

LES MILLS GRIT **27** STRENGTH

WARMUP

30/30 DRILL

ADD ON GIANT SETS

LADDERS

DOUBLE DROP SET

30/30 DRILL

CORE CHALLENGE

PLEASE NOTE, MUSIC TIME CUES MAY BE INCORRECT DUE TO A CHANGE TO LICENSED MUSIC TRACKS.

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L–R: Vili Fifita, Ben Main, Kayla Atkins-Gordine

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01. WARMUP

CLASS SETUP

1 medium to heavy weight bar, 1 medium weight plate, 2 light weight plates to add during workout.

Exercise	
0:04	Squat x1 + Lunge with Rotation x1 (L+R)
0:29	Squat x1 + Lunge with Single Arm Snatch to Shoulder (R)
0:48	Squat x1 + Lunge with Single Arm Snatch to Shoulder (L)
1:03	Squat Burpee
1:21	Inch Worm to Pushup
1:58	Row x1 High Pull x1
2:27	Clean & Press
2:50	<i>Recovery</i>



02. 30/30 DRILL

CLASS SETUP

30 seconds to practise the move, then 30 seconds of the combination in the Drill.

Exercise	
0:00	Set up and demonstrate new move: Straddle (L+R)
0:24	Straddle (L+R)
0:53	<i>DRILL:</i> Straddle (L+R), Squat Jump x1
1:24	<i>Recovery</i>



03. ADD ON GIANT SETS

CLASS SETUP

Three 2-minute working blocks: 4 moves, 30 seconds each, back to back. Each round gets progressively harder.

Exercise		
1	0:00	Set up and demonstrate first exercise: Squat Press with Bar
	0:20	Squat Press with Bar
	0:52	Backward-Stepping Lunge with Bar on Back (L+R)
	1:20	Squat with Bar on Back
	1:51	Pushup x1, Shoulder Tap x1 (L+R)
	2:21	Recovery
ADD INTENSITY		
2	2:21	Recover and demo first move of Round 2, Squat Press, Push Press with Bar
	2:51	Squat Press, Push Press with Bar
	3:24	Backwards Stepping Lunge x1, Knee Lift x1, Backwards Stepping Lunge x1 (L+R) <i>Option – Backwards Stepping Lunge x1, Tap Front, x1 Backwards Stepping Lunge x1 (L+R)</i>
	3:50	Squat with Heel Rise
	4:22	Pushup x1, Knee Climber x1 (L+R)
	4:51	Recovery
Add the 2 light weight plates onto Bar and repeat Round 2		
3	5:30	Squat Press, Push Press with Bar (Extra weight)
	6:02	Backwards Stepping Lunge x1, Knee Lift x1, Backwards Stepping Lunge x1 (L+R) <i>Option – Backwards Stepping Lunge x1, Tap Front x1, Backwards Stepping Lunge x1 (L+R) (Extra weight)</i>
	6:34	Squat with Heel Rise (Extra Weight)
	Pushup Set 1 & 2 combined: Pushup with Shoulder Tap and Knee Climber	
	7:00	Pushup x1, Shoulder Tap (R) x1, Knee Climber (L) x1, Pushup x1, Shoulder Tap (L) x1, Knee Climber (R)
	7:30	Recovery



04. LADDERS

CLASS SETUP

4 ladders; A 1 minute ladder to set the standard, followed by a 2 minute ladder with an obstacle. Recover and repeat with additional moves.

Exercise	
1-MINUTE LADDER – COUNT YOUR REPS	
1	0:00 Set up and demonstrate exercises: Barbell Row x1 Jumping Lunge (L+R) (2 for 1) x1
	0:23 Barbell Row x1, Jumping Lunge (L+R) (2 for 1) x1 Barbell Row x2, Jumping Lunge (L+R) (2 for 1) x2 Barbell Row x3, Jumping Lunge (L+R) (2 for 1) x3
	1 minute to get as high up the Ladder as possible
	1:23 Recovery
2 MINUTE LADDER WITH OBSTACLE	
The goal is to hit the same number of reps as the first Ladder with x3 Burpee in between each set	
2	1:51 Barbell Row x1, Jumping Lunge (L+R) (2 for 1) x1, Burpee x3 Barbell Row x2, Jumping Lunge (L+R) (2 for 1) x2, Burpee x3 Barbell Row x3, Jumping Lunge (L+R) (2 for 1) x3, Burpee x3
	If you complete the same number of reps as Ladder 1 before the countdown you can take extra recovery
	3:50 Recovery
1 MINUTE LADDER– COUNT YOUR REPS	
3	3:50 Set up and demonstrate exercises: Barbell Front Squat x1, Clean & Press x1
	4:18 Barbell Front Squat x1, Clean & Press x1 Barbell Front Squat x2, Clean & Press x2 Barbell Front Squat x3, Clean & Press x3
	5:20 Recovery
2 MINUTE LADDER WITH OBSTACLE	
The goal is to hit the same number of reps as the first Ladder with x3 Pushup in between each set	
EXTRA CHALLENGE: Try and get one set more than the first Ladder	
4	5:45 Barbell Front Squat x1, Clean & Press x1, Pushup x3 Barbell Front Squat x2, Clean & Press x2, Pushup x3 Barbell Front Squat x3, Clean & Press x3, Pushup x3
	If you complete the same number or extra set of reps as the 2 minute Ladder with Pushup obstacle before the countdown, you can take extra recovery
	7:46 Recovery



05. DOUBLE DROP SET

CLASS SETUP

2 sets of 30/20/10 seconds of work. The second set has less intensity and longer recovery.

Exercise		
1	0:00	Setup and demonstrate exercises with plate: Squat Jump x1, Plate Snatch x1, Burpee x1
	0:30	Squat Jump x1, Plate Snatch x1, Burpee x1
	1:00	Recovery
	1:14	Squat Jump x1, Plate Snatch x1, Burpee x1
	1:34	Recovery
	1:44	Squat Jump x1, Plate Snatch x1, Burpee x1
	1:54	Recovery
2	1:54	Recover and demonstrate set 2: Squat Jump x1, Overhead Squat x1 <i>(with plate)</i>
	2:24	Squat Jump x1, Overhead Squat x1
	2:52	Recovery
	3:14	Squat Jump x1, Overhead Squat x1
	3:35	Recovery
	3:50	Squat Jump x1, Overhead Squat x1
	4:00	Recovery



06. 30/30 DRILL

CLASS SETUP

1-minute challenge, combination of three moves.

Exercise	
0:00	Set up and demonstrate move: Straddle (L+R), Pushup x1, Squat Jump x1
0:28	Straddle (L+R), Pushup x1, Squat Jump x1
1:30	Recovery



07. CORE CHALLENGE

CLASS SETUP

Core challenge!

Exercise	
0:07	Lying on back, Plate C-Crunch with Pike Extension (<i>in, up, out</i>)
0:28	Plate C-Crunch with Pike Extension
0:48	Cross Crawl (L+R)
1:12	Pike Crunch with Plate
2:00	<i>Recovery</i>



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.

