

LESMILLS

GRIT™ PLYO

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

04



FEATURES:

- THE SCIENCE OF LES MILLS GRIT™ SERIES — FAST TWITCH MUSCLE FIBER
- TECHNIQUE OF THE MOVES
- THE SCIENCE OF HIGH INTENSITY INTERVAL TRAINING
- LES MILLS GRIT™ PLYO 04 NEW MOVES

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 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.

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™PLYO

Created By | Les Mills

Presenters | Les Mills | Kirsty Godso | Reagan Kang

Technical Consultant | Bryce Hastings

Creative Directors | Les Mills | Dr Jackie Mills

Program Planner | Sarah Irwin

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 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

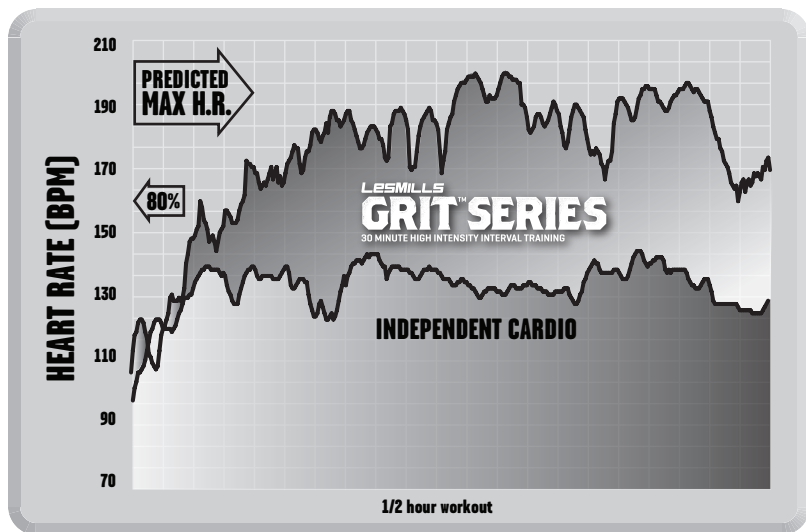
Just because that was one of the hardest things you have ever put your body through, doesn't mean you get to rest. Let your team know where they are in the workout, what's coming up, and how amazingly they have done so far. The more encouragement you give them here, the more they are likely to want to 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.



THE LES MILLS GRIT™ SERIES EFFECT



LES MILLS GRIT™SERIES is high intensity interval training.

This graph illustrates the heart rate of a 26 year old male doing their own treadmill workout (independent cardio) compared to a LES MILLS GRIT™SERIES workout.

The repeated high heart rate peaks seen in this graph are what deliver the superior workout benefits of this type of training.

You will notice that this participant spends more than 20 minutes of the workout above 80% of his maximum heart rate and has peaks in the work phases where he pushes into his maximum training zones.



LES MILLS GRIT™ PLYO

1

Spectrum > 4.11 mins

SET UP

- Single plate
- 2 meter clear space in front of each participant

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Forward and Backward Stride and Squat	
0.19	12x8	Forward and Backward Stride and Squat – 6 L leg, 6 R leg	
1.04	8x8	Hops L+R	8x
1.33	4x8	Backward Stepping Lunge L+R	4x
1.48	8x8	Jumping Lunge L+R	8x
2.18	4x8	Recovery	
2.32	4x8	Crawl Pushup – Slow	2x
2.47	4x8	Crawl Pushup – Fast half range L+R	4x
3.02	8x8	Crawl Pushup – Fast full range L+R	8x
3.32	8x8	Forward and Backward Stride and Squat – 4 L leg, 4 R leg	

COACHING TIP

Use the Warmup to prepare your power patterns – set the foundation for the explosive movements during the class. This track is all about priming the neuromuscular system and getting heart rates into a training zone for track 2.

CONNECTION

"Leadership is a matter of having people look at you and gain confidence, seeing how you react. If you're in control, they're in control." – Tom Landry.

You're the leader of your team so build confidence by being authoritative, direct and demonstrating that you're in control. Inspire your team by giving them the confidence that they can get maximum results from their workout.

DRIVE

You need to warm up your car before you red line it and that's what you're doing with your team here. There's no stopping once track 2 hits, so drive the energy so they're fired up by the start of track 2.

FORWARD AND BACKWARD STRIDE AND SQUAT

- Propel off ball of foot
- Land on opposite leg
- Feet wider than hip-width
- Chest up – hips down and back into Squat
- Butt just above knee line



HOPS

- Long step back
- Chest up – abs braced
- Front knee out
- Drive off front leg to get height
- Lift opposite leg to hip-height

BACKWARD STEPPING LUNGE

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

JUMPING LUNGE

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

⇓ OPTION: FORWARD STEPPING LUNGE, NO JUMP

CRAWL PUSHUP

- Pushup position – hands outside shoulder-width
- **Back long, strong and straight – abs braced**
- Opposite arm and leg move forward – keep hips square to eliminate twist
- Drop down – chest to elbow-height
- Eyes gaze forward of hands – chin tucked

⇓ OPTION: REGULAR PUSHUP ON KNEES OR TOES



SET UP

- Plate between legs on floor
- Additional light plate if participants executing Jump Squat Press for the first time

MUSIC	EXERCISE	REPS
0.00 4x8	Set up Squat	
0.15 8x8	Squat 2/2	8x
0.44 4x8	Squat 1/1/2	4x
1.01 8x8	Squat with Overhead Press	16x
1.30 4x8	Recovery	
1.46 8x8	Lateral Jump over Plate L+R	8x
2.16 4x8	Recovery	
2.31 4x8	Squat with Overhead Press 3/1	4x
2.47 4x8	Squat Jump with a Press 3/1	4x
3.01 4x8	Squat Jump with a Press 1/1/2	4x
3.17 8x8	Squat Jump with a Press 1/1	16x
3.47 4x8	Recovery	
4.02 8x8	Set up Lateral Plyo Jump	
4.32 8x8	Lateral Plyo Jump over Plate L+R	8x
5.02 8x8	Squat Jump with a Press 1/1	16x
5.33 3x8	Recovery	

COACHING TIP

The Squat Jump with a Press is the ultimate move – an explosive contraction of the upper and lower body. Encourage your team to go lighter in weight selection when they try this for the first time. As they improve their power and demonstrate perfect technique, they can add to the challenge by using more weight.

To maximise the plyometric effect of the Lateral Plyo Jumps, minimise the contact time on the floor between the Lateral Jump and the Straight Jump. Explode off the floor upon landing to use the stored energy within the muscles – this will help make you more explosive.

CONNECTION

Be real with your floor coaching; if you think someone can jump higher or Squat deeper, stay with them until you've seen the change you need to see. Once that person has given it everything, congratulate them and give them a boost to see them through the rest of the workout.

DRIVE

This is ultimate power training – every muscle fibre is in overdrive. The real kicker is the final set of Squat Jumps with a Press – it's so tough it feels like it shouldn't be there. You'll need to push, push, push otherwise your team will start dropping out.

SQUAT

- Feet outside hip-width
- Plate between legs on floor
- **Sit butt back and down**
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- **Butt drops down and back, just above knee line**
- Hands lift up and in line with shoulders as you Squat

SQUAT WITH OVERHEAD PRESS

- Feet outside hip-width
- Plate held in front of collarbone
- **Sit butt back and down**
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- **Butt drops down and back just above knee line**
- Press plate above head
- **Elbows slightly forward**
- **Brace abs as plate goes above head**

LATERAL JUMP OVER PLATE

- Feet outside hip-width
- Plate on floor
- Stand to one side of plate
- Bend knees and jump and land from your Squat position
- **Soft knee landing**
- **Chest up – abs braced**



SQUAT JUMP WITH A PRESS

- Use a light plate for first few times on this move
- Feet just outside hip-width
- Plate in front of collarbone
- **Sit butt back and down**
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- **Butt drops just above knees**
- Explode up out of Squat, feet lift off floor
- Press plate above head
- **Elbows slightly forward**
- **Use Squat to absorb landing**



LATERAL PLYO JUMP OVER PLATE

- Plate on floor
- Stand to one side of plate, feet outside hip-width
- Bend knees and jump from Squat position
- **Soft knee landing**
- Minimize contact time
- Jump vertically from Squat
- **Chest up – abs braced**

SET UP

- Plate on floor
- Participants in Pushup position

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Pushup	
0.12	4x8	Pushup	8x
0.24	4x8	Recovery	
0.36	4x8	Slow Lateral Plyo Pushup L+R	2x
0.48	8x8	Single Lateral Plyo Pushup L+R	8x
1.11	4x8	Recovery. Set up Single Squat Push Raise	
1.23	4x8	Slow Squat Push Raise	2x
1.35	8x8	Single Squat Push Raise	8x
1.59	4x8	Single Arm Bent Over Fly – L (4cts to change arm)	7x
2.11	4x8	Single Arm Bent Over Fly – R (4cts to set up Single Squat Push Raise)	7x
2.23	8x8	Single Squat Push Raise	8x
2.47	8x8	Recovery. Set up Pushup	
3.14	4x8	Pushup	8x
3.26	4x8	Recovery	
3.37	4x8	Slow Lateral Plyo Pushup L+R	2x
3.50	8x8	Single Lateral Plyo Pushup L+R	8x
4.13	4x8	Recovery. Set up Slow Squat Push Raise	
4.25	4x8	Slow Squat Push Raise	2x
4.37	8x8	Single Squat Push Raise	8x

5.01	4x8	Single Arm Bent Over Fly – L (4cts to change arm)	7x
5.13	4x8	Single Arm Bent Over Fly – R (4cts to set up Single Squat Push Raise)	7x
5.25	8x8	Single Squat Push Raise	8x
5.49	4x8	Recovery	

COACHING TIP

Every athlete needs power in the upper and lower body, and that's what this one is all about. Everything you say in this track should draw focus to the upper body. Making your team aware of how their bodies are moving is a great way to keep them engaged!

DRIVE

Don't let anyone pull back in the Squat Push Raise. Combining isometric leg pressure with dynamic upper body strength is an extreme heart rate kicker. Sell the benefits and they'll want to take this challenge!

CONNECTION

Bodyweight exercises are a true measure of strength – it's all about power to weight ratio. You'll see people struggling in this track, so get down and encourage them to give their best.

PUSHUP

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

⇓ OPTION: ON KNEES

LATERAL PLYO PUSHUP

- Hands slightly wider than shoulders
- Chin tucked
- Chest to elbow height
- Abs braced
- Back long, strong and straight
- Use arms and legs to drive off the floor and propel whole body from side to side
- Brace core so body moves as one block

⇓ OPTION: KNEES ON FLOOR, HANDS WALK ACROSS

SQUAT PUSH RAISE

- Plate against chest
- Butt back and down, sitting into Squat
- Knees out – tracking forward over toes
- Chest up – abs braced
- Press plate away from chest – elbows straight
- Raise plate above head – **brace abs**
- Lower to chest height
- Bring plate back into chest

**SINGLE ARM BENT OVER FLY**

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

OPTION: BENT OVER PLATE ROW (IF USING PLATES THAT ARE DIFFICULT TO HOLD)

- Tip forward from the hips
- Chest up – abs braced
- Hold plate (plates) parallel to floor
- Lift plates to lower ribs
- Elbows out – squeeze shoulder blades together





SET UP

- Plate goes behind participants
- Check the floor and wipe it if there is excessive sweat

MUSIC	EXERCISE	REPS
0.00	6x8 Set up Forward and Backward Hop	
0.22	4x8 Forward and Backward Hop L	4x
0.37	4x8 Forward Jump – Stride Back	4x
0.52	4x8 Forward Leap – Stride Back	4x
1.07	4x8 Side Leap L+R	4x
1.23	8x8 Recovery	
1.52	4x8 Forward and Backward Hop R	4x
2.07	4x8 Forward Jump – Stride Back	4x
2.22	4x8 Forward Leap – Stride Back	4x
2.37	4x8 Side Leap L+R	4x
2.52	6x8 Recovery	
3.15	4x8 Forward and Backward Hop L	4x
3.30	4x8 Forward and Backward Hop R	4x
3.45	4x8 Forward and Backward Jump	4x
4.00	4x8 Forward Leap – Backward Jump	4x
4.15	4x8 Side Leap L+R	4x

COACHING TIP

The single leg drives in this track train power and agility. Single leg drive will also improve speed and explosive power – so go for length. This one is a game breaker!

CONNECTION

Les gets it out at the start "... push every rep to your limit... this is where you test yourself." See how Les and Kirsty then make their way around the room, ensuring the whole team are pushing themselves. It's the second half of the workout when people need you the most, so set the standard and then get out on the floor and do the rest with them.

DRIVE

We know that LES MILLS GRIT™ SERIES uses fast twitch muscle fibres, which give us strength and power. Sell your team on the benefits of this training. Help them understand why the training is hard and watch as they start to give you 110%.

FORWARD AND BACKWARD HOP

- Driving leg bent – knee out
- Swing non weight-bearing leg forward to provide momentum
- Drive hips forward and land in a half Squat
- **Chest up – abs braced**
- Repeat moving backward
- **Take off and land with soft knee**

⇓ OPTION: STEP BACKWARDS AND FORWARDS IN TO A SQUAT (NO PROPULSION)

FORWARD JUMP – STRIDE BACK

- Feet outside hip-width
- Bend knees and sit into half Squat
- **Butt down and back**
- Explode out of Squat, jumping forward
- **Soft knee landing**
- Drive with arms and hips
- **Chest up – abs braced**
- When contact is made with floor, explode again and jump forward
- Big, low strides backwards
- Keep knees bent
- Go for length and height

BACKWARD JUMP

- Jump backwards – maintaining technique listed above

FORWARD LEAP – STRIDE BACK

- Feet outside hip-width
- Bend knees and sit in to half Squat
- Explode out of Squat, jumping forward as far as possible – **soft knee landing**
- Drive the hips forward in the jump
- Land with bent knees into Squat
- Use arms for momentum
- **Chest up – abs braced**

SIDE LEAP

- Turn to the side – feet outside hip-width
- **Sit hips back and down**
- Bend knees in Squat
- **Chest up – abs braced**
- Two foot take off, drive weight to the side
- Use arms to get height while driving body to the side
- **Soft knee landing**
- Repeat to other side
- Wide take off, wide landing in strong Squat position

SET UP

- Divide your team into team A + B
- Plates to side of room

MUSIC		EXERCISE
0.00	24x8	Jog
1.22	8x8	Team A – Squat Burpee 8x Team B – Crawl Pushup 16x
1.50	8x8	Team A – Crawl Pushup 16x Team B – Squat Burpee 8x
2.17	16x8	Jog
3.12	4x8	Team A – Squat Burpee 4x Team B – Crawl Pushup 8x
3.25	4x8	Team A – Crawl Pushup 8x Team B – Squat Burpee 4x
3.39	4x8	Team A – Squat Burpee 4x Team B – Crawl Pushup 8x
3.53	4x8	Team A – Crawl Pushup 8x Team B – Squat Burpee 4x
4.07	8x8	High Knee Run
4.34	3x8	Recovery

COACHING TIP

The results of this workout are determined right now. Is this the day you get fitter or is this like every other day? Keep this as your focus as you work through this track with your two teams.

CONNECTION

Get your teams interacting with each other. Be the protagonist – make each team feel like they need to work harder to keep up with the other. This should create some camaraderie within the individual teams and have everyone striving to give that 5% more.

DRIVE

Create an environment where the teams are pushing themselves and pushing every rep! Their bodies will be screaming but that noise is just them getting fitter.

JOG

- Chest up – abs braced
- Jog on spot

CRAWL PUSHUP

- Pushup position – hands outside shoulder-width
- **Abs braced**
- **Back long, strong and straight**
- Opposite arm and leg move forward – keep hips square to eliminate twist
- Drop down – **chest to elbow-height**
- Eye gaze forward of hands – chin tucked

⇓ **OPTION: REGULAR PUSHUP ON KNEES OR TOES**

SQUAT BURPEE

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

⇓ **OPTION: NO JUMP**

HIGH KNEE RUN

- **Chest up – abs braced**
- Lift knees up to hip height
- Arms up above head

⇓ **OPTION: JOG OR MARCH ON SPOT**



SET UP

- Entire team in circle if space allows
- Demonstrate Plank to Hover with Rear Shuffle

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Hover	
0.13	12x8	Hover	
0.51	16x8	Plank to Hover with Rear Shuffle	4x
1.43	8x8	Recovery	
2.08	16x8	Plank to Hover with Rear Shuffle (with Jacks)	4x
2.59	4x8	Recovery	

COACHING TIP

Athletes need dynamic core control – this is core control on the move. In this track, focus on maintaining a strong, straight back during the Jacks – this will give you dynamic core strength.

CONNECTION

Get close to your team, like Les and Kirsty do, and finish this track with them. You can look people in the eyes and encourage them to get going as you're all at the same level. Be supportive and encouraging while still driving a gruelling track 6!

DRIVE

There is no wind down in this track. This new move is an absolute kicker! You'll be lucky if people make it through the first set – so get your team to grit their teeth and give it everything. You want to try and finish together.

PLANK TO HOVER WITH REAR SHUFFLE

- Begin in Plank – hands under shoulders
- **Back long, strong and straight**
- **Abs braced**
- Drop into Tricep Pushup, **elbows tuck into ribs** – shuffle feet to the rear to transition into Hover
- Drive elbows into the floor
- **Brace abs** and jump feet out and in keeping hips down
- Transition back into Tricep position and drive back up into Plank



↓↓ OPTION: DROP STRAIGHT FROM PLANK TO HOVER, JUMP FEET OUT AND IN

↓↓ OPTION: ON KNEES, NO JACK



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.

**BLAH BE LOUD
AND HEARD**

tell us what you think of these workouts.

Visit lesmills.com/BLAH

LES MILLS

FOR A FITTER PLANET

LES MILLS.COM



Fighting Globesity

Our choreography notes are printed with vegetable-based inks on chlorine-free bleached paper containing 55% recycled fiber



Follow us on Twitter @lesmills or



become a fan on Facebook: www.facebook.com/lesmills