

[WORKOUT 2] LES MILLS GRIT™ PLYO

1

Good Feeling > 5.44 mins

SET UP:

- Line your team up across the room with a clear space ahead. They may want to have their benches and risers organised so they can get to these quickly during the track. They will need a body length of space behind them for Burpees
- Run on the spot
- Chest up heels back

MUSIC	EXERCISE	REPS
0.05	7½x8 Set up Run Sequence – Run on the spot	
0.33	8x8 Drop Squat 4cts, Run 4cts	8x
1.03	4x8 Sprint	
1.18	2x8 Set up Walking Lunge	
1.25	8x8 Walking Lunge L+R	8x
1.55	4x8 Jumping Lunge L+R	8x
2.09	2x8 Get team in line for Run Sequence	
2.16	8x8 Drop Squat 4cts, Run 4cts	8x
2.46	4x8 Sprint	
3.01	10x8 Set up benches	
3.38	5½x8 Half Burpee. Last rep walk feet in quicker	3x
3.59	8x8 Single Burpee	8x
4.29	4x8 Bench Run	8x
4.44	2x8 Set up Pushup	
4.51	8x8 Pushup 8cts, Rotating Plank 8cts L+R	2x
5.21	4x8 Single Pushup	8x

CONNECTION

Once you have set up the movement and established the rhythm – move amongst your team to drive intensity and correct technique. Notice how Les does this in the 2nd phase of the Clean + Presses and Power Presses.

DRIVE

Les emphasizes depth in the last block of Power Presses. Maintaining a full range of motion once fatigue sets in will drive your group to make the most out of the last peak.

SET UP CLEAN + DEADLIFT

- Knees bent – feet hip width
- Chest up – abs braced
- Grip just outside your hips (thumb distance from thighs)
- Shoulders up, back and down



CLEAN

- Pull the bar up close to your body
- Bend the knees to get under the bar
- Catch the bar in front of the collar bones in a Half Squat
- Straighten knees to lower bar down



DEADLIFT

- Knees bent slightly
- Tip from the hips
- Chest up
- Lower the bar to the knees



CLEAN + PRESS

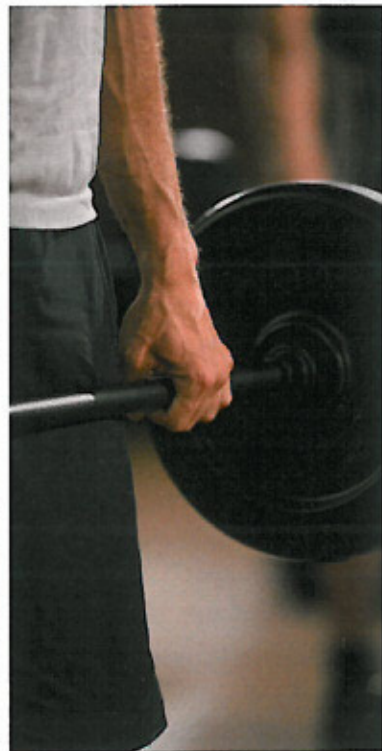
- Clean phase as above
- Use the legs to drive the bar up
- Brace your abs as you press the bar above your head
- Elbows slightly forward
- Elbows slightly bent at the top of the Press
- Double Squat every time
- Bend and drive



POWER PRESS X3

- Clean the bar up
- Sit deeper in Squat
- Chest up – eye gaze forward
- Brace your abs as you press the bar above your head
- Use your legs to drive the bar over your head 3 times
- Elbows slightly forward
- Elbows slightly bent at the top of the Press
- Bend and drive

OPTION: USE PLATE



SET UP:

- Check the risers are secure and ensure everyone has a Burpee length of space behind their bench.

MUSIC	EXERCISE	REPS
0.06 4x8	Set up Bench Run	
0.13 8x8	Bench Run	16x
0.40 2x8	Recovery	
0.46 4x8	Half Burpee	2x
1.00 8x8	Single Burpee	8x
1.27 2x8	Recovery + Preview Drop Squat on floor, Run	
1.33 4x8	Drop Squat on floor 4cts, Run OTS 4cts	4x
1.46 12x8	Bench Drop Squat 4cts, Run OTS 4cts	12x
2.26 2x8	Recovery + Preview Single Burpee, Bench Drop Squat, Run OTS	
2.33 10x8	Single Burpee 4cts, Bench Drop Squat 4cts, Run OTS 8cts	5x
3.06 2x8	Recovery + Preview Single Burpee, Bench Drop Squat, Squat x2	
3.13 16x8	Single Burpee 4cts, Bench Drop Squat 4cts, Squat x2 8cts	8x

CONNECTION

Make sure you have allocated a time to move amongst your team in this track. Also have a clear objective in your mind as you go out. Les encourages depth in the Squats – use the closer contact with your team to demand performance.

DRIVE

Set up the correct Squat depth in the 1st block and continue to encourage getting the butt just above the knees to keep the intensity up. It's the range that makes the change.

BENCH RUN

- Run onto bench
- Feet land on center of the bench
- Chest up, eyes forward
- Kick feet up, or bring knees up
- On, on, off, off
- Running arms



HALF BURPEE

- Hands outside shoulder width, palms or base of fingers on bench
- Chin tucked – eye gaze to hands
- Abs braced as you walk feet back
- Hips high
- Walk feet forward
- Return to standing



SINGLE BURPEE

- Abs braced as you jump feet back
- Feet outside hips
- Extend feet back further

DROP SQUAT

- Feet outside hip width
- Chest up – abs braced
- Hips back and down
- Cross arms as you land
- Get deep into Squat, knees to 90°



BENCH DROP SQUAT

- Jump onto bench

!! OPTION: DROP SQUAT ON FLOOR



SQUAT

- Feet outside hip width
- Chest up – abs braced
- Hips back and down
- Cross arms at bottom of Squat
- Get deep into Squat, knees to 90°



SET UP:

- Set up the Lunge position – take a long stride – so that the back heel has to lift off the floor – chest up, abs braced with weight even between the 2 feet. Front foot is flat and supported on the bench

MUSIC	EXERCISE	REPS
0.00	Set up Double Bench Lunges	
0.15	9x8 Double Bench Lunge L+R	9x
0.47	2x8 Single Bench Lunge L+R	4x
0.54	2x8 Recovery Run OTS	
1.01	2x8 Single Bench Lunge L+R	4x
1.08	2x8 Recovery Run OTS	
1.15	1x8 Set up Power Climber	
1.19	8x8 Power Climber L+R	16x
1.47	4x8 Recovery Run + Set up Double Bench Lunge	
2.02	9x8 Double Bench Lunge L+R	9x
2.34	2x8 Single Bench Lunge L+R	4x
2.42	1x8 Recovery Run OTS	
2.45	2x8 Single Bench Lunge L+R	4x
2.53	1x8 Recovery Run OTS	
2.56	2x8 Single Bench Lunge L+R	4x
3.03	1x8 Recovery Run OTS	
3.07	2x8 Single Bench Lunge L+R	4x
3.14	1x8 Recovery Run OTS	
3.18	1x8 Set up Power Climber	
3.21	8x8 Power Climber L+R	Your Pace
3.49	5x8 Recovery Run + Set up Single Bench Lunge	

CONNECTION

This is the last cardio track – eyeball your team members and maintain your focus on them so that you squeeze the last drops of effort out of them.

DRIVE

Establishing time frames are a great way to get that final burst of intensity from the workout. Watch the lift in effort as Les tells the team there is one minute to go.

CROSSOVER JUMP SQUAT

- Drop down into Squat
- Chest up – abs braced
- Hips back and down
- Bend and drive across
- Knees in line with toes
- Whole foot on the center of the bench as you drive across
- Use the arms to get height
- When you hear the beat kick, go a little higher



SPRINT TAP

- Weight is on the foot on the floor
- Stay in Squat – hips back
- Drive across – light tap on bench
- Running arms
- Chest up

!! OPTION: OFF BENCH



DROP TAP

- Weight is on the foot on the floor
- Stay in Squat
- Drive across – light tap on bench
- Knee out on landing
- Get low then go for height
- Running arms

!! OPTION: OFF BENCH

!! OPTION: FOOT OFF BENCH



SET UP:

- Turn benches a quarter turn. Grab a plate for the Crossover Squat Press
- Set up the Squat technique and the plate position clearly and then use the music intro to establish the correct movement patterns. There are 2 sets in this track, letting your team know what's ahead will give them confidence to push their intensity

MUSIC	EXERCISE	REPS
0.00	7½x8 Set up Crossover Squat Press	
0.27	8x8 Crossover Squat Press L+R	4x
0.55	7x8 Crossover Drop Squat L+R	14x
1.19	1x8 Drop plate	
1.22	7x8 Sumo Bench Squat	14x
1.46	1x8 Pick up plate	
1.50	8x8 Crossover Squat Press L+R	4x
2.17	8x8 Recovery + set up Crossover Squat Press	
2.44	8x8 Crossover Squat Press L+R	4x
3.12	7x8 Crossover Drop Squat L+R	14x
3.33	1x8 Drop plate	
3.39	7x8 Sumo Bench Squat	14x
4.03	1x8 Pick up plate	
4.07	8x8 Crossover Squat Press L+R	4x

CONNECTION

Use the break to get in their faces and lay down the challenge to go deeper and higher in the 2nd set. Then check that they're doing exactly that during the set.

DRIVE

Les is very clear with his "bend and drive" cues in the Crossover Squat Press. This type of cue has been proven to drive performance as it lets the brain know exactly what is required in these explosive type patterns.

CROSSOVER SQUAT PRESS

- Plate held high on chest
- One foot on bench
- Drop down into Squat
- Chest up – abs braced
- Hips back and down
- Brace your abs as you press the plate weight above your head
- Elbows slightly forward
- Elbows slightly bent at the top of Press
- Bend and drive
- Knees in line with toes
- Whole foot on the center of the bench as you drive across



!! OPTION: OFF BENCH / NO PLATE

CROSSOVER DROP SQUAT

- Plate weight held high on chest
- Drop down into Squat
- Chest up – abs braced
- Hips back and down
- Bend and drive across
- Knees in line with toes
- Whole foot on the center of the bench as you drive across

!! OPTION: NO PLATE

SUMO BENCH SQUAT

- Start on bench
- Jump up and off bench
- Land with feet outside hip width – toes out, arms down
- Jump up and back on bench – arms cross
- Hips back and down
- Butt just above knee height
- Chest up – abs braced
- Knees out on floor phase
- Double Squat with each phase, Squat on and off the bench



!! OPTION: OFF BENCH

SET UP:

- This track is a flyer – get set up quickly and get your team onto the pace as soon as you can

MUSIC	EXERCISE	REPS
0.00 2x8	Set up Crossover Jump Squat	
0.06 8x8	Crossover Jump Squat L+R	8x
0.32 2x8	Sprint Tap L+R	8x
0.40 2x8	Recovery	
0.46 2x8	Sprint Tap L+R	8x
0.52 2x8	Recovery	
0.59 8x8	Drop Tap L+R	16x
1.25 4x8	Recovery + set up Crossover Jump Squat	
1.38 8x8	Crossover Jump Squat L+R	8x
2.04 2x8	Sprint Tap L+R	8x
2.12 2x8	Recovery	
2.18 2x8	Sprint Tap L+R	8x
2.24 2x8	Recovery	
2.31 8x8	Drop Tap L+R	16x
2.57 4x8	Recovery + set up Crossover Jump Squat	
3.10 8x8	Crossover Jump Squat L+R	8x

CONNECTION

Establish your role as the captain. Make eye contact with each team member during the warm up. Let them know they are in for a challenge and you're here to help them through it.

DROP SQUAT

- Feet outside hip width
- Chest up
- Hips back and down
- Cross arms at bottom of Squat



RUN

- Heel, ball, toe landing – forward run
- Chest up
- Touch the ground as you turn

SPRINT

- When the beat hits, pick up the pace
- Drive out of the legs
- Touch the ground as you turn
- Chest up

WALKING LUNGE

- Hands above head – chest up
- Feet hip width
- Long step forward so back heel leaves the floor
- Front thigh parallel to the floor
- Knee in line with toes
- Abs braced



JUMPING LUNGE

- Long stride – back heel off the floor
- Feet hip width apart
- Front thigh parallel to floor
- Chest up – abs braced
- Front knee out
- Weight even between feet
- Go for depth and height
- Running arms



↓↓ OPTION: FORWARD STEPPING LUNGE L+R

DRIVE

Set the pace early on – make sure you start with clear concise cues so that your team will know what to expect from this workout. Create urgency in the sprints and use a strong voice in the Pushups to encourage depth and control.

SET UP GRAB BENCHES

HALF BURPEE

- Hands slightly wider than shoulders, palms or base of fingers on bench
- Chin tucked – eye gaze to hands
- Abs braced as you walk feet back
- Hips high
- Walk feet forward
- Return to standing
- Feet slightly wider than hip width



SINGLE BURPEE

- Abs braced as you jump feet back
- Hips high
- Feet outside hips
- Chin tucked – eye gaze to hands

BENCH RUNS

- Run onto bench
- Feet land on center of the bench
- Chest up, eyes forward
- Kick feet up
- On, on, off, off
- Running arms



PUSHUP / ROTATING PLANK

- Hands slightly wider than shoulders, on bench
- Chest to elbow height on Pushup
- Abs braced
- Back long, strong and straight on Pushup
- Chin tucked
- Turn body as one, eyes follow hand
- Extend top arm
- Turn feet to the side
- Alternate sides



↓↓ OPTION: ON KNEES

SET UP:

- Turn benches back a quarter turn
- Set up a strong Plank position with the hands on the bench – hips down, back long and straight, abs braced – this will enable you to keep the intensity going to the end

MUSIC		EXERCISE	REPS
0.00	8x8	Set up Pushup + Rotating Plank	
0.26	20x8	Pushup 8cts, Rotating Plank 8cts	9½x
		Set up Hover last 8cts	
1.31	8x8	Leg Lift 8cts, Hover 8cts	4x
1.53	12x8	Cobra Pushup	5½x
		Set up Hover last 8cts	
2.37	8x8	Leg Lift 8cts, Hover 8cts	4x
3.03	8x8	Hover	
3.30	7x8	Side Hover	
3.5	1x8	Change sides	
3.56	8x8	Side Hover	

CONNECTION

Move out amongst your team in the Hover sequences to check for butt height – keep them tuned in and responsible for their workout in these last phases even though they're smashed.

DRIVE

Use the bench as a reference point in the Hovers – your hips should be an inch off the bench. Maintaining this position during the hip lifts drives the intensity. The Side Hovers should use your last few energy reserves so that you can collapse and celebrate a job well done.

PUSHUP / ROTATING PLANK

- Hands on bench outside shoulders
- Chest to elbow height on Pushup
- Abs braced
- Back long, strong and straight
- Butt down
- Chin tucked
- Eyes down to hands on Pushup
- Turn body as one in Rotating Plank, eyes follow hand
- Turn feet to the side
- Alternate sides



⇓ OPTION: ON KNEES

HOVER

- Lie over the bench
- Elbows on floor just under shoulders
- Forearms on floor fists together
- Hips down – one inch off bench
- Chin tucked – eyes gaze to hands
- Brace abs to support your midsection
- Push into forearms to stabilise upper body
- Back long and straight



LEG LIFT

- Brace abs as you lift leg to hip height
- Keep shoulders and hips square



⇓ OPTION: ON KNEES

COBRA PUSHUP

- Hands on bench outside shoulders
- Start with hips high
- Drop chest and hips down to elbow height as you slide forward
- Arch back and straighten elbows
- Brace abs as you move forward
- Squeeze butt as you extend
- Return to start



⇓ OPTION: ON KNEES

SIDE HOVER

- Support on one elbow
- Elbow directly under shoulder – forearm on floor
- Feet turned to the side – bottom leg to the rear
- Lift bottom hip up and away from the bench
- Keep chest and hips square
- Top arm extended
- Chin tucked

⇓ OPTION: BOTTOM KNEE DOWN

