

LES MILLS GRIT™ CARDIO

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

05



FEATURES:

- | LES MILLS GRIT™ SERIES - WORKOUT STRUCTURE
- | LES MILLS GRIT™ SERIES - COMPETITION INTEGRATION

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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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	Neuro Muscular Pre-conditioning
2	Propulsion Challenge	Propulsion Anaerobic Training
3	Metabolic Circuit	Integrated Propulsion Circuit
4	Tabata Intervals	Propulsion Based Tabata Training
5	Propulsion Challenge	Propulsion Anaerobic Training
6	Core Track	Integrated Core Training

WORKOUT STRUCTURE

This LES MILLS GRIT™ release sees the introduction of 3 very different workouts. We're still using pre-set work and recovery intervals but the speed and number of reps completed in each block are determined by each member of the team.

This allows us to focus on power training – maximizing our muscle output to hit top-end training zones. That way, we will deliver the 3 key benefits that are exclusive to High-Intensity Interval Training (HIIT):

- Accelerated fitness gains
- Massive changes in body composition
- A prolonged EPOC effect.

We need to establish control to ensure we are safe and effective in each training block.

Each of the 3 LES MILLS GRIT™ formats – strength, cardio and plyo – uses simple, compound movements designed to train explosive power. Power training provides the path to intensity.

So what is power?

Power is the measure of work done in relation to time, ie how much you do and how quickly you do it. Power defines athletes. Athletic ability is not determined by either strength or speed individually but by how you combine those 2 variables. Power training is strength training performed explosively within the shortest possible time between the eccentric and the concentric phases of each contraction.

Power training requires less load (often just body weight) and uses very quick, explosive contractions to facilitate as many muscle fibers (particularly type 2 fibers) as possible. We can monitor power output by how far, and how quickly, we shift the load.

Speed and distance or range of motion will be a coaching focus for all of the moves you see in this LES MILLS GRIT™ release. However, power means nothing without CONTROL. For power training to be effective, the load must be kept in the muscles.

If these high-speed movements are absorbed by joint tissues, not only do we lose the training effect but we also run the risk of injury. Joint stability and control must be achieved before we train for power.

Setup Cues must, therefore, focus on joint alignment: putting the joints in the best position to receive load; stabilizing muscle contractions; ensuring that the joints are supported by the correct muscles. These elements must be established BEFORE we can utilize the effects of power.

Once we've set that sound foundation THEN we can start to train speed and distance.

As LES MILLS GRIT™ coaches, you MUST achieve this when coaching your teams. You need clear, concise Setup Cues to set the foundation and driving Follow-up Cues to increase speed and range of motion with constant monitoring so that you can determine who needs to push harder and who needs to pull back and revisit their setup or have a break for a few reps.

To do this effectively you need to be an expert in each of the 3 LES MILLS GRIT™ workouts. Organize your delivery so that it's clear, with no 'fluffy' language then get amongst your team. You are their personal trainer for that 30 minutes – you must stay focused.

Be driving and motivational while, at the same time, looking after each and every one of them as if you were training your best friend.

COMPETITION INTEGRATION

Welcome to new coaches who are joining us for the first time! We're excited to have you on board. For those of you who have been coaching for a while, we hope you and your members are enjoying the innovation we introduced last round. We've put together some information specific to these new releases, as well as some details that are relevant to this new format in general (the new format started with LES MILLS GRIT™ Strength 7, LES MILLS GRIT™ Plyo 7 and LES MILLS GRIT™ Cardio 4).

THE NEW RELEASES COMPETITION

You'll see a new competition sheet in your kit, or in your digital file. This sheet is specific to these new releases (LES MILLS GRIT™ Strength 8, LES MILLS GRIT™ Plyo 8 and LES MILLS GRIT™ Cardio 5).

In these releases there are three opportunities to compete: Tracks 2, 3 and 5. Track 3 stands alone, and Tracks 2 and 5 form a challenge that is repeated twice. This is a completely new format to the one we used in the previous round.

MIX AND MATCH

Tracks 1 and 3 dictate what the workout is scheduled as. For example, if you teach Track 1 from LES MILLS GRIT™ Cardio, you must also teach Track 3, and it should be scheduled as a LES MILLS GRIT™ Cardio workout. The other tracks can all be interchanged between these three new releases. For instance, you could teach Tracks 1 and 3 from LES MILLS GRIT™ Cardio (so it's a LES MILLS GRIT™ Cardio workout), and then teach Tracks 2 and 5 from LES MILLS GRIT™ Plyo, and Tracks 4 and 6 from LES MILLS GRIT™ Strength. This gives you a huge amount of variety, so have fun coaching the different combinations!

BONUS BLOCK

Part of the new structure includes being able to mix and match blocks of work from the three different workouts that are released in a round (see more information in the FAQs below). This round, we have gifted you Tracks 2, 4 and 5 from LES MILLS GRIT™ Plyo on the LES MILLS GRIT™ Strength DVD. This means that those of you who currently only teach LES MILLS GRIT™ Strength will have two workout options from the one kit. We want you and the members in your club to experience having such a wide choice.

MUSIC

The structure of the three workouts is the same; therefore, you can use music from any three of the workouts for any of the tracks. For example, you can use the Track 2 music from LES MILLS GRIT™ Strength 8, and do the moves from LES MILLS GRIT™ Plyo 8. This is to give you and your members greater variety once again!

FAQs ABOUT THE NEW FORMAT

HOW DO I RUN THE COMPETITIONS IN MY CLUB?

The first thing you need to do is get the competition sheet to your members. Either email them a PDF so they can print it out and bring it themselves, or make sure you have some copies that you take with you to the workouts. You also need pens. Ask your club if they'll support you by providing the forms and some pens at reception for your members.

Members should be able to keep their competition sheets so they can track their progress over time; however, it's even better if you get creative and run leader boards or challenge other coaches' teams in your club to really build the LES MILLS GRIT™ community. Being creative about having the chance to compete is a great way of adding value for members, and inspiring them to achieve their goals.

Remember that competing is just an option, and that participants can enjoy the workouts without having to count their repetitions as well.

We will include lots of tips and tricks for organizing these competitions over the next few months, so stay tuned! We would also love feedback about what you are doing in your club, and the awesome things you're doing to make these competitions really 'go off'! Please send your feedback to choreo@lesmills.com

CAN I MIX AND MATCH TRACKS FROM DIFFERENT ROUNDS OF RELEASES?

No. Each series of releases is structured differently. For example, there were two opportunities to compete in round 7, and three in round 8. The structure of each release round is very different, so must be kept separate. You can only ever mix within a round (for example, block 1 from LES MILLS GRIT™ Strength 7 and block 2 from LES MILLS GRIT™ Plyo 7).

MY CLUB ONLY LICENSES LES MILLS GRIT™ STRENGTH - CAN I STILL TEACH THE BONUS BLOCKS?

Yes! We would love it if you and your club offered all three workouts to members; we've given you the bonus blocks as a taster so that everyone (including your members) can experience what the other workouts are like.

WHY IS GRIT™ BASED ON MOVEMENT TO BLOCKS OF TIME AND RECOVERY, AS OPPOSED TO WORKING ON THE BEAT?

Music is still an integral part of the workouts, but it no longer dictates the pace. There are a number of reasons why we've done this. First, having maximum repetitions in a set time period allows a focus on power training – maximizing muscle output to hit top-end training zones. This ensures we deliver the three key benefits that are exclusive to HIIT:

- Accelerated fitness gains
- Massive changes in body composition
- Prolonged EPOC effect.

Secondly, we hope this change removes a barrier for potential participants who are not too keen about moving in time to music. The great thing for people who love moving to the beat is that it's definitely still an option in these workouts.

Thirdly, as people are moving to their own individual max, coaches like you will be able to deliver real team-training experiences – and that's a fundamental component of the essence of LES MILLS GRIT™.

WHY SHOULD I ENCOURAGE PEOPLE TO RECORD THEIR REPETITIONS?

Competition is a great way of building a community (where people compete with each other, or themselves, in the correct environment). It's an excellent way to measure progress and strive towards new fitness goals. As a coach, this also gives you another touch point with your members. We know that competition is popular with millennials (people born between 1980 and 2005); it's vital that we engage this generation as we move towards the future of fitness.

WHY ARE THE WORKOUT NOTES WRITTEN AS THEY ARE?

We want you to keep it simple and train smart. You should find the workout notes really easy to follow! You'll see that the "counts" and "reps" columns have basically gone, and that blocks are now broken down only once.

The music now does lots of your cueing for you too (the countdown is probably the best thing invented). So, all you need to do is memorize a fairly straightforward set of moves, and make sure that you know your stuff!

Knowing your stuff includes understanding why we need people to move in a certain way, and how and why HIIT is important. Be hungry for more knowledge about training – it will seriously lift your game in being a credible coach. We've done some of the legwork for you by including more information about why we do certain moves (see the right-hand side of the notes). Become an expert in these moves – it will make a world of difference for all your participants!



Enjoy the new workouts and join us on Facebook – we're looking forward to receiving your feedback!

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LES MILLS GRIT™ CARDIO

1

Accelerated Warmup

MUSIC		EXERCISE
0.00	1x8	Set up Jacks
0.05	8x8	Jacks
0.35	4x8	Pushup
0.49	8x8	Squat Lunge Combo L+R
1.19	4x8	Pushup
1.34	8x8	Squat Jump Lunge Combo L+R
2.04	2x8	Jog OTS
2.12	6x8	High Knee Run L+R

COACHING TIP

Use the intro to brief your team on the workout ahead. Give them their options: to work at their own pace, on the beat or ahead of it. Give them the option to compete and record their repetitions on a competition sheet. Whether they're competing or not, ask them for 100% of their maximum effort in the working phases so they can gain the full benefits of High Intensity Interval Training.

CONNECTION

Establish a connection with your team right from the Warmup. They're relying on you to get them through some tough spots in the workout so let them know you're there to support them. This is also the best time to assess their technique as you'll be introducing some of the moves that feature throughout the workout. Get them using correct technique now and you'll set them up for a great workout.

DRIVE

Coach range of movement from the beginning of the workout. Encourage your team to get the most out of every repetition. Use the Warmup to get the big muscles firing and to lift heart rates so that everyone is ready for Track 2 and the hard work to follow.

WARMUP SCIENCE

These dynamic movement patterns prime the neuromuscular system and get your heart rate up so you're really in the workout by Track 2. Focus on alignment in this phase to ensure the load stays in the muscles and out of the joints.

JACHS

- Jump feet outside hip-width
- Bend knees – out over toes
- **Abs braced**
- **Chest up**
- Arms overhead and feet jump out

PUSHUP

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

↓↓ OPTION: ON KNEES**SQUAT LUNGE/SQUAT JUMP LUNGE COMBO**

- Feet outside hip-width
- **Chest up – abs braced**
- **Butt drops down and back just above knee-height**
- **Knees out – tracking forward over toes**
- Jump into a long Lunge – back heel off floor
- **Front knee out, back knee toward floor**
- **Front thigh drops parallel to floor**

On Jump:

- Use Lunge to absorb landing
- Go for depth and height
- Running arms

JOG OTS

- **Chest up – abs braced**
- Jog on spot

HIGH KNEE RUN

- **Chest up – abs braced**
- Lift knees up to hip-height
- Drive with arms
- Knees bent to absorb impact

↓↓ OPTION: MARCH OR JOG ON SPOT

2

Propulsion Challenge

MUSIC

EXERCISE

0.00

Set up and demo Lateral Leap Lunge Pushup Combo

**LATERAL LEAP LUNGE PUSHUP COMBO –
2 MINUTES**

0.30

Lateral Leap Lunge Pushup Combo

COACHING TIP

It's a quick set up for this track so don't waste a second! You will be doing the same move for 2 minutes, performing as many repetitions as you can in that time. Name and demo the move and set it up as a challenge to your team. Encourage them to see this track as a test of speed and agility.

CONNECTION

Advise your team to find precision before speed. Talk them through the first few repetitions – it's important to get the technique right first. Once you've introduced speed, coach fast transitions between each movement – that's where your team will pick up speed and bump up repetitions.

DRIVE

Motivate your team to commit to every repetition. Praise improvements made to technique. Push them to speed up. "OK, guys, we've got this, only 2 minutes of work", "Maximum repetitions, right to the end".

HIIT SCIENCE

Agility, propulsions and heart rate drive – it's all here. Staying low in the leg patterns will ensure you recruit the maximum amount of muscle fibres and will also help absorb the load of the propulsions.

LATERAL LEAP LUNGE PUSHUP COMBO

(Lateral Leap) 2x

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

(Lunge) L+R

- Long stride – back heel off floor
- Front knee out, back knee toward floor
- **Front thigh drops parallel to floor**
- **Chest up – abs braced**
- Weight even between feet
- Bent knees to drop into Pushup

(Pushup) 2x

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

MUSIC	EXERCISE
0.00	Set up and demo Squat, Squat Jump
	METABOLIC CIRCUIT
0.30	Squat, Squat Jump
1.30	Recovery. Demo Lateral Bear Crawl
2.00	Lateral Bear Crawl
3.00	Recovery. Demo Double Tuck Jump with Run
3.30	Double Tuck Jump with Run OTS L+R x5
4.30	Recovery. Demo Side Climber with Pushups
5.00	Side Climber L+R with Pushups x2
6.00	Recovery
6.30	Repeat Metabolic Circuit (with Forward & Backward Bear Crawl)

COACHING TIP

Get into the track quickly and let your team know what's coming. Twelve minutes of circuit training, 4 different exercises, each for 1 minute, followed by 30 seconds recovery. The whole set of 4 exercises will be done twice. Demo the first move. Prioritise a good range of motion over speed. Be clear and concise with set up cues – some of these moves are complex. Set how Petter does it on the DVD.

CONNECTION

Identify those who are competing and those that need options and coach them accordingly. In the first round, spend time with individuals perfecting their technique so they can work on speed in the second round. The more muscles you recruit, the more calories you'll burn. Sell your team on the benefits of working hard!

DRIVE

Encourage your team to work so hard they have to take a break before the recovery! Don't be afraid to do this yourself – act as a source of inspiration for your team by working out alongside them. Get them to ask themselves what they are training for.

HIIT SCIENCE

The best weight to push is your own. This type of training improves your power to weight ratio. How far and fast can you drive your own body weight? This is one of the best indicators of athletic ability.

SQUAT, SQUAT JUMP

- Feet outside hip-width
- **Knees out** – tracking forward over toes
- **Chest up** – abs braced
- **Butt drops down and back just above knee-height**
- Bend knees on landing and explode into jump
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat

BEAR CRAWL

- Start in 4 point kneeling position, knees under hips
- Hands under shoulders
- Feet outside hip-width
- Lift both knees just off floor
- **Abs braced**
- **Back strong and straight**
- Lateral Bear Crawl: Move opposite arm and leg to the side for 4 reps and then back again
- Forward & Backward Bear Crawl: Move opposite arm and leg forward for 4 reps and back for 4 reps
- Keep butt down, knees bent



DOUBLE TUCK JUMP WITH RUN OTS

- Feet wide – **chest up**
- **Knees out**
- **Brace abs on jump**
- **Engage abs to drive knees to chest**
- **Bent knee landing**
- **Chest up, abs braced on Run**
- Lift knees to hip-height
- Drive with arms

SIDE CLIMBER WITH PUSHUPS

- Plank position – hands just outside shoulders
- **Back long, strong and straight**
- **Abs braced**
- Jump both feet out to side – aiming to get them outside the elbow
- **Knees jump forward to 90°**
- Hips down with slight hip-twist
- Repeat to other side
- **Abs braced**, chin tucked as you Pushup – **chest to elbow-height**



4

Tabata Intervals

MUSIC	EXERCISE
0.00	Set up and demo Tabata Interval Exercises
	TABATA INTERVALS
1.00	Mountain Climber L+R
1.20	Recovery
1.30	Air Jacks
1.50	Recovery
2.00	Repeat Tabata Intervals
2.50	Recovery
3.00	Repeat Tabata Intervals



COACHING TIP

Tabata training means you work as hard as you can for 20 seconds then rest for 10 seconds. Demo the two exercises and coach your team to work as hard and fast as they can. Bas sets this up well coaching intensity and perfect technique.

CONNECTION

This is a short, hard track. Repeat simple cues such as "up and out" – your team don't want to hear much at this point so be directive and straight forward. Your main focus should be ensuring everyone makes the most of it and works to their individual max.

DRIVE

In this track, use floor coaching to improve and perfect technique. When you're up the front, demonstrate your athleticism, smash out the sets as best you can to drive your team to the finish.

TABATA SCIENCE

Tabata training is all about lactate accumulation – working to your peak followed by just enough recovery to do it all again. This should generate a lactic acid response which unlocks the door to rapid changes to your body.

MOUNTAIN CLIMBER

- Plank position – hands shoulder-width
- Bring knees to chest
- Eye gaze to hands
- **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

AIR JACKS

- Start with feet hip-width apart in narrow Squat
- Elbows to mid-thigh
- Jump and raise arms up and kick legs out to the side
- **Chest up – abs braced**
- Land back down with arms and feet by side
- **Absorb landing with a knee bend**

5

Propulsion Challenge

MUSIC

EXERCISE

0.00

Set up and demo Lateral Leap Lunge Pushup
Combo

**LATERAL LEAP LUNGE PUSHUP COMBO –
2 MINUTES**

1.00

Lateral Leap Lunge Pushup Combo

COACHING TIP

This is the last 2 minutes of cardio in the workout. Tell your team this is the time for them to give it everything they've got! Challenge them to match or beat the number of repetitions they got the first time they did the challenge or to work so hard they don't have a choice but to stop.

CONNECTION

With fatigue comes loss of range of motion so encourage your team to fight for their form. Maintaining great technique and finishing with it will ensure the best results. Make every repetition count!

DRIVE

Your team know the moves so hone in on their speed in this track. Get your team to accelerate to the finish line. Finishing the workout with your team will create a great sense of unity amongst the group. Give time cues so no one is left behind on the home straight!

HIIT SCIENCE

This last max effort will define your workout. This is the opportunity to drive your metabolism so that you're burning fat for hours after the class.

LATERAL LEAP LUNGE PUSHUP COMBO

(Lateral Leap) 2x

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

(Lunge) L+R

- Long stride – back heel off floor
- Front knee out, back knee toward floor
- **Front thigh drops parallel to floor**
- **Chest up – abs braced**
- Weight even between feet
- Bent knees to drop into Pushup

(Pushup) 2x

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

MUSIC		EXERCISE
0.00	4x8	Set up Hover
0.24	2x8	Hover
0.34	4x8	Hover with Alternating Heel Lift L+R
0.58	2x8	Set up Cross Crawl
1.06	6x8	Cross Crawl L+R
1.40	1x8	Hover
1.46	3x8	Hover with Alternating Heel Lift L+R
2.03	6x8	Cross Crawl L+R

COACHING TIP

Don't let your team check out just yet. Core strength is a fundamental component of athleticism and this core training track is worth sticking around for!

CONNECTION

Set the moves up clearly and give options early on so everyone can stay in the work. Some individuals will be struggling – talk them through it – they've come so far and now is not the time to quit! Do some of this track next to them to get them through to the end.

DRIVE

Motivate your team to finish how they started – strong! It's all about hanging in there and committing to this workout. Know your time cues so you can count your team down to the end, getting them to the final second!

HOVER

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

↓↓ OPTION: ON KNEES

HOVER WITH ALTERNATING HEEL LIFT

- Elbows under shoulders
- **Back long, strong and straight**
- Chin tucked – eye gaze to hands
- **Abs braced**
- **Butt down – hips level with shoulders**
- Lift alternate heels to hip-height keeping hips level

↓↓ OPTION: ON KNEES

Performing a Hover with a balance challenge generates 30% more abdominal activation than a Crunch. The secret is keeping the hips down and square to the floor.

CROSS CRAWL

- Fingertips to temples, elbows wide
- **Chin tucked**
- Crunch across, taking **opposite shoulder to knee**

↓↓ OPTION: FEET DOWN



OUR DECLARATION OF INTENT

The Les Mills global family is made up of 15,000 fitness clubs, 100,000 instructors and millions of participants from 112 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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NOTES



NOTES

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