

LES MILLS GRIT™ PLYO

06

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING



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™ PLYO

Created By | Les Mills

Presenters | Les Mills | Kirsty Godso | Sheldon McBee

Technical Consultant | Bryce Hastings

Creative Directors | Les Mills | Dr Jackie Mills

Program Planner | Sarah Irwin

The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

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	Plyometric Pre-conditioning
2	Plyometric Track	Explosive Agility Training
3	Upper Body Strength + Core	Athletic Upper Body Conditioning
4	Lower Body Plyometric Training	Multi-dimensional Strength and Agility Training
5	Maximum Efforts	Plyometric Interval Training
6	Reactive Core Training	Athletic Core Conditioning



LES MILLS GRIT™ PLYO

1

Accelerated Warmup

Otis > 3.07 mins

SET UP

- Bench and a heavy plate

MUSIC		EXERCISE	REPS
0.00	12x8	Pushup	
0.36	12x8	Squat 1/1	24x
1.06	8x8	Forward and Backward Jump	16x
1.26	8x8	Backward Stepping Lunge 2/2	4x
1.46	8x8	Bench Jump	16x
2.07	7x8	Squat Jump	14x
2.25	1x8	Set up Pushup	
2.28	8x8	Pushup 2/2	8x
2.48	6x8	Pushup 1/1	12x

COACHING TIP

Plyometric training requires speed, precision and movement control – this Accelerated Warmup delivers everything you need for the tracks ahead.

CONNECTION

Use set one to identify who has poor technique and then get out on the floor and help them as early on as possible. Getting people moving safely and correctly means they'll have a more effective workout.

DRIVE

Demand more speed from the second set of Pushups so that heart rates are up by the start of Track 2. Muscles should be primed and your team's breathing should be heavy.

PUSHUP

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

⇓ **OPTION: ON KNEES**

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**

FORWARD AND BACKWARD JUMP

- Bend knees
- Jump body forward, using arms
- **Soft knee landing**
- Jump up and drive body back
- **Abs braced – feet on railway tracks**

BACKWARD STEPPING LUNGE

- Feet hip-width
- Big step back
- **Chest up – abs braced**
- **Drop back knee down so front thigh is parallel to floor**

BENCH JUMP

- Bend knees
- Jump forward, two foot landing on bench
- Whole foot on bench
- **Abs braced – feet parallel**
- **Bent knee landing**
- Jump off bench to floor, soft knee landing

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 Squat
- **Bent knee landing**

SET UP

- Plate in front of bench

MUSIC	EXERCISE	REPS
0.00 4x8	Set up Diagonal Bench Jump	
0.18 4x8	Diagonal Bench Jump – slow L+R	2x
0.31 4x8	Add Squat L+R	2x
0.43 4x8	Diagonal Bench Jump – fast L+R	4x
0.56 4x8	Add Propulsion L+R	4x
1.09 8x8	Bench Step Jump	8x
1.34 4x8	Recovery	
1.47 4x8	Lateral Bench Jump – slow L+R	2x
2.00 4x8	Lateral Bench Jump – fast L+R	4x
2.13 4x8	Add Propulsion L+R	4x
2.25 8x8	Bench Step Jump	8x
2.52 6x8	Recovery	
3.11 4x8	Single Leg Bench Squat with Overhead Press L	7x
3.23 4x8	Single Leg Bench Squat with Overhead Press R	7x
3.36 4x8	Single Leg Bench Squat with Overhead Press L	7x
3.48 4x8	Single Leg Bench Squat with Overhead Press R	7x
4.02 8x8	Lateral Bench Leap L+R	8x
4.28 6x8	Recovery	
4.47 4x8	Single Leg Bench Squat with Overhead Press L	7x
4.59 4x8	Single Leg Bench Squat with Overhead Press R	7x
5.12 8x8	Lateral Bench Leap L+R	8x

COACHING TIP

Explosive frontal plane conditioning means the team can bust tackles, step around opponents and score winning goals.

CONNECTION

Do what the best coaches do and make a real connection with each person in the team. Workout alongside some of them so you can establish an authentic coaching rapport.

DRIVE

It's critical to get the big muscles firing in this track because it'll determine how the rest of the workout goes. In the working phases, it's 100% work – not 80%. It's your responsibility to get the most out of every single person. If they're not working hard by the end of this track, you've probably lost them for the whole workout.

DIAGONAL BENCH JUMP

- Bend knees
- Two foot take-off
- Jump two feet (whole foot) on bench
- Bent knee landing
- Jump body off bench and land in Squat
- Add propulsion
- Use momentum to explode off the bench



BENCH STEP JUMP

- Step both feet off the bench
- Bend knees
- Jump straight up
- Bent knee landing
- Add second jump back on to bench

LATERAL BENCH JUMP

- Bend knees
- Jump two feet (whole foot) on bench
- Bent knee landing
- Jump body off bench to side
- Repeat to other side
- Add propulsion



SINGLE LEG BENCH SQUAT WITH OVERHEAD PRESS

- Weight in one leg on bench
- Bend knee and take foot down towards floor – tap floor with toe if needed for balance
- Plate at collarbones
- Knee out
- Abs braced as you push plate above head – elbows slightly forward
- Hips square



LATERAL BENCH LEAP

- One foot on bench, other on floor
- Bend knees
- Jump up
- Bent knee landing on opposite side of bench
- Chest up – abs braced
- Use arms to drive
- Squat deep to drive intensity

SET UP

- Heavy plate in middle of bench

MUSIC		EXERCISE	REPS
0.00	8x8	Set up Pushup	
0.30	10x8	Opposite Arm and Leg Raise L+R	5x
1.08	4x8	Pushup 1/1	8x
1.24	4x8	Knee Slap Pushup	8x
1.40	2x8	Set up Bent Over Overhead Plate Raise	
1.47	6x8	Bent Over Overhead Plate Raise	6x
2.10	2x8	Recovery – set up Diagonal Front Raise	
2.18	8x8	Diagonal Front Raise L	16x
2.48	8x8	Recovery	
3.19	10x8	Opposite Arm and Leg Raise L+R	5x
3.57	4x8	Pushup 1/1	8x
4.13	4x8	Knee Slap Pushup	8x
4.28	2x8	Recovery	
4.36	6x8	Bent Over Overhead Plate Raise	6x
4.59	2x8	Recovery	
5.07	8x8	Diagonal Front Raise R	16x

COACHING TIP

In this track we have upper body functional strength training, integrating the upper body, core and legs in explosive sport drills.

CONNECTION

There are lots of new moves in this track. They're complex and you'll need to be clear in Setup. Watch how Sheldon coaches the second round of Opposite Arm and Leg Raises. He's already set the move up in set one but gets out and repeats everything in set two, assisting and adjusting people who still aren't following.

DRIVE

Use sports imagery to get people moving more meaningfully. This is sports inspired training at its best so employ more athletic, sporty phrasing to inspire and drive your team.

OPPOSITE ARM AND LEG RAISE

- Hands slightly wider than shoulders on bench
- Chin tucked
- Chest to elbow-height
- Back straight – abs braced
- Opposite arm and leg raise – knee to elbow
- Crunch trunk as you pull in
- Steady the body – lift opposite arm and leg
- Brace the midsection
- Hips and shoulders square

↓↓ **OPTION: ON KNEES, NO ELBOW TO KNEE**



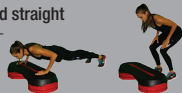
PUSHUP

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

↓↓ **OPTION: ON KNEES**

KNEE SLAP PUSHUP

- Hands slightly wider than shoulders on bench
- Chin tucked
- Chest to elbow-height
- Abs braced
- Back long, strong and straight
- Explode legs forward – feet wide
- Tap knees



↓↓ **OPTION: NO KNEE SLAP**

BENT OVER OVERHEAD PLATE RAISE

- Sit back in Squat
- Chest up, abs braced – knees out
- Keep elbows slightly bent, raise plate to just above shoulder level
- Chin tucked



DIAGONAL FRONT RAISE

- Sit low in your Squat
- Chest up
- Knees out
- Keep elbows slightly bent, lift plate from thigh to just above opposite shoulder
- Brace abs to keep your hips square



MUSIC		EXERCISE	REPS
0.00	4x8	Set up Lateral Jump	
0.15	4x8	Lateral Jump L+R	16x
0.28	4x8	Forward and Backward Jump	16x
0.41	4x8	Lateral Jump L+R	16x
0.54	4x8	Forward and Backward Jump	16x
1.08	4x8	Recovery	
1.21	4x8	Resisted Lateral Jump L+R	8x
1.34	4x8	Resisted Forward and Backward Jump	8x
1.47	4x8	Resisted Lateral Jump L+R	8x
2.01	4x8	Resisted Forward and Backward Jump	8x
2.14	4x8	Recovery	
2.27	4x8	Lateral Jump L+R	16x
2.40	4x8	Forward and Backward Jump	16x
2.53	4x8	Lateral Jump L+R	16x
3.07	4x8	Resisted Lateral Jump L+R	8x
3.21	4x8	Resisted Forward and Backward Jump	8x
3.34	4x8	Resisted Lateral Jump L+R	8x
3.44	4x8	Resisted Forward and Backward Jump	8x

COACHING TIP

This track uses ballistic closed chain training to strengthen and condition. Explosive strength exercises and super setting with and without weights improves propulsion, agility and athletic ability.

CONNECTION

If the team knows you've got them in your radar, they'll be more willing to stay with you. Now's the time to engage with individual team members and pull them through. Use the music to focus their attention.

DRIVE

Focus on the depth and length of the jumps. As soon as people pick up the plate they'll reduce their range to compensate – this is not the point. You need to stay low and jump long to get the most out of the plated work.

LATERAL JUMP

- Bend knees
- Two foot take-off
- Two foot landing
- Arms close to sides
- **Bent knee landing**
- Upper body still
- **Abs braced – chest up**

FORWARD AND BACKWARD JUMP

- Bend knees
- Jump body forward – use arms
- **Bent knee landing**
- Jump up and drive body back
- **Abs braced – feet parallel**
- Aim to gain more ground each time

RESISTED JUMPS

- Lateral, Forward and Backward Jumps
- Plate in front of collarbones – **chest up**
- **Keep the knees bent – sit deep into your Squat – hips down and back**
- **Abs braced**
- Knees tracking forward over toes



MUSIC		EXERCISE	
0.00	8x8	Set up Squat Overhead Press	
0.22	8x8	Squat Overhead Press 1/1	16x
0.44	6x8	Set up High Knee Run	
1.00	2x8	High Knee Run	
1.06	2x8	Tuck Jump	8x
1.11	4x8	Squat Jump	8x
1.23	2x8	High Knee Run	
1.28	2x8	Tuck Jump	8x
1.33	4x8	Squat Jump	8x
1.44	8x8	Recovery	
2.07	8x8	Squat Overhead Press 1/1	16x
2.28	6x8	Jog	
2.45	2x8	High Knee Run	
2.50	2x8	Tuck Jump	8x
2.56	4x8	Squat Jump	8x
3.07	2x8	High Knee Run	
3.13	2x8	Tuck Jump	8x
3.18	4x8	Squat Jump	8x
3.29	8x8	Recovery	
3.51	8x8	Squat Overhead Press 1/1	16x
4.13	4x8	Jog	
4.25	2x8	High Knee Run	

4.30	2x8	Tuck Jump	8x
4.35	4x8	Squat Jump	8x
4.46	2x8	High Knee Run	
4.52	2x8	Tuck Jump	8x
4.58	4x8	Squat Jump	8x
5.09	2x8	High Knee Run	
5.14	2x8	Tuck Jump	8x
5.19	4x8	Squat Jump	8x



COACHING TIP

It's maximum effort and things start to get out of control! Your main job here is to keep an eye on what's going on. Remove yourself from the workout and be a role model coach on the floor.

CONNECTION

Kirsty identifies someone who needs a push so gets out on the floor and works with them. Solely motivating people from the front won't work at this stage of the game. You've got to get in there and play it with them!

DRIVE

It's proven – those who hit their maximum training zones in this workout, get huge gains in their fitness and transform their bodies. Those who don't, don't. Like Kirsty does, sell the benefits of this training – it will keep everyone going!

SQUAT OVERHEAD PRESS

- Feet outside hip-width
- **Knees out** – tracking forward over toes
- **Chest up** – abs braced
- **Squat** – butt just above knee-height
- Plate held in front of collarbones
- Press plate above head
- **Elbows slightly forward**
- **Brace abs** as plate goes above head

HIGH KNEE RUN

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

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

- Feet wide – **chest up**
- **Knees out**
- **Brace abs** as you jump
- Use your abs – drive knees to chest
- **Bent knee landing**

**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 toward thighs
- Hands reach up and overhead at top
- Jump out of the bottom of Squat
- **Bent knee landing**



MUSIC		EXERCISE	REPS
0.00	12x8	Set up Mountain Climber	
0.58	4x8	Mountain Climber L+R	16x
1.16	4x8	Knee to Opposite Elbow L+R	8x
1.32	4x8	Mountain Climber L+R	16x
1.48	4x8	Hover Foot Taps L+R	4x
2.04	4x8	Hover Foot Taps – fast L+R	8x
2.21	4x8	Recovery	
2.38	4x8	Mountain Climber L+R	16x
2.54	4x8	Knee to Opposite Elbow L+R	8x
3.10	4x8	Mountain Climber L+R	16x
3.27	4x8	Hover	
3.43	4x8	Hover Foot Taps L+R	4x
4.00	4x8	Hover Foot Taps – fast L+R	8x

COACHING TIP

Reactive core training is the key in this track. Exercises like the Hover and Mountain Climber suspend the body between hands and feet and automatically engage the core – delivering functional 3D core strength.

CONNECTION

Remember to give your team options, especially on this last leg. It's not about asking people to take every advanced option, it's about making sure everyone feels successful at the finish.

DRIVE

The aim of the game for the isometric exercises is to reduce excess movement. At this point you need to encourage and motivate rather than drive the workout. Everyone has done a great job making it this far, they just need to hang on in there for a few more minutes!

MOUNTAIN CLIMBER

- Hands on bench
- Plank position – hands shoulder-width
- Bring knees to chest
- Chin tucked – eye gaze to hands
- **Abs braced – back long, strong and straight**
- **Keep hips down** – knee close to floor as it comes forward
- Alternate sides

⇓ **OPTION: PLANK ON KNEES**

KNEE TO OPPOSITE ELBOW

- Hands on bench
- Plank position – hands shoulder-width
- Eye gaze to hands
- **Abs braced – back long, strong and straight**
- **Keep hips down** – knee close to the floor as it comes forward
- Knee to opposite elbow
- Crunch the trunk – use obliques

⇓ **OPTION: PLANK ON KNEES**

HOVER FOOT TAPS

- Body over bench
- **Elbows under shoulders**
- **Back long, strong and straight**
- **Abs braced**
- Tap foot to side, repeat other side
- **Shoulders and hips level with the floor**

⇓ **OPTION: ON KNEES**

HOVER

- Lie over the bench
- **Elbows under shoulders**
- Forearms on floor – fists together
- Push into forearms to stabilise upper body
- **Back long, strong and straight**
- **Abs braced to support midsection**
- Shoulders and hips level with the floor
- Chin tucked – eye gaze to hands

⇓ **OPTION: ON KNEES**



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.

**BLAH BE LOUD
AND HEARD**

tell us what you think of these workouts.
Visit lesmills.com/BLAH

LES MILLS

FOR A FITTER PLANET

LES MILLS.COM

We are social, join the conversation!

Don't forget to check out www.lesmills.com/wearesocial

**This round we are looking at music and how to use it
effectively on your social media.**

We've got tips and tricks especially for you.

Follow us on  [@lesmills](https://twitter.com/lesmills)

on instagram  [@lesmillstribes](https://www.instagram.com/lesmillstribes)

on  facebook.com/lesmills



Fighting Globesity

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