

LES MILLS GRIT™ STRENGTH

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

LES MILLS
FOR A FITTER PLANET

LES MILLS.COM

 **Fighting Globesity**

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FEATURES:

- | ALTERNATIVE TRACK #6
- | TECHNIQUE OF THE MOVES | LES MILLS GRIT™ STRENGTH 03 NEW MOVES
- | THE SCIENCE OF 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

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

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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 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

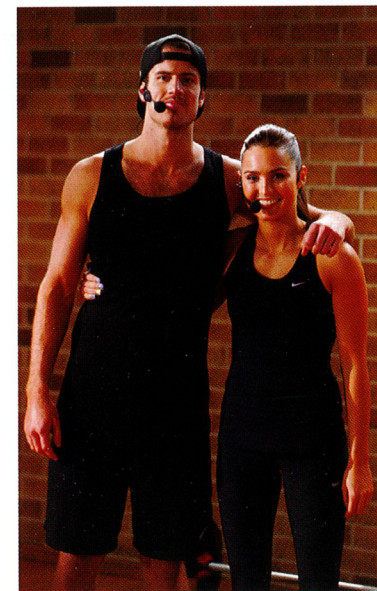
Hammer, smash, kick, motivate, grunt and inspire. When the going gets tough, LES MILLS GRIT™ SERIES Coaches get inspirational. The harder you work here, the more effort you put in, the more your team will. It's grassroots coaching. Take your team to the end with you, even if you're dragging them kicking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



LES MILLS GRIT™ STRENGTH

1

Ready To Go > 3.58 mins

SET UP

- Demonstrate Squat + Upright Row, Forward Stepping Lunge with Overhead Press and Pushup
- Single heavy plate

MUSIC	EXERCISE	REPS
BLOCK A		
0.05	4x8	Set up Squat + Upright Row
0.18	8x8	Squat + Upright Row 16x
0.45	5x8	Weight Circle Around Body
BLOCK B		
1.02	8x8	Squat + Upright Row 16x
1.29	8x8	Forward Stepping Lunge with Overhead Press 4x 2/2 L+R
1.56	8x8	Pushup 1/1 16x
2.23	1x8	Recovery
REPEAT BLOCK B		

COACHING TIP

The key to an accelerated warmup is getting your team moving quickly and effectively, so approach this track with a degree of urgency. Get all of your compulsory cues out early, and then start to drive the workout. The Squat + Upright Row is great functional training, integrating the muscles of the upper back while driving up out of the legs.

CONNECTION

Be positive! Welcome and encourage everyone. Learn and use people's names. Joke with them and ask/answer questions — be open and approachable.

DRIVE

A lot of the exercises in the warmup are repeated throughout the workout, so encourage full range right from the start. Working full range will get everyone warmed up faster, and ready for the challenge once track two hits...and it hits hard!

SQUAT + UPRIGHT ROW

- Feet outside hip width
- Sit butt back and down
- Knees out — tracking forward over toes
- Chest up — abs braced
- Butt drops just above knee height
- Lift weight to lower chest
- Elbows out wide
- Keep plate close to body

FORWARD STEPPING LUNGE WITH OVERHEAD PRESS

- Long step forward so back heel leaves floor
- Chest up — abs braced
- Front knee out
- Front thigh parallel to floor
- Plate in front of collar bone
- Press plate above head, elbows slightly forward — abs braced



!! OPTION: NO PLATE OR
BACKWARD STEPPING LUNCH

PUSHUP

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

!! OPTION: PUSHUP ON KNEES

SET UP

- Heavy weight on bar
- Demonstrate the Squat Burpee

MUSIC	EXERCISE	REPS
BLOCK A		
0.00 8x8	Demo Squat Burpee	
0.27 8x8	Deadlift 3/1	8x
0.55 7x8	Clean + Press	7x
1.19 1x8	Weights down	
1.23 7x8	Squat Burpee	7x
1.46 1x8	Set up Forward Stepping Lunge with Overhead Press	
1.50 7x8	Forward Stepping Lunge with Overhead Press 2/2 L+R	3½x
2.14 1x8	Set up Squat + Upright Row	
2.17 8x8	Squat + Upright Row	16x
2.44 6x8	Recovery	
BLOCK B		
3.05 6x8	Deadlift 3/1	6x
3.26 7x8	Clean + Press	7x
3.50 1x8	Weights down	
3.53 7x8	Squat Burpee	7x
4.17 1x8	Set up Forward Stepping Lunge with Overhead Press	
4.21 7x8	Forward Stepping Lunge with Overhead Press 2/2 L+R	3½x

4.45 1x8 Set up Squat + Upright Row

4.48 8x8 Squat + Upright Row

16x

5.15 6x8 Recovery

REPEAT BLOCK B

COACHING TIP

As Les says, this track gives you the opportunity to push your **metabolism into overdrive**. You have three rounds of work and a lot of dynamic movement. Everyone will be feeling the challenge by the time the third set of Deadlifts kick in. Driving towards failure is a great way to get results. So encourage everyone to push through and to reach their limits by the end of the third set. Sell the benefits of this type of training like Les and Kirsty did in the masterclass. **Metabolic conditioning** – scientifically proven to be the fastest way to get in shape.

DRIVE

Les and Kirsty generate a real sense of camaraderie; aim to achieve the same. Use phrases like "Come on team!", "How are you feeling?" Making people feel part of the team gives everyone a sense of responsibility to do their best, they won't want to let their team mates down.

CONNECTION

Spend quality time with the people who need it. Be smart, ask yourself "What does this person need right now to get the most out of the workout?"

DEADLIFT

- Feet hip width – knees slightly bent
- Hands just outside hips
- Chest up – abs braced
- Roll shoulders back and down
- Keep the chest up as you hinge from the hips
- Slide bar to knee

CLEAN + PRESS

- 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
- Use the legs to drive the bar up
- Brace abs and press the bar above your head
- Elbows slightly forward and bent at the top
- Double Squat
- Bend and drive

SQUAT BURPEE

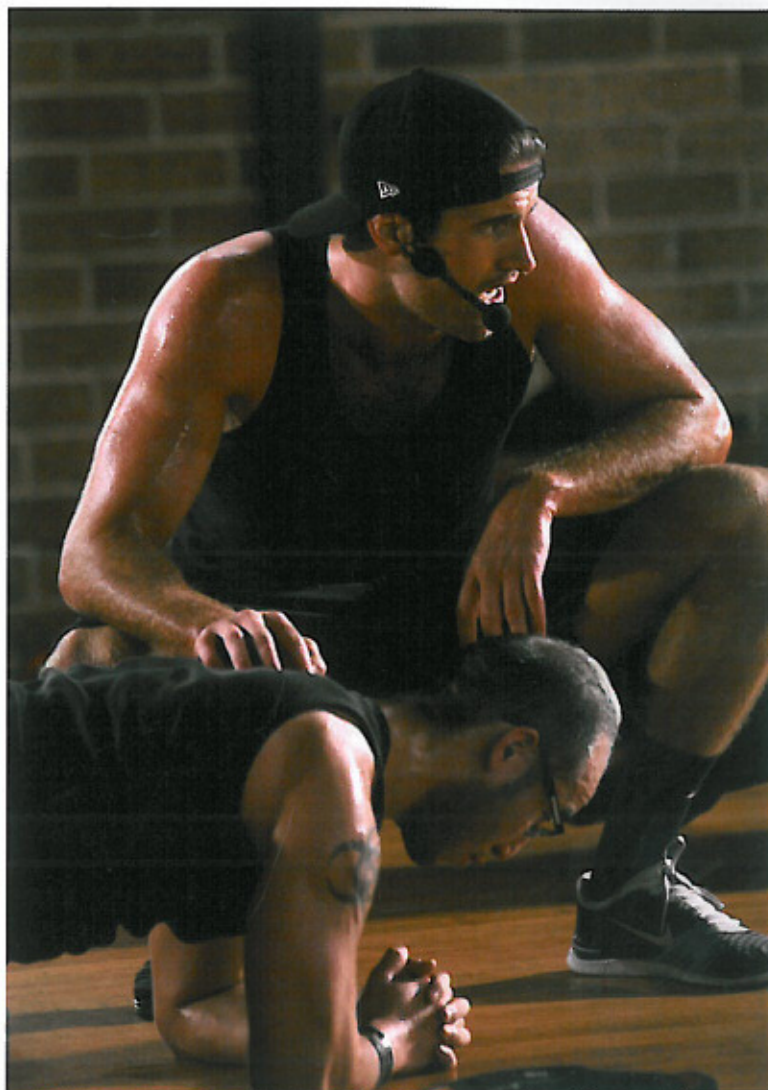
- Butt down and back – just above knees
- Chest up – abs braced
- Arms forward, directly out from shoulders
- Abs braced as you jump down and into Burpee
- Hands under shoulders
- Legs extended
- Back long, strong and straight
- Jump feet back – keep abs braced
- Jump on return – soft knee landing

↓↓ OPTION: SINGLE SQUAT/NO JUMP**FORWARD STEPPING LUNGE WITH OVERHEAD PRESS**

- Big step forward so back heel leaves the floor
- Chest up – abs braced
- Knee out in line with toes
- Front thigh parallel to floor
- Plate in front of collar bone
- Press plate above head, elbows slightly forward – abs braced

**↓↓ OPTION: NO PLATE OR BACKWARD STEPPING LUNGE****SQUAT + UPRIGHT ROW**

- Feet outside hip width
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt just above knee height
- Lift plate to lower chest
- Elbows wide
- Chest up
- Keep plate close to body



SET UP

- Demonstrate Narrow and Wide Bent Over Rows
- Two heavy plates – one in each hand

MUSIC		EXERCISE	REPS
0.00	8x8	Set up Plate Bent Over Row Combo	
0.28	4x8	Narrow Bent Over Row x2 Single Narrow Bent Over Row L+R x2	2x
0.42	4x8	Wide Bent Over Row x2 Single Wide Bent Over Row L+R x2	2x
0.57	4x8	Narrow Bent Over Row x2 Single Narrow Bent Over Row L+R x2	2x
1.11	4x8	Wide Bent Over Row x2 Single Wide Bent Over Row L+R x2	2x
1.25	4x8	Set up Circle Pushup – clockwise	
1.39	8x8	Circle Pushup – clockwise	
2.07	8x8	Circle Pushup – anticlockwise	
2.35	3x8	Set up Plate Bent Over Row Combo	
2.46	4x8	Narrow Bent Over Row x2 Single Narrow Bent Over Row L+R x2	2x
3.00	4x8	Wide Bent Over Row x2 Single Wide Bent Over Row L+R x2	2x
3.14	4x8	Narrow Bent Over Row x2 Single Narrow Bent Over Row L+R x2	2x
3.28	4x8	Wide Bent Over Row x2 Single Wide Bent Over Row L+R x2	2x

COACHING TIP

The Row sequence is great conditioning for the **posterior chain** (hamstrings, glutes and muscles of the back). These muscles give you power – train like athletes – look like athletes.

The Circle Pushup is challenging. Encourage everyone to give it a go, but give the option of a stationary Pushup on toes or knees. Options are better than stopping, and you need to give them in order for everyone to leave feeling successful.

CONNECTION

The Circle Pushup is a great time to connect. Get out on the floor and correct technique. Stay with people who need assistance. You'll see butts in the air as people start to hit their maximum, so focus on getting butts down, and getting backs long and straight.

DRIVE

The intensity in the Bent Over Row Combo comes from **stabilising the trunk** and isolating the work to the target muscles. Emphasize this toward the end of the second set by getting your team to lock their core to eliminate trunk sway.

PLATE BENT OVER ROW COMBO

- Feet hip-width – knees slightly bent
- Chest up – abs braced
- Plate next to knees
- Tip forward from the hip so that your nose is well over toes
- Pull plates into hips on Narrow Row
- Pull plates out to side on Wide Row – elbows just below shoulders
- Squeeze shoulder blades
- Eye gaze forward and down to keep back strong and straight
- Don't sway your body



CIRCLE PUSHUP

- Hands shoulder-width
- Drop chest to elbow height
- Abs braced
- Explode out of Pushup and pivot in circle
- Keep abs braced and hips low as you pivot

!! OPTION: PUSH UP ON TOES OR KNEES (NO CIRCLE)

SET UP

- Bar weight from Track 3
- One heavy plate

MUSIC	EXERCISE	REPS
BLOCK A		
0.00	2x8	Set up Single Arm Squat + Upright Row
0.11	3x8	Single Arm Squat + Upright Row – L arm 12x
0.27	3x8	Single Arm Squat + Upright Row – R arm 12x
0.44	2x8	Recovery
0.54	2x8	Deadlift 2x
1.05	3½x8	Squat Clean 7x
1.25	½x8	Lose bar, set up Squat
1.27	3½x8	Squat 14x
	½x8	Set up Push Press
1.50	4x8	Push Press 16x
2.11	2x8	Recovery
REPEAT BLOCK A		

COACHING TIP

There are multiple sets in this track and by the time you hit the first set of the Push Press your body is screaming. Reaffirm good technique and keep a good eye on your team. The dynamic, intense nature of this track can allow people to slip into bad habits.

CONNECTION

Before and after the track are important times to connect. Watch how Les and Kirsty approach people, congratulate them for getting through another track and engage with the whole group. Don't underestimate how much you can motivate and encourage as you reset.

DRIVE

Don't forget to work hard yourself; you never know who is watching and how much your workout can drive them. Watch Les's face in this track...he's giving it everything he's got. Use challenging weights, demonstrate full range and push yourself hard to role model a great athletic workout.

SINGLE ARM SQUAT + UPRIGHT ROW

- Feet hip width
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Drop butt just above knees
- Lift plate to lower chest
- Keep plate close to body
- Extend opposite arm for balance



!! OPTION: NO PLATE

DEADLIFT

- Feet hip-width – knees slightly bent
- Hands just outside hips
- Chest up – abs braced
- Keep chest up as you hinge from the hips
- Slide bar to knees

SQUAT CLEAN

- Bar close to body
- Bend knees to get under the bar
- Catch bar in front of collar bones, in a half Squat
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt just above knee line
- Lower weight – repeat Clean



SQUAT

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

PUSH PRESS

- Brace your abs as bar goes over your head
- Use your legs to drive the bar
- Elbows slightly forward at the top

!! OPTION: PUSH PRESS EVERY OTHER REP

SET UP

- Clear bar away from workout zone
- Demo the Jump Squat and the Squat Burpee

MUSIC	EXERCISE	REPS
0.00 8x8	Set up	
0.22 4x8	Jump Squat + Run	4x
0.33 8x8	Slow Squat Burpee	4x
0.55 1x8	Recovery	
0.58 10x8	Jump Squat + Run	10x
1.25 4x8	Slow Squat Burpee	2x
1.36 4x8	Fast Squat Burpee	4x
1.47 1x8	Recovery	
1.50 8x8	Jump Squat + Run	8x
2.12 8x8	Fast Squat Burpee	8x
2.34 12x8	Jump Squat + Run	12x
3.06 2x8	Recovery	
3.13 8x8	Fast Squat Burpee	8x
3.35 8x8	4x Jump Squat + Run	2x
3.57 4x8	Jump Squat	8x

COACHING TIP

Explosive movements provide the challenge here. Set the expectation from the start by letting everyone know the intensity is about to lift and that they should expect a challenge. To prevent upper bodies collapsing forward in the Jump Squats, coach a **slightly wider Squat** and emphasise **keeping the chest up**.

CONNECTION

One-on-one coaching lands the most when people need it the most. Identify who needs you (either for support or for a challenge) and spend a whole set with them. Do the exercise alongside them, having you there working hard too will encourage them to stay in the game.

DRIVE

Motivation is key here. Remind your team that they came to this class to get fit fast. This is the perfect opportunity to do exactly that.

The Jump Squats just keep going at the end. It's a big locker, and you really are in overtime by the last set. Sell every additional repetition as a bonus!

JUMP SQUAT

- Feet wider than hip width
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Reach toward the floor
- Jump out of the Squat
- Extend arms to ceiling
- Soft knee landing



SQUAT BURPEE

- Butt down and back – just above knees
- Chest up – abs braced
- Arms directly out from shoulders
- Jump down and into Burpee
- Hands under shoulders
- Jump feet back – keep abs braced
- Jump on return – soft knee landing

SET UP

- Plate in hands
- Lie back on floor

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 6x8	Set up Plate Crunch	
0.16 16x8	Plate Crunch	16x
1.02 8x8	Hover	
1.24 8x8	Plate Crunch	8x
1.47 8x8	Hover	
2.09 10x8	Side Hover L	
2.39 4x8	Transition to other side	
2.48 10x8	Side Hover R	

COACHING TIP

The track is short, but the sets are long. Time under tension for the core muscles in the Hover means the core is engaged for longer and is working harder. The team will really feel the work. Describe this feeling. It'll let everyone know that the intensity is ok, that you can feel it too and that they are in the right zone.

CONNECTION

Notice how Les uses the last set of Side Hovers to get amongst the team, encouraging their last burst of intensity and congratulating their effort during the workout.

DRIVE

Really try and keep people on their toes in the Hover. It's a straightforward challenge and a great measure of strength. Let everyone know that you're aware it's tough but you know they will get over the finish line.

PLATE CRUNCH

- Plate extended out from shoulders
- Slide ribs to hips – lift plate away from floor
- Chin tucked

⇓ OPTION: NO PLATE



HOVER

- Elbows under shoulders
- Back long, strong and straight
- Chin tucked – eye gaze to hands
- Abs braced
- Butt down – Hips level with shoulders

⇓ OPTION: HOVER ON KNEES

SIDE HOVER

- Support on one elbow
- Elbow directly under shoulder – forearm on floor
- Hips and shoulders square
- Abs braced – lift bottom hip up and away from floor
- Keep chest and hips square
- Top arm extended
- Chin tucked

⇓ OPTION: BOTTOM KNEE DOWN

⇓ OPTION: PLATE IN TOP HAND





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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