

LES MILLS[®] GRIT™ CARDIO⁰³

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING



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 LES MILLS GRIT™ 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™ CARDIO

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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 LES MILLS GRIT™ 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™ 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™ 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.



TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE
1	Accelerated Warmup	Agility Training to Achieve Training Zone
2	Propulsion Training	Explosive Intervals
3	Speed Training	Fast Twitch Sequence Training
4	Maximum Effort	Anaerobic Interval Training
5	Core Track	Integrated Core Training

TEAM PHOTO





LES MILLS GRIT™ CARDIO

1

Accelerated Warmup

Welcome > 4.30 mins

SET UP

- Explain Move and Dodge
- Workout area clear of equipment and gear

MUSIC		EXERCISE	REPS
0.00	8x8	Move and Dodge	
0.29	8x8	Squat 1/1	16x
0.53	8x8	Backward Stepping Lunge L+R	8x
1.17	4x8	Pushup 1/1	8x
1.29	8x8	Move and Dodge	
1.52	8x8	Squat 1/1	16x
2.16	8x8	Squat Jump (around the room)	16x
2.40	4x8	Pushup 1/1	8x
2.52	8x8	Move and Dodge	
3.16	8x8	Squat 1/1	16x
3.40	8x8	Lateral Leap L+R	16x
4.04	6x8	Pushup 1/1	12x

COACHING TIP

This one is about getting everyone's neuromuscular system tuned in for agility training. Body weight exercises and direction change drills will have the team in the training zone by Track 2.

CONNECTION

This is your opportunity to make everyone feel at home but to set your expectations for the class. Watch how Kirsty educates everyone about what's coming up, drives them hard and also finds time for 'lighter' moments to make people feel good about being in the workout.

DRIVE

You have 3 rounds of work to get your team where they need to be. Start by getting them moving (40% max. effort), then coach intensity in the movements (60%) and then drive them so they finish the Accelerated Warmup needing a recovery (80%+).

MOVE AND DODGE

- Run and change direction to get around opponents
- Fast feet – sharp movements
- Light on balls of feet

SQUAT

- Feet outside hip-width
- **Chest up – abs braced**
- **Butt drops down and back just above knee-height**
- **Knees out and tracking forward over toes**
- Lift arms out straight and in line with shoulders

BACKWARD STEPPING LUNGE

- Feet hip-width
- **Big step back**
- **Front knee out**
- Drop back knee down so front thigh is parallel to floor
- **Chest up – abs braced**

PUSHUP

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

⇓ OPTION: ON KNEES

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 knees**
- Elbows close to mid-thigh
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat
- **Bent knee landing**, move around the room

LATERAL LEAP

- Push off one foot, transfer weight from one foot to the other
- Shift weight to side
- **Knees bent on take off and landing**
- **Chest up – abs braced**
- Hips back and down
- **Knee out with bent knee landing**

MUSIC		EXERCISE	REPS
0.00	8x8	Set up Lateral Squat Jump	
0.27	8x8	Lateral Squat Jump	16x
0.54	8x8	Forward Plyo Pushup	16x
1.22	8x8	Forward Squat Jump with Knee Tuck	16x
1.49	8x8	Pushup – fast	
2.17	12x8	Recovery	
2.58	8x8	Lateral Squat Jump	16x
3.25	8x8	Forward Plyo Pushup	16x
3.52	8x8	Forward Squat Jump with Knee Tuck	16x
4.20	8x8	Pushup – fast	
4.47	12x8	Recovery	
5.29	8x8	Lateral Squat Jump	16x
5.56	8x8	Forward Plyo Pushup	16x
6.24	8x8	Forward Squat Jump with Knee Tuck	16x
6.51	8x8	Pushup – fast	

COACHING TIP

Propulsions are your fast track to fast twitch muscle – this results in bigger calorie burn and the fastest way to athletic muscle tone. Sell the benefits of this – who doesn't want more athletic muscle tone?!

CONNECTION

You have gruelling sets of work in this track so take the time to explain things the team should know to keep them engaged with the workout e.g how to get more out of a movement. Congratulate your team, pat someone on the back and say well done.

LATERAL 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 knees**
- Propel out of Squat
- Drive body weight to the side
- Hands in defence position in front of body
- **Bent knee landing**

FORWARD PLYO PUSHUP

- Hands outside shoulders
- **Chest to elbow-height**
- **Abs braced**
- Chin tucked
- Abs braced as you jump forward
- **Back long, strong and straight**
- Explode out of arms and feet to propel forward

↓↓ OPTION: REGULAR PUSHUP, WALK HANDS AND FEET FORWARD

DRIVE

People need to max out by the end of the final set and it's your job to get them there. Watch how Sheldon gets everyone hyped just before the final set. Get them feeling good and they'll push harder.

FORWARD SQUAT JUMP WITH KNEE TUCK

- Feet outside hip-width
- **Sit butt back and down**
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- **Butt drops just above knees**
- Jump out of bottom of Squat, propel body forward
- Use your abs to drive knees to chest
- Arms out in front of body
- **Bent knee landing**

PUSHUP

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

↓↓ OPTION: ON KNEES

MUSIC		EXERCISE
0.00	16x8	Set up Drop Sprint
0.59	12x8	Drop Sprint
1.44	8x8	Recovery
2.14	16x8	Drop Sprint
3.14	8x8	Recovery
3.44	20x8	Drop Sprint

COACHING TIP

There are 4 distinct parts to this movement. Make sure you explain each part and demonstrate the Drop Sprint first so that people can execute each part with precision, to maximise the safety and effectiveness of this move.

CONNECTION

This speed track is about as tough as it gets. Identify the weakest link and commit to spending a set with them. They're only half way at this point in the workout and will need a hand to make it to the finish line.

DRIVE

This one's about explosive speed intervals. Every muscle in every body should be craving oxygen for the working muscle groups. Don't rely on your voice to drive... shut up and get into the workout with your team.

DROP SPRINT

- **Brace abs**, knee tuck – **bent knee landing** with feet wide
- **Use Squat to transition to Pushup**; chest up – **knees out in Squat**
- Pushup
- **Chest to elbow-height**
- **Brace abs** as you jump into Pushup
- Take off into a Sprint
- Increase reps of Knee Tuck, Pushup each set

⇓ OPTION: STEP BACK INTO BURPEE



MUSIC		EXERCISE	
0.00	20x8	Set up High Knee Run	
0.54	8x8	High Knee Run L+R	
1.16	8x8	Sprint	
1.38	8x8	Tricep Pushup – fast	
2.00	8x8	Propulsion Lunge L+R	8x
2.22	16x8	Recovery	
3.06	8x8	Tricep Pushup – fast	
3.28	8x8	Sprint	
3.50	8x8	Propulsion Lunge L+R	8x
4.12	8x8	High Knee Run L+R	
4.34	16x8	Recovery	
5.18	4x8	High Knee Run L+R	
5.29	4x8	Tricep Pushup – fast	
5.40	4x8	Propulsion Lunge L+R	4x
5.51	4x8	Tricep Pushup – fast	
6.02	4x8	Propulsion Lunge L+R	4x
6.13	4x8	High Knee Run L+R	
6.24	8x8	Sprint	

COACHING TIP

This track creates neuromuscular confusion. Constantly change sequencing of these simple movements in order to stop everyone's muscles from sliding into a comfortable training zone. There are no rules about how you use this combination so mix it up to keep your team and their bodies guessing.

CONNECTION

Set up each movement and then get straight onto the floor. Look for who needs help, who needs a kick in the pants and who's having technique issues.

DRIVE

Don't let your team leave anything in the tank. This will shift their fitness today. It's meant to hurt and it needs to hurt in order to work. Use a big voice and create a sense of urgency (as Les does) to keep everyone fighting.

HIGH KNEE RUN

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

↓↓ **OPTION: MARCH OR JOG ON THE SPOT**

SPRINTS

- Chest up
- Abs braced
- Drive with your arms

TRICEP PUSHUP

- Hands under shoulders
- Chin tucked
- Abs braced
- Back long, strong and straight
- Chest to elbow-height
- Elbows in

↓↓ **OPTION: ON KNEES**

PROPULSION LUNGE

- Jump into long Lunge – back heel off floor
- Chest up – abs braced
- Front knee above ankle – knee out
- Front thigh drops parallel to floor
- Use Lunge to absorb landing
- Go for depth and height
- Drive with arms

↓↓ **OPTION: BACKWARD STEPPING LUNGE**

MUSIC		EXERCISE	REPS
0.00	8x8	Set up Pulse Crunch	
0.26	8x8	Pulse Crunch x3	8x
0.50	8x8	Cross Crawl L+R	8x
1.14	8x8	Pulse Crunch x3	8x
1.38	8x8	Cross Crawl L+R	8x
2.02	8x8	Recovery - set up Hover to Plank	
2.26	16x8	Hover to Plank L+R	8x
3.14	6x8	Hover	

COACHING TIP

Here you have Hovers and Crunches to superset between isolation and integration exercises. This combination builds athletic core strength and a toned mid-section.

CONNECTION

This track is awesome – let the music work its own magic on the team and say less. Use a conversational voice to shift the atmosphere in the room.

DRIVE

Everyone is hanging on right now; it's a struggle for even the fittest. Keep it simple and assist everyone to finish. Register what's going on in the room and acknowledge it. Get real with your coaching and give people the mental strength to hang in for the final set.

PULSE CRUNCH

- Lift legs – knees in line with hips
- Slide ribs to hips – **Crunch**
- Hands toward heels
- Pulse
- Chin tucked

CROSS CRAWL

- Fingertips to temples
- Feet flat on floor
- Lift opposite shoulder to knee
- Chin tucked

HOVER TO PLANK

- Elbows under shoulders
- Forearms on floor
- Back long, strong and straight
- Brace abs
- Move from Hover to Plank
- Hands under shoulders
- Hips stay square to floor
- Hand, hand, elbow, elbow
- Return to Hover
- Hold Hover to finish

↓↓ OPTION: ON KNEES





NOTES



NOTES



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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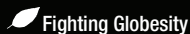
**This round we are looking at music and how to use it
effectively on your social media.**

We've got tips and tricks especially for you.

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