

LES MILLS

GRIT™ STRENGTH

06

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING



FEATURED ARTIST: FLUX PAVILION - "Blow The Roof"



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™ 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 LES MILLS GRIT™ is the breaks and recoveries. There are a lot of them. Go hard, it's why you're here
4. Say that this is THEIR individual challenge, they are competing with themselves, if they need to stop or slow down, do it. Next week you'll do 1 more rep, the week after that 1 more still. Work as a team to pull each other through!
5. Remind them that it is 30 minutes! And you can do anything for 30 minutes right?

SO NOW WHAT? THE LES MILLS GRIT™ COACHING MODEL IS IN 4 PARTS:

1. SETUP

Go through all the essentials – body part and direction, safety cues, technique tips, range etc. for each move. This is the truly ESSENTIAL stuff. Show it, say it, move on. This is in your workout notes.

2. CONNECT

Now the true coaching comes into play. Get on the floor with your team, start working on their individual technique, motivate them, challenge those who are flagging. Give your team options and acknowledge the effort they're putting in, even if they don't take the hard road.

3. DRIVE

Hammer, smash, kick, motivate, grunt and inspire. When the going gets tough, LES MILLS GRIT™ Coaches get inspirational. The harder you work here, the more effort you put in, the more your team will. It's grassroots coaching. Take your team to the end with you, even if you're dragging them kicking and screaming.

4. RESET

Just because that was one of the hardest things you have ever put your body through, doesn't mean you get to rest. Let your team know where they are in the workout, what's coming up, and how amazingly they have done so far. The more encouragement you give them here, the more they are likely to want to complete the next set.

AND FINALLY...

The end of class is one of the most important times for you as a coach to connect with your team. Think of it like you've won the championship, you're not just going to take off right? Acknowledge how great every single person did, celebrate because they just got through a grueling workout. You can display pride and joy in your team's success here. Make contact with every person, high fives, a quick word, they came, they saw, they conquered. Finally, tell them when they can come back for more.



TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE
1	Accelerated Warmup	Neuro Muscular Pre-conditioning
2	Upper Body Compound Training	Metabolic Resistance Training
3	Lower Body Compound Training	Lower Body Strength + Power Supersets
4	Strength Agility	Frontal Plane Power Training
5	Maximum Effort	Anaerobic Threshold Training
6	Core Track	Integrated Core Conditioning

TEAM PHOTO





LES MILLS GRIT™ STRENGTH

1

Accelerated Warmup

Animus Vox > 5.07 mins

SET UP

- One heavy plate

MUSIC		EXERCISE	REPS
0.00	1x8	Set up Plate Clean and Squat	
0.09	4x8	Plate Clean and Squat – slow	4x
0.28	½x8	Preview Plate Clean and Squat – fast	
0.30	4x8	Plate Clean and Squat – fast	8x
0.48	4x8	Plate Clean and Squat with a Press	4x
1.07	8x8	Plate Clean and Squat with a Press and Heel Lift	8x
1.43	1x8	Recovery	
1.48	4x8	Backward Stepping Lunge – slow L+R	2x
2.06	4x8	Backward Stepping Lunge – fast L+R	4x
2.24	4x8	Backward Stepping Lunge with Overhead Press – fast L+R	4x
2:43	4x8	Backward Stepping Lunge with Plate Overhead L+R	4x
3.01	4x8	Recovery	
3.19	8x8	Squat Burpee with Pushup	4x
3.56	1x8	Recovery	
4.00	8x8	Squat Burpee with 3x Pushup and Jump	4x
4.37	4x8	Squat Burpee with 3x Pushup and Tuck Jump	2x

COACHING TIP

This Accelerated Warmup uses integrated patterns combining the upper and lower body to drive the heart rate and precondition the muscles for power training.

CONNECTION

It's just the beginning so keep your banter light. Watch how Sheldon delivers most of the Warmup with a grin on his face – he's giving important information but letting the team know it will all be OK and they'll enjoy the workout.

DRIVE

The Heel Lift is designed to warm the propulsion muscles that will be used in the upcoming power training sequences. Get everyone moving as early as possible. The more warmed up these muscles are, the better they'll perform later on.

PLATE CLEAN AND 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
- Clean the plate up – keeping it close to body
- Plate to collarbones
- Pull elbows back in the Clean

PLATE CLEAN AND SQUAT WITH A PRESS

- 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
- Clean the plate up – keeping it close to body
- Plate to collarbones
- Elbows track back
- Press plate above head – keeping elbows slightly forward
- Brace abs

HEEL LIFT

- Lift heels to warm up calf muscles



BACKWARD STEPPING LUNGE

- Feet hip-width – long step back
- Chest up
- Front thigh parallel to floor in bottom of Lunge – knee in line with toes
- Plate at collarbones
- Elbows face front

WITH OVERHEAD PRESS

- Brace abs as you push plate overhead
- Elbows slightly forward

SQUAT BURPEE WITH PUSHUP

- Butt down and back – just above knees
- Chest up – abs braced
- Knees wide in Squat
- Arms forward, directly out from shoulders
- Jump feet back – keep abs braced
- Hands under shoulders
- Back long, strong and straight
- Chest to elbow-height
- Jump up on return – bent knee landing

↓↓ **OPTION: WALK BACK INTO PLANK, PUSHUP ON KNEES**

↑↑ **OPTION: ADD TUCK JUMP**

MUSIC	EXERCISE	REPS
0.00	4x8 Set up Dead Row	
0.14	4x8 Dead Row 2/2	4x
0.28	4x8 Dead Row - 7 Repeater	1x
0.41	4x8 Upright Row 2/2	4x
0.54	4x8 Hang Clean	7x
1.08	8x8 Dead Row – 7 Repeater	2x
1.36	4x8 Upright Row 2/2	4x
1.49	4x8 Hang Clean	8x
2.03	4x8 Recovery	
2.19	4x8 Wide Row 2/2	4x
2.33	4x8 Wide Row – 7 Repeater	1x
2.46	4x8 Upright Row 2/2	4x
3.00	4x8 Hang Clean	7x
3.14	8x8 Wide Row – 7 Repeater	2x
3.41	4x8 Upright Row 2/2	4x
3.55	4x8 Hang Clean	8x
4.09	8x8 Recovery	
4.38	8x8 Power Press – 7 Repeater	2x
5.06	1x8 Set up Power Pushup	
5.09	7x8 Power Pushup L+R	7x
5.33	8x8 Recovery	
6.00	8x8 Power Press – 7 Repeater	2x
6.27	2x8 Recovery	
6.35	8x8 Power Pushup L+R	8x
7.02	8x8 Recovery	

COACHING TIP

The key to becoming more athletic, faster, stronger, more healthy and less injury prone is to train the posterior chain (the back of the body). For many people this is the weakest link but integral to the transformation in to an athlete.

CONNECTION

Don't accept an average effort! Keep people honest about how much they're really putting in. If someone needs to work hard, then push them so they get the most out of this 30 minutes!

DRIVE

Metabolic kicker... what else do we need to say! Let everyone know it's coming and physically hit it hard yourself when the time comes.

DEAD ROW

- 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 the hips**
- **Slide bar to knees**
- Pull to belly
- Squeeze the shoulder blades

UPRIGHT ROW

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

HANG CLEAN

- Clean bar up
- **Drop body under the bar**
- Bend knees
- Catch bar in front of collarbones
- **Sit butt back and down**
- **Chest up – abs braced**
- Little heel lift

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

POWER PRESS

- Clean bar up
- Drop body under the bar – sit into Squat
- **Bend knees**
- Catch bar in front of collarbones
- Sit butt back and down
- **Abs braced – chest up**
- **Brace abs as you press above head**
- **Elbows slightly forward** and slightly bent at top of Press
- **Use legs** to drive bar up

POWER PUSHUP

- Hands slightly wider than shoulders
- Chin tucked
- **Chest to elbow-height**
- **Back long, strong and straight**
- Walk hands to side, keeping feet grounded
- **Abs braced as you transition across**

⇓ OPTION: ON KNEES

SET UP

- Two heavy plates or a heavy bar

MUSIC		EXERCISE	REPS
0.00	8x8	Set up Plate Squat	
0.21	6x8	Plate Squat 4/4	3x
0.37	7x8	Plate Squat with Shrugs and Heel Lift	14x
0.56	1x8	Set up Drop Squat Jump	
0.59	8x8	Drop Squat Jump	8x
1.20	12x8	Backward Stepping Lunge with Power Knee Lift L+R	6x
1.52	12x8	Power Lunge L+R	12x
2.24	18x8	Recovery	
3.12	6x8	Plate Squat 4/4	3x
3.28	7x8	Plate Squat with Shrugs and Heel Lift	14x
3.46	1x8	Set up Drop Squat Jump	
3.49	7x8	Drop Squat Jump – fast	14x
4.07	1x8	Recovery	
4.10	12x8	Backward Stepping Lunge with Power Knee Lift L+R	6x
4.43	12x8	Power Lunge L+R	12x
5.15	8x8	Recovery	

COACHING TIP

This track is about everyone in the team hitting their maximum muscle output. The combination of loaded and explosive sets helps the team to hit their marks.

CONNECTION

Set up and then get out on the floor. People do this workout to get some personal attention and coaching so aim to give each person as much coaching support as you can. Advise on technique, check they're OK during recoveries or workout alongside them.

DRIVE

There are only two sets of work and they are very similar (one small tempo change). This means there is nothing new for your team. Your set up is done in set one so use the second set to coach intensity. Encourage them to jump higher or lift faster so they can get their heart rates up.

PLATE SQUAT WITH SHRUGS AND HEEL LIFT

- Feet outside hip-width
- Plates at side of body
- Shoulders down
- Chest up – abs braced
- Butt drops down and back to just above knee-height
- Knees out and tracking forward over toes
- Drive up on toes and shrug shoulders – chin tucked
- Lift heels off the ground to activate calf muscles



DROP SQUAT JUMP

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

BACKWARD STEPPING LUNGE WITH POWER KNEE LIFT

- Big step back – feet hip-width
- Chest up – abs braced
- Front thigh parallel to floor, back knee to floor
- Drive back knee forward – use abs
- Lift knee up in line with hips
- Repeat on other side



POWER 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
- Propel out of bottom of Lunge
- Go for depth and height
- Both arms in air to drive body up

↓↓ OPTION: BACKWARD STEPPING LUNGE, NO JUMP

SET UP

- One heavy hand weight

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Lateral Squat	
0.15	4x8	Lateral Squat x2 L+R	1x
0.30	4x8	Lateral Squat – fast x2 L+R	2x
0.45	4x8	Isometric Lateral Squat x2 L+R	2x
1.00	4x8	Isometric Lateral Squat with Plate Overhead – faster x2 L+R	4x
1.15	4x8	Lateral Leaps L+R	8x
1.30	5x8	Recovery	
1.49	4x8	Lateral Squat x2 L+R	1x
2.04	4x8	Lateral Squat – fast x2 L+R	2x
2.19	4x8	Isometric Lateral Squat x2 L+R	2x
2.34	4x8	Isometric Lateral Squat with Plate Overhead – faster x2 L+R	4x
2.49	4x8	Lateral Leaps L+R	8x

COACHING TIP

Frontal plane power training will help team members break tackles, get around opponents and score winning goals.

CONNECTION

Encouragement is key at this stage of the workout – no drill sergeants! Be conversational in the Lateral Squats and then go big in the Lateral Leaps to motivate and encourage the group.

DRIVE

Top athletes possess power in all directions – not only to the front. Conditioning the frontal plane helps with direction change and agility. Sell the benefits of this for different team games (like Kirsty does). This should spark everyone into giving you more.

LATERAL SQUAT

- Feet hip-width
- **Chest up – abs braced**
- Step sideways into a Squat
- **Butt back and down to just above knee line**
- Plate lifts from collarbones over head
- **Elbows slightly forward**
- **Knees track over toes**



ISOMETRIC LATERAL SQUAT

- Feet hip-width
- **Chest up – abs braced**
- Step sideways into a Squat
- **Butt back and down to just above knee line**
- Keep plate over head – **elbows slightly forward**
- **Knees track out over toes**
- Stay low and loaded – **chest up**



LATERAL LEAPS

- Drive off foot to the side
- Power out of the side of foot
- **Knee out – bent knee landing**
- **Chest up – hips back and down**
- **Abs braced**

MUSIC	EXERCISE	REPS
0.00 4x8	Set up Burpee Pushup	
0.17 4x8	Burpee Pushup (with 2x 3/1 Pushup)	2x
0.34 4x8	Recovery	
0.52 4x8	Burpee Pushup (with 2x 3/1 Pushup)	2x
1.09 8x8	Burpee Pushup with Tuck Jump (3x Pushup, 2x Tuck Jump)	4x
1.44 4x8	Recovery	
2.01 8x8	Burpee Pushup with Tuck Jump (3x Pushup, 2x Tuck Jump)	4x
2.36 4x8	Recovery	
2.54 4x8	Burpee Pushup (with 2x 3/1 Pushup)	2x
3.12 12x8	Burpee Pushup with Tuck Jump (3x Pushup, 2x Tuck Jump)	6x

COACHING TIP

Max effort is your metabolic kicker – the crescendo to power training! The more explosive you get, the faster you'll change your body.

CONNECTION

Demonstrate mastery of your coaching by getting up close with people who need a big push, and encouraging those who need a helping hand to keep going. Observe your class and assess what's going on in front of you. Target your encouragement.

DRIVE

Get some competition going! This track is simple so vary the way you drive to keep everyone engaged. Identify the strongest link in the room and take them on!

BURPEE PUSHUP

- Feet wide – **chest up** as you Squat
- **Knees out**
- Hands wider than shoulders
- **Brace abs as you jump the feet back**
- **Chest to elbow-height**
- Jump feet in towards hands

BURPEE PUSHUP WITH TUCK JUMP

- Use your abs – drive knees to chest
- **Bent knee landing**
- Feet wide

**↓↓ OPTION: WALK BACK INTO PLANK,
PUSHUP ON KNEES**



SET UP

- One heavy plate to side of workout area

MUSIC		EXERCISE	REPS
0.00	10x8	Set up Power Climber	
0.33	15x8	Power Climber L+R	15x
1.25	1x8	Set up C-Crunch with Plate	
1.28	4x8	C-Crunch with Plate	8x
1.42	4x8	Recovery	
1.56	16x8	Power Climber L+R	15x
2.48	1x8	Set up C-Crunch with Plate	
2.51	8x8	C-Crunch with Plate	16x
3.18	2x8	Recovery	

COACHING TIP

Reactive core training stresses the core so it's ready to react the way you need it to in sports and power training.

CONNECTION

No one can see you in this track so make sure you sit up in the recovery, make eye contact and give the whole team a great message about why they should keep going. The second set is the same as the first so get out on the floor and workout alongside someone or help those who need it.

DRIVE

The moves in this track are fast. Emphasise the importance of speed – it's critical for getting benefits from this type of core training.

POWER CLIMBER

- Hover position – elbows under shoulders
- **Brace abs – back long, strong and straight**
- **Hips and shoulders level – knee close to floor as it comes forward**
- Bring knee to elbow on same side
- Alternate sides

↓↓ **OPTION: ON KNEES/REGULAR HOVER**

C-CRUNCH WITH PLATE

- Plate to forehead
- Feet off floor
- **Slide ribs to hips – Crunch up**
- **Lower back toward floor as you lower down**
- Chin tucked





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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