

LESMILLS

GRIT™ STRENGTH

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

**FEATURES:**

- THE SCIENCE OF LES MILLS GRIT™ SERIES – GROWTH HORMONE
- TECHNIQUE OF THE MOVES
- THE SCIENCE OF HIGH INTENSITY INTERVAL TRAINING
- LES MILLS GRIT™ STRENGTH 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™ STRENGTH

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The Fine Print

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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

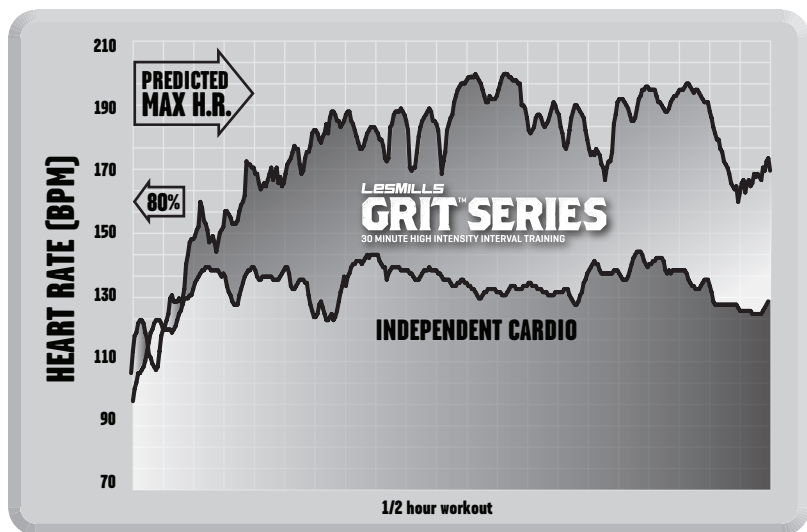
Just because that was one of the hardest things you have ever put your body through, doesn't mean you get to rest. Let your team know where they are in the workout, what's coming up, and how amazingly they have done so far. The more encouragement you give them here, the more they are likely to want to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



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™ STRENGTH

1

Run For It > 4.42 mins

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Squat	
0.19	4x8	Slow Squat 4/4	2x
0.32	4x8	Jog	
0.45	4x8	Small High Knee Run	
0.58	8x8	Big High Knee Run	
1.25	8x8	Slow Squat 4/4	4x
1.52	8x8	Pushup 1/1	16x
2.19	4x8	Jog	
2.33	4x8	Slow Squat Burpee	2x
2.46	4x8	Fast Squat Burpee	4x
3.00	8x8	Fast Squat Burpee with Jump	8x
3.26	1x8	Transition – Plate in hand	
3.30	8x8	Squat Upright Row	16x
3.57	8x8	Squat Press	16x

COACHING TIP

This accelerated Warmup is designed to lift your heart rate and get you into a training zone by track 2. It's all about getting your upper and lower body muscles prepared for the power training that lies ahead.

CONNECTION

Watch how Reagan spends time with the team – real time, not just a quick scan around the room. Think of the Warmup as an introduction to your team before the real workout begins. You can tell a lot about someone by the way they start. Identify the people you think will need some positive encouragement later and those you'll need to drive hard!

DRIVE

In a LES MILLS GRIT™ SERIES class, you only have 30 minutes to train – this Warmup is not a walk in the park. Do whatever you can to get heart rates lifted from the get go! Use a strong voice and short, sharp cues in the final set to create a sense of urgency and to get your team moving dynamically and working harder.

SQUAT

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

JOG/HIGH KNEE RUN

- **Chest up – abs braced**
- Jog on spot
- Drive with arms
- Lift knees to hip-height

⇓ OPTION: JOG OR MARCH ON SPOT

PUSHUP

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

⇓ OPTION: ON KNEES

SQUAT BURPEE

- **Butt down and back – just above knees**
- **Chest up – abs braced**
- Arms forward, directly out from shoulders
- **Jump feet back – keep abs braced**
- Hands under shoulders
- **Back long, strong and straight**
- Jump up on return – **soft knee landing**

⇓ OPTION: NO JUMP

SQUAT UPRIGHT ROW

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

SQUAT PRESS

- Feet outside hip-width – toes out
- **Chest up – abs braced**
- Plate just under chin
- **Hips back and down**
- **Butt just above knee line**
- **Knees out – tracking forward over toes**
- Push plate up above head, **elbows slightly forward**
- Bend and drive

MUSIC	EXERCISE	REPS
0.00	4x8 Set up Deadlift	
0.14	4x8 Deadlift 2/2	4x
0.28	4x8 Deadlift 3/1	4x
0.43	4x8 Deadlift 2/2	4x
0.57	7x8 Clean + Press	7x
1.21	1x8 Transition – Bar down	
1.25	10x8 Sumo Plyo Squat	20x
2.01	8x8 Recovery	
2.30	2x8 Set up Clean + Press	
2.37	8x8 Clean + Press	8x
3.05	4x8 Recovery	
3.20	4x8 Squat 1/1/2	4x
3.34	12x8 Sumo Plyo Squat	24x
4.16	10x8 Recovery	
4.53	2x8 Set up Clean + Press	
5.00	8x8 Clean + Press	8x
5.28	4x8 Recovery – Bar down	
5.43	4x8 Squat 1/1/2	4x
5.57	12x8 Sumo Plyo Squat	24x
6.40	8x8 Recovery	

COACHING TIP

Metabolic conditioning begins here! If you push your limits in this track, you'll be burning calories for hours after the workout; that's the quickest way to change your body. You **MUST** hit the peaks to get that burn. It won't happen if you leave it until the last track. Drive the peaks hard – "When I ask for height, give me height!"

CONNECTION

It's time to focus on a few individuals and monitor them through an entire set. Are they working hard enough? Do they need to know their coach is looking out for them? Do they need some encouragement? Do they need to be pushed a little harder?

DRIVE

In the Warmup, you'll have identified people you know can and should push harder... so it's time to put them to work! Get in peoples' faces, make sure they are maxing out by the end of every set! The Sumo Plyo Squats are a great movement to put this into practice. Encourage them to explode off the bench – minimising the contact time. The more explosive you are, the more muscle you use which increases your metabolic after burn. Let's flick that switch!

DEADLIFT

- Knees bent slightly – feet hip-width
- Grip just outside hips (thumb-distance from thighs)
- **Chest up – abs braced**
- Roll shoulders up, back and down
- **Keep chest up and hinge from hips**
- **Slide bar to the knees**

CLEAN + PRESS

- Pull bar up close to body
- Bend knees to get under the bar
- Catch bar in front of collarbones in a Half Squat
- Use legs to drive bar up
- Brace abs and press bar above your head
- Elbows slightly forward and bent at the top of the Press
- Double Squat every time
- Bend and drive

SUMO PLYO SQUAT

- Begin with feet wider than hips – straddling the bench – **knees out**
- Jump up and onto bench – **knees forward**
- Explode off the bench as soon as feet make contact
- **Soft knee landing – knees out on contact with floor**
- Aim for depth and height
- Drive out of your Squat
- **Chest up – abs braced**

⇓ OPTION: OFF THE BENCH

SQUAT

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

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Bench Pushup – Chest	
0.13	8x8	Bench Pushup – Chest	8x
0.40	8x8	Chest Pushup 2/2	8x
1.07	8x8	Bench Pushup – Chest	8x
1.34	8x8	Recovery	
2.01	8x8	Bench Pushup – Triceps	8x
2.28	8x8	Tricep Pushup 2/2	8x
2.54	8x8	Bench Pushup – Triceps	8x
3.21	2x8	Tricep Pushup 4/4	1x
3.28	4x8	Recovery	

COACHING TIP

Just as Kirsty says, releasing our hands at the bottom of the Pushup means we can't use stored energy within the muscle to assist us – it's a 2-for-1 Pushup! This is tough – there should be no sagging through the mid-section!

CONNECTION

Recoveries are as important as the working phases during high intensity interval training. Get your team to look forward to their recoveries and drive harder in the lead up. Celebrate effort by high fiving and congratulating individuals between sets.

DRIVE

It's all about intensity – you want perfect execution in every rep. Make intensity and technique your focus in this track. It's not about driving through explosive movements using a big, loud voice – it's about perfect technique. Use calm, clear and concise instructions here. The better the technique, the more efficient the movement and the more your team will get out of it.

BENCH PUSHUP – CHEST

- Lie flat on bench – if you're tall keep a riser under the bench
- Hands outside shoulder-width – in Pushup position
- Toes on the floor
- **Abs braced – support the mid-section during lift**
- **Back long, strong and straight**
- Eyes forward and down
- **Drop chest to bench. Whole body moves as a block**
- Release hands, bringing elbows above shoulder-height
- **Squeeze between shoulder blades as elbows lift up**
- Chest lightly contacts bench in the 2/2s – no release

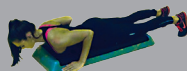
⇓ OPTION: ON KNEES



BENCH PUSHUP – TRICEPS

- Lie flat on the bench
- Hands next to bench – Tricep Pushup position
- Toes on the floor
- **Abs braced – support the mid-section during lift**
- **Back long, strong and straight**
- **Drop chest to bench. Whole body moves as a block**
- Release hands, bringing elbows above shoulder-height
- **Squeeze between shoulder blades as elbows lift up**
- Elbows graze ribs during Pushup
- Chest lightly contacts bench in the 2/2s – no release

⇓ OPTION: ON KNEES



MUSIC		EXERCISE	REPS
0.00	4x8	Set up Triple Wide Row	
0.13	8x8	Triple Wide Row	4x
0.39	8x8	Power Press x3	4x
1.05	8x8	Triple Wide Row	4x
1.30	8x8	Power Press x3	4x
1.56	12x8	Triple Wide Row	6x
2.35	8x8	Recovery – Set up Burpee	
3.01	16x8	Squat Burpee	16x
3.52	8x8	Recovery	
4.18	16x8	Squat Burpee	16x

COACHING TIP

This track combines strength and athletic power training. We build muscle pressure in the strength block and then convert that pressure into dynamic power in the Burpees. This is athletic strength conditioning and it's the fastest way to get fit!

CONNECTION

You're over halfway and the going is getting tough. The athletes in the room will be feeding off each others' energy. There will be other members of your team who are thinking about checking out... when you hit the floor in this track, motivate people who are struggling by giving them encouragement – they've done a lot already and they don't need to quit when they're this close to the finish line.

DRIVE

Drive with your own athleticism here – when you're not on the floor, be the perfect athletic role model and push as hard as you can. The track is relentless – so show your team how it's really done. Silence can say a lot... get into your own workout zone in the last set and push the intensity by hitting your own max.

TRIPLE WIDE ROW

- Feet hip-width – knees slightly bent
- Hands wide on bar – towards the ends
- **Chest up – abs braced**
- **Tip forward from hips – slide bar to knees**
- **Pull bar into bottom of rib cage**
- Elbows lift out to the side
- **Squeeze shoulder blades**
- Keep chest open
- Release bar back to knees and repeat

POWER PRESS X3

- Clean the bar up
- Sit deep into the Squat
- **Chest up – abs braced**
- Eye gaze forward as bar goes over head
- Elbows slightly forward
- **Use legs to drive bar** over head 3 times
- Catch bar on collarbones at bottom
- **Elbows slightly bent and forward at the top of the Press**
- Bend and drive

↓↓ OPTION: USE PLATE

SQUAT BURPEE

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

↓↓ OPTION: NO JUMP

MUSIC	EXERCISE	REPS
0.00 8x8	Recovery	
0.24 8x8	Jog	
0.46 8x8	Drop Squat Jump	8x
1.08 8x8	Mountain Climber L+R	
1.30 8x8	High Knee Run	
1.52 5x8	Recovery	
2.06 4x8	Jog	
2.17 8x8	Drop Squat Jump with Wide Tuck Jump	8x
2.40 8x8	Mountain Climber L+R	
3.02 8x8	High Knee Run	
3.24 8x8	Recovery	
3.46 8x8	Tuck Jump	8x
4.08 8x8	Mountain Climber L+R	
4.30 8x8	High Knee Run	

COACHING TIP

Change doesn't come easy and your muscles are stubborn – they like the way they are! If you want more tone and more shape, drive your muscles into the red zone in this track.

CONNECTION

Revisit compulsory cues here – you'll see technique flying out the window as people start to fatigue, so get on the floor and get them back on track.

DRIVE

How do you know when you're in the red zone? You should barely be able to say your name at the end of each block – that's the zone that lives are changed in – and you can change lives today by inspiring your team to reach that place.

JOG

- **Chest up – abs braced**
- Jog on spot
- Drive with arms

DROP SQUAT JUMP

- Jog forward
- Bend knees and use arms to explode into jump
- Tuck knees up (Drop Squat Jump)
- Knees out wide (Drop Squat Jump with Wide Tuck Jump)
- Knees towards the chest (Tuck Jump)
- **Chest up – abs braced**
- **Soft knee landing**
- Jog back

⇓ OPTION: REGULAR SQUAT JUMP – NO TUCK



MOUNTAIN CLIMBER

- Plank position – hands shoulder-width
- Bring knee to chest
- **Abs braced – back long, strong and straight**
- Keep **hips down** – knee close to the floor as it comes forward
- Alternate sides

⇓ OPTION: HOLD PLANK POSITION

HIGH KNEE RUN

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

⇓ OPTION: JOG OR MARCH ON SPOT

MUSIC		EXERCISE	REPS
0.00	8x8	Set up Plate Crunch	
0.25	8x8	Plate Crunch 2/2	8x
0.50	16x8	Arm and Leg Extensions with Plate	16x
1.42	4x8	Plate Crunch 1/1	8x
1.55	14x8	Arm and Leg Extensions with Plate	14x
2.40	8x8	Plate Crunch 1/1	16x
3.05	1x8	Hold Plate Crunch	

COACHING TIP

This track is all about abdominal super setting – lower abs and upper abs. Keep the intensity throughout – don't let your abs off the hook.

CONNECTION

Set up these simple abdominal exercises and then get straight out onto the floor with your team. Even though the workout isn't quite over, it's not too early to start congratulating effort. Each rep is like a bonus, so be positive and upbeat. Encourage everyone to push their team mates through so they get as many bonus repetitions out as possible.

DRIVE

Your abs are your power house – the stronger they are, the more you'll get out of your workouts. Strong abs are what every athlete needs, so sell the benefits of this training here.

PLATE CRUNCH

- 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 WITH PLATE

- Bend knees to bring them above the hips
- **Brace abs to keep lower back toward the floor**
- Extend arms and legs
- Plate returns above shoulders
- **Crunch up to slide ribs towards hips at the top**



↓↓ **OPTION: NO PLATE**





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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