) - Ty Dolla \$ign feat.Post Malone 100 BPM</b>	
	<b>Exercise</b>	<b>Weight Advised</b>	1 x small to medium Plate or dumbbell
		<b>CORE</b>	<b>Seated leg lifts, seated adductors</b>
		<b>Muscle target</b>	<b>Instructions</b>
10.1	<b>Seated Leg lifts x 4 each leg</b>	Quads, hip flexors and core muscles	<p>Lift one leg straight out in front of you x 4, keeping it parallel to the ground.</p> <p>Hold for a moment at the top, engaging your core and thigh muscles.</p> <p>Lower the leg back down with control.</p> <p>Repeat on the other leg.</p>
10.2	<b>Seated adductors x 4 each leg</b>	Inner thighs, outer thighs, quads and core	<p>Squeeze 1 leg out and in x 4, repeat other side.</p> <p>Focus on slow and controlled movements, keeping leg straight hovering the floor.</p>

11	<b>Song/Artist</b>	<b>Loyal – Chris Brown feat.Lil Wayne &amp; Too Short 99 BPM</b>	
	<b>Exercise</b>	<b>Weight Advised</b>	None
		<b>COOLDOWN</b>	
		<b>Muscle target</b>	<b>Instructions</b>
11.1	<b>Full Body</b>		No notes