

LES MILLS GRIT **25** CARDIO

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LES MILLS GRIT CARDIO 25

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01. WARMUP

CLASS SETUP

Use a short, simple intro to get the ball rolling – a quick explanation about what Les Mills GRIT Cardio is all about – then get into the workout!

Exercise	
0:05	Jog OTS
0:26	Jog OTS with Heels Up
0:40	High Knee Run
0:55	Shuffle Tap (x2) (L+R)
1:09	Shuffle Double-Arm Tap (x2) (L+R)
1:16	Squat Burpee
1:37	Surfer Burpee
1:59	Lateral Leap (L+R)
2:20	Long Jump F, High Knee Run B
2:42	Pushup
3:02	Recovery



02. 2 MINUTE CHALLENGE

CLASS SETUP

2 Minute Challenge: AMRAP (As Many Reps As Possible) – 3 moves, 2 minutes

Exercise	
0:00	Set up track and demo exercise: Pushup Row (L+R), Squat Jump with Tap (x2), Jump Lunge (L+R)
0:28	Pushup Row (L+R), Squat Jump with Tap (x2), Jump Lunge (L+R)
2:28	Recovery



03. PYRAMID

CLASS SETUP

Pyramid: 1 move for 25 seconds, adding additional moves up to 4, then removing them back down to 1

Set	Exercise
	0:00 Set up track and demo first exercise: Surfer Burpee, Tuck Jump (L+R)
1	0:29 Surfer Burpee, Tuck Jump (L+R)
	0:54 Recovery. Set up second set and demo second exercise: Lateral Leap (x1), High Knee Sprint (x2) (L+R)
2	1:13 Surfer Burpee, Tuck Jump
	1:38 Lateral Leap (x1), High Knee Sprint (x2) (L+R)
	2:04 Recovery. Set up third set and demo third exercise: Mountain Climber
3	2:24 Surfer Burpee, Tuck Jump
	2:50 Lateral Leap (x1), High Knee Sprint (x2) (L+R)
	3:14 Mountain Climber
	3:39 Recovery. Set up fourth set and demo fourth exercise: Floor Tap, Long Jump F, Speed Jack B (x2)
4	3:59 Surfer Burpee, Tuck Jump
	4:26 Lateral Leap (x1), High Knee Sprint (x2) (L+R)
	4:48 Mountain Climber
	5:15 Floor Tap, Long Jump F, Speed Jack B (x2)
	5:39 Recovery. Set up fifth set
5	5:59 Lateral Leap (x1), High Knee Sprint (x2) (L+R)
	6:23 Mountain Climber
	6:49 Floor Tap, Long Jump F, Speed Jack B (x2)
	7:13 Recovery. Set up sixth set
6	7:33 Mountain Climber
	8:00 Floor Tap, Long Jump F, Speed Jack B (x2)
	8:26 Recovery. Set up final set
7	8:45 Floor Tap, Long Jump F, Speed Jack B (x2)
	9:09 Recovery



04. TABATA

CLASS SETUP

Tabata intervals: 8 rounds, 20 seconds on, 10 seconds off. The focus is load and explode

Set	Exercise
	0:00 Set up track and demo first exercise: Loaded Shuffle with Double-Arm Tap (L+R)
1	0:29 Loaded Shuffle with Double-Arm Tap (L+R)
	0:49 Recovery. Demo second exercise: Lateral Squat Jump (L+R)
	0:58 Lateral Squat Jump (L+R)
	1:18 Recovery
1	1:28 REPEAT SET 1
	2:18 Recovery
1	2:28 REPEAT SET 1
	3:18 Recovery
1	3:28 REPEAT SET 1
	4:18 Recovery. Set up second Tabata and demo first exercise: Power Burpee
2	4:45 Power Burpee
	5:05 Recovery. Demo second exercise: Squat Burpee with Jump
	5:15 Squat Burpee with Jump
	5:34 Recovery
2	5:44 REPEAT SET 2
	6:34 Recovery
2	6:44 REPEAT SET 2
	7:33 Recovery
2	7:44 REPEAT SET 2
	8:35 Recovery



05. 2 MINUTE CHALLENGE

CLASS SETUP

The 2 Minute Challenge repeated: AMRAP (As Many Reps As Possible) – 3 moves, 2 minutes

Exercise	
0:00	Set up track and demo exercise: Pushup Row (L+R), Squat Jump with Tap (x2), Jump Lunge (L+R)
0:28	Pushup Row (L+R), Squat Jump with Tap (x2), Jump Lunge (L+R)
2:28	Recovery



06. CORE CHALLENGE

CLASS SETUP

Core Challenge: 2 minutes of core conditioning

Exercise	
0:00	Set up track and demo exercise: Cross Crawl (L+R), C-Crunch (x1)
0:09	Cross Crawl (L+R), C-Crunch (x1)
0:52	Cross Crawl (L+R)
1:08	Commando Crawl Hover
1:58	Recovery



L-R: Caley Jäck, Ash Cameron (shadow), Sarah Shortt (shadow),
Tau Siolo, Angelo Abrogena (shadow), Ben Main

PRESENTERS

Ben Main (New Zealand) is a LES MILLS GRIT, BODYATTACK and BODYPUMP Trainer, based in Auckland.

Caley Jäck (South Africa) is a LES MILLS GRIT Coach, a BODYBALANCE/BODYFLOW Trainer and a BODYCOMBAT, BODYPUMP and SH’BAM Instructor. She is also a massage therapist, based in Cape Town City.

Tau Siolo (New Zealand) is LES MILLS GRIT, BODYCOMBAT, BODYJAM, BODYPUMP, CXWORX, SH’BAM and RPM Instructor. He is based in Auckland, where he is also National Group Fitness Manager for Les Mills New Zealand.

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Special thanks to – The team at Fitology



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.

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