

LESMILLS GRIT™ PLYO

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

03

LESMILLS
FOR A FITTER PLANET

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 **Fighting Globesity**

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FEATURES:

- | ALTERNATIVE TRACK #3
- | TECHNIQUE OF THE MOVES | LES MILLS GRIT™ PLYO 03 NEW MOVES
- | THE SCIENCE OF HIGH INTENSITY INTERVAL TRAINING

LES MILLS GRIT™ PLYO

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Work Hard, Play Hard > 3.43 mins

SET UP

- Benches in a line
- Single heavy plate
- Demonstrate the Bench Push Off
- Two participants per bench
- Mark out workout zone for participants and remind them to return the plates to the wall when not in use
- Divide your team into team A+B

Small Space Option

- Benches in multiple lines
- Set up individual zones for each group

MUSIC	EXERCISE	REPS
0.00	4x8 Set up Squat	
0.14	4x8 Squat 1/1	8x
0.27	6x8 3x Squat Pulse	6x
0.48	2x8 Set up Bench Push Off	
0.55	8x8 Bench Push Off	
1.23	4x8 Set up Squat Press with plate	
1.37	7x8 Squat Press	14x
2.00	1x8 Set up Bench Push Off	
2.04	8x8 Bench Push Off	
2.31	7x8 Pushup 1/1	14x
2.55	1x8 Set up Bench Push Off	
2.59	8x8 Bench Push Off	
3.26	2x8 Recovery	

COACHING TIP

Be clear when you set up teams A and B. Clear instructions make the warmup drills easier to follow.

CONNECTION

Watch how Les and Kirsty get their respective teams fired up. Make everyone feel like part of the team from the start. This will make for a more successful workout.

DRIVE

Inform everyone that the workout is challenging. Set up a little competition between the teams. Tap back into the competitive drive throughout the workout and get the teams to push one another.

SQUAT

- Feet just outside hip-width
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt drops just above the knees

BENCH PUSH OFF

- Run – whole foot steps into middle of the bench
- Two foot – soft knee landing
- Drive out of the floor
- Always stay to the right of partner



Small Space Option High Knee Running

SQUAT PRESS

- Feet just outside hip-width
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt just above knees
- Press plate above head
- Elbows slightly forward
- Brace abs as you push the plate above your head

↓↓ OPTION: NO PLATE

PUSHUP

- Hands shoulder width
- Drop chest to elbow height
- Abs braced
- Chin tucked
- Back long, strong and straight

↓↓ OPTION: ON KNEES

SET UP

- Demonstrate the Sprints and Bench Leaps

MUSIC	EXERCISE	REPS
0.00	14x8 Bench Shuttles	
0.54	2x8 Set up Sprints + Bench Leaps	
1.01	8x8 Sprints + Bench Leaps + Recovery	4x
1.32	4x8 Recovery	
1.47	12x8 Sprint + Bench Leaps x2 + Recovery	6x
2.33	4x8 Recovery	
2.49	12x8 Sprints + Bench Leaps fast	

COACHING TIP

Use simple, clear instructions eg "always jump to the right of your opponent" This will help avoid collisions and allow teams to focus on driving harder, especially in the sprints. A **wider Squat pattern** will help your team keep their chest up as they Squat.

CONNECTION

Focus on the teams rather than individuals. "Team A, looking good" "Team B, pick it up!" Encourage competition

DRIVE

This track is busy so pull yourself out of the sprints and coach. Get them to run faster, and to tuck their knees up in the Bench Leaps. By the end of this track you want everyone sweating, breathing heavily and feeling pumped for the rest of the workout.

BENCH SHUTTLES

- Run forward, Squat down and touch the bench
- Run back, Squat down toward the floor
- **Chest up as you run and Squat**
- Bend both knees to get lower
- Feet outside hips in a wide Squat



Small Space Option High Knee Running

SPRINTS + BENCH LEAPS

- Sprinters start
- Get low – chest up – drive out of the floor
- Two foot take-off and landing
- Soft knee landing
- Use your abs to add Knee Tuck



Small Space Option High Knee Running



SET UP

- Rotate bench 90°
- Pick up plate
- Demonstrate Single Arm Squat Press, Plyo Bench Pushup, Jump Squat Press and Single Arm Bent Over Fly

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

MUSIC	EXERCISE	REPS
0.00 8x8	Set up all exercises	
0.27 8x8	Single Arm Squat Press L (4 cts to change arm)	7x
	Single Arm Squat Press R (4 cts to set up Plyo Bench Pushup)	7x
0.55 8x8	Plyo Bench Pushup slow 3/1 L+R	8x
1.22 8x8	Single Arm Bent Over Fly L (4 cts to change arm)	7x
	Single Arm Bent Over Fly R (4 cts to set Jump Squat Press)	7x
1.50 16x8	Jump Squat Press	8x
2.44 8x8	Recovery	
3.11 8x8	Single Arm Squat Press L (4 cts to change arm)	7x
	Single Arm Squat Press R (4 cts to set up Plyo Bench Pushups)	7x
3.38 8x8	Plyo Bench Pushup fast 1/1 L+R	16x
4.07 8x8	Single Arm Bent Over Fly L (4 cts to change arm)	7x
	Single Arm Bent Over Fly R (4 cts to set Jump Squat Press)	7x
4.34 16x8	Jump Squat Press	8x
5.29 4x8	Recovery	

COACHING TIP

Repetition drives intensity, as do fast transitions – you have both in this track. Demonstrate all four exercises so that no one misses a rep and let the team know that there are only two sets of work, so they don't need to pace themselves. Use **Wide Squats** in the Jump Squat Presses to keep chests up.

SINGLE ARM SQUAT PRESS

- Feet just outside hip-width
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt just above knee line
- Plate to shoulder, press over head
- Elbow slightly forward and soft at the top
- Eyes forward
- Abs braced as you push above head
- Maintain midline – don't lean to side

⇓ OPTION: NO PLATE



PLYO BENCH PUSHUPS

- One hand on floor, other hand on bench
- Chest square to floor
- Hands shoulder width
- Drop chest to elbow height of the hand on bench
- Abs braced
- Push hard out of the bottom of the Pushup to propel body to the other side

⇓ OPTION: ON KNEES



CONNECTION

A benefit of circuit training is that everyone can push harder the second time around as they know the exercises. Single people out for praise and encourage those who can drive harder.

DRIVE

Les and Kirsty use intense, urgent voices here, escalating in volume and pitch as the track progresses. Tone and volume are powerful tools for getting participants to work harder. Use an authoritative and deliberate tone to command attention. Increase the frequency and volume of your cues to match the intensity of the workout.

SINGLE ARM BENT OVER FLYS

- Feet hip-width – knees slightly bent
- Tip forward from the hips
- Plate begins next to knee
- Chest up – abs braced
- Lift plate to just below shoulder height – shoulder blade to spine
- Forearm and upper arm should be level at the top of the movement



JUMP SQUAT PRESS

- Plate close to chest
- Extend plate forward, level with shoulders as you land in the bottom of a Squat
- Feet outside hip-width
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt just above knees
- Press plate above head
- Elbows slightly forward
- Abs braced as you push above head
- Hold plate above head as you turn

⇓ OPTION: NO PLATE

Small Space Option Go for height instead of length



SET UP

- Demonstrate High Knee Run for Team A and Across The Top for Team B

MUSIC	EXERCISE	REPS
0.00	12x8 Set up	
0.40	4x8 High Knees Team A, then Team B	
0.54	4x8 Across The Top L+R Team B, then Team A	4x
1.08	4x8 High Knees Team A, then Team B	
1.21	4x8 Across The Top L+R Team B, then Team A	4x
1.35	Set up Power Climber with Tricep Pushup	
1.49	8x8 2x Power Climber L+R with 2x Tricep Pushup	4x
2.16	4x8 Power Climber L+R	8x
2.29	4x8 Recovery	
2.43	4x8 Jump Squat Team A, then Team B	8x
2.57	4x8 Across The Top L+R Team B, then Team A	4x
3.10	4x8 Jump Squat Team A, then Team B	8x
3.24	4x8 Across The Top L+R Team B, then Team A	4x
3.37	4x8 Recovery	
3.51	8x8 2x Power Climber L+R with 2x Tricep Pushup	4x
4.18	6x8 Power Climber L+R	12x

COACHING TIP

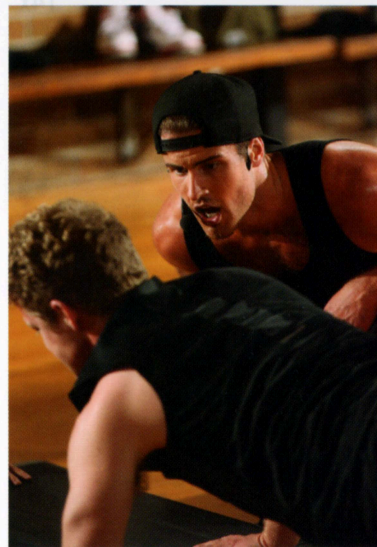
One away from the finish line; it's game on! In the phases off the bench (High Knees and Jump Squats) don't be afraid to get in your team mates faces and demand more. Remember to use a **wide Squat** in the Jump Squats to keep chests up as fatigue sets in.

CONNECTION

Participants can move at their own pace in the High Knees so encourage speed – it'll get the heart rate up and create a sense of urgency amongst the team. Move from person to person and get them to increase their speed and to get their knees higher if they're not quite there yet!

DRIVE

Each set is short. Break the track down into sets and push everyone to get the most out of each set. This track can seem long and intimidating so focus on individual sets and good form in each new exercise.



HIGH KNEES

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

ACROSS THE TOPS

- Start with whole foot on end of bench
- Sit down into Squat
- Knees out – chest up
- Drive up and across bench
- Full foot, soft knee landing



POWER CLIMBER

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

⇓ OPTION: HOVER ON KNEES

TRICEP PUSHUP

- Hands under shoulders on bench
- Chin tucked – abs braced
- Elbows tuck into ribs
- Chest to elbow height
- Keep elbows soft at top

⇓ OPTION: PUSHUP ON KNEES

JUMP SQUATS

- Feet outside hips
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Abs braced
- Reach toward the floor
- Jump out of the Squat keeping your feet wide and chest up
- Soft knee landing



SET UP

- Demonstrate Plate Crunch

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Plate Crunch	
0.14	11x8	Plate Crunch	22x
0.52	1x8	Set up Arm & Leg Extension	
0.55	8x8	Arm & Leg Extension	8x
1.23	2x8	Recovery	
1.29	9x8	Plate Crunch	18x
2.00	1x8	Set up Arm & Leg Extension	
2.04	8x8	Arm & Leg Extension	8x
2.31	7x8	Plate Crunch	14x
2.55	1x8	Set up Arm & Leg Extension	
2.59	8x8	Arm & Leg Extension	8x
3.26	2x8	Recovery	

COACHING TIP

"Work hard, play hard" – the lyrics say it all. You're not done yet. Make it your challenge to get the most out of everyone in the final three minutes. Any athlete knows that core training is critical so sell the benefits of increasing core strength.

CONNECTION

Connect with those who are struggling the most. You want everyone to finish the workout feeling successful so support and motivate the ones closest to giving up. It's encouragement and motivation as well as challenge and drive that gets the best out of people.

DRIVE

Roadmap this track for everyone by letting them know how many sets of work there are and that the finish line is close. There's no need to take it easy in a short, sharp, three minute track! "Last one – come on keep pushing"

PLATE CRUNCHES

- Plate extended directly above shoulders
- Crunch up – **slide ribs to hips**
- Push plate up – not forward
- Chin in



↓↓ OPTION: NO PLATE

ARM AND LEG EXTENSIONS

- Brace abs to keep lower back toward the floor
- Extend arms and legs
- Return to top, tuck tail bone up

↓↓ OPTION: NO PLATE, BEND AT THE KNEES

