

LES MILLS
FOR A FITTER PLANET

LES MILLS.COM

 **Fighting Globesity**

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LES MILLS
GRIT™ STRENGTH
30 MINUTE HIGH INTENSITY INTERVAL TRAINING



PREVIEW

LES MILLS
GRIT™ PLYO
30 MINUTE HIGH INTENSITY INTERVAL TRAINING

COMPONENTS

TEAM COACHING

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

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

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.

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™STRENGTH

Created By | Glen Ostergaard

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Technical Consultant | Bryce Hastings

Creative Directors | Les Mills | Dr Jackie Mills

Program Planner | Sarah Irwin

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CLASS 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

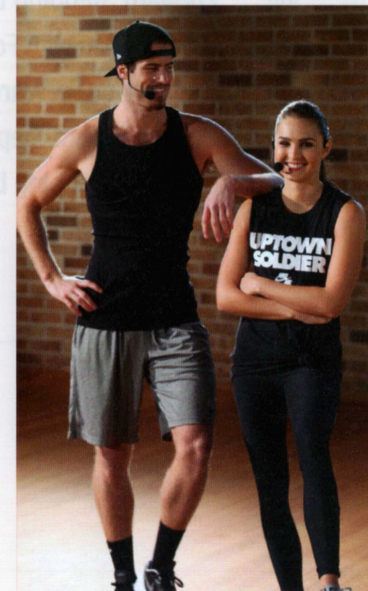
Hammer, smash, kick, motivate, grunt and inspire. When the going gets tough, LES MILLS GRIT™SERIES Coaches get inspirational. The harder you work here, the more effort you put in, the more your team will. It's grassroots coaching. Take your team to the end with you, even if you're dragging them kicking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



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LES MILLS GRIT™ STRENGTH

1

Sorry For Party Rocking > 2.59 mins

SET UP:

- Plate on bench
- Barbell to the side
- Body length of space behind bench

MUSIC		EXERCISE	REPS
0.05	5x8	Set up Squat with Forward Raise	
0.22	7x8	Squat with Forward Raise 2/2	7x
0.46	1x8	Set up Forward Stepping Lunge with Press	
0.50	4x8	Forward Stepping Lunge with Press 2/2 L+R	2x
1.03	4x8	Forward Stepping Lunge with Press 1/1 L+R	4x
1 17	1x8	Set up Squat with Forward Raise 1/1	
1.21	7x8	Squat with Forward Raise 1/1	14x
1.45	1x8	Set up Forward Stepping Lunge with Press	
1.49	8x8	Forward Stepping Lunge with Press 1/1 L+R	8x
2.16	1x8	Set up Pushup	
2.20	8x8	Pushup 1/1	20x
2.48	1x8	Jump up	

COACHING TIP

This is an accelerated warmup. Let the team know that it will get them in the zone for the peaks ahead.

CONNECTION

Get out on the floor and inspire good technique from the start. Interact with your team, be encouraging.

DRIVE

Let the team know that the warm up is short and sharp – there should be no holding back.

SQUAT WITH FORWARD RAISE

- Plate in hands
- Feet outside hip-width, toes out slightly
- Hips back and down
- Knees out – track forward over toes
- Chest up – abs braced
- Butt down to just above knee height
- Lift plate above head – elbows slightly forward at the top



FORWARD STEPPING LUNGE WITH PRESS

- Long step forward so back heel leaves the floor
- Chest up – abs braced
- Front knee out
- Front thigh parallel to floor
- Press plate forward at shoulder level



PUSHUP

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

!! OPTION: ON KNEES



SET UP:

- Heavy barbell behind bench

MUSIC	EXERCISE	REPS
0.00	4x8 Set up Weighted Squat	
0.14	8x8 Weighted Squat 4/4	4x
0.41	2x8 Shake out. Set up Weighted Squat 3/1	
0.48	7x8 Weighted Squat 3/1	7x
1.12	1x8 Hold. Set up Weighted Squat 1/1	
1.15	8x8 Weighted Squat 1/1	16x
1.43	4x8 Weighted Squat 4/4	2x
1.56	4x8 Lose bar. Set up Sumo Plyo Squat	
2.10	8x8 Sumo Plyo Squat	16x
2.37	8x8 Recovery. Set up Weighted Squat	
3.05	8x8 Weighted Squat 1/1	16x
3.32	4x8 Weighted Squat 4/4	2x
3.46	4x8 Lose bar. Set up Sumo Plyo Squat	
4.00	8x8 Sumo Plyo Squat	16x
4.27	8x8 Recovery. Set up Weighted Squat	
4.55	8x8 Weighted Squat 1/1	16x
5.22	4x8 Weighted Squat 4/4	2x
5.36	4x8 Lose bar. Set up Sumo Plyo Squat	
5.49	8x8 Sumo Plyo Squat	16x

COACHING TIP

The moves in this track are simple. This provides a great opportunity to set up the exercise and then get straight onto the floor and connect with your team. Let them know that it really is game on from here! The Sumo Plyo Squat spikes the intensity after the weighted phase – encourage height here to drive intensity.

CONNECTION

Watch how Les encourages height and depth in the Sumo Plyo Squat by doing the exercise on the floor. Get everyone to bend their knees and use their arms for propulsion.

DRIVE

There are 3 massive sets of work in this track so generate some urgency and then ensure you drive your team through that last set.

WEIGHTED SQUAT

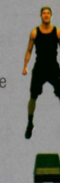
- Bar on meaty part of upper back
- Feet outside hip-width
- Hips back and down
- Knees out – track forward over toes
- Chest up – abs braced
- Butt down to just above knee height
- Squeeze butt on the way up



↓↓ **OPTION: USE PLATE**

SUMO PLYO SQUAT

- Start with feet wider than hips – straddling bench
- Jump up and onto bench
- Soft knee landing
- Explode off bench as soon as feet make contact
- Soft knee landing – knees out as you make contact with floor
- Go for depth and height



↓↓ **OPTION: OFF THE BENCH**

SET UP:

- Take some weight off the bar
- Lie back on bench with hands just outside shoulder width

MUSIC		EXERCISE	REPS
0.00	8x8	Decrease weight. Set up Bench Press	
0.28	8x8	Bench Press 1/1	16x
0.57	4x8	Bar down. Stand up	
1.11	4x8	Deadrow 1/1	4x
1.26	1x8	Shoulder Roll	
1.29	8x8	Power Press x3	4x
1.58	4x8	Lay down for Bench Press	
2.12	8x8	Bench Press 1/1	16x
2.41	4x8	Bar down. Stand up	
2.55	4x8	Deadrow 1/1	4x
3.10	1x8	Shoulder Roll	
3.13	8x8	Power Press x3	4x
3.42	4x8	Lay down for Bench Press	
3.56	8x8	Bench Press 1/1	16x
4.25	8x8	Set up Jack Pushup	
4.54	8x8	Jack Pushup	16x
5.22	4x8	Set up Power Press x3	
5.37	8x8	Power Press x3	4x
6.05	4x8	Set up Jack Pushup	
6.20	8x8	Jack Pushup	16x

COACHING TIP

In this track, the Bench Press and Deadrow isolate the muscles of the upper body. Let everyone know that the intensity kick comes from the Power Press as they drive out of the legs and arms, spiking the heart rate. The Jack Pushup provides the final surge in intensity.

CONNECTION

Spend time with individuals identifying what they actually need to improve; the key to genuinely and authentically connecting is to coach based on what you see in front of you.

DRIVE

Things will be a little ugly by the last set of Jack Pushups. Les pushes the whole team by dropping in the middle of the benches and doing Jack Pushups with them. A great captain will fight with their team until the very last second.

BENCH PRESS

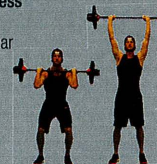
- Hands slightly wider than shoulders on bar
- Feet hip-width and flat on floor
- **Abs braced to keep lower back toward bench**
- **Elbows drop to bench level**
- Bar to mid-chest
- Open chest on way down and squeeze between shoulder blades
- Elbows slightly bent at top of Press
- **Place bar down, stand, and pick back up for Deadrow**

**DEADROW**

- Feet hip-width – knees slightly bent
- Hands outside hip-width
- **Chest up – abs braced**
- Roll shoulders back and down
- **Slide bar to knees**
- **Pull bar into belly button**
- **Elbows pull to the rear**
- **Squeeze shoulder blades**
- Keep chest open

**POWER PRESS X3**

- Clean 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 top of Press
- Bend and drive



⇓ **OPTION: USE PLATE WEIGHT**

JACK PUSHUP

- Jump feet wide as you drop into Pushup
- Jump in as you return to top
- **Abs braced**
- Back long, strong and straight
- Chin tucked
- **Chest to elbow height**



⇓ **OPTION: NORMAL PUSHUP OR PUSHUP ON BENCH**

SET UP:

- Keep barbell weight the same as in Track 3

MUSIC	EXERCISE	REPS
0.00 6x8	Set up Bicep Curl	
0.26 8x8	Bicep Curl 1/1	16x
1.01 4x8	Lose bar. Set up Tricep Pushup	
1.19 8x8	Tricep Pushup 1/1	16x
1.53 4x8	Tricep Pushup 4/4	2x
2.11 8x8	Recovery. Set up Bicep Curl	
2.46 8x8	Bicep Curl 1/1	16x
3.21 8x8	Lose bar. Set up Tricep Pushup	
4.00 8x8	Tricep Pushup	16x
4.35 1x8	Down and hold Tricep Pushup	

COACHING TIP

Everyone will be starting to feel the work now. Drive them toward failure — let them know it's OK to reduce their weights in the Bicep Curls if they overload. Reassure them that working opposing muscle groups allows them to use longer work phases while maintaining intensity.

CONNECTION

Once the setup is done it's straight into connection. Insist that the team give their all and then use the recoveries to praise them for their great work in the last set.

DRIVE

Be authoritative, challenge everyone to do the last set of Tricep Pushups on their toes!

BICEP CURL

- Feet under hips
- Knees slightly bent
- Chest up — abs braced
- Curl the bar from thighs to front of shoulders
- Torso still — no swaying
- Weight to side of bench at end of the set



↓↓ **OPTION: REDUCE WEIGHT FOR THE SECOND SET**

TRICEP PUSHUP

- Hands under shoulders on bench
- Chest to elbow height
- Abs braced — chin tucked
- Elbows tuck into ribs
- Control movement on way up, keep elbows soft at top



↓↓ **OPTION: ON KNEES**

SET UP:

- Demonstrate the Forward Stepping Lunge with Overhead Press and Burpee + Bench Drop Squat

MUSIC	EXERCISE	REPS
0.00 8x8	Set up Forward Stepping Lunge with Overhead Press (+demo Burpee)	
0.27 8x8	Forward Stepping Lunge with Overhead Press L+R	4x
0.55 7x8	Burpee + Bench Drop Squat	7x
1.18 1x8	Pick up plate	
1.22 8x8	Forward Stepping Lunge with Overhead Press L+R	4x
1.49 8x8	Burpee + Bench Drop Squat	8x
2.17 8x8	Recovery + drop plate. Set up Jumping Lunge	
2.45 8x8	Jumping Lunge L+R	16x
3.12 8x8	Burpee + Bench Drop Squat	8x
3.40 8x8	Recovery. Set up Rolling Side Crunch	

COACHING TIP

This really is a kicker track. You'll be straight into core training at the end of this one so encourage everyone to push as hard as they can. You'll need to drive and motivate everyone to get them through to the end of this track.

CONNECTION

Everyone will be experiencing fatigue now. Once again, it's about looking at the members of your team and deciding who needs what. Get close and push them to the finish.

DRIVE

In the third set, give the options that Kirsty demonstrates. You want everybody to keep moving and the options may be the key to their success here.

FORWARD STEPPING LUNGE WITH OVERHEAD PRESS

- Long step forward so back heel leaves floor
- Chest up – abs braced
- Knee in line with toes
- Front thigh parallel to floor
- Press plate above head – elbows slightly forward

**BURPEE + BENCH DROP SQUAT**

- Hands slightly wider than shoulders, palms or base of fingers on bench
- Chin tucked – eyes gaze to hands
- Abs braced as you jump feet back
- Jump onto bench – hips back and down
- Feet outside hip-width
- Get deep into Squat
- Chest up – abs braced
- Butt down to just above knee height

↓↓ OPTION: DROP SQUAT ON FLOOR**JUMPING LUNGE**

- Long stride - back heel off floor
- Front foot flat
- Chest up – abs braced
- Front knee out
- Front thigh parallel to floor
- Weight even between feet

↓↓ OPTION: FORWARD STEPPING LUNGE

SET UP:

- Lie on side
- Legs straight with feet off floor

MUSIC	EXERCISE	REPS
0.00	2x8 Set up Rolling Side Crunch	
0.08	6x8 Rolling Side Crunch L+R	3x
0.30	12x8 Hover	
1.15	8x8 Rolling Side Crunch L+R	4x
1.46	4x8 Hover	
2.02	14x8 Hover Crunch	7x

**COACHING TIP**

- The Hover phases are gruelingly long in this track so it provides another great chance to get up close and connect with the team.

CONNECTION

- Encourage the team to get as much as they can from each exercise. Use the Hovers as an opportunity to move around the room and keep the intensity going.

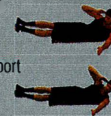
DRIVE

- This really is about "emptying the tank". Deliver the challenge and then drive the team to rise to it.

ROLLING SIDE CRUNCH

- Brace abs to lift legs
- Top ribs to hips as you crunch
- Roll over, keeping legs off the floor
- Turn body as one
- Repeat Side Crunch
- Lower arm along the floor for support

⇓ **OPTION: DROP BOTTOM LEG**

**HOVER**

- Elbows under shoulders
- Back long, strong and straight
- Long extension from head to toe
- Chin tucked – eye gaze to hands
- Abs braced
- Pull elbows down into floor, toward your feet to increase intensity

⇓ **OPTION: HOVER ON KNEES**

**HOVER CRUNCH**

- Elbows squeeze to feet
- Back long, strong and straight

⇓ **OPTION: HOVER ON KNEES**

1

Genesis > 3.23 mins

SET UP

- Benches with 2 risers under each end, set in rows of 4
- 2 single plates under bench
- "Hands on the bench Burpee" length between each bench
- Organise participants into groups of 4 establishing their place in the team

MUSIC	EXERCISE	REPS
0.00	8x8 Pushup	20x
0.37	Bench Drop Squat + Squat 2/2 (2 sets)	4x
	Sprint	
	Bench Drop Squat + Squat 1/1 (2 sets)	4x
	Sprint	
	Single Bench Lunge + Squat (2 sets)	4x
	Sprint	
	Half Burpee + Bench Jump (2 sets)	4x
	If rows finish early, run on spot until everyone's finished	
3.05	4x8 Get back to benches, pick up plate	

COACHING TIP

Watch how Les explains the warmup drills and then gets one row to demonstrate how the exercise will work. "Rows of four", "always turn to your right". Give clear instructions so the warmup is easy to follow.

CONNECTION

Set up each move in the warmup from the floor. This is a great opportunity to interact with the team.

DRIVE

Speed is the key to this accelerated warmup so really drive your team so that they are sprinting by the end of the track.

PUSHUP

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

↓↓ OPTION: ON KNEES



BENCH DROP SQUAT + SQUAT

- Jump onto bench
- Feet outside hip-width
- Hips back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Cross arms at bottom of Squat
- Jump onto floor
- Squat on floor
- Fast sprint to end of benches



SINGLE BENCH LUNGE + SQUAT

- Long stride – back heel off floor
- Whole foot on bench for Lunge
- Chest up – abs braced
- Front knee out
- Front thigh parallel to floor
- Weight even between feet
- Go for depth and height
- Jump forward
- Squat on floor
- Fast sprint to end of benches



HALF BURPEE + BENCH JUMP

- Hands slightly wider than shoulders, palms or base of fingers on bench
- Abs braced as you jump feet back
- Jump onto bench – hips back and down
- Chest up – abs braced
- Jump forward
- Repeat Half Burpee
- Move back behind individual benches once whole row has repeated twice



SET UP:

- Heavy plate out from under bench

MUSIC	EXERCISE	REPS
0.00	4x8 Set up Squat with Overhead Press + Bench Jump	
0.11	7x8 Squat with Overhead Press + Bench Jump	7x
0.29	1x8 Drop plate. Set up Lateral Leap	
0.33	4x8 Lateral Leap 4/4 L+R	2x
0.44	4x8 Lateral Leap 2/2 L+R	4x
0.55	8x8 Lateral Leap 1/1 L+R	16x
1.17	8x8 Recovery. Set up Squat with Overhead Press + Bench Jump	
1.39	10x8 Squat with Overhead Press + Bench Jump	9x
	Drop plate. Set up Lateral Leap	
2.06	8x8 Lateral Leap 1/1 L+R	16x
2.28	8x8 Recovery + demo Lateral Leap with Jump	
2.50	14x8 Squat with Overhead Press + Bench Jump	13x
	Drop plate. Set up Lateral Leap with Jump	
3.28	8x8 Lateral Leap with Jump L+R	8x
3.50	5x8 Recovery + set up Circuit Track	

COACHING TIP

The intensity builds with each block of work in this track. In set one, set up the exercise clearly. In set two, drive harder by encouraging the team to get lower. Leave time to demonstrate the kicker at the end of the third set; this will let everyone know what's coming and means there are no excuses for missing a rep.

CONNECTION

In sets 2 and 4, watch how Les gets onto the floor and focuses on just a couple of people. Be genuine when you do this; focus on people who need some assistance with technique or encourage and motivate those who could be pushing harder.

DRIVE

There's a kicker at the end of this track and it's length and height that is going to get the heart rate up further.

SQUAT WITH OVERHEAD PRESS + BENCH JUMP

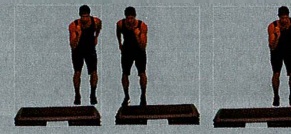
- Feet outside hip-width, toes out slightly
- Hold plate to collar bone with chest up
- Hips back and down
- Knees out – track forward over toes
- Chest up – abs braced
- Butt down just above knee height
- Press plate above head
- Elbows slightly forward
- Jump on and off the bench
- Both feet full contact on bench
- Place plate on bench before transition to Lateral Leap



↓↓ **OPTION: SQUAT WITH OVERHEAD PRESS WITH NO PLATE**

LATERAL LEAP

- Start behind the right side of the bench
- Hips back and down
- Stay low
- Chest up – abs braced
- Drive off outside foot
- Soft knee landing
- Knee in line with foot

**LATERAL LEAP WITH JUMP**

- Soft knee landing
- Drive with arms to get more height
- Get low in the legs to propel body higher in the jump

↓↓ **OPTION: LATERAL LEAP WITH NO JUMP**

SET UP:

- Demonstrate the Sumo Squat + Upright Row and Repeater Press.

MUSIC	EXERCISE	REPS
0.00 4x8	Set up Sumo Squat + Upright Row	
0.13 8x8	Sumo Squat + Upright Row 3/1	8x
0.40 3x8	Sumo Squat + Upright Row 1/1	6x
0.50 1x8	Set up Repeater Press	
0.53 8x8	Repeater Press 1/1 L+R	4x
1.20 8x8	Sumo Squat + Upright Row 3/1	8x
1.46 3x8	Sumo Squat + Upright Row 1/1	6x
1.57 1x8	Set up Repeater Press	
2.00 8x8	Repeater Press 1/1 L+R	4x
2.26 8x8	Recovery + set up Squat with Overhead Press	
2.51 8x8	Squat with Overhead Press 2/2	8x
3.17 3x8	Squat with Overhead Press 1/1	6x

COACHING TIP

High intensity interval training is as much about recovery as it is about working phases. Remind everyone that there is always a recovery around the corner and let them know how far they've got to go. Watch Les and Kirsty in this track for some great examples of this type of coaching.

CONNECTION

In the second half of the track, Les connects with individuals to correct their technique so that they can execute the exercise safely and effectively. Reaffirm the compulsory cues here, "chest up", "abs braced".

DRIVE

Observe how Les encourages one person to push harder and then uses the re-set phase to praise him. Driving and then praising will make people more likely to want to complete the next set.

3.28	1x8	Set up Weighted Single Bench Lunge	
3.31	8x8	Weighted Single Bench Lunge L+R	16x
3.57	8x8	Squat with Overhead Press 2/2	8x
4.24	3x8	Squat with Overhead Press 1/1	6x
4.34	1x8	Set up Weighted Single Bench Lunge	
4.37	8x8	Weighted Single Bench Lunge L+R	16x
		Slide plate under bench	

SUMO SQUAT + UPRIGHT ROW

- Feet outside hip-width
- Hips back and down
- Knees out – track forward over toes
- Chest up – abs braced
- Lift plate to chest
- Butt just above knee height
- Keep plate close to body

**SQUAT WITH OVERHEAD PRESS**

- Feet outside hip-width
- Hips back and down
- Knees out – track forward over toes
- Chest up – abs braced
- Butt down to just above knee height
- Press plate above head
- Elbows slightly forward

**REPEATER PRESS**

- Begin on bench
- Plate in front of collar bone – chest up
- Long step back into Lunge
- Lift knee forward
- Press plate forward at shoulder height
- Return to Lunge
- Chest up – abs braced

**WEIGHTED SINGLE BENCH LUNGE**

- Hold weight to collar bone
- Chest up – abs braced
- Long stride – back heel off floor
- Front foot flat
- Front knee out
- Front thigh parallel to floor



↓↓ **OPTION: NO PLATE**

SET UP:

- Plate under bench
- Re-form lines from warmup
- Demonstrate Lateral Leap

MUSIC	EXERCISE	REPS
0.00	12x8 Set up Lateral Leap from back to front of room	
0.30	16x8 Lateral Leap + Plyo Jump on and off Bench from back to front	4 sets
1.15	12x8 Recovery. Walk to front of room + set up Lateral Leap	
1.46	16x8 Lateral Leap + Plyo Jump on and off Bench from front to back	4 sets
2.29	8x8 Recovery. Back to bench + demo Side Burpee	
2.50	8x8 Side Burpee + Plyo Jump on and off Bench L+R	4x
3.12	8x8 Recovery	
3.33	16x8 Side Burpee + Plyo Jump on and off Bench L+R	8x
4.16	16x8 Recovery + set up Bench Jump Kicker	
4.58	16x8 Side Burpee + Plyo Jump on and off Bench L+R	8x
5.41	8x8 Bench Jump	16x

COACHING TIP

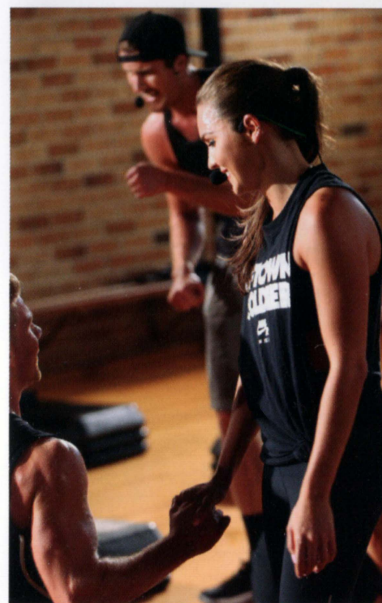
Watch how Les sets up each exercise – he stands back and motivates individuals to drive through to the end of each set. The focus is on maximum reps in minimum time.

CONNECTION

Just like the warmup, the first half of this should be set up and coached from the floor. High five, praise and get up close with your team.

DRIVE

Inject a bit of competition into the first half of this track and see who can get to the end with the least number of Lateral Leaps.



LATERAL LEAP

- Hips back and down
- Chest up – abs braced
- Drive off outside foot
- Keep hips square
- Soft knee landing
- Knee in line with foot
- One leap per bench



PLYO JUMP ON AND OFF BENCH

- Chest up – abs braced
- Soft knee landing
- Whole foot on bench
- Explode off the bench
- Start Lateral Leap once reached the end of the row

SIDE BURPEE

- Hands slightly wider than shoulders – palms or base of fingers on bench
- Jump feet slightly to the side
- Abs braced
- Eye gaze to hands
- Back long, strong and straight



⇓ OPTION: JUMP ON FLOOR

BENCH JUMP

- Whole foot on bench
- Soft knee landing
- Chest up – abs braced
- Bend the knees to get more height



⇓ OPTION: JUMP ON FLOOR

SET UP:

- Demonstrate the Pushup with Arm Lift

MUSIC		EXERCISE	REPS
0.00	8x8	Set up Pushup with Arm Lift	
0.30	8x8	Pushup with Arm Lift 2/2 L+R	4x
1.00	2x8	Set up Bench Leap	
1.06	8x8	Bench Leap	8x
1.34	1x8	Set up High Knee Run	
1.38	2x8	High Knee Run L+R	
1.48	4x8	Recovery. Set up Pushup with Arm Lift 1/1	
2.02	8x8	Pushup with Arm Lift 1/1 L+R	8x
2.32	2x8	Set up Bench Leap	
2.39	8x8	Bench Leap	8x
3.08	3x8	High Knee Run L+R	
3.20	4x8	Recovery. Set up Pushup with Arm Lift 1/1	
3.34	8x8	Pushup with Arm Lift 1/1 L+R	8x
4.04	2x8	Set up Bench Leap	
4.12	8x8	Bench Leap	8x
4.41	5x8	High Knee Run L+R	

COACHING TIP

Tired participants will be tempted to sit or lie down. Encourage the whole team to walk around and keep their head and chests up. Let everyone know what's coming up, how far they have to go and how well they have done. Encouragement at this stage of the workout will really set them up to want to complete the next track.

CONNECTION

Get out on the floor as soon as you've set up the Pushup. The exercise is straightforward and everyone will benefit more from having you working with them, rather than in front of them.

DRIVE

"Higher than the last set". It's a pretty simple message... it's the end of the game and not the place for holding back. Les and Kirsty smash this one out, physically pushing the team to work harder.

PUSHUP WITH ARM LIFT

- Hands slightly wider than shoulders
- Chest to elbow height
- Chin tucked
- Abs braced
- Lift arm – keep shoulders square to the floor
- Body long, strong and straight

**↓ OPTION: PUSHUP ON KNEES****BENCH LEAP**

- 2 foot take-off and landing
- Chest up – abs braced
- Use arms to propel body up
- Jump the turn – stay low
- Get low in the legs to generate more power and height
- Soft knee landing

**HIGH KNEE RUN**

- Chest up – abs braced
- Lift knees to hip height
- Drive with arms
- Quick off your feet



SET UP:

- Demonstrate the Clap Crunch

MUSIC		EXERCISE	REPS
0.00	6x8	Set up Clap Crunch	
0.28	8x8	Clap Crunch	8x
1.05	4x8	Hover	
1.23	1x8	Set up Clap Crunch	
1.27	9x8	Clap Crunch (2x clap)	9x
2.08	8x8	Hover	
2.44	9x8	Hover with Arm and Leg Lift 4/4 L+R	2½x

COACHING TIP

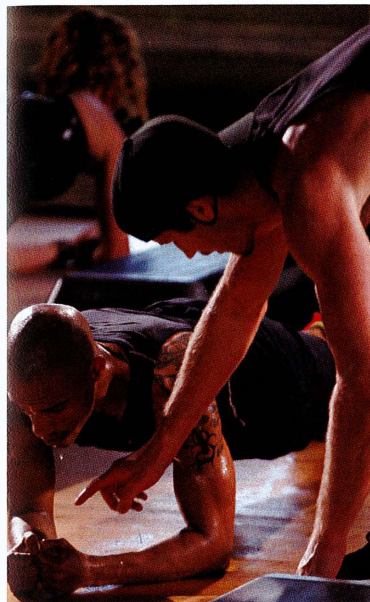
Get out and spend a good amount of time with a couple of the team; your encouragement may be what gets them over the finish line.

CONNECTION

Regroup — get the team moving together with the music.

DRIVE

It may be the last track but the game isn't over until the final whistle. Be positive and affirming to keep the momentum up until the very end.

**CLAP CRUNCH**

- Brace abs — back toward floor as you extend
- Ribs to hips — knees to hip level as you Crunch
- Chin tucked on Crunch
- Eye gaze between knees
- Hands clap under legs

**HOVER WITH ARM AND LEG LIFT**

- Elbows under shoulders
- Brace abs to support your mid-section
- Back long and straight
- Keep hips and shoulders square as you lift arm and leg
- Butt in line with rest of body
- Lift leg to hip level



THE 'MAX OUT' WORKOUT

COMBINE THESE TRACKS ONLY

S.1	Sorry For Party Rocking	2.59
S.2	Breaking A Sweat	6.25
S.3	C'Mon (Original Mix)	6.57
P.4	Living My Life	6.14
P.5	Warp 1.9 + Song 2	5.07
P.6	Numb / Encore	3.31

KEY: S = LES MILLS GRIT™STRENGTH P = LES MILLS GRIT™PLYO

CHILL DOWN

Advise participants to keep moving until their breathing returns to normal. Use this final phase to celebrate the workout!



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.

BLAH BE LOUD
AND HEARD

tell us what you think of these workouts.
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