

LES MILLS GRIT™ STRENGTH

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

05



FEATURES:

THE SCIENCE BEHIND LES MILLS GRIT™ SERIES
ALTERNATIVE TRACK 6

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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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 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.

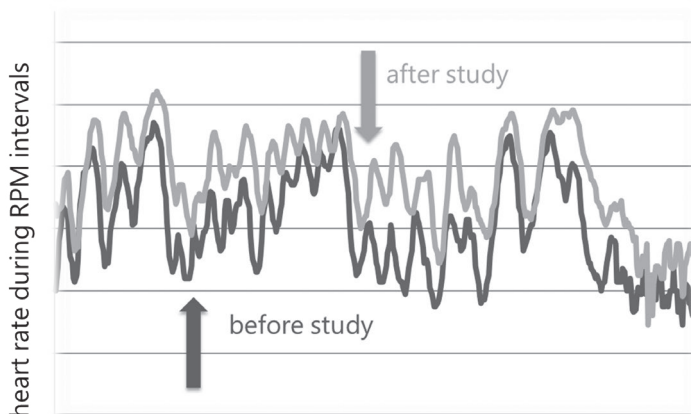
For both groups, we measured their aerobic fitness, took blood tests to assess their levels of triglycerides – which is a type of blood fat – and also measured their body composition and upper and lower body strength. We did this at the start of the study and at the completion of the six weeks.

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

	Triglycerides decrease	Aerobic Fitness increase	Body Fat decrease	Back Strength increase	Waist Circumference decrease
Group 1 No GRIT	3.1%	1.7%	0.8%	8.4%	1.0cm
Group 2 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

TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE
1	Accelerated Warmup	Neuro Muscular Pre-conditioning
2	Complex Training	Metabolic Conditioning
3	Power Training	Explosive Efforts
4	Strength Training	Power and Strength Super Sets
5	Maximum Effort	Anaerobic Threshold Training
6	Core Track	Integrated Core Conditioning

TEAM PHOTO





LES MILLS GRIT™ STRENGTH

1

Accelerated Warmup

Follow Me > 3.53 mins

SET UP

- A heavy bar and a free plate weight

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Plate Squat	
0.18	9x8	Plate Squat 3/1	9x
0.48	4x8	Squat Press 1/1	8x
1.04	4x8	Squat Press with Heel Lift 1/1	8x
1.17	9x8	Plate Squat 3/1	9x
1.49	8x8	Squat Press with Heel Lift 1/1	16x
2.15	4x8	Set up Squat Burpee	
2.29	6x8	Squat Burpee (no jump)	6x
2.50	8x8	Squat Burpee	8x
3.18	8x8	Pushup	16x

COACHING TIP

Strength is the key ingredient for power. Power provides a fast track to athletic development. This release focuses heavily on Squat patterns because the Squat is the foundation position for athletic power.

CONNECTION

This is the best time to set your expectations for your team. Get out amongst them and let them know what you expect – go hard or go home!

DRIVE

Fast-tracking your athletic ability needs a warm body that's fired up and ready to go. By integrating the upper and lower body, you're pre-conditioning your team for the workout ahead to enable them to hit the spikes. Get them in the training zone by the end of Track 1.

PLATE SQUAT

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

SQUAT PRESS WITH HEEL LIFT

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

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: STEP BACK INTO PLANK

PUSHUP

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

⇓ OPTION: ON KNEES

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Upright Row Combo	
0.14	8x8	Upright Row Combo	4x
		3x Upright Row	
		Hold	
0.40	8x8	Hang Clean Combo	4x
		3x Hang Clean	
		Hold	
1.08	8x8	Clean + Press	8x
1.35	8x8	Triple Wide Row	4x
2.03	8x8	Recovery	
2.31	8x8	Deadlift 3/1	8x
2.57	8x8	Upright Row Combo	4x
3.26	8x8	Hang Clean Combo	4x
3.52	8x8	Clean + Press	8x
4.21	8x8	Triple Wide Row	4x
4.47	8x8	Recovery	
5.15	8x8	Deadlift 3/1	8x
5.42	8x8	Upright Row Combo	4x
6.10	8x8	Hang Clean Combo	4x
6.37	8x8	Clean + Press	8x
7.05	8x8	Triple Wide Row	4x

COACHING TIP

Welcome to complex training – using the same load during a series of power exercises, focusing on different muscle targets. This is metabolic conditioning at its best. Prepare to get uncomfortable, it's a long track!

CONNECTION

Getting your team to the training zone is one thing, coaching them through it is another. Watch how well the guys stick to the simple model of coaching – setup, connect, drive, reset. Get your setup cues out early and demonstrate superb technique – then get out and connect with your team in the next sets.

DRIVE

Results come from intensity. It's your job to make sure intensity is maintained! It's only Track 2, people shouldn't be dropping out of the workout yet. Keep the heat on by identifying people you think are quitting – quitting isn't the same thing as fatiguing!

UPRIGHT ROW COMBO

- Feet hip-width
- **Chest up – abs braced**
- Bar close to the body – elbows above the bar
- **Lift bar to lower chest**

HANG CLEAN COMBO

- Clean bar up
- **Drop body under the bar**
- Bend knees
- Catch bar in front of collarbones
- **Sit butt back and down**
- **Abs braced – chest lifted**



CLEAN + PRESS

- **Pull bar up and 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 head**
- **Elbows slightly forward and slightly bent at the top of the Press**
- Double Squat every time
- Bend and drive

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

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 knees**



MUSIC		EXERCISE	REPS
0.00	8x8	Set up Pushup	
0.26	8x8	Pushup 1/1	16x
0.55	4x8	Demonstrate Power Pushup	
1.08	4x8	Pushup 3/1	4x
1.21	8x8	Power Pushup	16x
1.50	8x8	Tricep Pushup	16x
2.19	8x8	Recovery	
2.46	4x8	Plate Squat 1/1	8x
3.00	4x8	Squat Press	8x
3.14	4x8	Squat Press with Heel Lift	8x
3.26	½x8	Recovery	
3.29	4x8	Drop Squat slow	4x
3.42	4x8	Drop Squat fast	8x
3.57	8x8	Recovery	
4.24	4x8	Plate Squat 1/1	8x
4.37	8x8	Squat Press with Heel Lift	16x
5.04	½x8	Recovery	
5.07	4x8	Drop Squat slow	4x
5.20	4x8	Drop Squat fast	8x

COACHING TIP

Combining strength and power exercises maximises muscle recruitment and drives metabolism. In this track you get power training for the core and upper body – the fast-track to tone and shape – then it's back to the ultimate lower-body power moves with Squat patterns.

CONNECTION

Do this track with your team – these moves will be familiar to most people so kick back and treat this one like you're simply training with a bunch of mates.

DRIVE

It's not always about driving intensity – see how Kirsty praises the team; “you nailed it”. Drive is about whatever you can do to encourage someone to get more out of their workout. Praise at the right time results in Drive.

PUSHUP

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

↓↓ **OPTION: ON KNEES**

POWER PUSHUP

- Pushup position
- Jump hands in, jump hands back out. Hands begin under center of chest
- **Slight bend in elbows** at top of movement
- **Back long, strong and straight**
- **Abs braced**
- Eye gaze to fingertips

↓↓ **OPTION: ON KNEES**



TRICEP PUSHUP

- Hands under shoulders
- **Abs braced**
- **Back long, strong and straight**
- Elbows tucked in close to body
- **Chest to elbow height**

↓↓ **OPTION: ON KNEES**

PLATE SQUAT

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

SQUAT PRESS WITH HEEL LIFT

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



DROP SQUAT

- Start with feet wide and land wide
- Bend knees, explode up
- **Soft knee landing**
- **Chest up – abs braced**
- **Knees out**

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Deadlift	
0.17	4x8	Deadlift 2/2	4x
0.34	4x8	Deadlift 1/1/2	4x
0.53	5x8	Deadrow	10x
1.15	1x8	Set up Jumping Lunges	
1.19	12½x8	Jumping Lunges L+R	
2.15	6x8	Recovery	
2.42	4x8	Deadlift 1/1/2	4x
3.00	5x8	Deadrow	10x
3.23	1x8	Set up Jumping Lunges	
3.27	15x8	Jumping Lunges L+R	

COACHING TIP

This one is about posterior chain development – strengthening the muscles that give us a powerful body.

CONNECTION

Use the recoveries in between sets to high five. Connect individually by calling people by their names. Lighten things up by joking a little and creating some contrast with the working phases.

DRIVE

You'll have people tapping out of the workout now so make sure you motivate as much you can. "Looks come from the front, power comes from the back". Get creative with your phrasing and calls. Vary your tone and volume.

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 knees**

DEADROW

- Feet hip-width – knees slightly bent
- Hands thumb distance from thighs
- **Chest up – abs braced**
- **Tip forward from hips – slide bar to knees**
- **Pull bar to belly button**
- Elbows back
- **Squeeze shoulder blades**
- Keep chest open
- Release bar back to the knees and repeat

JUMPING LUNGE

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

↓↓ **OPTION: BACKWARD STEPPING LUNGE, NO JUMP**



MUSIC	EXERCISE	REPS
0.00 4x8	Set up Mountain Climber	
0.16 4x8	Mountain Climber L+R	16x
0.34 4x8	Recovery	
0.52 2x8	Burpee (no jump)	2x
1.00 4x8	Burpee	4x
1.17 8x8	Mountain Climber Burpee	4x
1.51 4x8	Recovery	
2.09 2x8	Burpee (no jump)	2x
2.17 4x8	Burpee	4x
2.34 8x8	Mountain Climber Burpee	4x
3.08 4x8	Recovery	
3.25 2x8	Burpee (no jump)	2x
3.34 4x8	Burpee	4x
3.51 8x8	Mountain Climber Burpee	4x
4.25 10x8	Drop Squat	20x

COACHING TIP

We develop athletic performance by pushing the anaerobic threshold. To maximize the effects of the previous efforts hit the spikes hard in this track. Think of everything prior to this track as a warmup!

CONNECTION

It's a battle of mind over body now so remind people why they're doing what they're doing.

Experiment with different ways of helping people feel connected with their bodies and with the workout.

DRIVE

This one is all about the drive. Start strong, finish strong. Bas roadmaps this one well (3 rounds, 5 exercises) and checks-in along the way so people know how much they have left. Stay on your team! Turn your back and the intensity will drop...

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
- Eye gaze to hands

⇓ OPTION: HOLD PLANK POSITION

SQUAT BURPEE

- **Butt down and back** – just above knees
- **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

DROP SQUAT

- Feet outside hip-width
- Bend knees, explode up
- **Soft knee landing**
- **Brace abs to support body**
- Chest up
- Knees out



MUSIC		EXERCISE	REPS
0.00	4x8	Set up Single Leg Plate Crunch	
0.15	8x8	Single Leg Plate Crunch L+R	8x
0.44	4x8	Set up Hover Jack	
0.58	12x8	Hover Jack	48x
1.42	8x8	Single Leg Plate Crunch L+R	8x

COACHING TIP

It's not over! Sell your team on the benefits of core training. This isn't a recovery track – every athlete needs unrivalled core strength.

CONNECTION

Les sets up the movement and then he's on the floor with the team. No one can see you lying down so get close to people and encourage them to make every Crunch better than the last.

DRIVE

You'll have your work cut out for you just getting people to move in this track. It's been a tough 25 minutes! Drive depending on what's in front of you. Do you think they have a little more? Or is this time to encourage and praise in order to keep people going?

SINGLE LEG PLATE CRUNCH

- Legs extended just off floor
- Plate above head
- **Brace abs to keep lower back towards floor**
- Bend one knee
- Crunch up – **slide ribs to hips**
- Shoulders lift off floor
- Lift plate towards knee
- **Chin tucked**
- Repeat other side



↓↓ **OPTION: NO PLATE/KEEP FEET ON FLOOR**

HOVER JACK

- Elbows under shoulders
- **Back long, strong and straight**
- Feet hip-width
- **Brace abs**, jump feet outside shoulder-width
- Jump feet back in

↓↓ **OPTION: HOVER ON KNEES OR TOES**





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.

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