

LES MILLS GRIT™ STRENGTH 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™ 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	Resisted Power Blocks	Speed Strength Training
3	Metabolic Circuit Training	Power Based Interval Training
4	Core Conditioning	Integrated Core Conditioning

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™ STRENGTH

1

Accelerated Warmup

SET UP

- A heavy plate

MUSIC		EXERCISE	REPS
0.00	2x8	Set up Squat	
0.12	6x8	Squat	12x
0.35	4x8	Pushup	8x
0.50	8x8	Plate Squat	16x
1.20	4x8	Squat with Overhead Press	8x
1.35	4x8	Squat with Overhead Press and Heel Lift	8x
1.49	8x8	Pushup	16x

COACHING TIP

Use your class introduction wisely – there's a lot to include. Firstly, explain how the competition works and make sure everyone has what they need. Secondly, outline what people should expect from this workout. Road mapping is important and people like to know what is ahead of them.

CONNECTION

Vocals will help you intro this class well. Les is positive, encouraging and uplifting. He's absolutely in control of the workout but he's not dominating people. Create a relaxed environment where people feel they have permission to give things a go. Screaming and yelling will be counterproductive to motivating people at this stage.

DRIVE

This release is about driving people to their individual max so use speed to drive intensity, even in the Warmup. The team coach this well on the DVD. Offer the different options: stay on the beat, slow down or speed up. This is a great intro to the rest of the workout.

WARMUP SCIENCE

Power training begins here. The Accelerated Warmup primes the neuro muscular system for power training. Squats and Pushups isolate lower and upper body patterns; then we integrate with the Squat with Overhead Press to train coordination and range, setting the tone for the explosive moves later in the class.

It's important that your team pace themselves, get a feel for the correct range of motion and, above all, establish control during the Warmup.

SQUAT

- Feet outside hip-width
- Chest up – abs braced
- Butt drops down and back to just above knee height

Stopping at knee height allows you to maintain a neutral spine and reduces stress on knee joints

- Knees out and tracking forward over toes
- Weight in heels
- Hands in front of body

PUSHUP

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

⇓ OPTION: ON KNEES**PLATE SQUAT**

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

SQUAT WITH OVERHEAD PRESS

- Feet outside hip-width
- Chest up – abs braced
- Plate to collarbones
- Butt drops down and back to just above knee height
- Knees out and tracking forward over toes
- Straighten legs and press plate above head – keeping elbows slightly forward
- Brace abs

SQUAT WITH OVERHEAD PRESS AND HEEL LIFT

- Feet outside hip-width
- Chest up – abs braced
- Plate to collarbones
- Butt drops down and back to just above knee height
- Knees out and tracking forward over toes
- Straighten legs and press plate above head – keeping elbows slightly forward
- Brace abs
- Lift heels to warm up calf muscles

2

Resisted Power Blocks

SET UP

- A heavy bar

MUSIC	EXERCISE
0.00	Set up and demo Clean and Front Squat
	COMPOUND STRENGTH BLOCK
0.30	Clean and Front Squat
1.00	Recovery. Demo Clean and Press
1.20	Clean and Press
1.50	Recovery. Demo Push Press
2.10	Push Press
2.40	Recovery
3.00	Repeat Compound Strength Block
5.10	Recovery
5.30	Repeat Compound Strength Block
7.40	Recovery
8.00	Repeat Compound Strength Block

Sintering Sands/Rubber Pass/Triadzz/Push Yourself Harder > 10.12 mins

COACHING TIP

"4 sets, 3 exercises" and then demo move one. This is all you need to say in your intro. Use the recoveries to set up the next move.

CONNECTION

Get most of your information across in set one. People will still have enough energy to focus on the workout, absorb information and count their reps. By the time set 2 rolls around, focus on driving intensity and use concise cues to keep everyone safe and effective.

DRIVE

The sequence is simple and people won't need you demonstrating too much at the front. Get out on the floor and spend time with people who need you. Les, Kirsty and Kate spend whole sets with people – this is far more valuable than briefly approaching everyone.

CLEAN AND FRONT SQUAT

- Feet outside hip-width
- **Chest up – abs braced**
- **Clean the bar up close to the body**
- Squat quickly under the bar, **butt down and back to just above knee-height**
- Bar to collarbones
- Lift elbows to lower the bar
- Return to set position

Front loaded Squats (with the bar in front of the body) increases the load on the posterior chain – glutes, hamstrings and back extensors. Training this unit improves our athletic drive. Using full range – butt just above knee height – will determine intensity and speed of results.

CLEAN AND PRESS

- **Pull bar up and close to body**
- **Bend knees to get under the bar**
- Catch bar in front of collarbones in a Half Squat
- **Use legs to drive bar up**
- **Brace abs and press bar above head**
- **Elbows slightly forward and slightly bent at the top of the Press**
- Double Squat every time
- Bend and drive

Keeping the bar close to the body eliminates the need to control a forward drag on the trunk. This allows us to dedicate our muscles to the vertical lift of the bar, creating the perfect opportunity to focus on power.

PUSH PRESS

- Feet hip-width
- **Chest up – abs braced**
- Bar in front of collarbones
- Bend the knees into a Half Squat
- Drive the bar overhead – elbows slightly forward and slightly bent
- **Abs braced**
- Repeat Press

This should be the most challenging exercise in Track 2. The Push Press recruits smaller muscles than the ones we use in the Clean and Press and Clean and Front Squat. Use the Half Squat to overcome the inertia of the bar and generate the power needed to push it overhead. Brace your abs strongly to maintain a solid trunk position and keep the elbows forward to avoid hyperextension of the shoulders.

SET UP

- One heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up and demo Circuit 1	
1.00	CIRCUIT 1 - 3 EXERCISES	
	Overhead Plate Squat	10x
	Pushup	10x
	Wide Knee Tuck Jump	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 with Overhead Press	10x
	Squat Burpee	10x
	180° Squat Jump	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	

Nervous Eye/Thunder/Can't Hold Us > 12.02 mins

COACHING TIP

The transition between moves in the working phases is rapid so get all of your compulsory cues out while you are setting up the entire block. Rehearse your Setup cues until you have them down to a fine art – they should be clear and concise. Kirsty does a great job of this in the first recovery between Circuits 1 and 2.

DRIVE

Your priority in the first two sets is to get out safety and Setup cues. In the second round everyone knows what they are doing and this is also the final block – it's imperative that everyone is working to their maximum. Focus your coaching on making sure there isn't an ounce of unused energy in the room. Who is holding back?

CONNECTION

Find time for silence; this will help people to connect to the workout. It's not always necessary to make a huge noise and get in people's faces. Give your team space to focus.



OVERHEAD PLATE SQUAT

- Feet outside hip-width
- **Chest up – abs braced**
- Plate overhead, elbows slightly bent
- **Butt drops down and back to just above knee height**
- **Knees out and tracking forward over toes**
- **Keep elbows slightly forward**

Holding the plate overhead provides an extra challenge to the Squat as the heart rate must work harder to pump blood to the shoulder muscles. Focus on getting participants to sit back into their Squat. Keeping the arms overhead will cause some to want to sit straight down into their Squat. Sitting the hips back will ensure that the glutes continue to fire, providing extra support to the pelvis and lower back.

PUSHUP

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

⇓ OPTION: ON KNEES

Dropping the chest to elbow height keeps the load in the big shoulder muscles (pectoralis major, deltoid and triceps) with less stress on the smaller muscles (rotator cuff).

WIDE KNEE TUCK JUMP

- Feet outside hips – **chest up**
- **Bend knees**, propel body up
- Keep knees wide and tuck them in towards chest
- Arms in front of body
- Bent knee landing – absorb the impact in a wide Squat
- **Brace abs as you jump**

A Wide Knee Tuck Jump encourages your team to take off and land from a Wide Squat. Having the feet wide allows us to maintain an upright trunk – keeping the load out of the lower back.

SQUAT WITH OVERHEAD PRESS

- Feet outside hip-width
- **Chest up – abs braced**
- Plate to collarbones
- **Butt drops down and back to just above knee height**
- **Knees out and tracking forward over toes**
- Straighten legs and press plate above head – keeping **elbows slightly forward**
- Brace abs

Sitting the butt lower than knee height takes people beyond 90° hip and knee flexion. Two key things occur when you go past this point:

- Most people lose neutral spine – increasing the stress on the lower back
- Knee joint stress increases

SQUAT BURPEE

- Feet outside hip-width
- **Butt down and back – just above the knees**
- **Chest up – abs braced**
- Arms forward, directly out from shoulders
- **Jump feet back – keep abs braced**
- Hands under shoulders
- **Back long, strong and straight**
- Jump up on return – **wide soft knee landing**

⇓ OPTION: STEP BACK INTO PLANK

The Squat phase in the Squat Burpee will prevent people from landing in a Plank position directly from the jump. Creating this break in the downward movement gives them control and increases recruitment of the glutes and quads.

180° SQUAT JUMP

- Feet outside hip-width
- **Chest up**
- **Butt down and back to just above knee line**
- Jump up and make a 180° turn
- Arms up above head on turn
- Bent knee landing in a Wide Squat position

Make sure your team turn toward the same side of the room everytime they jump to prevent them jumping around in circles. Dizziness and power training are not a good mix.

Nervous Eye/Thunder/Can't Hold Us > 12.02 mins



4

Core Conditioning

SET UP

- One heavy plate to side of workout area

MUSIC		EXERCISE	REPS
0.00	12x8	Set up Hover	
0.31	8x8	Hover	
0.52	8x8	Hover with Leg Tap L+R	8x
1.13	8x8	Hover Jack	16x
1.33	8x8	Recovery	
1.54	16x8	Plate Crunch	16x

COACHING TIP

Hold on, keep pushing! Your main focus in this track is to keep people moving. They'll be fatigued and you need to do everything possible to keep them moving safely and effectively.

Remind people – power training requires a strong core for control. Nailing these exercises may be what it takes to improve their scores next time round.

CONNECTION

Focus on creating a sense of teamwork here. Your participants have spent the last 25 minutes competing with themselves or the people around them. Bring the team feel back in.

DRIVE

Identify those who are struggling the most and start congratulating them on their efforts. This may be what that gets them through to the end.

HOVER

- Elbows under shoulders
- **Brace abs**
- **Back long, strong and straight**
- **Hips and shoulders parallel to floor**

↓↓ **OPTION: ON KNEES**

HOVER WITH LEG TAP

- Elbows under shoulders
- **Brace abs**
- **Back long, strong and straight**
- **Hips and shoulders parallel to floor**
- Tap one foot out to side, keep back long and straight
- Alternate sides

HOVER JACK

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

↓↓ **OPTION: HOVER ON KNEES OR TOES**

PLATE CRUNCH

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

LES MILLS GRIT™ CARDIO 4

BONUS BLOCK

3

Metabolic Circuits

MUSIC	EXERCISE
0.00	Set up and demo Circuit 1
1.00	CIRCUIT 1 - 3 EXERCISES
	High Knee Run 10x
	Squat Jump 10x
	Tricep Pushup 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
	Mountain Climber L+R 10x
	Lateral Leap L+R 10x
	Squat Burpee 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

Hyphae/This Is How You Know/Monsta > 12.03 mins

COACHING TIP

Introduce the track with a 10 second explanation of the working phases: there are 4 blocks of work in this track. We work for 2 minutes and recover for 1. Each block consists of 3 moves and we repeat each block twice. The transition times between moves are very fast and people won't be able to focus on your instructions and the moves so spend the rest of the intro giving great demos of the moves.

CONNECTION

Be authentic with your floor coaching. High Intensity Interval Training is tough so people need you to get out onto the floor when they're working at this level of intensity. Don't try to compete with the music vocally to get through, get onto the same physical level as the person you are trying to coach and give them the encouragement they need to keep going.

DRIVE

This is it! End of the second block and it's game over. People came to this workout to have their physical boundaries pushed – it's your responsibility to deliver on their expectations. Rip out a couple of sets yourself to drive your team to the finish line.



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

As the knees reach hip height you will feel the abs engage – this is reactive core training. You will need to focus on a high chest position to prevent the extra abdominal work from causing trunk flexion.

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
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat

Driving the knees out in the Squat Jump prevents inward buckling at the knee joints. This minimises knee stress keeping the load in the quadriceps and out of the joint tissues.

TRICEP PUSHUP

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

⇓ OPTION: ON KNEES

Tucking the elbows into the ribs keeps the load into the triceps. Going lower than elbow-height increases the stress on the anterior shoulder tissues.

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

Keeping the back long and straight creates the best position to engage the core in Mountain Climbers. This will ensure even length in the abdominal and back muscles for ultimate 3D core conditioning.

LATERAL LEAP

- Push off one foot, transfer weight from one foot to the other
- Shift weight to side
- Knees bent on take off and landing
- Hinge forward at the hips
- Chest up – abs braced
- Hips back and down
- Knee out with bent knee landing

Lateral Leaps train our frontal plane leg muscles – gluteus medius, minimus and tensor fascia lata. To get these muscles working effectively, the knee should always face the front with a strong ab brace to keep the hips and pelvis square.

SQUAT BURPEE

- Feet outside hip-width
- Butt down and back – just above the knees
- Chest up – abs braced
- Arms forward, directly out from shoulders
- Jump feet back – abs braced
- Hands under shoulders
- Back long, strong and straight
- Jump up on return, wide soft knee landing

⇓ OPTION: STEP BACK INTO PLANK

A strong core is vital for a powerful Squat Burpee. As we are transmitting load from the lower body through to the upper body, any buckling of the spine would reduce force production and power. It is an absolute must to brace the core and keep the back long, straight and solid.

Hyphae/This Is How You Know/Monsta > 12.03 mins



MUSIC		EXERCISE	
0.00	8x8	Set up Single Crunch	
0.35	4x8	Single Crunch	8x
0.53	4x8	Single Crunch with Heel Lift	8x
1.10	4x8	Cross Crunch L+R	
1.28	4x8	Single Crunch	8x
1.46	4x8	Single Crunch with Heel Lift	8x
2.04	4x8	Cross Crunch L+R	
2.22	4x8	Pulse Crunch	16x

COACHING TIP

Core strength is a critical attribute for any athlete – sell the benefits of hanging in for this one to your team.

CONNECTION

It's hard for people to see you in this track so set up the moves clearly and then give people the help they need. Don't over coach this track – it's simple. Let people connect to the music and start celebrating their workout.

DRIVE

It's not over until it's over! Identify the people who look like they are ready to drop out and stay by their side. Sometimes knowing that someone is watching you is enough to make you stay in the game.

CRUNCH

- Fingertips to temples, elbows wide
- Feet flat on the floor
- **Crunch up – slide ribs to hips**
- Chin tucked – eye gaze between knees

CRUNCH WITH HEEL LIFT

- Fingertips to temples, elbows wide
- Lower back towards floor
- Chin tucked
- **Crunch up – slide ribs to hips – arms reach forward**
- Legs lift, knees in towards chest

CROSS CRUNCH

- Fingertips to temples, elbows wide
- **Chin tucked**
- Crunch across, taking **opposite shoulder to knee** – knee lifts

PULSE CRUNCH

- Lift legs – knees in line with hips
- **Slide ribs to hips – Crunch**
- Hands push to ceiling
- Pulse
- **Chin tucked**



NOTES



NOTES

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 14,000 fitness clubs, 90,000 instructors and millions of participants from 80 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

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AND HEARD**

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