

LES MILLS GRIT™ PLYO 07

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING



FEATURES:

- LES MILLS GRIT™ SERIES WORKOUT STRUCTURE
- LES MILLS GRIT™ SERIES COMPETITION INTEGRATION
- TECHNIQUE OF THE MOVES
- THE SCIENCE BEHIND LES MILLS GRIT™ SERIES
- THE SCIENCE OF 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

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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	Plyometric Pre-conditioning
2	Plyometric Power Blocks	Plyometric Speed Training
3	Metabolic Circuit Training	Power Based Interval Training
4	Core Track	Integrated Core Training

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.

COMPETITION INTEGRATION

A big shout out to the international LES MILLS GRIT™ team! We're 7 releases down, and things are really cranking!

First things first... watch the latest DVD. There are lots of innovations in programming, and you'll get a better sense of this if you view the DVD (including the Education sessions), and then come back to these notes.

Part of the innovation includes, for the first time, the ability to mix and match blocks of work from different releases (see point 2 below). We want all of you to experience this, so we've gifted you block 2 of LES MILLS GRIT™ Cardio on the LES MILLS GRIT™ Strength DVD. This means that those of you who currently only teach LES MILLS GRIT™ Strength will have 2 workout options from 1 kit. We will do the same with the second block of LES MILLS GRIT™ Plyo in the next release.

We hope you enjoy the variety, and that you learn to coach all of the LES MILLS GRIT™ workouts in the future!

1. MOVEMENT TO BLOCKS OF TIME AND RECOVERY

You'll see that people are working to individual maximum repetitions, and not necessarily on beat to the music. 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, 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 3 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 really deliver a team-training experience – and that's a fundamental component of the essence of LES MILLS GRIT™.



2. MIX AND MATCHING PROGRAMS – MORE VARIETY

The new releases are made up of 2x 15-minute blocks. Block 1 (the Warmup and then one big block of work) is program specific, but block 2 (the second big block of work and a Core track) is interchangeable across any of the programs. In other words, block 1 dictates what the workout is and how it is to be timetabled, and block 2 can come from any of the 3 LES MILLS GRIT™ programs. For example, if you teach block 1 from LES MILLS GRIT™ Strength, along with block 2 from LES MILLS GRIT™ Cardio, the workout is a LES MILLS GRIT™ Strength workout. This means that if you coach all 3 programs, you will have 9 workout options from 3 kits!

Also, as all blocks are in exactly the same format, the music will be interchangeable across workouts, giving more variety once again. For example, the LES MILLS GRIT™ Plyo music can be used when teaching a LES MILLS GRIT™ Cardio workout.

There are physiological benefits about providing this variety too: variety prevents training plateaus. When doing HIIT formats, modality of exercise is important and the more variation there is, the more able a person will be in hitting their maximum training zones – and that's where the results live.

3. COMPETITION

We have now integrated some competition into the workouts as well. You'll find a competition sheet at the front of this kit – keep it safe!

As participants now move to individual maximum reps, they're able to record their repetitions. Scan and email the competition sheet to participants in your workouts, or make copies to bring to workouts with you.

Competition is not a compulsory part of the workouts, so this does not discourage people who don't want to compete. Instead, it provides participants with the choice of how they want to work out. Competition is a great way of building community (where people compete with each other in the right environment), and also a great way for people to measure their own progress and strive towards new fitness goals. We will include lots of tips and tricks for running these competitions over the next few months, so stay tuned!

4. KEEP IT SIMPLE AND TRAIN SMART

You should find the workout plan 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!

Have fun, give us your feedback and make sure you join us on Facebook!

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LES MILLS GRIT™ PLYO

1

Accelerated Warmup

SET UP

- A heavy plate

MUSIC		EXERCISE	REPS
0.00	4x8	Set up Half Squat	
0.18	4x8	Half Squat	8x
0.32	4x8	Squat	8x
0.45	8x8	Backward-Stepping Lunge L+R	8x
1.13	8x8	Pushup (8 cts to set up Squat with Overhead Press)	14x
1.41	4x8	Squat with Overhead Press	8x
1.54	4x8	Backward-Stepping Lunge with Overhead Press L+R	4x
2.08	4x8	Propulsion Lunge L+R	4x

COACHING TIP

The Accelerated Warmup is about priming your body for the workout ahead. Your objective is to have everybody prepped and ready to go by the end of this track – this means heavy breathing and muscles firing.

CONNECTION

Set the tone for the rest of the workout – strong and in control. If you present yourself with confidence, people will be more inclined to try new moves. This is a critical part of connecting people to their own workout.

DRIVE

Drive in the Warmup needs to come early as there is little time before the real work begins. Sell people on the benefits of High Intensity Interval Training and use this as a motivator, e.g. “it’s important that you are warm and ready to hit your peaks in track two as hitting peaks is the key to getting fitter”.

WARMUP SCIENCE

This short track uses compound movements (multiple muscles working across multiple joints) to quickly elevate the heart rate. Focus on control to set the foundation for the power moves that lie ahead.

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**
- Hands up in front of body

BACKWARD-STEPPING LUNGE

- Feet hip-width
- **Big step back**
- **Chest up – abs braced**
- Drop back knee down so front thigh is parallel to floor
- Front knee out in line with toes

PUSHUP

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

⇓ OPTION: ON KNEES

SQUAT WITH OVERHEAD PRESS

- Feet outside hip-width
- Plate held in front of collarbones
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- **Butt drops down and back just above knee line**
- Press plate above head
- **Elbows slightly forward**
- Brace abs as plate goes above head

PROPULSION LUNGE

- Jump into 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
- Drive with arms

⇓ OPTION: BACKWARD-STEPPING LUNGE

SET UP

- Plate in front of bench

MUSIC**EXERCISE**

0.00 Set up and demo Squat Jump with a Press

PLYOMETRIC BLOCK

0.30 **Squat Jump with a Press**

1.00 Recovery. Demo Lateral Plyo Pushup

1.20 **Lateral Plyo Pushup**

1.50 Recovery. Demo Lateral Leap with Jump

2.10 **Lateral Leap with Jump**

2.40 Recovery

3.00 **Repeat Plyometric Block**

5.10 Recovery

5.30 **Repeat Plyometric Block**

7.40 Recovery

8.00 **Repeat Plyometric Block**

Sintering Sands/Stack Up/Never Backin' Down/Geyser > 10.12 mins

COACHING TIP

You should have clearly set the competition up so as soon as the music starts it's game time. Outline the blocks of work that people will be doing and make sure that the new guys in your team are following your instructions. Practise what you are going to say before your first run through of this release.

CONNECTION

By this stage you should have identified the different needs of your team. Who needs help with their technique? Who can push harder? Who needs a bit of encouragement? Watch how the coaches on the DVD get straight out on the floor and connect with people with purpose – they've identified who they will work with and why.

DRIVE

A 30 minute workout requires you to challenge from the get go. Remind the competitors that they need speed to come out on top. Remind the non-competitors that they need to hit their training peak in order to get the benefits from this workout.

SQUAT JUMP WITH A PRESS

- Feet just outside hip-width
- Plate in front of collarbone
- **Sit butt back and down**
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- **Butt drops just above knees**
- Explode up out of Squat, feet lift off floor
- Press plate above head
- Elbows slightly forward
- Use Squat to absorb landing

The intensity in this move is driven by not being able to use your arms to assist your Squat Jump. Instead, they are performing a Power Press. The heart won't know where to deliver the oxygen first. The result: super fit, super fast.

LATERAL PLYO PUSHUP

- One hand on the bench, one on the floor
- **Chest to elbow height** – hand on the bench
- **Abs braced – back long and straight**
- Drive out of the bottom of the Pushup
- Propel bodyweight to the side (other hand now on bench)
- Land with bent elbows to absorb load

↓↓ OPTION: ON KNEES, WALK HANDS ACROSS THE BENCH

Think about pushing the floor and bench away from you to explode out of the bottom of the Pushup rather than a short burst at the top. This recruits more muscle fibers for a higher metabolic rate.

LATERAL LEAP WITH JUMP

- Drive off foot to the side
- Power out of the side of foot
- **Chest up – abs braced**
- **Bent knee landing**
- Jump straight up – **land with bent knees**

↓↓ OPTION: NO JUMP

Minimising ground time between the Lateral Leap and the Vertical Jump allows you to use the elastic recoil property of the muscles – generating more power and training more muscle. Staying low in the Lateral Leap primes and loads the muscles for the Vertical Jump.

MUSIC	EXERCISE	REPS
0.00	Set up and demo Circuit 1	
1.00	CIRCUIT 1 - 3 EXERCISES	
	Propulsion Lunge	10x
	Lateral Bench Jump	10x
	Side Leap	10x
	Repeat Circuit 1 exercises until the end of the 2 minute block	
3.00	Recovery. Set up and demo Circuit 2	
4.00	CIRCUIT 2 - 3 EXERCISES	
	Squat Jump with Tuck	10x
	Mountain Climber	10x
	Forward Leap with 180° Turn	10x
	Repeat Circuit 2 exercises until the end of the 2 minute block	
6.00	Recovery	
7.00	Repeat Circuit 1	
9.00	Recovery	
10.00	Repeat Circuit 2	

Turbo Town/Geyser/After Light > 12.03 mins

COACHING TIP

There is no avoiding the intensity of this track. The sets are long and the moves are hard. It's critical that you use the recoveries to motivate everybody for the next block of work. The coaches do this well on the DVD so watch closely and take notes.

CONNECTION

This is a brutal track. Legs and lungs will be screaming and you need to find space in the long 2 minute working block for the music to be heard. Let people focus on their reps – this will help connect them to their own workout.

DRIVE

This is a great opportunity to motivate people by working hard yourself. Get out from the front of your team and do some of the workout with them. If they feel that you are actually experiencing the hard work too, they'll be more inclined to push to their own maximum.



PROPULSION LUNGE

- Jump into 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
- Drive with arms

⇓ OPTION: BACKWARD-STEPPING LUNGE

Propulsion Lunges are the ultimate power training exercise for the gluteals. Most of the drive comes out of the front leg with the gluteus maximus in the driving seat. Driving off the floor with the front thigh parallel makes use of the load-explode mechanism to assist with height and power production.

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

Most of the drive comes from the leg on the bench. Sinking into a Squat – keeping the knee out and the core braced enables us to use the elastic recoil of our muscles and the bench. The result is height, speed and power.

SIDE LEAP

- Turn to the side – feet outside hip-width
- **Sit hips back and down**
- Bend knees in Squat
- **Chest up – abs braced**
- Two foot take off, drive weight to the side
- Use arms to get higher while driving body to the side
- **Soft knee landing**
- Repeat to other side
- Wide take off, wide landing in strong Squat position

As we move laterally, the knees can buckle inward. Maintaining a Wide Squat base will help facilitate the lateral hip stabilisers – gluteus medius and minimus – keeping the load in the muscles and out of the joints.

SQUAT JUMP WITH TUCK

- Feet outside hip-width – **chest up**
- Bend knees into Squat position
- Propel body up
- Tuck knees in towards chest
- Arms in front of body
- **Bent knee landing – absorb the impact**
- **Brace abs as you jump**

⇓ OPTION: SQUAT JUMP WITHOUT TUCK

Adding a Tuck to a Squat Jump forces extra height and explosiveness into the Squat pattern. You need air time and leg drive to achieve the Tuck. More power = more muscle fibers recruited.

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

Lifting the hips in a Mountain Climber is an attempt to shorten the trunk lever so that the core doesn't need to brace as hard. Getting the hips down and the core braced creates the best platform from which to drive the legs.

FORWARD LEAP WITH 180° TURN

- Feet wide
- **Chest up – butt down and back to just above knee line**
- Jump forward
- **Land with bent knees** in Squat position
- Fast and low 180° turn

The hip drive on the Forward Leap activates the posterior chain. Watch how Les and Kate demonstrate this on the DVD. Utilising full hip extension activates more muscles and generates greater distance and power.

Turbo Town/Geyser/After Light > 12.03 mins



4

Core Conditioning

SET UP

- One heavy plate to side of workout area

MUSIC		EXERCISE	REPS
0.00	7x8	Set up Walking Hover	
0.32	8x8	Walking Hover L+R	4x
1.10	4x8	Transition to Plate Crunch	
1.29	20x8	Plate Crunch	40x

COACHING TIP

Accurate body alignment is the key to achieving results from core training. Set these moves up with precision and great demos.

CONNECTION

The workout isn't over but you can bring things down a lot in terms of vocals and intensity. The music is lighter so don't yell over the top of it – your coaching should reflect the mood of the team and the music.

DRIVE

Adjust your coaching to the different needs of participants at this stage. For some, success will simply mean completing the track/making it to the finish line. Others will still have more to give so focus on coaching intensity – ribs down further towards the hips, shoulders further off the floor.

WALKING HOVER

- Elbows under shoulders
- **Back long, strong and straight**
- **Keep hips and shoulders parallel to floor**
- Alternate extending arms up into Plank position and then back into Hover
- **Brace abs**

⇓ OPTION: HOLD PLANK POSITION

PLATE CRUNCH

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



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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