

LES MILLS GRIT™ CARDIO

01

30 MINUTE HIGH INTENSITY INTERVAL TRAINING



FEATURES:

ALTERNATIVE TRACK #1 | THE SCIENCE OF LES MILLS GRIT™ SERIES — EPOC
TECHNIQUE OF THE MOVES | THE SCIENCE OF HIGH INTENSITY INTERVAL TRAINING
LES MILLS GRIT™ CARDIO 01 NEW MOVES

COMPONENTS

1. STATE OF MIND

When it comes time to teach you have 2 goals:

- Lead an INTENSE workout
- Coach your TEAM

These are your foundations. Remember them.

Top suggestions for a LES MILLS GRIT™SERIES frame of mind:

1. PRACTICE. You need to know your stuff
 - this gives you confidence
2. Praise for effort is essential
 - 'high fives', 'pats on the back' are key
3. Be AUTHENTIC & GENUINE
4. Engage with every single person in the room
5. Do it with the team
6. Circulate and coach each individual

2. SHOW

The LES MILLS GRIT™SERIES is hardcore. There's no question! So like the greatest coaches, the people who choose to teach the LES MILLS GRIT™SERIES have gotta be pretty hardcore too.

If you want to truly inspire people to push their boundaries physically, you want to be pushing your own boundaries. Get out of your comfort zone when you're teaching, be the best inspirational athletic and physical role model you can be.

What does this mean in terms of preparation? It means a lot of work. If you practice with heavy weights, big jumps and a huge heart, you WILL become the kind of coach your team needs to achieve their personal goals.

3. SAY

What do you NEED to say?

- Technique and safety cues
- Cues for quick set ups and to organise equipment and positions
- What to expect in the next block
- Highly motivational and encouraging cues
- Cues for recovery i.e. when it's coming up

Basically you are setting people up with enough to get them safely and quickly into a move without

a long transition, and then you are motivating them.

PRETTY SIMPLE WHEN YOU PUT IT LIKE THAT.

Suggestions:

- Work hard at creating a super succinct script; short sharp cues
- Practice saying your script while you practice physically
- Be clear, precise and highly motivational
- Move around the room and use great role models in class as demos so you can coach others

LES MILLS GRIT™PLYO

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The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

TEAM COACHING

WORKOUT INTRODUCTION

Set your team up with enough information and mental toughness to get them through.

1. Let them know what is coming up, when they are going to rest and when they will power through
2. Demonstrate any initial moves
3. Let them know that they should work as hard as they can in each set because the key to the LES MILLS GRIT™SERIES is the breaks and recoveries. There are a lot of them. Go hard, it's why you're here
4. Say that this is THEIR individual challenge, they are competing with themselves, if they need to stop or slow down, do it. Next week you'll do 1 more rep, the week after that 1 more still. Work as a team to pull each other through!
5. Remind them that it is 30 minutes! And you can do anything for 30 minutes right?

SO NOW WHAT? THE LES MILLS GRIT™SERIES COACHING MODEL IS IN 4 PARTS:

1. SETUP

Go through all the essentials – body part and direction, safety cues, technique tips, range etc. for each move. This is the truly ESSENTIAL stuff. Show it, say it, move on. This is in your workout notes.

2. CONNECT

Now the true coaching comes into play. Get on the floor with your team, start working on their individual technique,

motivate them, challenge those who are flagging. Give your team options and acknowledge the effort they're putting in, even if they don't take the hard road.

3. DRIVE

Hammer, smash, kick, motivate, grunt and inspire. When the going gets tough, LES MILLS GRIT™SERIES Coaches get inspirational. The harder you work here, the more effort you put in, the more your team will. It's grassroots coaching. Take your team to the end with you, even if you're dragging them kicking and screaming.

4. RESET

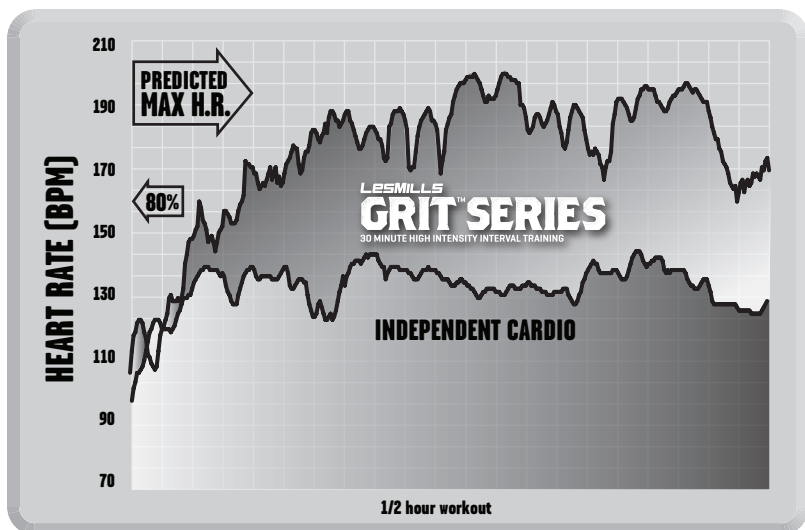
Just because that was one of the hardest things you have ever put your body through, doesn't mean you get to rest. Let your team know where they are in the workout, what's coming up, and how amazingly they have done so far. The more encouragement you give them here, the more they are likely to want to complete the next set.

AND FINALLY...

The end of class is one of the most important times for you as a coach to connect with your team. Think of it like you've won the championship, you're not just going to take off right? Acknowledge how great every single person did, celebrate because they just got through a grueling workout. You can display pride and joy in your team's success here. Make contact with every person, high fives, a quick word, they came, they saw, they conquered. Finally, tell them when they can come back for more.



THE LES MILLS GRIT™ SERIES EFFECT



LES MILLS GRIT™SERIES is high intensity interval training.

This graph illustrates the heart rate of a 26 year old male doing their own treadmill workout (Independent cardio) compared to a LES MILLS GRIT™SERIES workout.

The repeated high heart rate peaks seen in this graph are what deliver the superior workout benefits of this type of training.

You will notice that this participant spends more than 20 minutes of the workout above 80% of his maximum heart rate and has peaks in the work phases where he pushes into his maximum training zones.



LES MILLS GRIT™ CARDIO

1

There is an alternative instrumental track at the end of your CD. It has the same choreography as this track.

Burn It To The Ground > 4.25 mins

SET UP

- Participants up against wall
- Ensure plenty of clear space available for Run Forward with Touchdown

MUSIC		EXERCISE	REPS
0.00	8x8	Jog	
0.31	8x8	Run Forward	
0.59	9x8	Run Forward with Touchdown (8 cts to set up Squat)	
1.28	4x8	Squat slow	4x
1.41	4x8	Squat fast	8x
1.55	9x8	Squat Jump (8 cts to set up Pushup)	16x
2.25	8x8	Pushup	16x
2.50	1x8	Recovery - Back to running line	
2.53	10x8	Side Shuffle	
3.25	16x8	Run Forward with Touchdown	

COACHING TIP

Research shows that participants in LES MILLS GRIT™ SERIES spend 20 minutes of a 30 minute workout exercising at more than 80% of their max heart rate; that's how this workout gets you fit, fast. Use this fact as a motivator for your team, they'll want to work hard and get into the training zone by track 2.

CONNECTION

This release is about much more than just moving to the music, it's about maximum reps in minimal time executed with perfect technique. Set this up from the start with constant reminders of what's to come. Note how Les says "fast or slow" in the runs – it's about giving individuals license to set their own pace and put in their best effort. Check in and connect with your team at the start!

DRIVE

This accelerated Warmup will lift your teams' heart rate and condition their muscles so they get into the 80% zone by track 2. Make sure you drive your team and get them into that zone.

JOG

- **Chest up – abs braced**
- Jog on spot

RUN FORWARD WITH TOUCHDOWN

- Use arms to drive forward
- **Chest up – abs braced**
- Feet lift a little higher
- Touch down and drive up out of legs

SQUAT JUMP

- Feet outside hip-width
- **Sit butt back and down**
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- **Butt drops just above the knees**
- Fingertips reach toward floor
- Hands reach up and overhead at top
- Jump out of the bottom of Squat
- Soft knee landing

↓↓ OPTION: STAY WITH SQUAT – NO JUMP

PUSHUP

- Hands slightly wider than shoulder-width
- Chin tucked
- **Abs braced**
- **Back long, strong and straight**
- Chest to elbow-height

↓↓ OPTION: ON KNEES

SIDE SHUFFLE

- **Chest up – abs braced**
- Drive off the side of the foot
- Alternate sides

MUSIC		EXERCISE	REPS
0.00	12x8	Set up Jump Squat	
0.38	8x8	Jump Squat	16x
1.03	8x8	Moving Jump Squat	
1.28	8x8	Recovery – set up Plyo Pushup	
1.52	16x8	Plyo Pushup	32x
2.42	8x8	Recovery – set up Moving Lateral Leap	
3.07	8x8	Moving Lateral Leap L+R	8x
3.31	8x8	Fast Stationary Lateral Leap L+R	16x
3.56	8x8	Recovery – set up Plyo Switch Pushup	
4.21	16x8	Plyo Switch Pushup L+R	16x
5.11	8x8	Recovery – set up Jumping Lunge with Pulse	
5.35	8x8	Jumping Lunge with Pulse L+R	8x
6.00	8x8	Single Jumping Lunge L+R	16x

COACHING TIP

The quickest way to stimulate shape and tone in muscle is power training. In every move in this track, you are driving your body weight off the floor. This requires speed, explosive muscle recruitment and engagement of the maximum amount of muscle fibres.

CONNECTION

Use the recoveries to set up the new moves and set the focus for your next set. Watch how well Les and Reagan captivate the team as they set up new moves in the recoveries between sets.

DRIVE

Focus on every rep – looking for speed and height. If people need a recovery, tell them to sit out for 1-2 reps and then get back in and smash it, that way they will keep pushing into their maximum training zones.

JUMP SQUAT

- Feet outside hip-width
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt drops down to just above knee height
- Reach toward the floor
- Hands reach up and overhead at top
- Jump out of Squat keeping feet wide and chest up
- Jump forward to move body around room
- Soft knee landing

⇓ **OPTION: STAY ON SPOT AND SQUAT WITH NO JUMP**

PLYO PUSHUP

- Hands slightly wider than shoulders
- Chest square to floor
- Back long and straight
- Chest to elbow-height
- Abs braced
- Push hard out of bottom of Pushup to propel body up off the floor
- Land with soft elbows

⇓ **OPTION: REGULAR PUSHUP ON KNEES OR TOES**

LATERAL LEAP

- Push off one foot, jump out wide
- Full foot, soft knee landing
- Knee out
- Chest up – abs braced
- Stay deep in Squat to drive intensity

PLYO SWITCH PUSHUP

- One hand in Tricep position, other in wider Pushup position
- Abs braced
- Back long, strong and straight
- Push hard out of bottom of Pushup and switch position of hands



⇓ **OPTION: REGULAR TRICEP PUSHUP ON KNEES OR TOES**

JUMPING LUNGE

- Jump into long Lunge – back heel off floor
- Feet hip-width apart
- Front knee out, back knee toward floor
- Front thigh drops parallel to floor
- Chest up – abs braced
- Use Lunge to absorb landing
- Go for depth and height
- Running arms

⇓ **OPTION: BACKWARD STEPPING LUNGE, NO JUMP**

SET UP

- Ensure there is plenty of space for Lateral Leap and Jump

MUSIC		EXERCISE
0.00	16x8	Jog
0.44	8x8	High Knee Run
1.06	8x8	Lateral Leap and Jump L+R
1.28	8x8	Pushup
1.50	8x8	Recovery
2.12	4x8	Find a partner - Jog
2.23	8x8	High Knee Run
2.45	8x8	Lateral Leap and Jump L+R
3.07	8x8	Pushup
3.30	8x8	Recovery
3.52	4x8	Find a new partner - Jog
4.03	8x8	High Knee Run
4.24	8x8	Lateral Leap and Jump L+R
4.47	8x8	Pushup
5.09	8x8	Recovery
5.31	4x8	Jog
5.42	8x8	High Knee Run
6.04	8x8	Lateral Leap and Jump L+R
6.26	8x8	Pushup

COACHING TIP

Athletes are experts at combining speed and strength; this track will challenge both these components. Train fast – be fast – unlock your athletic potential!

JOG

- Chest up – abs braced
- Jog on spot

HIGH KNEE RUN

- Chest up – abs braced
- Lift knees up to hip-height
- Drive with arms

↓↓ **OPTION: JOG OR MARCH ON SPOT**

LATERAL LEAP AND JUMP

- Push off one foot, jump out wide
- Chest up – abs braced
- Full foot, soft knee landing – knee out
- Drive out of Squat to jump
- Alternate sides on the Lateral Leaps

↓↓ **OPTION: STEP TO SIDE AND SQUAT, NO JUMP**

CONNECTION

You're into the heart of the workout now, so make sure you identify what the individuals in your team need to get through. The intensity is up. This is where you'll need to be a world class coach.

DRIVE

Aim to make every set a personal best – maximum speed – maximum power – athletes finish every training session another step ahead.

PUSHUP

- Hands slightly wider than shoulders
- Chin tucked
- Chest to elbow height
- Abs braced
- Back long, strong and straight

↓↓ **OPTION: ON KNEES**



MUSIC		EXERCISE
0.00	18x8	Set up
0.55	16x8	5x Squat Burpee Run Sequence
1.44	10x8	Recovery
2.14	16x8	4x Squat Burpee Run Sequence
3.03	10x8	Recovery
3.33	16x8	3x Squat Burpee Run Sequence
4.22	10x8	Recovery
4.52	16x8	2x Squat Burpee Run Sequence
5.41	10x8	Recovery
6.11	16x8	Squat Burpee Run Sequence

COACHING TIP

Time to take it to the red line – time to turn all the hard work from the preceding tracks into change for good. Making sure you do the business at the business end of the class will really pay off.

CONNECTION

Encourage your team to step up to the challenge. This isn't the time to be soft; make sure you connect directly with everyone in the workout. It'll let them know you're watching them and that you expect more!

DRIVE

You can create change today – if you drive as hard as you can in this track. Take that 80% intensity and turn it into 100%. Switch your mind off and go.

SQUAT BURPEE RUN SEQUENCE

- **Butt down and back** – just above the knees
- **Chest up** – abs braced
- Arms forward, directly out from shoulders
- **Jump feet back** – abs braced
- Hands under shoulders
- **Back long, strong and straight**
- Jump up on return, **soft knee landing**
- Run to other side of room – chest up and drive with your arms



MUSIC		EXERCISE	REPS
0.00	4x8	Recovery – set up Crunch 2/2	
0.15	4x8	Crunch 2/2	4x
0.30	4x8	Crunch Single	8x
0.45	4x8	Crunch Pulse x3	4x
1.00	2x8	Hold Crunch for 8 cts and roll over to Hover position	
1.07	4x8	Hover	
1.22	4x8	Hover Tap L+R	4x
1.37	8x8	Hover Jack L+R	8x
2.08	8x8	Hover	
2.38	2x8	Recovery - Roll over and set up for Crunch 2/2	
2.45	4x8	Crunch 2/2	4x
3.00	4x8	Crunch Single	8x
3.15	4x8	Crunch Pulse x3	4x
3.30	2x8	Hold Crunch	

COACHING TIP

Athletic core strength is dynamic – the ability to generate power from the core on the move. Sell the benefits of this training as you set up the phases of these moves.

CONNECTION

Acknowledge that it's been a tough workout and dial up the motivation to get your team through this one. Use the knowledge you've gained about individual team members during the class and give them what they need for a strong finish.

DRIVE

It's not the time to bark at anyone – be motivational and positive. The finish line is right there and you're going to cross it together.

CRUNCH

- Finger tips to temples, elbows wide
- Feet flat on the floor
- **Crunch up – slide ribs to hips**
- Chin tucked – eye gaze between knees
- Knees above hips, shins parallel to the floor in Crunch Pulse

HOVER

- Elbows under shoulders
- **Back long, strong and straight**
- Chin tucked – eye gaze to hands
- **Abs braced**
- Butt down – hips level with shoulders

⇓ OPTION: ON KNEES

HOVER TAP

- From Hover position, tap one foot to the side
- Return to Hover position and take other foot out
- **Abs braced – hips square with floor**
- Butt down and in line with body
- **Back long, strong and straight**

⇓ OPTION: ON KNEES

HOVER JACK

- Tap one foot to side (as with Hover Tap) and then jump both feet out simultaneously
- **Keep a long straight spine**
- Abs braced as you Jack the legs out and in
- **Abs braced – hips down and square with floor**

⇓ OPTION: ON KNEES



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OUR DECLARATION OF INTENT

The Les Mills global family is made up of 14,000 fitness clubs, 90,000 instructors and millions of participants from 80 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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AND HEARD**

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