

LES MILLS

# GRIT™ PLYO

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

05



**FEATURES:** | THE SCIENCE BEHIND LES MILLS GRIT™ SERIES

# 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

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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!

## 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 SCIENCE BEHIND LES MILLS GRIT™ SERIES

We transformed the fitness of 42 active adults in only six weeks just by changing 1 hour of their training – using High Intensity Interval Training.

The definition of High Intensity Interval Training: repeated bouts of exercise of short to moderate duration at an intensity above your anaerobic threshold followed by periods of recovery.

You may remember from your exercise science training that your anaerobic threshold is the point in intensity where you use a lower percentage of oxygen to burn energy for fuel and access your chemical reserves stored within the muscles.

There are four key benefits that differentiate this type of training from others:

1. High Intensity Training is the key to unlocking Excess Post-Exercise Oxygen Consumption or **EPOC**. When you exercise at high intensity you keep burning calories after the workout because of the EPOC effect – also known as the after-burn.
2. High-intensity exercise has been shown to be more effective for **fat loss** than low-intensity exercise.
3. Exercise intensity has been directly related to **growth hormone** production – ie the higher the intensity, the greater the production of growth hormone. Human growth hormone stimulates muscle protein synthesis, and helps the oxidation of fat – resulting in an increase in lean muscle and a reduction in body fat.
4. We see significant changes in **aerobic fitness** with High-Intensity Interval Training. People get fitter faster when they train past their anaerobic threshold than if they exercise at a steady state.

Therefore, for the LES MILLS GRIT™ workouts to be considered effective as high-intensity exercise, we should see evidence of these key benefits when people do the workouts.

This is what we put to the test.

Dr Jinger Gottschall and her team at the Pennsylvania State University took 84 active individuals and split them into two age and gender-matched groups.

Both groups did 5 hours of exercise per week for six weeks – the difference between the two was what we did with one of those 5 hours. We will call one lot the Group Fit group. Their 5 hours consisted of three cardiovascular classes – their choice of BODYATTACK™, BODYCOMBAT™, RPM™ or BODYSTEP™ – as well as two BODYPUMP™ classes.

The other group – we will call the LES MILLS GRIT™ group – also did 5 hours of exercise per week but instead of three cardiovascular classes they substituted one of these with two LES MILLS GRIT™ workouts on separate days. So their workout routine was two cardiovascular classes, two LES MILLS GRIT™ workouts and two BODYPUMP™ classes.

The LES MILLS GRIT™ group alternated between LES MILLS GRIT™ Plyo and LES MILLS GRIT™ Strength workouts each week – ie one week their two workouts were LES MILLS GRIT™ Plyo, the following week they were LES MILLS GRIT™ Strength.

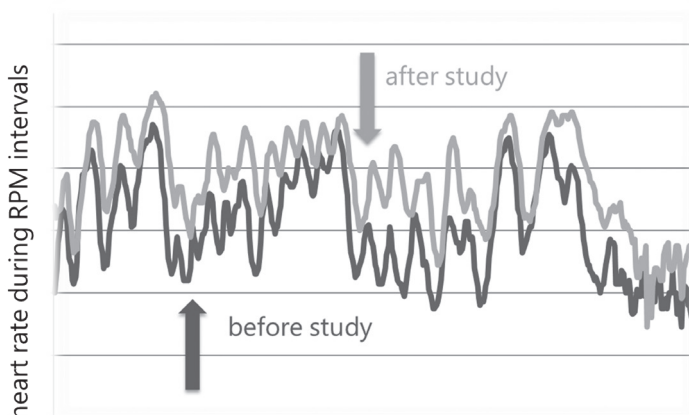
For both groups, we measured their aerobic fitness, took blood tests to assess their levels of triglycerides – which is a type of blood fat – and also measured their body composition and upper and lower body strength. We did this at the start of the study and at the completion of the six weeks.

Both groups had very high compliance throughout the study – attending around 98% of the prescribed workouts.

|                    | Triglycerides<br>decrease | Aerobic<br>Fitness<br>increase | Body Fat<br>decrease | Back<br>Strength<br>increase | Waist<br>Circumference<br>decrease |
|--------------------|---------------------------|--------------------------------|----------------------|------------------------------|------------------------------------|
| Group 1<br>No GRIT | 3.1%                      | 1.7%                           | 0.8%                 | 8.4%                         | 1.0cm                              |
| Group 2<br>GRIT    | 14.5%                     | 6.4%                           | 2.1%                 | 21.9%                        | 2.5cm                              |
| DIFF               | -11.4%                    | +4.7%                          | -1.3%                | +13.5%                       | -1.5cm                             |

You can see from the table above that the LES MILLS GRIT™ group achieved 2-3 times the amount of improvement compared to the Group Fit group – indicating that LES MILLS GRIT™ delivers on the promise of High Intensity Training.

This was due to the fact that many of the participants spent 20 of the 30 minutes of the class at above 80% of their maximum heart rate.



We also recorded a change in intensity when participants returned to their regular workouts. This graph demonstrates the change in intensity of someone doing the same RPM™ release after doing 6 weeks of LES MILLS GRIT™. This participant wasn't trying to work harder – but because they had increased their anaerobic threshold, they developed the capacity to do more work.

Including sessions of High-Intensity Interval Training such as the LES MILLS GRIT™ workouts will also transform your other classes – you'll automatically work harder and get 'more bang for your buck' from your other training sessions.

To check out the full report on this study go to [www.lesmills.com/research](http://www.lesmills.com/research)

# TRAINING PROFILE

| TRACK | TRACK NAME                           | TRAINING TECHNIQUE                                |
|-------|--------------------------------------|---------------------------------------------------|
| 1     | Accelerated Warmup                   | Plyometric Pre-conditioning                       |
| 2     | Plyometric Track                     | Explosive Power Training                          |
| 3     | Upper Body Strength + Core           | Athletic Upper Body Conditioning                  |
| 4     | Lower Body Plyometric Training       | 3 Dimensional Strength and Agility Training       |
| 5     | Integrated Strength + Maximum Effort | Compound Strength Training with Metabolic Kickers |
| 6     | Core Track                           | Athletic Core Conditioning                        |



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# LES MILLS GRIT™ PLYO

**1**

**Accelerated Warmup**

**GO! > 3.28 mins**

## SET UP

- A moderately heavy plate and a bench with risers

| MUSIC     | EXERCISE                                                                                                     | REPS |
|-----------|--------------------------------------------------------------------------------------------------------------|------|
| 0.00 2x8  | Set up Lateral Jump                                                                                          |      |
| 0.15 4x8  | <b>Lateral Jump</b> L+R – slow                                                                               | 8x   |
| 0.34 2x8  | <b>Lateral Jump</b> L+R – fast                                                                               | 8x   |
| 0.44 2x8  | <b>Backward Stepping Bench Lunge with Knee Lift</b> – L                                                      | 4x   |
| 0.54 2x8  | <b>Backward Stepping Bench Lunge with Knee Lift</b> – R                                                      | 4x   |
| 1.03 ½x8  | Recovery                                                                                                     |      |
| 1.07 4x8  | <b>Lateral Squat Jump</b> L+R                                                                                | 4x   |
| 1.26 1x8  | <b>Lateral Hop</b> L+R – L                                                                                   | 8c   |
| 1.31 1x8  | <b>Lateral Hop</b> L+R – R                                                                                   | 8x   |
| 1.36 2x8  | <b>Backward Stepping Bench Lunge with Knee Lift</b> – L                                                      | 4x   |
| 1.45 2x8  | <b>Backward Stepping Bench Lunge with Knee Lift</b> – R                                                      | 4x   |
| 1.55 ½x8  | Recovery                                                                                                     |      |
| 1.58 4x8  | <b>Lateral Squat Jump</b> L+R                                                                                | 4x   |
| 2.16 2x8  | Recovery                                                                                                     |      |
| 2.27 10x8 | <b>Walking Bench Pushup</b> L+R<br>NOTE: PLEASE FOLLOW CHOREOGRAPHY NOTES<br>NOT THE DVD FOR THIS TRANSITION | 10x  |
| 3.15 2x8  | <b>Pushup</b>                                                                                                | 8x   |

### COACHING TIP

The accelerated warmup is all about pre-conditioning the body for the moves that lie ahead. You'll be conditioning the nervous system and joint stabilisers with agility and plyometric moves that will allow you to increase strength and speed.

### CONNECTION

Keep it concise, precise and light. You'll have new people in the workout who will be nervous about what's to come, so have a bit of fun whilst setting the team up to move safely and effectively.

### DRIVE

Get used to the feeling of dialing up the intensity for short bursts early in the class. This allows you to maximize training while minimizing injury risk. Push your team through the final sets but don't forget about precision!

### LATERAL JUMP

- Bend knees
- Two foot take-off
- Two foot landing
- Stay in half Squat
- Soft knee landing
- Upper body still
- Brace abs – chest up

### BACKWARD STEPPING BENCH LUNGE WITH KNEE LIFT

- Stand on bench
- Long Lunge back
- Back knee towards floor
- Front knee over toes, thigh parallel to floor
- Chest up – abs braced
- Knee lift – hip-height

### LATERAL SQUAT JUMP

- Feet wide
- Butt back and down to Squat position, hands toward floor
- Knees track over toes
- Explode out of Squat, put power in lateral movement to shift weight to side
- Land in your Squat – soft knee landing
- Chest up – abs braced

### LATERAL HOP

- Knee bent
- Chest lifted – abs braced
- Jump foot side-to-side
- Soft knee landing
- Keep weight in toes



### WALKING BENCH PUSHUP

- Pushup – one hand on bench, one on floor
- Back long, strong and straight
- Chest to elbow-height – align with arm on bench
- Brace abs
- Walk hands across bench and feet across floor
- Repeat other side

### ↑↓ OPTION: ON KNEES



## 2

## Plyometric Track

Here We Go &gt; 5.59 mins

| MUSIC |     | EXERCISE                                                                                                                | REPS |
|-------|-----|-------------------------------------------------------------------------------------------------------------------------|------|
| 0.00  | 4x8 | <b>Lateral Hop</b> – L, L+R                                                                                             | 8x   |
| 0.14  | 4x8 | <b>Lateral Hop</b> – R, L+R                                                                                             | 8x   |
| 0.29  | 4x8 | <b>Lateral Hop fast</b> – L, L+R                                                                                        | 16x  |
| 0.44  | 4x8 | <b>Lateral Hop fast</b> – R, L+R                                                                                        | 16x  |
| 1.00  | 4x8 | Recovery – quarter turn bench                                                                                           |      |
| 1.15  | 2x8 | <b>Plate Squat</b> (plate at collarbones) 4/4                                                                           | 2x   |
| 1.22  | 8x8 | <b>Overhead Plate Squat</b> 4/4                                                                                         | 8x   |
| 1.52  | 7x8 | <b>Jumping Plate Clean</b>                                                                                              | 14x  |
| 2.18  | 1x8 | Set up Cross Over Jump Squat                                                                                            |      |
| 2.22  | 4x8 | <b>Cross Over Jump Squat</b> L+R                                                                                        | 4x   |
| 2.37  | 4x8 | <b>Cross Over Jump Squat with Tuck</b> L+R                                                                              | 4x   |
| 2.52  | 8x8 | Recovery                                                                                                                |      |
| 3.22  | 8x8 | <b>Overhead Plate Squat</b> 4/4<br>NOTE: PLEASE FOLLOW CHOREOGRAPHY NOTES<br>NOT THE DVD FOR THIS TRANSITION            | 8x   |
| 3.51  | 7x8 | <b>Jumping Plate Clean</b>                                                                                              | 14x  |
| 4.19  | 1x8 | Set up Cross Over Jump Squat with Tuck                                                                                  |      |
| 4.22  | 8x8 | <b>Cross Over Jump Squat with Tuck</b> L+R<br>NOTE: PLEASE FOLLOW CHOREOGRAPHY NOTES<br>NOT THE DVD FOR THIS TRANSITION | 8x   |
| 4.52  | 4x8 | <b>Lateral Hop</b> – L, L+R                                                                                             | 8x   |
| 5.07  | 4x8 | <b>Lateral Hop</b> – R, L+R                                                                                             | 8x   |
| 5.22  | 4x8 | <b>Lateral Hop fast</b> – L, L+R                                                                                        | 16x  |
| 5.37  | 4x8 | <b>Lateral Hop fast</b> – R, L+R                                                                                        | 16x  |

### COACHING TIP

We set up for agility with the Lateral Hops and then it's plyometric power in Jumping Plate Cleans – load and explode, maximise the rate of contraction to benefit from this full body plyometric training.

### CONNECTION

If you've identified poor technique in the warmup, get out on the floor and correct technique early in the game. Make sure that you let people know you'll be coming around to help and that the most important thing they can do is keep moving.

### DRIVE

Flip the switch – there should be a complete change of mood here. Your team are warmed up and they're face-to-face with their opponents on the field. It's time to kick some butt!

### LATERAL HOP

- Knee bent
- Chest up – abs braced
- Jump foot side-to-side
- Soft knee landing
- Keep weight in toes



### PLATE SQUAT

- Feet outside hip-width
- Chest up – abs braced
- Butt drops down and back just above knee-height
- Knees out and tracking forward over toes
- Elbows under plate
- Plate to collarbones

### OVERHEAD PLATE SQUAT

- Feet outside hip-width
- Chest up – abs braced
- Butt drops down and back just above knee-height
- Knees out and tracking forward over toes
- Press plate overhead
- Elbows slightly forward

↓↓ **OPTION: NO PLATE**

### JUMPING PLATE CLEAN

- Keep plate close to body
- Double Squat – soft knee landing
- Abs braced
- Keep elbows slightly forward



↓↓ **OPTION: NO PLATE OR NO JUMP**

### CROSS OVER JUMP SQUAT

- Chest up – abs braced
- Feet wide
- Butt back and down
- Knee tuck – use your abs to lift your knees

# 3

## Upper Body Strength + Core

Titan > 2.39 mins

### SET UP

- Ensure plate is to the side of the bench and out of Pushup area

| MUSIC | EXERCISE                                                     | REPS |
|-------|--------------------------------------------------------------|------|
| 0.00  | 4x8 Set up Walking Bench Pushup                              |      |
| 0.12  | 4x8 <b>Walking Bench Pushup L+R – slow</b>                   |      |
| 0.26  | 8x8 <b>Walking Bench Pushup L+R with 6x Pushup</b>           |      |
| 0.51  | 4x8 Recovery                                                 |      |
| 1.04  | 4x8 Set up Walking Bench Pushup with Single Arm Lift         |      |
| 1.16  | 24x8 <b>Walking Bench Pushup 6x with Single Arm Lift L+R</b> | 3x   |

### COACHING TIP

Strength results in power and speed; every athlete needs power in their upper body. We combine upper and lower body strength with core activation in this track to get athletic upper body tone.

### CONNECTION

Your team will find it hard to see you in this track so set them up clearly and then get out and coach them on the floor. It's a short track and there is no time for poor technique so correct what you need to so that everyone gets the most out of this one.

### DRIVE

The track is short but it's also sharp! It's relentless and there are limited opportunities for recovery. Les coaches with an authoritative and uplifting voice – it helps to maintain intensity and keep the pressure on so everyone keeps moving.

### WALKING BENCH PUSHUP VARIATIONS

- Pushup – one hand on bench, one on floor
- **Back long, strong and straight**
- **Chest to elbow-height** – align with arm on bench
- **Brace abs**
- Repeat Pushup and lift hand off floor (variations)
- Walk hands across bench and feet across floor
- Repeat other side

### ↓ ↓ OPTION: PUSHUP ON KNEES



## 4

## Lower Body Plyometric Training

Jump Ya Body &gt; 4.24 mins

| MUSIC    | EXERCISE                  | REPS |
|----------|---------------------------|------|
| 0.00 4x8 | Set up Jumps              |      |
| 0.13 3x8 | <b>Jumps</b>              | 6x   |
| 0.24 1x8 | Set up Rotation Squat     |      |
| 0.27 7x8 | <b>Rotation Squat L+R</b> | 7x   |
| 0.51 1x8 | Set up Lateral Leaps      |      |
| 0.55 8x8 | <b>Lateral Leaps L+R</b>  | 16x  |
| 1.22 4x8 | Recovery                  |      |
| 1.36 3x8 | <b>Jumps</b>              | 6x   |
| 1.46 1x8 | Set up Rotation Squat     |      |
| 1.49 7x8 | <b>Rotation Squat L+R</b> | 7x   |
| 2.13 1x8 | Set up Lateral Leaps      |      |
| 2.16 8x8 | <b>Lateral Leaps L+R</b>  | 16x  |
| 2.44 4x8 | Recovery                  |      |
| 2.58 3x8 | <b>Jumps</b>              | 6x   |
| 3.08 1x8 | Set up Rotation Squat     |      |
| 3.12 7x8 | <b>Rotation Squat L+R</b> | 7x   |
| 3.36 1x8 | Set up Lateral Leaps      |      |
| 3.39 8x8 | <b>Lateral Leaps L+R</b>  | 16x  |

### COACHING TIP

Super setting plyometric moves with Rotation Squats gives us 3D muscle training. We need 3D athletic conditioning for strength and power.

### CONNECTION

We can connect in many different ways: to the workout, the people around us and the music! Bas and Les do a great job of encouraging visualisation in this track. Have a bit of fun with this one!

### DRIVE

Focus on intensity in this track and think of different words you could use to get your team to jump higher, jump longer or grab a bigger plate!



### JUMPS

- Bend knees, jump up
- **Soft knee landing**
- **Chest up – abs braced**

### ROTATION SQUAT

- Hips back and down to just above knee line
- **Knees track out over toes**
- **Abs braced – chest up**
- **Plate moves from forehead to shoulder**
- Slight twist in the upper body
- Lift knee to hip-height



### LATERAL LEAPS

- Straddle bench, transfer weight from one foot to the other
- **Chest up – hips back and down**
- **Abs braced**
- Knees out
- **Soft knee landing**

## 5

## Integrated Strength + Maximum Effort

Blue &gt; 6.38 mins

## SET UP

- Demonstrate Single Leg Row with Forward Raise

| MUSIC |      | EXERCISE                                                            |    |
|-------|------|---------------------------------------------------------------------|----|
| 0.00  | 16x8 | Set up Bench Lunge                                                  |    |
| 0.54  | 4x8  | Backward Stepping Bench Lunge with Knee Lift – L                    | 8x |
| 1.08  | 3x8  | Backward Stepping Bench Lunge with Knee Lift and Plate Overhead – L | 6x |
| 1.18  | 1x8  | Set up Single Leg Row                                               |    |
| 1.22  | 8x8  | Single Leg Row x2 with Forward Raise – L                            | 4x |
| 1.49  | 4x8  | Backward Stepping Bench Lunge with Knee Lift – R                    | 8x |
| 2.03  | 3x8  | Backward Stepping Bench Lunge with Knee Lift and Plate Overhead – R | 6x |
| 2.14  | 1x8  | Set up Single Leg Row                                               |    |
| 2.17  | 8x8  | Single Leg Row x2 with Forward Raise – R                            | 4x |
| 2.44  | 8x8  | Mountain Climber L+R                                                |    |
| 3.11  | 8x8  | Recovery                                                            |    |
| 3.39  | 8x8  | Bench Jump with Tuck Jump                                           | 8x |
| 4.07  | 8x8  | Mountain Climber L+R                                                |    |
| 4.34  | 10x8 | Recovery                                                            |    |
| 5.09  | 8x8  | Bench Jump with Tuck Jump                                           | 8x |
| 5.36  | 8x8  | Mountain Climber L+R                                                |    |

### COACHING TIP

We've integrated upper and lower body power and conditioning... with a big kicker at the end! This is the last opportunity to make the most out of metabolic conditioning and your focus in this track needs to be 'overdrive'!

### CONNECTION

Your team are in the red zone now. Connect by doing the workout with them. Get them to acknowledge the effort of others in the workout with quick glances. Reaffirm options for people who are struggling.

### DRIVE

'Metabolic condition', 'overdrive', 'the red zone' – call it what you want; this track is a game changer. Make sure you sell the benefits of this peak track to your team – it will help them get through this gruelling part of the workout.

### BACKWARD STEPPING BENCH LUNGE WITH KNEE LIFT

- Stand on bench
- **Long Lunge back**
- Back knee towards floor
- **Front knee out, thigh parallel to floor**
- **Chest up – abs braced**
- Knee lift – hip height

### SINGLE LEG ROW X2 WITH FORWARD RAISE

- Tip forward from the hip
- **Abs braced – chest up**
- Row plate to lower chest – **squeeze shoulder blades**
- Lift plate to shoulder-height – **brace abs** as plate comes up
- Chin tucked



### MOUNTAIN CLIMBER

- Plank position – hands shoulder-width
- Bring knees 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

### BENCH JUMP WITH TUCK JUMP

- Two foot take off, two foot landing
- Tuck knees in towards chest
- **Soft knee landing**
- **Abs braced – chest up**

## 6

## Core Track

Gangster Trippin' &gt; 5.20 mins

| MUSIC |     | EXERCISE                                 | REPS |
|-------|-----|------------------------------------------|------|
| 0.00  | 4x8 | Set up Walking Hover with Hand Reach     |      |
| 0.20  | 4x8 | <b>Walking Hover with Hand Reach L+R</b> | 2x   |
| 0.39  | 1x8 | Recovery                                 |      |
| 0.44  | 8x8 | <b>Walking Hover with Hand Reach L+R</b> | 4x   |
| 1.22  | 4x8 | Set up Oblique Lifts                     |      |
| 1.41  | 4x8 | <b>Oblique Lifts – L</b>                 | 8x   |
| 2.00  | 4x8 | <b>Oblique Lifts – R</b>                 | 8x   |
| 2.19  | 4x8 | <b>Plate Crunch</b>                      | 8x   |
| 2.38  | 2x8 | Recovery                                 |      |
| 2.47  | 8x8 | <b>Walking Hover with Hand Reach L+R</b> | 4x   |
| 3.25  | 8x8 | <b>Plank with Hands Forward</b>          |      |

### COACHING TIP

We only have 30 minutes for this workout so every second counts. This isn't just an ab track, it's 4 minutes of intense core training – don't tap out!

### CONNECTION

Everyone should be fatigued by now. Congratulate your team as you make your way around the room for the final time.

### DRIVE

Let's be honest, your team have done a great job making it this far! Keep your team moving by selling them the benefits that come from their effort. Remind them why they're doing what they're doing. They'll be more motivated to stay in the game that way.

### WALKING HOVER WITH HAND REACH

- Elbows under shoulders
- **Abs braced – back long and straight**
- **Shoulders and hips square**
- Chin tucked
- Reach hands (one at a time) out to an extended Plank position and back to Hover

#### ↓↓ OPTION: HOVER ON KNEES OR TOES



### OBLIQUE LIFTS

- Knees over to one side, shoulder flat on floor
- Rest plate on front of shoulder
- **Top ribs to hip**
- **Chin tucked**
- Bring knees up and in towards body
- Lift shoulder in towards hip

#### ↓↓ OPTION: OBLIQUE CRUNCH, NO PLATE



### PLATE CRUNCH

- Plate held directly above shoulders
- Crunch up – **slide ribs to hips**
- Lift plate above knees
- **Chin in**
- Lift plate overhead and drop feet to floor, keeping knees bent
- **Lower back toward the floor as you lower feet**

#### ↓↓ OPTION: NO PLATE





# NOTES



# NOTES



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# 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](http://lesmills.com/BLAH)

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**Fighting Globesity**

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