

LES MILLS
GRIT™

CARDIO



RELEASE

06

FEATURES

YOUR VOICE

LES MILLS GRIT™ – WORKOUT STRUCTURE

LES MILLS GRIT™ – 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 6

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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 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.



YOUR VOICE

HAVE YOU EVER EXPERIENCED ISSUES WITH YOUR VOICE?

It's an occupational hazard that we instructors will experience vocal issues at some point in our careers. This is because we are professional voice users. We talk over loud music. Our posture when teaching is not always conducive to easily projecting our voice, like in Hovers or Squats, and our upper bodies are often loaded with tension, which affects the voice box (larynx). Then shouting, back-to-back classes, physical tiredness, dehydration and teaching when sick are all recipes for vocal damage. And how many of us reach for caffeine before class to give us that extra 'zing'?

ALL OF THE ISSUES ABOVE CAN CAUSE VOCAL SYMPTOMS SUCH AS:

- **Vocal Fatigue**

Where your voice is hard to find or breaks or fades out.

- **Changes in Vocal Quality**

It becomes rough, gravelly, breathy or hissy.

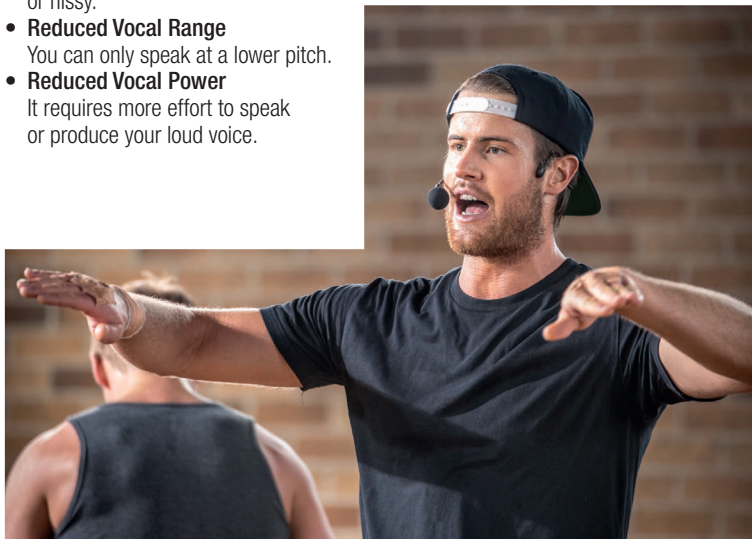
- **Reduced Vocal Range**

You can only speak at a lower pitch.

- **Reduced Vocal Power**

It requires more effort to speak or produce your loud voice.

Ongoing vocal misuse can lead to cysts and nodules in your throat which may require surgery to repair. The good news is there's heaps of things you can do to take care of your voice to ensure you deliver awesome vocal quality every time you teach.



RECIPE FOR TAKING CARE OF YOUR VOICE:

Do vocal warmups

	TIME	EXERCISE	REPS
1	0:30 each	Roll your shoulders up, back and down to release upper body tension. Neck stretches – flex, extend, rotate and side-flex your neck.	1
2	1:00	Blow your lips together like a horse does. Add gentle voicing “brrrrr”.	10
3	1:00	Tongue trill with gentle voicing “rrrrrr”. Follow with “la la la la la”, feeling your voice bounce off the roof of your mouth.	10
4	1:00	Hum gently as if agreeing, “mmm”, feeling the voice vibrations in the front of your face and the tingle in your lips. Say 5 “m” words with an exaggerated “mmm” at the beginning, eg. “mmmain, mmmore, mmmoon, mmmine, mmmoan”.	10
5	1:00	Say “ng”, like at the end of “sing”, then glide smoothly and effortlessly into the vowel sounds: ng – ah ng – ay ng – ee ng – oh ng – oo ng – aw	10

Don't shout!

Project your voice. Visualize your voice as a physical force which is hitting the back wall. You don't need to force anything, you just need to send it forward.

Don't teach when you are sick.

Stay hydrated.

By drinking plenty of water and steaming your throat in the shower.

Don't have too much caffeine, and don't smoke!

Rest your voice.

Our voices need time to recover. Look for activities geared towards relaxation and rest, and allow for vocal downtime. Make sure you get enough sleep to give your larynx time to heal.

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TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE
1	Accelerated Warmup	Neuromuscular Pre-conditioning
2	Double Super Sets	Super Set Interval Training
3	Drop Sets	Drop Set Interval Training
4	5x5-45	Propulsion Based Interval Training
5	Ladder Challenge	Extended Interval Training
6	Core	Athletic Core Conditioning

LES MILLS GRIT™ CARDIO 6 SMALL ROOM OPTIONS

If you're coaching LES MILLS GRIT™ Cardio in a small room, see options below to amend the workout to your space requirements:

Side Shuffles

Single Leg Leap

Sprints

Bear Crawl

Ladder Challenge:

Jumping Jacks

5 one legged Jumps on the spot then alternate sides

Keep alternating until the time is up

High Knee Run

Bear Crawl – 4 steps forward, 4 steps back

Exchange run for 5 High Knee Runs on the spot (count every second leg)

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.

HIIT SCIENCE

HIIT is extremely time efficient. One of the most common reasons people give for not being able to exercise is not having enough time. And one of the key benefits of HIIT – when compared to other standard forms of training – is that you get similar or better results in a much shorter space of time.

Researchers in Canada found that just 20 minutes of HIIT was enough to produce the type of results expected from much longer, endurance-based programs. They saw significant improvements in glucose tolerance and muscle physiology after just two weeks of HIIT training, three times per week.* These findings were further

supported by a study into the LES MILLS GRIT™ Series at Penn State University. A six-week investigation proved that substituting 1 hour of aerobic training for two GRIT™ classes was enough to double, or even triple, the training effect. We can, therefore, conclude that 20 to 30 minutes of HIIT is just as effective as much longer, standard workouts.

So – get the intensity levels right, and this type of training provides a fast track to fitness gains in a very short space of time.

Simply put, you get fitter, faster.

* Hood, M.S., Little, J.P., Tarnopolsky, M.A., Myslik, F. and Gibala M.J. (2011) Low-Volume Interval Training Improves Muscle Oxidative Capacity in Sedentary Adults. Med. Sci. in Sports Exerc., Vol. 43, No. 10, pp. 1849–1856.

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 in the last two rounds.

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 9, LES MILLS GRIT™ Plyo 9 and LES MILLS GRIT™ Cardio 6).

In these releases there are three opportunities to compete: Tracks 2, 4 and 5.

MIX AND MATCH

Tracks 1 and 2 dictate what the workout is scheduled as. For example, if you teach Track 1 from LES MILLS GRIT™ Cardio, you must also teach Track 2, 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 2 from LES MILLS GRIT™ Cardio (so it's a LES MILLS GRIT™ Cardio workout), and then teach Tracks 3 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.

If the mix and match you are doing involves having to set up different equipment for the later tracks, it is important that you are very clear at the beginning of the workout what equipment your team will need so they have it nearby to set up at the end of Track 2. You may stop the music for 30 seconds to allow this setup time but no longer, as you don't want the intensity of the workout to drop!

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 9, and do the moves from LES MILLS GRIT™ Plyo 9. 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 to class 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.

Participants 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 release 4, and three in release 5. The structure of each release is very different, so must be kept separate. You can only ever mix within a release (for example, block 1 from LES MILLS GRIT™ Strength 7 and block 2 from LES MILLS GRIT™ Plyo 7).

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!

LES JNR



LES MILLS GRIT™ CARDIO

1

Accelerated Warmup

MUSIC	EXERCISE
0.00	Split the room. Jog OTS
0.24	Jog Forward and Back
0.36	Side Shuffle L+R
0.52	Power Knee L+R
1.08	Run
1.16	Side Shuffle L+R
1.24	Power Knee L+R
1.32	Run
1.58	Pushup
2.10	Pushup + Bear Crawl Forward
2.36	Sprint

COACHING TIP

There's a lot of information to convey in your introduction so use your time wisely. Outline how the competition element works, moving off the beat as fast as you can with smooth controlled movement. It is also important to give the option of not counting your repetitions and just taking part in a great workout. Clearly setup each exercise in the Warmup as they will feature throughout the workout.

DRIVE

The workout starts from the Accelerated Warmup – get your team to start working from here instead of holding back until Track 2. Coach your team to use the Accelerated Warmup to get their heart pumping and get familiar with the moves so when it comes to Track 2 they're ready to work to their individual max!

JOG OTS

- Chest up – abs braced
- Relaxed arms
- Jog on spot

SIDE SHUFFLE

- Chest up
- Abs braced
- Feet wide
- Drive off the side of foot
- Alternate sides

SMALL ROOM OPTION: JUMPING JACKS**POWER KNEE**

- Chest up – abs braced
- Front knee out
- Drive off front leg to get height
- Drive knee up to hip-height
- Change leg each time

RUN

- Use arms to drive forward
- Chest up – abs braced
- Feet lift a little higher

CONNECTION

This is a really challenging workout so you need to set good energy right from the beginning. Let your team know that you'll be working out with them and getting them through to the end. Have some fun in the Accelerated Warmup, just because it's tough doesn't mean you can't enjoy it along the way.

WARMUP SCIENCE

One of the key aims of an Accelerated Warmup is to engage our stabilizing muscles. The muscles that stay still are just as important as the ones that move. Keeping the chest up and the abs braced throughout these moves will stabilize the spine allowing us to hit the power button safely when we lift the intensity.

PUSHUP

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

↓↓ OPTION: ON KNEES**PUSHUP + BEAR CRAWL FORWARD**

- Hands under shoulders
- Drop chest to elbow-height
- Abs braced
- Chin tucked
- Back long, strong and straight
- Move opposite arm and leg forward and back
- Knees come in and hover just off the floor
- Keep butt down, knees bent

SPRINT

- Chest up
- Abs braced
- Drive with your arms

SMALL ROOM OPTION: HIGH KNEE RUN

MUSIC	EXERCISE
0.00	Split the room. Set up Double Super Set moves – Bear Crawl and Single Leg Leap
0.19	Bear Crawl
0.38	Single Leg Leap L+R
0.59	Recovery. Set up 2 new moves – Side Shuffle and Sprint
1.19	Side Shuffle L+R
1.39	Sprint
1.59	Recovery
2.19	Bear Crawl
2.38	Single Leg Leap L+R
2.59	Recovery
3.19	Side Shuffle L+R
3.39	Sprint
3.59	Recovery
4.19	Bear Crawl
4.38	Single Leg Leap L+R
4.59	Recovery
5.19	Side Shuffle L+R
5.39	Sprint

COACHING TIP

You only have 20 seconds to set this track up so get your team into position and demo the first 2 moves straight away so that they can use every second of their working blocks to actually work! Explain the format of the track – time, number of sets and exercises. Encourage your team to get the technique right first and then introduce speed. Some moves may require more coaching than others, for example, with the Bear Crawl, remind your team to reset their butt position every few seconds so they don't slip out of the intensity of the movement.

CONNECTION

Use the first set of each exercise to deliver your technique cues so that your team are doing the moves properly from the beginning. Once they've nailed the technique, encourage them to pick up the pace – results come from intensity! Give options early to participants that need them so they can stay in the workout.

DRIVE

The blocks of work in this track are short and fast so drive your team to go for speed and intensity in every working set so that they really need their recovery. Sell the benefits of speed – the faster we go, the more muscles we recruit, the more calories we burn! Often the best way to get your team to work harder is to do it with them. Be an example of athleticism!

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 long, strong and straight**
- Move opposite arm and leg forward
- Keep butt down, knees bent

SMALL ROOM OPTION: 4 STEPS FORWARD, 4 STEPS BACK

SINGLE LEG LEAP

- Knee out
- **Bent knee landing**
- **Chest up**
- **Abs braced**
- Change leg at other side of room

SMALL ROOM OPTION: 5 ONE LEGGED JUMPS ON THE SPOT THEN ALTERNATE SIDES. KEEP ALTERNATING UNTIL TIME IS UP

SIDE SHUFFLE

- **Chest up**
- **Abs braced**
- Feet wide
- Drive off the side of foot

SMALL ROOM OPTION: JUMPING JACKS

SPRINT

- **Chest up**
- **Abs braced**
- Drive with your arms

SMALL ROOM OPTION: HIGH KNEE RUN

MUSIC	EXERCISE
0.00	Set up Block 1, Exercise 1
0.29	Exercise 1: Pushup with Diagonal Plank Crunch L+R
0.45	Recovery
0.49	Exercise 2: Pushup
1.04	Recovery
1.07	Exercise 3: Mountain Climber L+R
1.22	Recovery. Set up Block 2, Exercise 1
1.38	Exercise 1: Side Climber L+R
1.53	Recovery
1.57	Exercise 2: Diagonal Mountain Climber L+R
2.12	Recovery
2.16	Exercise 3: Mountain Climber L+R
2.31	Recovery
2.46	Repeat Block 1, Exercise 1: Pushup with Diagonal Plank Crunch L+R
3.01	Recovery
3.05	Exercise 2: Pushup
3.20	Recovery
3.23	Exercise 3: Mountain Climber L+R
3.38	Recovery
3.54	Repeat Block 2, Exercise 1: Side Climber L+R
4.09	Recovery

4.13 **Exercise 2: Diagonal Mountain Climber L+R**

4.28 **Recovery**

4.31 **Exercise 3: Mountain Climber L+R**

4.46 **Recovery**

COACHING TIP

Keep your intro short and sharp so you have more time to demo the first move. Drop Set Training – 2 blocks of 3 exercises for 2 rounds. Each block is 45 seconds where every 15 seconds the exercise changes so that the same muscle groups are exercised but with a slight reduction in intensity upon moving through the sequence. As Reagan says “every 15 seconds you progressively reduce the intensity required.”

HIIT SCIENCE

Drop sets allow us to reach maximum levels of fatigue. Each block recruits similar muscles so that we carry the intensity from one exercise to the next. By the end of the block we will have exhausted every muscle fiber in the targeted group.

CONNECTION

To ensure your team get the most out of this track you need to know the music and moves inside out. Move changes are quick and time to demo them is short so be on your game so that your team don't miss a second of work! If you can see someone is struggling, go workout next to them at their pace and encourage them to push through to the recovery or remind them that it is okay to take a short break if they need to. Everyone will be working at different levels so make sure you spend time with the participants that need some extra encouragement.

DRIVE

Use the second round of each exercise to develop technique further. If they've mastered the technique, coach them to try and go even faster. Your team will be feeling tested with their heart rate going through the roof so use the recoveries well and come at each block of exercises with maximum effort!

PUSHUP WITH DIAGONAL PLANK CRUNCH

- Hands slightly wider than shoulders
- **Back long, strong and straight**
- **Abs braced**
- **Chest drops to elbow-height**
- Hips down as you Crunch knee to elbow



↓↓ **OPTION: ON KNEES**

PUSHUP

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

↓↓ **OPTION: ON KNEES**

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**

SIDE CLIMBER

- 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
- Jump feet back to Plank
- Repeat to other side

**DIAGONAL MOUNTAIN CLIMBER**

- Plank position – hands shoulder-width
- Bring knee to opposite elbow
- Eye gaze to hands
- **Abs braced – back long, strong and straight**
- Keep **hips down**
- Alternate sides



↓↓ **OPTION: HOLD PLANK POSITION**

Dalmore Bird > 4.54 mins



MUSIC	EXERCISE
0.00	Set up first 2 exercises – High Knee Run and Tricep Pushup
1.00	5x High Knee Run L+R and 5x Tricep Pushup Combo
1.45	Recovery. Demo second 2 exercises – Jumping Lunge and Lateral Squat Jump
1.58	5x Jumping Lunge L+R and 5x Lateral Squat Jump Combo
2.43	Recovery
2.59	5x High Knee Run and 5x Tricep Pushup Combo
3.44	Recovery
3.57	5x Jumping Lunge L+R and 5x Lateral Squat Jump L+R Combo
4.44	Recovery
4.59	5x High Knee Run L+R and 5x Tricep Pushup Combo
5.44	Recovery
5.57	5x Jumping Lunge L+R and 5x Lateral Squat Jump L+R Combo

COACHING TIP

We call this track 5x5-45. Three rounds of work, 2 sets in each, supersetting 2 exercises in each set for 45 seconds. Set up all 4 exercises at the beginning and clearly explain how to count each exercise so that you perform 5 repetitions of each then change, repeating this as many times as you can in 45 seconds.

CONNECTION

This track is fast and everyone will be operating at a different speed. The most effective way to connect with your team is to spend time with individuals – help them with their technique, count them through their repetitions, encourage them and maybe even finish the set with them.

DRIVE

Supersetting the 2 exercises allows us to switch up the muscles we're targeting. That doesn't mean we won't get tired over the duration of 3 rounds. Find a way to keep your team in the game – if they're competitive, urge them to do more than the previous round. If they're struggling, put a focus on work then recovery and try and get them to commit to finishing each set.

HIIT SCIENCE

Supersetting exercises in these intervals achieves two training benefits – 1) we flip the muscle targets after every 5 reps enabling us to maintain a high intensity, 2) we engage more muscles creating more energy demands meaning we burn more calories.

HIGH KNEE RUN

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

↓↓ **OPTION: MARCH OR JOG ON THE SPOT**

TRICEP PUSHUP

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

↓↓ **OPTION: ON KNEES**

JUMPING LUNGE

- Jump into a long Lunge – back heel off floor
- Feet hip-width apart
- Front knee out, back knee towards floor
- Front thigh drops parallel to floor
- Chest up – abs braced
- Use Lunge to absorb landing
- Go for depth and height
- Running arms

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

LATERAL SQUAT JUMP

- Feet outside hip-width
- Sitt butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt drops just above knees
- Propel out of Squat
- Drive body weight to the side
- Hands in defence position in front of body
- Bent knee landing

5

Ladder Challenge

MUSIC	EXERCISE
0.00	Set up Ladder Challenge
1.00	Side Climber Burpee L+R, Squat Jump, Sprint 2x Side Climber Burpee L+R, 2x Squat Jump, Sprint
4.03	Recovery

COACHING TIP

The 3 minute Ladder Challenge is a physical and mental challenge to change your fitness. Set up the move combination very clearly, as Reagan does, so your team know exactly what they have to do. Time cues are essential in this track and a great way to keep your team motivated to stick it out to the end. Reinforce the idea that it is okay for them to take a break when they need to then help them get straight back into the workout when they're ready.

CONNECTION

Reagan spends a good amount of time focusing on technique, making sure his team are performing safe and effective movements which ultimately will deliver the best results, never compromising range for reps. Use a strong but encouraging tone of voice to keep your team in the zone and committed to finishing this track. They'll be relying on you as their coach to help get them there.

DRIVE

Sweat with your team. Run with your team. You're racing fatigue to the finish line – don't let it beat you or your team.

HIIT SCIENCE

A 3 minute high intensity block will take people to the limit of their anaerobic training zone. This will create the ideal environment to produce an EPOC effect.

SIDE CLIMBER BURPEE

- Plank position – hands just outside shoulders
- Feet wide on Burpee
- Use the Squat every time
- **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
- Jump feet back to Plank
- Repeat to other side

SQUAT JUMP

- Feet outside hip-width
- **Sit butt back and down**
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- **Butt drops just above knees**
- Elbows close to mid-thigh
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat
- **Bent knee landing,**

SPRINT

- **Chest up**
- **Abs braced**
- Drive with your arms

**SMALL ROOM OPTION: 5X HIGH KNEE RUNS
ON THE SPOT (COUNT EVERY SECOND LEG)**

MUSIC	EXERCISE
0.00	Set up Cross Crawl Extension
0.33	Cross Crawl Extension L+R
1.05	Recovery. Set up Hover Jack
1.21	Hover Jack – slow
1.37	Hover Jack – fast
1.52	Recovery
2.09	Hover
2.25	Hover Jack
2.57	Hover

COACHING TIP

Clearly setup the first core move, coaching speed options. Your team are tired so it's your job to sell them the benefits of core training and the benefits of getting to the final few minutes of the workout.

CONNECTION

As a coach, it's your job to get your team to the finish line. This involves giving options where they're needed, keeping your team focused and finishing the workout with them. This track isn't about competition, it's about finishing together so create a sense of unity amongst your participants and help them finish proudly.

DRIVE

Your team have given their all throughout the workout so don't let them cheat themselves out of some great core strengthening work before they leave. Give time cues to keep your team committed right until the music ends.

HIIT SCIENCE

Athletes use their core to transmit power from their legs through to their arms. These types of core exercises train the muscular connections between our upper and lower body to enhance our athletic drive.

CROSS CRAWL EXTENSION

- Fingertips to temples, elbows wide
- **Chin tucked**
- Extend leg long and take arm from the same side diagonally across to extend past opposite knee
- **Brace abs to keep lower back towards the floor**
- **Slide ribs to hips**

HOVER JACK

- Elbows under shoulders
- Fists together
- **Back long, strong and straight**
- Chin tucked – eye gaze to hands
- **Abs braced** as you Jack the legs out and in
- **Butt down – hips level with shoulders and square with floor**
- Jump feet outside shoulder-width
- Jump feet back in

↓↓ **OPTION: ON KNEES**

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**

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OUTRO	Sweet Disposition © 2009 Glassnote. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Mandagi, Silitto	The Temper Trap	1.14

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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