

[WORKOUT 1] LES MILLS GRIT™ STRENGTH

1

Sexy And I Know It > 4.33 mins

SET UP:

- Line your team across the floor at one end of the workout area with a clear space ahead

MUSIC	EXERCISE	REPS
0.05 4x8	Set up Run Sequence	
0.19 12x8	Run 8cts, Jog OTS 8cts	6x
1.02 4x8	Sprint	
1.16 2x8	Set up Run, Squat Sequence	
1.24 10x8	Run 8cts, Squat x2 8cts	5x
1.59 8x8	Sprint	
2.28 4x8	Set up Inch Worm	
2.42 8x8	Inch Worm	4x
3.11 8x8	Walking Lunge L+R	8x
3.40 2x8	Set up Circle + Squat	
3.46 2x8	Squat	4x
3.54 4x8	Double time Squat	16x
4.08 4x8	Pushup	8x

COACHING TIP

Start creating some urgency from the start. You need to get your team warm quickly so they can start hitting peaks in the next track.

CONNECTION

Making eye contact early on will inspire confidence and let your team know you will be looking for maximum effort during the workout.

DRIVE

Lift your voice and be more demanding in the Sprint phases.

RUN SEQUENCE

- Find space across the room for warmup runs
- Chest up – lift heels standing run
- When the beat kicks, run to the other side of the room
- Heel ball toe landing – forward run
- Chest up
- Sprint
- When the beat hits – pick up the pace
- Drive out of the legs
- Touch the ground as you turn – keep the chest up
- Check around you as you turn

OPTION: HIGH KNEE FAST RUNNING IF REDUCED SPACE

SQUAT

- Feet outside hip width
- Chest up – abs braced
- Cross arms at bottom of Squat
- Hips back and down
- Butt down to just above knee height
- Knees out



INCH WORM

- Feet hip width
- Tip forward from the hips
- Abs braced as you walk the hands forward
- Hands slightly wider than shoulders on Pushup
- Chest to elbow height on Pushup
- Keep the knees as straight as you can as you walk feet to hands



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



PUSHUP

- Chest to elbow height
- Back long, strong and straight
- Abs braced



!! OPTION: ON KNEES

SET UP:

- Get your team to get their benches and weights quickly to keep the momentum going
- They will need benches, risers and a good weight on the bar for Deadlifts, Cleans and Power Presses
- Demo the Clean + Deadlift before the track starts – be clear and concise

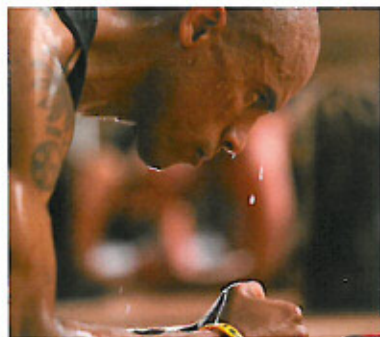
MUSIC	EXERCISE	REPS
0.00	6x8 Set up Clean + Deadlift	
0.21	8x8 Clean + Deadlift	8x
0.50	4x8 Recovery	
1.08	8x8 Clean + Deadlift	8x
1.42	6x8 Recovery + preview Clean + Press	
2.03	8x8 Clean + Press	8x
2.35	6x8 Recovery	
2.56	8x8 Clean + Press	8x
3.28	6x8 Recovery	
3.49	8x8 Clean + Press	8x
4.21	8x8 Recovery + preview Power Press x3	
4.48	1x8 Shoulder Roll	
4.51	12x8 Power Press x3	6x
5.35	8x8 Recovery	
6.02	1x8 Shoulder Roll	
6.05	12x8 Power Press x3	6x
6.50	8x8 Recovery	
7.17	1x8 Shoulder Roll	
7.20	12x8 Power Press x3	6x

CONNECTION

Notice how Les makes it right to the back of the group in the 1st break. This is the last cardio block of the workout so make lots of eye contact and lay down the challenge.

DRIVE

There are some great examples of drive techniques in this track. Identify an athlete in your team and use them to inspire effort. Use your athleticism in the Burpees to drive your team to push harder. Encourage the Double Jump at the end for the last cardio spike of the workout.



BURPEE + BENCH JUMP

- Hands slightly wider than shoulders, palms or base of fingers on floor
- Chin tucked
- Abs braced as you jump feet back
- Drop into Pushup – chest to elbow height
- Jump feet forward to standing
- Jump onto bench
- Knees bent on landing
- Chest up
- Feet land on center of the bench



↑↑ OPTION: DOUBLE JUMP

↓↓ OPTION: NO PUSHUP

↓↓ OPTION: BURPEE PERFORMED ON BENCH



SET UP:

- Move the bar out of the way keeping one heavy plate for the Squat Press
- To keep the pace going you need to be ready when the music kicks in

MUSIC	EXERCISE	REPS
0.00 8x8	Set up Slow Sumo Bench Jump	
0.27 8x8	Slow Sumo Bench Jump	4x
0.55 4x8	Easy Single Sumo Bench Jump	8x
1.08 7x8	Full Range Sumo Bench Jump	14x
1.33 1x8	Jump off Bench into Lunge Position	
1.36 8x8	Jumping Lunge L+R	16x
2.03 8x8	Recovery	
2.31 8x8	Slow Sumo Bench Jump	4x
2.58 7x8	Full Range Sumo Bench Jump	14x
3.22 1x8	Jump off Bench into Lunge Position	
3.25 8x8	Jumping Lunge L+R	16x

DRIVE

Listen how Les drives depth and height in the Sumo Bench Jumps and Jumping Lunges to increase intensity. Lay down the challenge for the Pike Pushup in the break and then urge people to take that option in the last set of Pushups – this is the kicker – they'll thank you for it after – maybe...

SLOW SUMO BENCH JUMP

- Start on bench – feet narrow
- Slow Squat
- Jump up and off bench
- Land with feet outside hip width – toes out, arms down
- Slow Squat
- Jump up and back on bench – arms cross



FULL RANGE SUMO BENCH JUMP

- Hips back and down
- Butt just above knee height
- Chest up – abs braced
- Knees out on floor phase
- Double Squats with each phase
- Go deep into both Squats

!! OPTION: OFF THE BENCH

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 (16x)



CONNECTION

Once you have established the movement during the Slow Sumo Bench Jumps you can move out amongst the group. The beat in this track makes it hard to get the rhythm wrong. Make sure you decide which part of the team is going to get the high fives in the break so that you are making contact with everyone at least once.

3.53 8x8	Recovery. Pick up Plate Weight	
4.21 8x8	Squat	4x
4.48 7x8	Squat Press	14x
5.12 1x8	Drop Plate Weight, Pushup position	
5.15 8x8	Pushup	16x
5.42 8x8	Recovery. Pick up Plate Weight	
6.10 8x8	Squat	4x
6.37 7x8	Squat Press	14x
7.02 1x8	Drop Plate Weight, Pushup position	
7.05 8x8	Pushup	16x
7.32 8x8	Pike Pushup – Pushup 4cts, Jump feet in and back 4cts	8x

SQUAT

- Feet outside hip width – toes out
- Chest up
- Plate in front of collar bone – high on chest
- Hips down and back
- Butt just above knee line



PUSHUP

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

!! OPTION: ON KNEES

!! OPTION: PINE PUSHUP



SQUAT PRESS

- Brace your abs as you press the plate above your head
- Elbows slightly forward at the top
- Elbows slightly bent at the top of the Press
- Bend and drive



PIKE PUSHUP

- Jump feet forward keeping knees as straight as you can
- Jump feet back to Pushup position
- Listen for tempo change – 4cts Pushup, 4cts jump feet in and back



SET UP:

- No barbell required in this track – just lots of attitude and a whole body length space behind the bench

MUSIC	EXERCISE	REPS
0.00 4x8	Set up Burpee + Bench Jump	
0.17 4x8	Burpee 2/2 8cts + Bench Jump 8cts	2x
0.34 8x8	Burpee 4cts + Bench Jump 4cts	8x
1.10 8x8	Recovery	
1.44 12x8	Burpee 4cts + Bench Jump 4cts	12x
2.36 8x8	Recovery	
3.11 16x8	Burpee 4cts + Bench Jump x2 4cts	16x

4.08 2x8	Single Bench Lunge L+R	4x
4.15 1x8	Recovery Run OTS	
4.18 2x8	Single Bench Lunge L+R	4x
4.26 1x8	Recovery Run OTS	
4.29 2x8	Single Bench Lunge L+R	4x
4.37 1x8	Recovery Run OTS	
4.40 2x8	Single Bench Lunge L+R	4x
4.47 1x8	Recovery Run OTS	
4.51 1x8	Set up Power Climber	
4.54 9x8	Power Climber L+R	Fast

CONNECTION

The Power Climbers provide a great opportunity to move around the room and get closer to your team members – encourage a low butt position, braced abs and quicker feet in the last 2 blocks. Watch how the intensity lifts when they know you're focusing on them.

DRIVE

Establish depth in the Double Bench Lunges getting the front thigh parallel to the floor and then add height in the singles. This combination of depth and height will push heart rates into overdrive. Use your athleticism to drive the intensity – demonstrate power and watch your team respond.

DOUBLE BENCH 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
- Jump and change
- Whole foot on the bench
- Running arms
- Drop second Lunge a little lower for propulsion



SINGLE BENCH LUNGE

- Go for depth and height
- Running arms
- Run recovery

11 OPTION: STEP LUNGE ONTO BENCH L+R

POWER CLIMBER

- Hands on bench shoulder width apart
- Abs braced
- Chin tucked, eye gaze to hands
- Butt down
- Jog knee forward
- Tap foot
- Alternate sides



11 OPTION

- Keep toes up as knee comes forward – don't touch down
- Pick up the pace go as fast as you can



SET UP:

- Let your team know they have 3 minutes of hard core abs to finish – they will be nailed. Knowing it's a shorter track will give them the confidence to keep the intensity up

MUSIC	EXERCISE	REPS
0.00	10x8 Recovery	
0.38	4x8 Plank	
0.52	8x8 Plank to Hover	8x
1.22	8x8 Mountain Climber L+R	8x
1.52	8x8 Plank to Hover	8x
2.22	8x8 Mountain Climber L+R	8x
2.52	2x8 Recovery	
3.00	6x8 Hover Climber L+R	6x



CONNECTION

They can't see you in the Hovers and Planks. Get amongst your team and let them know you're coming around the room to check for butt height.

DRIVE

The last set is the hardest – the Hover Climber – tell them it's only 20 seconds and drive them to hang on to the end so they finish the class on a high. Then celebrate their efforts with high fives and praise.

PLANK

- Hands under shoulders
- Back long, strong and straight
- Chin tucked, brace mid section
- Feet outside hip width



PLANK TO HOVER

- Elbows under shoulders
- Forearms on floor
- Hips down
- Return to Plank
- Elbow, elbow – hand, hand
- Brace abs to prevent excessive rocking
- Alternate sides



↓↓ OPTION: ON KNEES

MOUNTAIN CLIMBER

- Plank position – bring opposite knee to elbow. Eye gaze to hands
- Keep hips down – knee close to the floor as it comes forward
- Abs braced
- Alternate sides



↓↓ OPTION: BICYCLE CRUNCH

- Finger tips to temples
- Crunch up extend one leg
- Slide ribs to hips
- Chin tucked

HOVER CLIMBER

- Hover position
- Elbows under shoulders
- Push into forearms
- Butt down
- Feet outside hip width
- Abs braced to support the mid section
- Maintain Hover position as you bring knee forward toward same elbow
- Chin tucked
- Alternate sides



↓↓ OPTION: ON KNEES